Always Be Bear Aware
Black bears are becoming increasingly common in Connecticut. They are rarely aggressive towards humans but can create a variety of problems. In particular, bears that are fed by humans can become habituated and may lose their fear of people.

When visiting this area:
- Make noise while hiking
- Hike in groups
- Keep dogs leashed at all times

If you see a bear:
- Make enough noise so the bear is aware of your presence
- Never approach a bear

If the bear does not leave:
- Back away slowly
- Never run or climb a tree

If the bear approaches, be offensive:
- Make more noise, wave your arms, and throw objects at the bear
- Black bears rarely attack humans. If you are attacked, do not play dead. Fight back with anything available

For a safe and enjoyable visit, please observe the following rules:
- Trails open at sunrise and close at sunset.
- Dogs must be on a leash at all times, leashes are not to exceed seven feet in length.
- Carry out what you carry in.
- Motorized vehicles, horses, and horseback riding are prohibited.
- Fires and unauthorized camping are not allowed. Youth group camping is available by permit.
- Collecting of plants, wildlife, minerals, or any other natural resource is prohibited.
- Feeding of wildlife are prohibited.
- Waterfowl, Spring Firearms Turkey, Fall Archery (deer & turkey), & Fall Firearms Turkey hunting are allowed on this property by special permit only. Inquire at the office for details.
- Biking is permitted on gravel trails only
- Be aware that poison ivy, biting and stinging insects, and ticks are all found on the property.
Sessions Woods Wildlife Management Area Trail Guide

While hiking the trails at Sessions Woods, visitors may be able to observe wildlife, such as the white-tailed deer, broad-winged hawks, pileated woodpecker, wild turkey, and scarlet tanager. Wood frogs and spring peepers can be seen in the vernal pool during the spring breeding season. Canada geese, mallards, wood ducks, great blue herons, and beavers are sometimes seen in the wetland.

**Beaver Pond Trail - 2.6 miles**
Along this gravel trail is a 38-acre marsh with multiple beaver dams, as well as separate paths to an observation tower, wildlife viewing blind, waterfall, and historic summer house. Trail signs along the way highlight habitat features and describe wildlife management practices that may be used by property owners to enhance habitat for wildlife. Many types of habitats critical to wildlife can be seen along this trail, including mature forest, young forest, riparian forest, woodland meadows, and wetlands.

**Forest Meadow Trail - 0.6 miles**
Along this gravel trail are demonstration sites showing wildlife management practices for small land parcels and backyards.

**Tree ID Trail - 0.4 miles**
This footpath meanders through a variety of habitats from a dry, upland site to a moist brookside. It features many native trees and large shrubs. Learn about the values of these trees to people and wildlife with a Tree ID guide available at the education center.

**Crosscut Trail - 0.4 miles**
Hike this trail through a clearcut and see how a “new forest” is being regenerated. This 14-acre site was clearcut in 2001 to improve the health and productivity of the forest and to diversify wildlife habitat at Sessions Woods. The woody debris (slash) from the clearcut remains behind to provide nutrients to the soil (upon decaying), to protect seedlings from deer browsing, and to offer cover for small animals.

**Tunxis Trails**
Three secondary Tunxis trails run through the Sessions Woods forest, connecting to the Tunxis Mainline trail to the west. These secondary trails include the Blue/Yellow Dot, Blue/Orange Dot, and the Blue/Black Dot (Nature Center Connector) trails. These Tunxis trails are part of the Connecticut Blue Trails network.