

## Conserving Connecticut's Wildlife Heritage

The biggest threat facing Connecticut's wildlife is the loss of habitat. As more land is developed, there is less land that wildlife can call home. Because almost 73% of our state's acreage is privately owned, both large and small landowners, as well as all Connecticut residents, must play a critical role in wildlife conservation efforts. To meet this need, the Wildlife Division established the Sessions Woods Wildlife Management Area (WMA) and Conservation Education Center, located in Burlington. The purchase was made possible with the help of sportsmen-generated Federal Aid in Wildlife Restoration Program funds.

More than just a tract of natural land set aside for wildlife, Sessions Woods introduces visitors to wildlife and natural resources, conservation, and management through various educational programs, demonstration sites, self-guided hiking trails, and displays. Visitors can develop a better understanding of the Wildlife Division's role in managing Connecticut's wildlife populations, and learn how they can have a positive impact on the future of wildlife and other natural resources.

## The Focus of Sessions Woods

Sessions Woods focuses on conservation education, with facilities to bring school groups, the general public, and natural resource professionals from throughout Connecticut and the region to participate in educational programs, demonstrations, and workshops pertaining to wildlife and natural resource management. These facilities include an education center with an exhibit area and a large meeting room, as well as interpretive trails, and habitat management demonstration areas.

## Wildlife for the Future

The future of Connecticut's wildlife resources depends largely on citizens' involvement and concern. The educational and interpretive features of Sessions Woods encourage public awareness, understanding, and enjoyment of wildlife.

## 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:

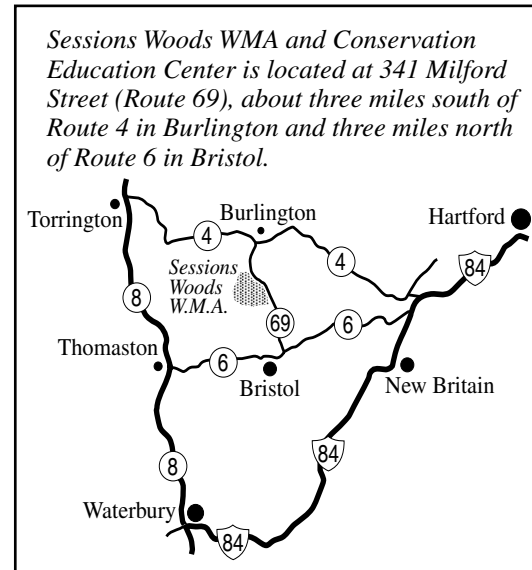
- Back away slowly
- Never run or climb a tree

### 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 7 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 is prohibited.
- Waterfowl, Spring Firearms Turkey, Fall Archery (deer and turkey), and 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 office hours:

Mon-Fri: 8:30-4:00 p.m.

The Conservation Education Center is open during normal office hours and on select Saturdays.

For information about activities and how to become a "Friend of Sessions Woods", contact the Wildlife Division at [deep.ctwildlife@ct.gov](mailto:deep.ctwildlife@ct.gov) or 860-424-3011.



The Federal Aid in Wildlife Restoration Program was initiated by sportsmen and conservationists to provide states with funding for wildlife management and research programs, habitat acquisition, wildlife management area development, and hunter education programs. Sessions Woods Wildlife Management Area is funded in part with Federal Aid in Wildlife Restoration (Pitman-Robertson) funds. Partnering to fund conservation and connect people with nature.



The Connecticut Department of Energy and Environmental Protection is an Affirmative Action/Equal Opportunity Employer that is committed to complying with the requirements of the Americans with Disabilities Act. If you are seeking a communication aid or service, have limited proficiency in English, wish to file an ADA or Title VI discrimination complaint, or require some other accommodation, including equipment to facilitate virtual participation, please contact the DEEP Office of Diversity and Equity at 860-418-5910 or by email at [deep.accommodations@ct.gov](mailto:deep.accommodations@ct.gov). Any person needing an accommodation for hearing impairment may call the State of Connecticut relay number - 711. In order to facilitate efforts to provide an accommodation, please request all accommodations as soon as possible following notice of any agency hearing, meeting, program or event.



Sessions Woods  
Wildlife Management Area  
341 Milford Street (Route 69)  
Burlington, CT 06013



# Sessions Woods

## Wildlife Management Area



## Learn About Wildlife and Habitat



State of Connecticut  
Department of Energy and  
Environmental Protection  
Bureau of Natural Resources  
Wildlife Division  
[portal.ct.gov/DEEPWildlife](http://portal.ct.gov/DEEPWildlife)

# Sessions Woods Wildlife Management Area Trail Guide

While hiking the trails at Sessions Woods, visitors may be able to observe white-tailed deer, black bears, broad-winged hawks, pileated woodpeckers, wild turkeys, and scarlet tanagers. 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), protect seedlings from deer browsing, and 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 Blue/Black Dot (Nature Center Connector) trails. These Tunxis trails are part of the Connecticut Blue Trails network.

