

STEEP ROCK ASSOCIATION & WASHINGTON PARKS & RECREATION PRESENTS:



September 29-October 20, 2024

Invite family, friends, neighbors, and co-workers to take the Three Peaks Challenge 2024!

Strap on your trail shoes, leash up your dog, enjoy the fresh air, and take in the beauty of fall foliage while boosting your health and wellness.

Hike to the three highest peaks in Steep Rock's preserves and absorb the sights of our scenic viewsheds in autumn grandeur: the Summit at Steep Rock, the Pinnacle at Hidden Valley, and Waramaug's Rock at Macricostas.

Participants in this friendly adventure are challenged to hike all three Steep Rock peaks in three weeks and register to win prizes for participating. The event is free and open to the public. All ages and fitness levels are encouraged to join—there's no better time to get outside and enjoy nature's beauty.

Donations to support keeping our trails safe and clear are appreciated. Steep Rock will share additional information with registrants prior to the event.

2024 Prizes:

3 Peaks Limited Edition Hoodie

3 Peaks Limited Edition T-shirt

3 Peaks Limited Edition Cozy Mug

To be eligible for prizes, you must share photos of your hike on social media using the hashtag #3peaks3weeksSRA by October 31, 2024. **Please keep in mind that if your Facebook or Instagram accounts are private, we won't be able to see your photos online!** Please email them info@steeprocksassoc.org. Winners will be drawn in early November.

For more information, visit www.steeprocksassoc.org



Peak 1: **THE SUMMIT** AT STEEP ROCK PRESERVE

Download the trail map here: [Steep Rock Preserve Trail Map](#)
AVENZA App Map: <https://www.avenzamaps.com/maps/922709>

You can purchase waterproof, printed map sets at the following locations:
[Hickory Stick Bookshop](#)
[The Po Cafe](#)

The Steep Rock summit, at an elevation of 776 feet, provides a breathtaking view overlooking the Clamshell section of the Shepaug River Valley. Gifted to the Board of Trustees in 1925 by Steep Rock's founder, Ehrick Rossiter, these 100-acres including the summit are the core of the Preserve and the first land owned by Steep Rock Association. Four years later, the Trustees purchased the Clamshell to preserve the view from the summit. This view contains the same sense of grandeur it did a century ago and is well worth the hike to the top.

Directions: Steep Rock Preserve, 2 Tunnel Rd, Washington Depot, CT. Park at the parking lot at the end of River Road and follow the green circle trail (aka old railroad bed) to the white diamond trail. Then take yellow circle trail to the Steep Rock Summit.

Peak 2: **THE PINNACLE** AT HIDDEN VALLEY PRESERVE

Download the trail map here: [Hidden Valley Preserve Trail Map](#)
AVENZA App Map: <https://www.avenzamaps.com/maps/922708>

You can purchase waterproof, printed map sets at the following locations:
[Hickory Stick Bookshop](#)

[The Po Cafe](#)

The Lookout is a semi-circular terrace providing scenic views of the valley to the west. It was constructed as a lookout and rest spot along the carriage roads built by Adrian Van Sinderen. Overhung by trees in places, this is a great spot for a picnic.

DIRECTIONS: Hidden Valley Preserve, 198 Bee Brook Rd, Washington Depot. Follow the Yellow Circle Trail from the main parking area. This 50-minute circuitous ramble briefly follows the river before steadily climbing to the eastern edge of the preserve. The trail then levels-out and passes through a meadow before its final descent to the porch-like overlook. (1.02 miles one-way)

Peak 3: **WARAMAUG'S ROCK** AT MACRICOSTAS PRESERVE

Download the trail map here: [Macricostas Trail Preserve Map](#)
AVENZA App Map: <https://www.avenzamaps.com/maps/1231029>

You can purchase waterproof, printed map sets at the following locations:
[Hickory Stick Bookshop](#)
[The Po Cafe](#)

At an elevation of 1,250 feet, Waramaug's Rock is a spectacular overlook providing panoramic views of Lake Waramaug and the surrounding countryside. Named after a chief of the Wyantenock Indian tribe, Lake Waramaug is the second largest natural lake in Connecticut, an ecologically vital habitat for wildlife and a recreational center for the Towns of Washington, Warren and Kent. The awe-inspiring views from the top are a rewarding dividend for the steep hike.

Directions: Macricostas Preserve, 124 Christian St, New Preston, CT. Follow the Yellow Circle Trail from the parking lot. Perhaps the most physically challenging hike in any of the preserves, this 45-minute climb also may be the most rewarding hike in any of the preserves. The trail starts flat, crosses over Bee Brook and meanders through a large wildlife meadow before skirting a hayfield to the forest edge. After crossing Bee Brook again, the path then climbs steeply along a series of switchbacks before emerging at the Lookout. From this point, it's another 15 minutes of steady climbing before the trail finally emerges among the clouds at Waramaug's Rock, the weathered and windswept crown of Lake Waramaug. (1.69 miles one-way).

Please read the following before you head out for your hike

Helpful Information: For the safety of all hikers, Steep Rock Association staff, and others enjoying the trails, please remember the following when walking and hiking with the Three Peaks Hiking Challenge:

- Bring water, drinks and a snack, but carry out what you carry in.
- Bring a whistle, sunblock, map and insect repellent.
- Dress for the weather. It is best to dress in layers. As you warm up while hiking, you can remove outer layers.
- **Be Bear Aware** and do make your presence known by making noise while hiking. If you see a bear, make enough noise and wave your arms so the bear is aware of your presence.
- Remember to protect yourself from Lyme disease and other tick-borne diseases.
- Dogs must be on a leash for their safety, the safety of wildlife and fellow hikers. Please see Notes section below for more information.
- Don't forget to bring a map or download trail maps using the Avenza app.

Have fun and please share your photos on social media using #3peaks3weeksSRA