

The Silver Sands walk includes about 2 miles of walking trails with beautiful views of Long Island Sound and Charles Island. The surface is mostly level consisting of gravel, asphalt pavements, wooden walkways and natural dirt trails. The walk includes a 900-foot long pedestrian bridge crossing a restored tidal marsh and dunes. The boardwalk along the Silver Sands Beach is about ¾ mile long. In addition to recreational beach and fishing activities the coastal boardwalk is a favorite location for wildlife viewing and walking.

Over 200 species of birds are seen at Silver Sands. They use this important area for nesting, wintering, and foraging areas during spring and fall migration. Many of the birds seen here are also protected by Federal and CT Endangered Species Acts. Many butterflies, several rare plants, and other wildlife can also be seen during walks in this area.

Charles Island is one of the three largest wading bird rookeries in CT. This Audubon Important Bird Area (IBA) site is well situated in relation to important foraging areas at Wheeler Marsh and Stratford Great Meadows. Charles Island is a designated Natural Area Preserve and a Long Island Sound Stewardship Site by DEEP due to its significant wildlife and coastal resources.

Visitors should respect all posted closures to help protect these unique resources.



Photo by Paul Fusco, CT DEEP

Directions and Parking:

Take I-95 North or South to exit 35, Schoolhouse Road then south to Route 1 (Bridgeport Avenue). Turn left onto Route 1 then right at the first traffic light (Silver Sands Park Way). Follow Silver Sands Park Way across Meadowside Road and continue downhill to the main parking area.

Permitted/Prohibited Activities:

Swimming and fishing are permitted. A lifeguard is seasonally on duty. Portable toilets are seasonally available. Charles Island is closed May through September to all public use. Dogs and bicycling are not allowed on the boardwalk or beach. Alcoholic beverages are prohibited.



Hiking



Fishing



Swimming



Wildlife Viewing

For more information about this location, contact:

DEEP State Parks Division
(860) 424-3200

Questions regarding this brochure can be addressed to
South Central Regional Council of Governments
Phone: (203) 234-7555/Fax: (203) 234-9850
E-mail: trails@scrcog.org

Scan QR Code to access the South Central Regional Council of Governments Recreational Trails Webpage



Recreational Trails South Central Connecticut

Silver Sands State Park











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Milford, CT

Silver Sands State Park



Photo by Paul Fusco, CT DEEP

Trail Description:

Easy Walk or Hike

Miles of natural beach are preserved for free public use in Milford at Silver Sands State Park. If the tides are right you can also walk out to Charles Island - the "thrice cursed island" and home to many legends and artifacts of Connecticut history. Walking is a pleasure along 3 miles of wide and well crafted boardwalk. The beaches are rocky and rough but, low tide allows for wading between sandbars.

Total Trails distance is approx. 2.3 miles

Legend

-  Parking
-  Trailhead
-  Restrooms
-  Silver Sands Trails
-  Wetlands
-  Town Property
-  State Property

