

1. Park at Sessions Woods.
2. Walk towards the gazebo information booth and then around it. To your immediate left, you will see the Beaver Pond Trail. This trail goes behind all the garages. Start to do the mileage for your hike at the gate. Remember that the distances are approximate. Head in a southeastern direction here.
3. At .2 miles on your left you will see a large meadow.
4. Continue on the trail to the Summer House. The Summer House is a short spur off the main trail to the right at .5 miles. Go over and check out the view of Meriden Mountain to the southeast.
5. Go back out on the same trail and go to your right.
6. The trail descends and at .8 turn left at the "To Tunxis Trail" sign.
7. From the "To Tunxis Trail" sign bear slightly right following a wide trail to a lean-to shelter. This is a Scout camping area.
8. Turn southwest following a wide path 170 feet to the campfire pit with many picnic tables. From the southernmost picnic table, hike 30 feet south to find the narrow path heading downhill. Go down this path for 75 feet, then make a sharp turn left, following the trail to the solid wooden bridge. After crossing the bridge over Freeman Hill Brook/Negro Hill Brook, take the blue trail/black dot along the brook. In other words, at the split in the trail, head left on the trail. **Do not go on the trail near the kiosk. It will take you away from Barnes Nature Center.** (Thank you to Alan Perrie for this section of directions.)
9. Walk on the blue trail/black dot trail until you get to Rte. 69. Carefully descend the hill to cross the street. Look carefully as traffic goes fast through here.
10. Once you are across the street, look for the stile (set of stairs) to climb over the fence.
11. As you walk along the trail, notice the farm on your right. This is the farm for Tonn's Marketplace. Consider stopping at Tonn's after your hike. They have all kinds of locally grown produce and products.
12. At 1.3 miles, you will see a stone wall and this is when you begin to hear and see Freeman Hill Brook again.
13. Immediately after you go through the stone wall, turn to your right and continue to follow the trail.
14. Descend the bank.
15. As you get closer to the brook, watch your footing as it can be slippery with mud.
16. Look for the bridge you'll cross.
17. Take a moment to enjoy the sights and sounds of the water.
18. Take a right at the end of the bridge and follow the Start Right Power Equipment driveway along the brook.
19. Cross South Main St., turn right and cross the town bridge. Immediately after the town bridge, look for the Blue/Black Dot blazes on your left.
20. Go back into the woods.
21. This is where you begin to hike through a wetlands with lots of raised platforms. It is .8 mile walk to Barnes Nature Center from S. Main St. Say "thank you" to the local Boy Scout troops for carrying in the materials and building them.
22. Enjoy the beautiful sights along the brook.
23. Arrive at Harry C. Barnes Nature Center and check out some of the sights around the building. By the big oak tree along Shrub Rd. right in front of the Nature Center, look for the dinosaur footprint that was found in Bristol.
24. **Hope you had fun on our virtual hike!**