



Become a NorWALKer!

EXPLORE OYSTER SHELL PARK

Enjoy trails, museums, and the picturesque Norwalk Harbor in this most historic SoNo neighborhood.

Loop 1

Begin at the gazebo in the IMAX theater parking lot on North Water St. Turn right onto North Water St. and walk underneath the railroad overpass toward the Maritime Aquarium. At the stop sign, turn right on Ann St. Turn left to continue on North Water St. Keep right and head toward the playground and walking bridge, entering Oyster Shell Park. Continue on the outer edge of the trail within the park. As you exit the park, head toward the I-95 overpass. Walk under the overpass, parallel to the railroad tracks. Turn left onto Science Rd., carefully crossing the railroad tracks. Turn right on Crescent St. and left to enter the paved path through Devon's Place playground. Follow the paved path through Mathews Park, stopping when you reach West Ave. Turn around and backtrack the route you just walked, eventually ending back at the parking lot on North Water St.

Loop 2

Begin at the gazebo in the IMAX theater parking lot on North Water St. Turn right onto North Water St. and walk underneath the railroad overpass toward the Maritime Aquarium. At the stop sign, turn right on Ann St. Turn left to continue on North Water St. Keep right and head toward the playground. Cross the walking bridge and take a right, following the path along the water. Once you reach the first pier, turn around and head back the way you came, eventually ending back at the parking lot on North Water St.



PROCEED WITH CAUTION WHEN FOLLOWING NORWALKER ROUTES!

The *Healthy for Life Project* is not responsible for any injuries or accidents that may occur while following NorWALKer routes. Consult your doctor before beginning an exercise program. Use pedestrian crosswalks when available, obey all traffic laws, and if no sidewalks exist, walk against traffic. Wear proper footwear and reflective gear, and bring water with you while walking. Have fun!

OYSTER SHELL PARK

The area surrounding Norwalk's Oyster Shell Park is home to historic buildings, innovative and educational museums, and a variety of trails for the public to enjoy.

THE LOCK BUILDING

This large brick building at 18 Marshall Street was the site of The Norwalk Lock Company and is now listed on the Connecticut Historical Registry. Built in stages starting in 1856, it has access to the Norwalk Harbor and is at the crossroads of the Danbury and New Haven railroad lines. Armaments for the Civil War, World War I, and World War II were produced in this building. Scheduled for demolition by the City of Norwalk in 1999, it was saved through the efforts of historic preservationists. Now it is a state of the art, fully tenanted historic office building with restaurant space and cutting-edge conference rooms.

R & G CORSET FACTORY

Located on Ann Street, the R & G Corset Factory was one of the largest producers of ladies' corsets, and in 1901 it employed about 1,000 workers, almost all of them women. It turned out 650 garments per day. During World War I, R & G Corsets were the mainstay of Red Cross nurses. The company closed during the Great Depression of the 1930s, and the building was purchased by the Manhattan Shirt Company to manufacture soft collar shirts, but the building eventually was converted to living quarters.

LOCKWOOD-MATHEWS MANSION

LeGrand Lockwood, a Civil War financier, built the Lockwood-Mathews Mansion in 1868. It was designated a National Historic Landmark in 1971. Located in Mathews Park on West Avenue at the junction of I-95 and Route 7, it is one of the earliest and finest surviving Second Empire style country houses in the United States. It is built of granite and has stenciled walls, inlaid woodwork and a skylight rotunda. The City of Norwalk now owns the 62-room building and the Lockwood-Mathews Mansion Museum, Inc. houses

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their collection of Victorian artifacts. For more information about the Lockwood-Mathews Mansion, please visit www.lockwoodmathewsmansion.com.

THE MARITIME AQUARIUM AT NORWALK

The Maritime Aquarium at Norwalk was created to be the anchor of the revitalization of the South Norwalk (SoNo) neighborhood. Opened in July 1988, the Aquarium was built in an 1860s iron works factory that, after several subsequent uses, had become an overgrown riverfront eyesore. Today, more than 500,000 people a year visit the Aquarium, whose displays focus on the marine life of the Long Island Sound and its watershed. Sharks, seals, river otters, sea turtles, and jellyfish are among the highlights.

The \$9.5 million addition of the Environmental Education Center in April 2001 added new equipment and classrooms, expanded the gift shop and food-service area, and helped create a new main entrance to the Aquarium. In February 2012, the Aquarium debuted its \$4.5 million "FINtastic RefurbFISHment", committing the Aquarium to telling Long Island Sound's story through its exciting and educational exhibits. The Aquarium also boasts Connecticut's first IMAX theater, with a movie screen that's six stories high! For more information on the Maritime Aquarium at Norwalk, please visit www.maritimeaquarium.org.

STEPPING STONES MUSEUM FOR CHILDREN

Stepping Stones Museum for Children opened its doors in March 2000, offering interactive and engaging educational exhibits to help children learn and grow. Exhibits, including the Energy Lab®, Build It!, Tot Town, and more, are designed for children of all ages to discover and experience something new during each encounter. Stepping Stones has won a "Westchester Family Favorites Award", a "Best of the Gold Coast Award", and is one of TripAdvisor's top five attractions in Norwalk. The building is eco-friendly, sporting a green roof, as well, using 25% less electricity and 30%

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less water than a standard building of comparable size. For more information about Stepping Stones Museum for Children, please visit www.stepsstonesmuseum.org.

THE HISTORIC PINE ISLAND CEMETERY

Behind Lockwood-Mathews Mansion lies the second oldest City owned cemetery. Once called the Over River Burying Ground, it is now known as the Pine Island Cemetery. On December 16, 1708-9, the town council granted this piece of land for a burying place. Many of Norwalk's earliest residents and soldiers from most wars, including the Revolutionary War, are buried here. Many examples of typical 19th-century imagery, such as draped urns, wreaths, and ornate sculptural gravestones, can be seen in this cemetery.

Edits/additions to original narrative completed by Kaitlin Latham, 2016



Healthy4LifeCT

For more information about NorWALKer Routes, call (203) 854-7776 or visit www.healthyforlifeproject.org



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