



Become a NorWALKer!

EXPLORE WEST NORWALK

Escape to the rocks and rills of scenic West Norwalk!

Loop 1

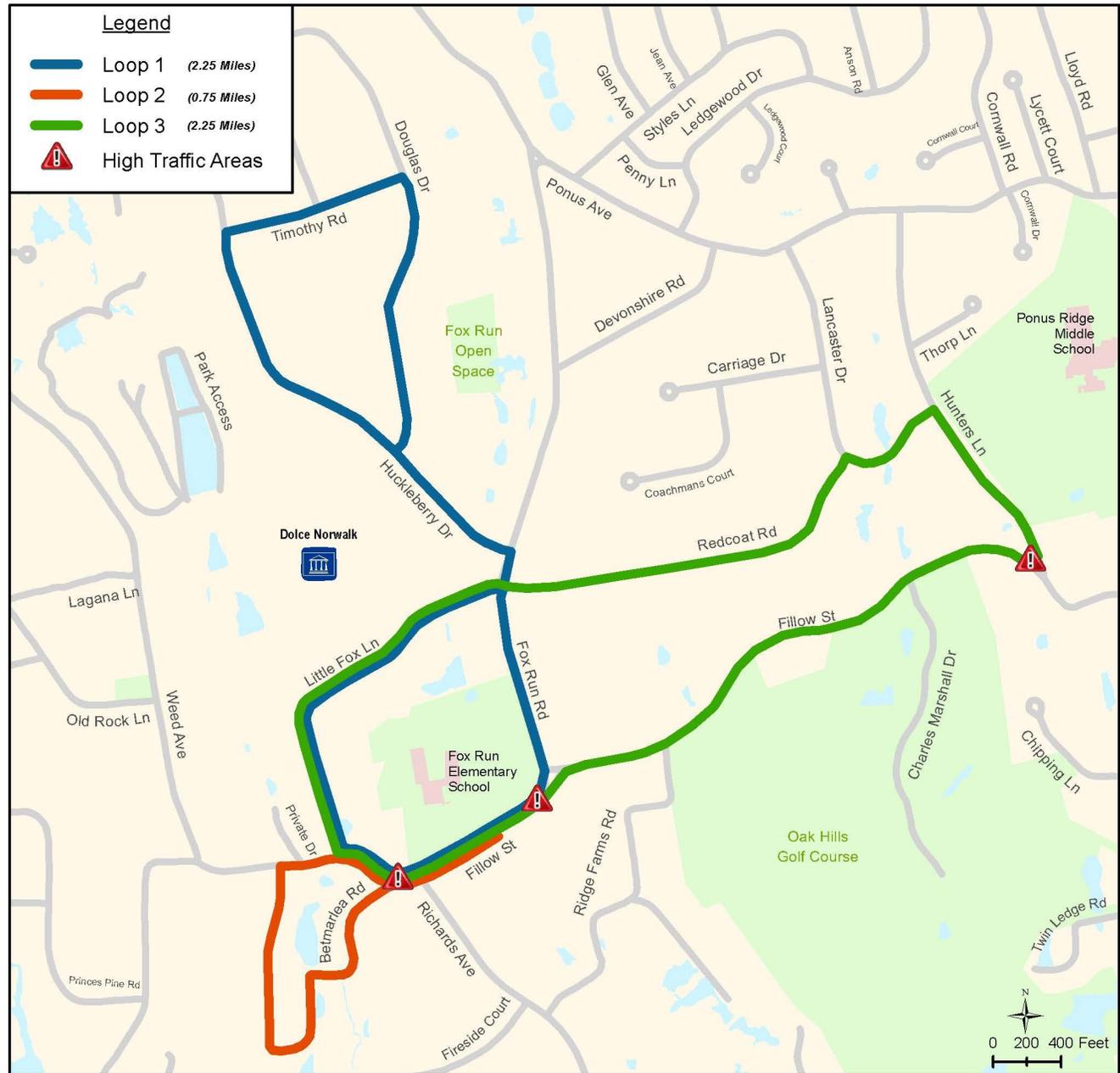
Begin at Fox Run Elementary School on Fillow St. Turn left out of the parking lot, then turn left on Fox Run Rd. Shortly after the four-way intersection, turn left on Huckleberry Dr. S. Turn right on Douglas Dr. Turn left on Timothy Rd. Left on Huckleberry Dr. S. Turn right on Fox Run Rd. Turn right on Little Fox Ln. Turn left on Fillow St. and return to Fox Run Elementary School.

Loop 2

Begin at Fox Run Elementary School on Fillow St. Turn right out of the parking lot onto Fillow St. Follow Fillow St. and turn left onto Betmarlea Rd. Continue on Betmarlea Rd. until it ends at Fillow St. Turn right onto Fillow St. and return to Fox Run Elementary School.

Loop 3

Begin at Fox Run Elementary School on Fillow St. Turn left out of the parking lot onto Fillow St. Continue on Fillow St. until you reach Hunters Ln. Turn left on Hunters Ln., then left on Lancaster Dr. Turn left on Redcoat Rd. Cross Fox Run Rd. and continue to Little Fox Ln. Follow Little Fox Ln. until Fillow St., then turn left. Follow Fillow St. until you reach Fox Run Elementary School.



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!

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Please be careful walking on the narrow streets of West Norwalk as they can be unexpectedly busy. Always walk facing the oncoming traffic.

WEST NORWALK'S ROCKS & RILLS

West Norwalk is a unique part of Norwalk. Originally, this area provided game and fish to the hunters and fishermen of the town. Think of the street names that are close by: Fox Run Road, Little Fox Lane, Hunters Lane, Bonny Brook Road, Bonny Brook Trail, Alewives Road, Ridge Farms Road. Not too far away, but still in West Norwalk, is the Ponasses Trail (now Ponus Avenue), named after a famous Native American Chief and hunter. His trail extended from the Long Island Sound in Norwalk to New York's Hudson River at a point not too far from West Point.

West Norwalk was one of the last major areas of Norwalk developed for housing, probably because of the many rills (small streams, rivulets, or brooks) resulting in wet areas, and the great quantity of rocks, both laying on the ground and protruding from it. These are presumed to have been left by glaciers many thousands of years ago.

As you are walking through West Norwalk, take notice of all the stones, which are used in numerous ways. Rock walls separated farms and fields within farms to contain the animals. Be particularly aware of the ponds, creeks, brooks, and rivers. Watch for birds such as cardinals, goldfinch, blue birds, blue jays, geese, ducks, finch, woodpeckers, owls, and hawks. Recently there have been numerous sightings of deer, wild turkey, fox, and groundhogs, as well as rabbits and squirrels. At some spot along the walking routes, close your eyes and think back and you will be able to visualize this part of Norwalk before settlers had arrived.

The designated walks start at the parking lot of Fox Run School and exit to Fallow Street, the first street in

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Norwalk to be designated by the City as a "scenic road". This designation requires the city to keep the road in good repair while preserving its scenic characteristics to the highest degree possible. You may wish to walk the entire scenic road at some other time. From Fox Run School to its western end at West Norwalk Road is a distance of 0.7 miles.

As you begin to walk on Fallow Street, cross the little bridge and note carefully the water flowing beneath it, which is part of the Five Mile River. This river is believed to be the western boundary of land purchased by Captain Daniel Partriarke from several Native American Chiefs and Sachems on April 20, 1640. The eastern boundary was the Norwalk River. The western boundary was described in the document by Native American names for the areas at that time (from a true and perfect copy of the document retained at Norwalk City Hall). The purchase included land "as far up in the country as an Indian can go from Sun risings to Sun settings" plus several offshore islands.

Almost immediately (at the corner of Little Fox Lane) you will be attracted to a garden and a small sunken pond, which is set back from the road and protected by a fence. At the other corner of Little Fox Lane you will see a well that once provided water for area residents, their animals, and their farm needs. When the new house was built, the builder left the old well in place. Little Fox Lane is one of the newer streets in the area with many beautiful homes.

Betmarlea Road is a circular road, which starts and ends on Fallow Street and is among one of the prettiest streets in West Norwalk. It has many waterways, including a small river, as well as stonewalls, beautiful homes, and other interesting features.

Along Weed Avenue, also a historic road although not designated as one, are many interesting houses, some dating back maybe 100 years and some built recently. At your convenience, you may want to walk the length of Weed Avenue to where it ends at Marvin Ridge

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Road. Also along Weed Avenue is 14.5 acres of open space preserved for the neighbors by Dolce Norwalk Center for Learning.

As you enter the Fox Run School parking area at the end of these walks, look towards Richards Avenue. There are two historic houses: the one on the left (front faces Fallow Street) and the one on the right (front faces Richards Avenue). They were both built in the late 1800s.

Compiled by Richard (Dick) Booth

**Healthy4LifeCT**

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



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