

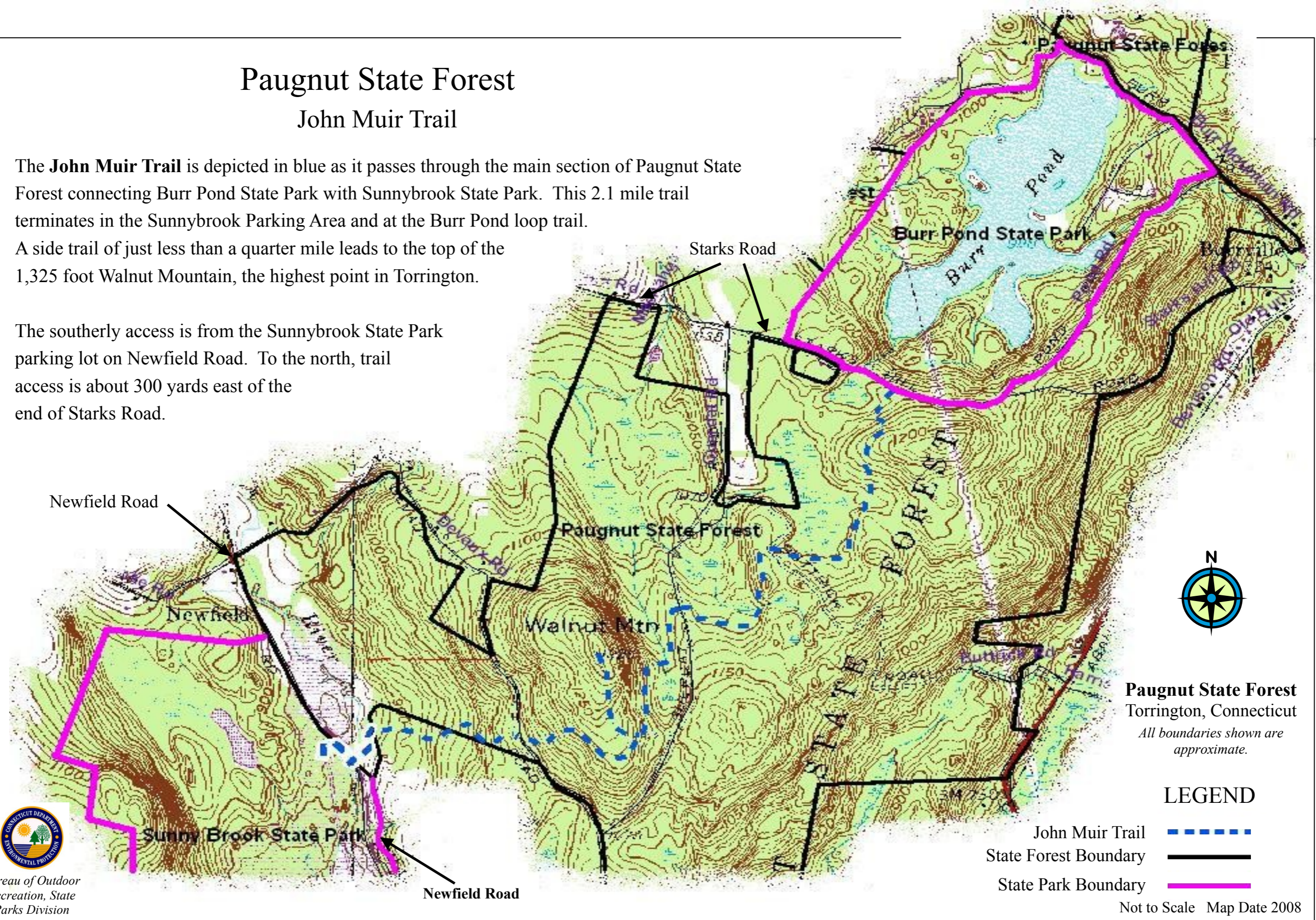
# Paugnut State Forest

## John Muir Trail

The **John Muir Trail** is depicted in blue as it passes through the main section of Paugnut State Forest connecting Burr Pond State Park with Sunnybrook State Park. This 2.1 mile trail terminates in the Sunnybrook Parking Area and at the Burr Pond loop trail.

A side trail of just less than a quarter mile leads to the top of the 1,325 foot Walnut Mountain, the highest point in Torrington.

The southerly access is from the Sunnybrook State Park parking lot on Newfield Road. To the north, trail access is about 300 yards east of the end of Starks Road.



**Paugnut State Forest**  
Torrington, Connecticut  
*All boundaries shown are approximate.*

### LEGEND

- John Muir Trail ————
- State Forest Boundary ————
- State Park Boundary ————

Not to Scale Map Date 2008



Bureau of Outdoor  
Recreation, State  
Parks Division