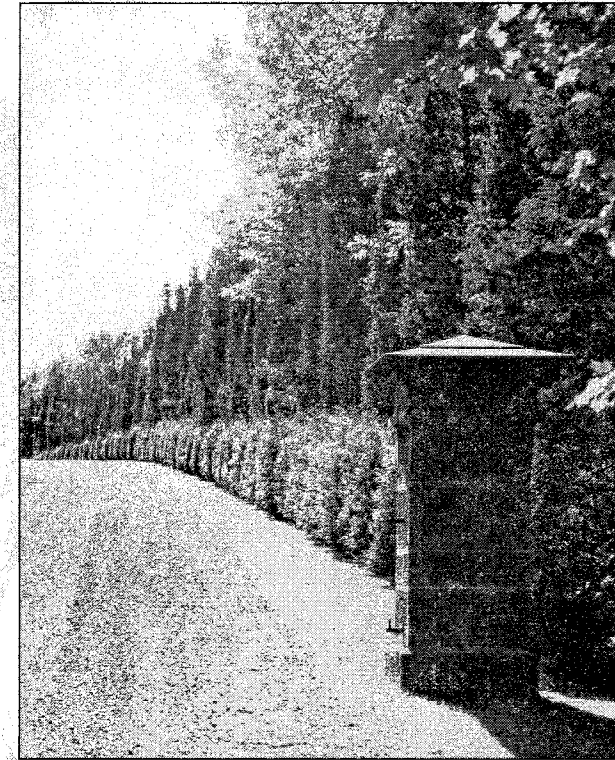


Inner Circle Trail at Long Hill Estate
MIDDLETOWN, CONNECTICUT



Inner Circle Trail at Long Hill Estate
MIDDLETOWN, CONNECTICUT

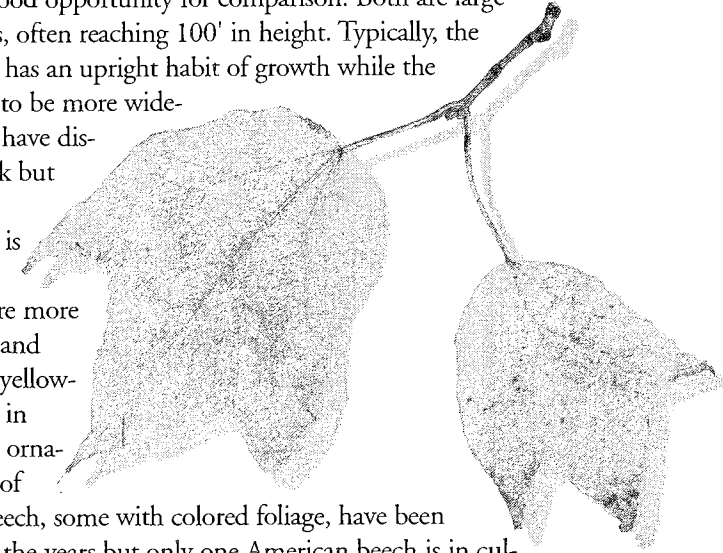


Stop 25 - Beech and Maple Specimen Trees

Beech trees are among the most majestic in the landscape. In front of you are two species of this genus: the native American (*Fagus grandifolia*) and the European copper beech (*Fagus sylvatica cuprea*.) Standing opposite each other, they provide a good opportunity for comparison. Both are large ornamental trees, often reaching 100' in height. Typically, the American beech has an upright habit of growth while the European tends to be more wide-

spreading. Both have distinctive gray bark but the bark on the American beech is much lighter.

Also, its leaves are more sharply toothed and turn a beautiful yellowish-bronze color in autumn. Several ornamental varieties of the European beech, some with colored foliage, have been introduced over the years but only one American beech is in cultivation.



The small Japanese maple is one of the green-leaved varieties of *Acer palmatum* first introduced into this country around 1820. Many are very beautiful, with foliage ranging from green through yellow to shades of red, brilliant in the fall. Some have finely dissected leaves. They make excellent specimens in the landscape, especially if properly pruned.



This concludes the Inner Trail Self-Guided Tour.

For more points of interest, see the Brochure for the 1 1/2-mile Perimeter Trail. Self-Guided Tour Brochures are available at the Kiosk Sign Boards.





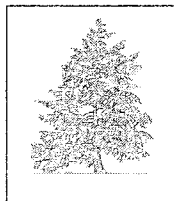
Stop 23 - Avenue of Black Walnuts

This row of seven black walnut trees (*Juglans nigra*) planted by Wadsworth along the stone wall is a notable collection for this region. These walnuts were allowed to grow in the open, as shown by the spreading habit of their limbs.



Stop 24 - Hemlock forest

This section of forest is almost exclusively Eastern hemlock (*Tsuga canadensis*), a native tree. This stand may have had a natural origin, or may have been planted by Wadsworth. The hemlock trees you see here are approximately 100 years old and, unfortunately, are dying from an insect infestation of woolly adelgid. The adelgid is a small aphid-like insect that appears as white fluff under the small twigs and needles, where it sucks the sap from the tree. The insect was probably carried across Long Island Sound on the winds of Hurricane Gloria in 1985. It had become established on Long Island from plants imported from Asia, the adelgid's native home. Since there are no known natural predators of the adelgid in North America, it has spread unchecked and has killed hemlock stands throughout Connecticut. Research is ongoing to find a natural enemy of the insect that can also become established in nature. The CT Agricultural Experiment Station in New Haven is leading the way in this work.



Inner Circle Trail at Long Hill Estate



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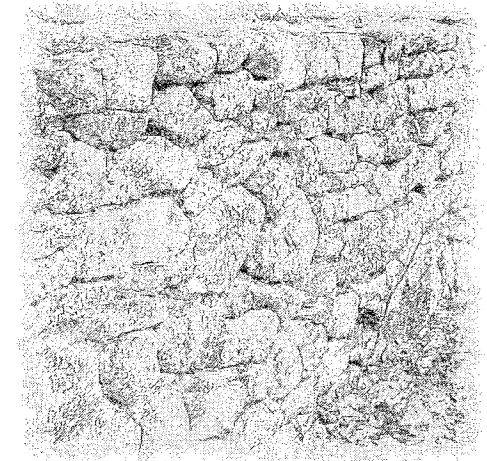


After the sale by the Cenacle of the south portion of the estate, the Vista was shortened to about 750 feet and completed with a shrine containing a statue of the Virgin Mary. Around the statue they built a semi-circular brownstone bench. (In architectural terms it could be called an exedra.)

During its 40 years here, the Cenacle convent hosted thousands who came for meditation, healing, retreats and religious education. This shrine was the focus around which many of the religious gatherings took place.

Stop 21 - Westbourne Road Wall

This fine brownstone wall is an example of the care taken by Wadsworth to enhance the landscape. You will notice that a number of fieldstone boulders have been used in its construction, but mostly it is brownstone. The brownstone may have come from a quarry mentioned in Olmsted correspondence as being a mile west of the mansion. The wall remains in amazingly good condition, with long sections intact, even though there are no visible signs of mortar.



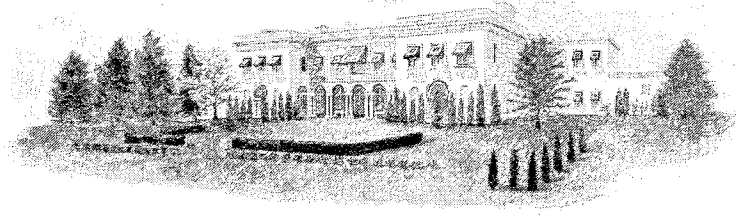
Stop 22 - Eastern Red Cedar

Eastern red cedars (*Juniperus virginiana*) are one of the pioneer species of old field habitat that is starting to become reforested. Groves of cedars provide valuable food and shelter for wildlife. Over 29 species of birds eat the grayish-blue fruit found on the female trees. The twigs are browsed by white-tailed deer and the branches offer daytime roosts for several species of owls (great-horned, screech, saw-whet.) Today, the fruit of the red cedar is used to flavor gin. A crushed berry produces the distinctive aroma.





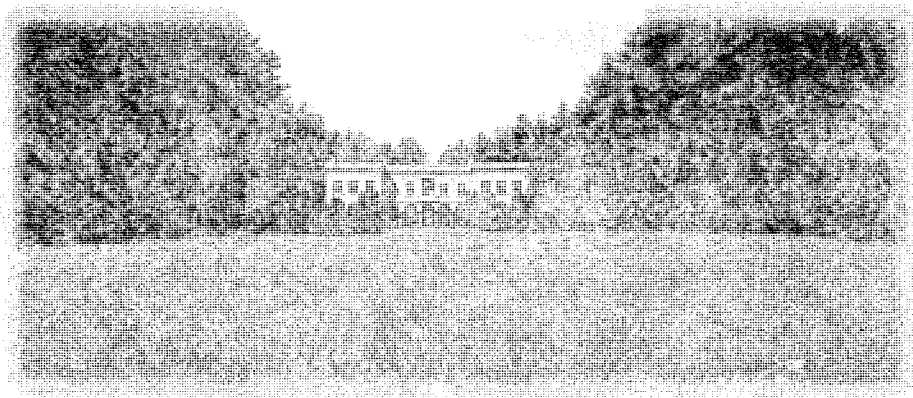
Stop 19 - Southern facade of Mansion



In contrast to the northern facade, the mansion's southern face borrows from ancient Roman architectural tradition with rounded arches and double columns. Its loggia, or porch, now glassed in, was originally open to the air. Awnings, urns, benches, decorative evergreens and hydrangeas made for attractive decoration.

Colonel Wadsworth greatly admired the Greek and Roman civilizations. He spoke both Latin and Greek with fluency.

Stop 20 - Vista



The Wadsworths' original Vista and south lawn extended 1300 feet to Randolph Road. At its end were paper birch trees which had been brought from Bar Harbor, Maine, and five tall columns, symbols of hospitality. The Vista was lined by a double row of red cedars and a triple row of red pines, all focused on a single disappearing point which symbolized infinity.



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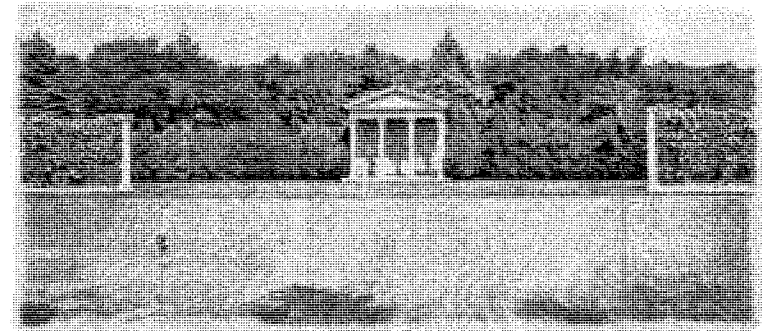




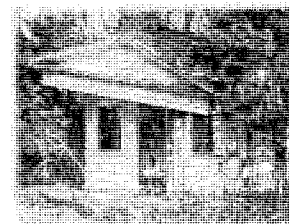
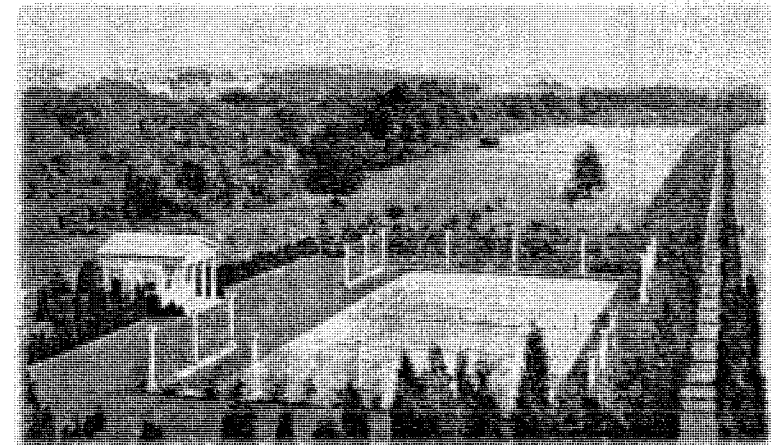
Long Hill History Timeline

- Pre-1675 Algonquin Indian territory. The major trail runs north/south along the western foot of Long Hill.
- 1675 The Long Hill area is first settled by Hubbard, Barnes and Atkins families, and is gradually cleared for pasture, orchards, farming.
- c. 1675-1780 The Path (former Indian Trail) is likely used by colonists as bridle trail for post riders carrying mail.
- 1776-1780 Gunpowder for Revolutionary troops is stored in powder house near The Path.
- c. 1780 The Path becomes an early carriage road, then stage-coach route used, among others, by George Washington.
- 1850 Last of wilderness forests of Connecticut disappears. Long Hill trees, like the rest, are almost entirely cleared.
- 1900 Mrs. Clarence S. Wadsworth, formerly Katherine Hubbard, inherits land in Long Hill vicinity. Her husband, Colonel Clarence S. Wadsworth begins relationship with Olmsted Brothers, landscape architecture firm from Boston, about the possibility of developing the land.
- 1901 Colonel Wadsworth purchases additional acreage and begins experimental forestry activities.
- 1901-1930 Land purchases increase estate to about 750 acres. Paper birch and white pine shelterbelts, white oak, beech, maple and mixed hardwood plantations installed. Avenues of trees planted along roadways and walls, including the Arboretum at Long Lane.
- 1908 Wadsworth contracts with architects Hoppin and Koen to build the mansion. House not completely finished until 1917.
- 1909-1919 Landscape immediately surrounding mansion is designed and installed by C. W. Leavitt.
- 1935 Wadsworth establishes The Rockfall Corporation as an organization devoted to maintaining open space properties, and environmental projects.

Stop 18 - Tennis Area



You are looking at what was once a grass tennis court. Players on the court could be watched by a small audience seated on wrought-iron benches on the porch of the columned tennis house, another classical revival element in the landscape. At each end of the grass court Corinthian columns supported a rose arbor, which also served to catch stray tennis balls.



During World War II the Wadsworths donated the tennis pavilion to the war effort as a place to sell war bonds. It was moved to the lawn near the Church of the Holy Trinity on Main Street and dubbed "Liberty Cottage."

What you see now has had to be entirely rebuilt.

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Stop 15 - Brownstone Pillars

Now partially buried, these large brownstone pillars were once the sides of a square (corbel) arch erected over Dolly Lane by Colonel Wadsworth. A similar piece of brownstone was placed at right angles across the top. Two other such archways were on the estate, and two larger brownstone pillars flank the North Fork driveway.

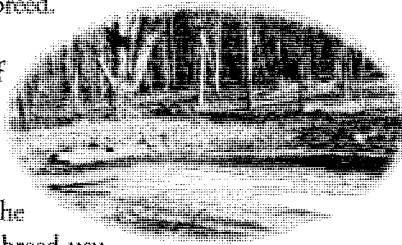
Stop 16 - Striped Maple

Striped maples (*Acer pensylvanicum*) are also called moosewood because their greenish twigs and bark are valued as a winter food source for moose, deer, rabbits and beaver. This maple is a smaller tree than other maple species, growing to about 30' in height. It is easily recognized by its characteristic striped bark on the trunk and twigs, and very large leaves. It is found in hardwood forests, and associated with traprock ridges. The striped maple is rather uncommon in Connecticut.

Stop 17 - Pond

This small pond functions as a vernal pool. Vernal pools are basins or depressions found in deciduous woodlands that are temporary in nature. They usually fill up in the fall and dry out by midsummer. They are characterized by their location and by the life they support.

This pond is used by both spotted salamanders and wood frogs, both of which rely exclusively on vernal pool systems to breed. The wood frogs lay gelatinous clumps of 500-1000 eggs in mid-March. A couple of weeks later the spotted salamanders lay clumps which are also gelatinous, and may be milky white, but contain only 50-100 eggs. Both amphibians are terrestrial the rest of the year, only returning to water to breed-usually during a warm, rainy night after we experience 3 or 4 warm days.



The spotted salamander is black with fluorescent yellow spots and grows to 7-9" long. The wood frog is about 3", tan, and wears a black mask. During breeding, the males cackle like a flock of ducks. The numerous small blackish wood frog tadpoles are easily seen in April and May. Other wildlife like deer, raccoons, red fox, green frogs, turtles, snakes and birds use the pond for water and food.

Long Hill History Timeline (cont'd)

- 1938 The great hurricane destroys some 75,000 board feet of timber on the estate, a severe loss.
- 1941 Colonel Clarence S. Wadsworth dies. 267 acres is given to the State of Connecticut, in accordance with his wishes, to create Wadsworth Falls State Park.
- 1947 A Roman Catholic order named The Religious of Our Lady of the Cenacle purchases the remainder of Long Hill estate from Wadsworth's family.
- 1947-1986 All but 104 acres is sold as sites for Mercy High School, Wilbert Snow School, and housing developments. The remaining estate, known as The Cenacle, is used as a convent and retreat.
- 1986 The Cenacle sells the remaining 104-acre property to a developer.
- 1987 Property is sold to a second developer, who declares bankruptcy.
- 1987-1994 The mansion suffers from vandalism, arson, and general neglect. Vines envelop trees and cover stone walls.
- 1994 City of Middletown purchases the property. It removes the two building wings added by The Cenacle and begins a forest management program.
- 1996 Residents of Middletown approve \$3.8 million bond funding to rehabilitate Long Hill Estate buildings and landscape.
- 1998 The Long Hill Authority takes over management of mansion and parklands. Perimeter hiking trail is developed and the grounds are opened to the public.
- 1999 Residents of Middletown approve additional \$1.6 million in bonds to complete the renovation.
- Jan. 2000 Opening of mansion for community and private use.

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toothbrush. In early spring, the trees were tapped for sap which was boiled down for syrup.

Stop 13 - Stagecoach Roadway

Look for the crumbling stone walls among the trees on either side of the lane. These marked the right of way for a stage coach route used after the Revolution – basically a widening of The Path.

Such routes could hardly be called roads, and it is easy to imagine why waterways were preferred for traveling. The coach road was simply a rough swath cut through the forest, full of stumps and rocks, ruts and holes. During rainy weather, mud made them almost hopeless for anything with wheels. The road needed to be very wide, since each vehicle had to find its own best way, twisting and turning among the obstacles.

George Washington was one of many famous users of this route, traveling here on October 19, 1789 on his way to Hartford, as noted in his diary.

Stop 14 - Geology

Bedrock under Long Hill Estate is a group of sedimentary rocks formed during the Jurassic age and known as the Portland Formation. They are composed mostly of the reddish brown sandstone and ruddy mudstone we know as brownstone, such as that used to make the walls on White Oak Drive. Brownstone was quarried from nearby Cromwell and Portland and also from smaller quarry sites on what is now Wadsworth Falls State Park.

Up the slope ahead of you is Long Hill, for which the estate is named. Long Hill itself is a drumlin - a mass of debris carried by the glacier and shaped into a streamlined north/south hill as the glacial ice moved over it.

The top layer in most places is a wide deposit of sand and gravel, washed from the front of the glacier as it retreated over 15,000 years ago. The smooth quartzite rocks before you are boulders carried by the glacier from some source perhaps far to the north.

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Welcome

Inner Circle Trail at Long Hill Estate

MIDDLETOWN, CONNECTICUT



Stop 10 - Revolutionary War Period

Since Connecticut was one of the main sources of supply for the Continental Army, The Path saw much active use during the war.

A powder house in which gunpowder and dynamite were stored for the Revolutionary troops stood near this spot. The building survived well into the 20th century, being mentioned c. 1964 as having been there until recent years.

Stop 11 - Mixed forest on Slopes of Long Hill

Long Hill Estate's entire property was harvested for hardwood (oaks, maples, etc.) around 1980. The stumps are remnants of that logging. All usable trees greater than 16 inches in diameter were cut down. There was not a good market for evergreen trees at the time, so the pine, hemlock and spruce trees were bypassed.

Second growth tree species established themselves after the logging, including black birch, black cherry, paper and gray birch, sugar maple and red maple trees along with grapevines. These were able to grow because of increased sunlight reaching the forest floor.

Looking east through the woodlands from where you stand, you can see a distinct difference in the forest type. On the right is cutover second growth, the result of the logging. On the left, toward Snow School, is the old forest, mostly beech in that area, planted by Colonel Wadsworth.

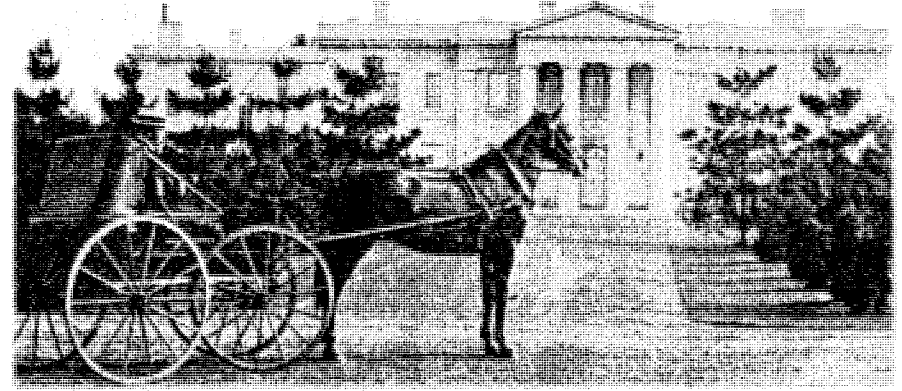
On the sides of the trees facing the lane, beech as well as other species of trees have scars and trunk cavities up to 5 feet in height. These are from the logging equipment tires or the tree-length logs that were being dragged from the woods, causing wounds and resulting decay. The scratch marks on the smooth beech bark are lesser wounds from the same source.

Stop 12 - Black Birch

Black birch (*Betula lenta*) is common in the Northeast, resembling the black cherry with its horizontal markings in the bark. However, a quick scratch of a twig reveals the fragrance of wintergreen, as compared with the strong sour smell of the cherry. Its twigs and inner bark contain the essential oil wintergreen and were used historically for tea; the twigs were used by native peoples as a



Stop 1 - The Mansion



Middletown's most palatial gilded Age estate, the Long Hill mansion was built by the Wadsworths to rival the country houses in Newport and other summer resorts of the wealthy. Contracted to be built for \$90,000, the mansion's cornerstone was laid in 1908.

The 18,000-ft. mansion was designed by the New York architectural firm of Hoppin and Koen. Taking advantage of the very latest fireproof materials, the architects chose steel-reinforced concrete-which had been recently developed for use on the Panama Canal-as the primary building material. The exterior of the mansion, however, draws from a variety of neo-classical styles. The north or front facade has Greek columns while the south or back facade's rounded arches are inspired by Roman architecture.

Working with what was in 1908 a barren hill, Colonel Wadsworth planted the magnificent pines and arborvitae you see all around you as a dramatic frame for the driveway's final approach to the mansion. Visitors to the mansion in the 1920's would have wound their way up to the mansion through meadows, pastures, and plantings of native trees and shrubs.

The Wadsworths' other homes were in New York City, Bar Harbor, Chicago, Palm Beach and Bermuda.

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Stop 2 - Landscape History

By the late nineteenth century New England was essentially bare of trees. The magnificent forests which greeted early colonists had been felled for lumber, cleared for pastures and farms and, above all, clear-cut for charcoal to fuel the Industrial Revolution.

The Hubbard family, arriving about 1675, used the Long Hill area primarily for pasture, orchards and various crops, with stone fences keeping cattle and sheep within bounds. A peach orchard, killed by a freeze in the winter of 1907-1908, grew on the hill where the mansion now stands. Mrs. Wadsworth, formerly a Hubbard, inherited a portion of the Long Hill land. The rest of the approximately 750 acres was gradually purchased by the Wadsworths.

Forests and individual trees, carefully selected and planted, flourished during Colonel Wadsworth's tenure. After the Colonel's death, however, maintenance of his forests and pastures was severely curtailed. Trees and bushes sprang up wherever space and sunlight allowed, producing the mixture you see today.

Stop 3 - Colonel Wadsworth's Vision

An authority on the emerging science of forestry and conservation, Colonel Wadsworth had a concern for the environment far ahead of his time. He envisioned a landscape that would evolve from the formal and classical near the mansion, to varied, well-managed forests and pastures on the remainder of the estate. All areas were designed in the tradition of a working landscape. The world-renowned Boston landscape design firm of Olmsted Brothers, and the New York landscape architect Charles W. Leavitt helped Wadsworth develop his dream. Sweeping drives and open vistas were created, along with stone arches, walls and bridges to add beauty and interest. Avenues of trees-sugar maple, black walnut, white oak, paper birch, red cedar and red pine-were planted along many of the walls and drives.



Stop 8 - White Oak (Wolf Tree)

The white oak (*Quercus alba*) is the State Tree of Connecticut. The Hartford Great White Oak was the tree where legend says the colonial charter was hidden in 1687. When this tree started growing well over 100 years ago, the land around it was open field. It grew without competition for space, water, sunlight or nutrients and was able to develop broad and spreading branches.

Wolf trees usually grow on borders of neighboring properties and can often be found along old roads, stone walls, and fence lines. They are always much larger and older than the trees around them-the lone wolves of a much younger forest.



White oaks have rounded lobes on their leaves and their shiny oval acorns germinate in the fall. The Red oaks (*Quercus borealis*) have pointed lobes and their duller acorns must wait out the freezing temperatures of winter before germinating in the spring. Local wildlife rely on acorns as a valuable winter food source. The acorns are eaten by blue jays, wild turkeys, deer, and rodents.

Stop 9 - Indian Trail - "The Path"

You are standing on part of the Indian Trail that ran from Quinnipiac (New Haven) through Coginchaug (Durham) and Mattabesec (Middletown) to Saukieg (Hartford). No one knows how old it is.

In colonial times it was no doubt used as the bridle trail for post riders who carried the mail and small parcels in sealed bags between those points. At that time it was called The Path. Later, in the 18th and early 19th centuries, it became known as Powder Lane because of the gunpowder houses located along the route.

More recently, during the Wadsworth era, this section of The Path was known as Dolly Lane because of an Aunt Dolly who lived at the corner of what is now Wadsworth Street and this lane, perhaps far to the north.



Stop 6 - White Oak Lane



This dramatic curving driveway was part of the main approach to the mansion. Bordered by skillfully crafted brownstone walls and lined with white oaks, it is one of the most impressive features of the landscape. Note how the mortar holding the wall together is almost entirely hidden.

In the early 1990's these walls and trees were barely visible, covered as they were by Oriental bittersweet, hardy kiwi and akebia vines, all of which are invasive, non-native species.

A pair of very large white oaks marked the eastern end of the walled portion of the drive. Clearly visible even on a 1908 map, one can still see the magnificent surviving oak on the left and the stump of the other on the right.

Stop 7 - Stiles

Notice the three projecting stones on each side of the wall. These stones are the steps of a stile built to give people access to the former pasture land on either side, while keeping the cattle penned in. Steps of the stiles go up one side and continue down the other, so the user does not have to make a turn.

There are three stiles on these brownstone walls, two on the north side, one on the south.



Stop 4 - Amur Cork Tree



It was fashionable in the Country Place Era to plant unusual tree specimens, not natural to the area, which enhanced the landscape and were of interest to visitors.

One of the most notable of these exotic trees planted by Colonel Wadsworth on Long Hill Estate is the Amur cork tree (*Phellodendron amurense*), a native of China. This tree is not to be confused with the oak cork (*Quercus suber*) native to southern Europe and northern Africa, whose bark is harvested every 10-15 years to make cork.

The Amur cork tree is an ornamental, often picturesque tree with gray, deeply fissured corky bark. Amur cork trees make good lawn specimens with

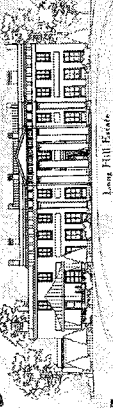
attractive green foliage which turns yellow in the fall. Among other exotic trees still growing on Long Hill Estate are the European Beech (*Fagus sylvatica* spp.) and Japanese Maples (*Acer palmatum* spp.) which you will see at Stop 25, and several Oriental Spruces (*Picea orientalis*) growing in the area between the mansion and the tennis pavilion.

Stop 5 - Stations of the Cross

During the period Long Hill Estate was owned by the Cenacle (1947-1986), the trees in this vicinity were used for the 14 Stations of the Cross. Pictures were affixed to trees and a path wandered through the woods to connect them. This was an important part of the Cenacle's mission of meditation and retreats.

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LONG HILL ESTATE



INNER CIRCLE TRAIL

Trail is marked with Orange Blaze
1/2 Mile in Length

