

Phillips Farm 5K Course Description

Start and Finish: 400 Sanford Road Southbury, CT



Course start and finish

The new 5K course begins and ends in the small field and parking area to the right of the entrance gate of the Phillips Farm Preserve on Sanford Rd. Just past the kiosk, there is a green three panel sign that marks the start and finish. While the course follows much of the existing blue and yellow trails, it does break off in several locations and is marked throughout with white blazes.



Look for white blazes on trees. In many cases the course overlaps with existing trails.

0-1 mile

To begin... Head back towards the old Phillips red barn and then follow the well beaten path along the next field edge towards the fen and past the old apple orchard. Continue on with the cow pastures on the left and into the woods. This first section is also the blue trail and will slowly rise as you progress past the 0.5 mile marker. Of note are a few exceptionally large oak trees known as wolf trees, once used for livestock shade back in the farming days. Pass by the big rock on the left and emerge into the upper fields of Lovdal Farm. The first climb peaks here with views into Oxford on your left. The trail stays to the right in the first field then cuts across the middle field and slopes down to the left across the long meadow. Pass through another stone wall and take a hard left. The trail will edge a small field and drop down through a short farm road to what we call the hidden meadow. Stay right along the edge of the meadow and continue to bear right back up the hill on the main old farm access road.



Initial start near Phillips barn



wolf tree along trail



There are mile markers at every .5 mile interval. There are also wooden arrows marked "5K Trail" throughout the course

1-2 Mile

The 1 Mile marker is just around the corner on the farm road. A short distance up (before you would get back out into the fields), take a quick left into the wooded trail (overlapping again with blue trail) that eventually descends to the left and over the bridge at the Lovdal Pond. Cross the bridge, follow the path past the kiosk and up the hill to the Lovdal parking area. Head to the right and stay on the upper edge of the field to the south end of the pond. Continue right, down the back edge of the field and into the woods across the boardwalk that traverses the wetlands. The trail starts to rise here and continues through a small larch forest. At the next junction, turn left onto the yellow trail and continue up through the cherry grove. 1.5 mile marker is just before you cross the end of the long meadow and ascend back into the woods. This climb that you have just done is the most challenging part of the course and brings you into a section of ridgeline woods (tornado alley) marked by fallen trees, exposed root balls, and piles of wood on the sides of the trail. The trail then descends and leads back towards Phillips Farm. At the corner of the field you will overlap with the outgoing blue trail for 20 feet before splitting left and continuing overlapping with the yellow trail.



Lovdal Pond



New boardwalk

2-3 Mile



Phillips Farm field

The 2 Mile marker is just a short distance back down this trail. It is fairly flat here though with some ups and downs over stream crossings and rocky sections. The trail will eventually bear up and left with views of the Phillips fields again on your right. After crossing two small streams the course splits from the yellow trail and continues to the right on another old farm road. Shortly before it breaks out into the fields, turn left to continue up through the woods, eventually rejoining the yellow trail. 2.5 mile marker is just before you cross the upper field edge of the highest point at Phillips. On the far side, head back into the woods and follow a descending windy trail to the upper gate on Sanford Rd. Turn right back into the fields and follow the mowed path down and to the left. Where it cuts through the tree line, follow the right edge of the lower meadow back towards the Phillips barn

The 3 Mile marker is at the corner of the last jog in the field at the bottom of the hill. It is a short sprint to the finish line from there!!!

Course Statistics

Length: 5 kilometers
Elevation: 423 ft. gain
Course Created: 2020



Final stretch at Phillips Farm