



## Agnes Bowen Loop

**3.6 miles**  
**1,200 vertical feet**  
**2.1 hours**



### Mileage summary

Ascend Nature Trail to the B/O trailhead 0.2  
 At 0.3 turn right at junction to ascend B/O  
 Cross B/Y at 1.2 to continue on B/O  
 Cross B at 2.5 to continue on B/O  
 At 2.8 turn left on East River Rd  
 Return to your car at 3.6

The Agnes Bowen Trail was named after a local artist and writer of Barkhamsted that guided state representatives on a tour of the forest in 1923. This tour resulted in the decision to establish Peoples State Forest in 1924. Parking for the Agnes Bowen Loop is in the large Matthies Grove lot, located on the left 1.1 miles north on East River Road from the junction with route 181 (41.925592, -72.999369 ). The trailhead is next to the kiosk titled “Matthies Grove-Peoples Forest”.

Hike east, crossing East River Road, and follow a blue blazed nature trail to the Nature Museum. Behind the Museum at 0.2 miles is the trail sign for the start of the Agnes Bowen Trail marked by a blue blaze with an orange dot (B/O). The Robert Ross Trail also starts there marked by a blue blaze (B). Ascend this double blazed trail to the junction at 0.3 miles and turn right for the B/O trail which shortly crosses Greenwood Road. Continue on the B/O trail past an outhouse at 0.6, reaching the junction with the Charles Pack Trail, marked by a blue blaze with yellow dot (B/Y) at 1.2 miles. Proceed straight across this junction following the B/O trail. At 1.7 miles you pass a sign post (above photo) followed shortly by another sign pointing the way to the Beaver Brook Boardwalk. The Boardwalk ends at 1.9 miles with a large number of well written information displays. Return to the B/O trail and turn right. You will soon discover a very long bog bridge. Be careful when temperatures have been below freezing because the boardwalk could have frost or ice. At 2.2 miles cross Beaver Brook Road and at 2.4 miles make a short right to cross Greenwood Road. Follow the B/O back into the forest and at 2.5 cross the Robert Ross Trail (B) and continue on the B/O to East River Road at 2.8 miles. You have completed 100% of the Agnes Bowen Trail. Turn left to follow this paved road back to your car at Matthies Grove lot at 3.6.