Parking for the trailhead (41° 43' 1.83" N  72° 50' 28.29" W) is located off Meadow Road. The trail is 1.3 level miles that is very easy to follow. It passes the confluence of the Pequabuck & Farmington Rivers, which is where the Farmington River begins to flow north. It is perfect for hiking, running, and dog walking (note signs). At 0.8 miles, turn left on the paved access road for the Kolp Community Garden Plots. Turn left again to follow the Meadow Road Bike Trail back to your car.

In 1645, the town was incorporated and named Farmington because it was a farming town. The best farming area, however, was here in the Flats. Did you ever wonder why the Farmington Flats are so flat. Or why the top soil is so deep here, compared to your yard and why there are so few rocks, even the little ones. Check out the Farmington Flats Loop hike. It has some answers.