

# This Mountain Hike In Connecticut Leads To Something Awesome

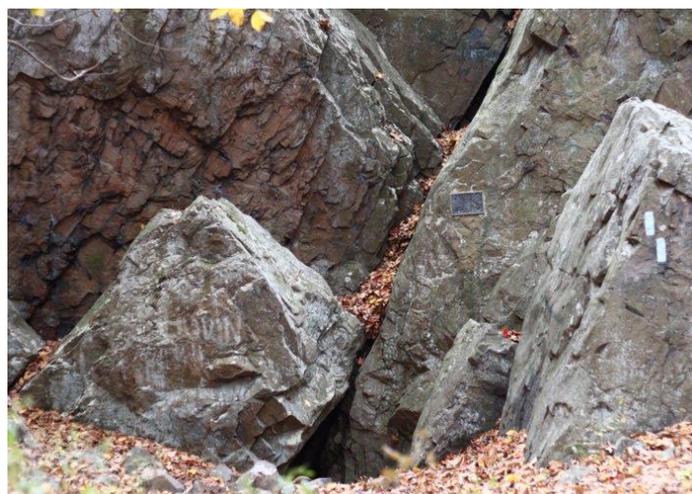
Looking for a mountain hike in Connecticut that's truly unique? Then look no further! At the top of this mountain is a hidden site, unknown by many Connecticut residents. But a little piece of folk history is waiting to be rediscovered by you. So let's get going!

[Rattlesnake Mountain in Farmington is a 2.3-mile hike off of Route 6.](#)



Part of the Metacomet Ridge, this short trail can be a little taxing for beginners, but it's totally worth it! Be prepared to catch some fantastic sights atop this scenic vista as you explore the rare plants and traprock ridges.

An increasing number of locals have begun using the ridges here for rock climbing. They may look for intimidating, but they make for great exercise. Not to mention you'd be climbing volcanic rock. At 750 feet high and 500 feet above the Farmington River Valley, there's no shortage of views. But the coolest thing atop this mountain isn't the sight. [It's Will Warren's Den!](#)



This boulder rock cave is a local historic site that will leave you breathless. Who knew Connecticut had caves quite like this!

The plaque affixed to the cave reads "Said Warren, according to legend, after being flogged for not going to church, tried to burn the village of Farmington."

He was pursued into the mountains, where some Indian squaws hid him in this cave." It may not look like much from the outside, but the inside is a cool oasis.



Escape the summer heat and cool off by slipping inside of this place, but don't forget to bring a flashlight. A body was actually found in the den in 1870, believed to be Will Warren himself, though some say it was the body of a lost explorer.

Once you're in, the cave continues downward if you dare, but it's a unique look at the cave system of Connecticut. Young explorers will especially love this one.

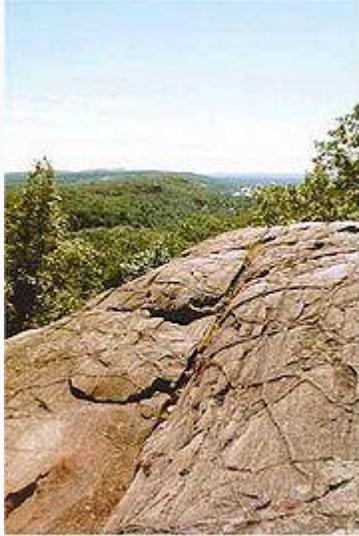
Check out this short informational video for a look at how to get into the cave and what it looks like deep inside!

Thought this mountain in Connecticut was cool? Check out this collection of [epic mountains](#) for even more high climbing adventures!

---

## Rattlesnake Mountain (Central Connecticut)

### Rattlesnake Mountain



View from Rattlesnake Mountain

### Highest point

**Elevation** 750 ft (230 m)<sup>[1]</sup>

### Geography

**Location** Farmington, Connecticut

**Parent range** Metacomet Ridge

### Geology

**Age of rock** 200 Ma

**Mountain type** Fault-block; igneous

### Climbing

**Easiest route** Metacomet Trail

**Rattlesnake Mountain** is a traprock mountain, 750 feet (230 m) above sea level, located 9 miles (14 km) southwest of Hartford, Connecticut in the town of Farmington. It is part of the narrow, linear Metacomet Ridge that extends from Long Island Sound near New Haven, Connecticut, north through the Connecticut River Valley of Massachusetts to the Vermont border. Rattlesnake Mountain, a popular outdoor recreation resource of the metropolitan Hartford area, is known for its cliff-top scenic vistas, unique microclimate ecosystems, and rare plant communities. *Will Warren's Den*, a boulder cave located on the mountain, is a local historic site. Rattlesnake Mountain is traversed by the 51-mile (82 km) Metacomet Trail.

## Geography

Roughly 1 mile (1.6 km) in diameter, Rattlesnake Mountain rises steeply 500 feet (150 m) above the Farmington River valley to the west. The mountain consists of an upper summit cone that descends into a series of tiered ridges which become contiguous with the Metacomet Ridge on Pinnacle Rock to the south and Farmington Mountain to the north.

A small traprock quarry, 0.4 miles (600 m) wide, occupies the northeast side of the mountain, and a suburban development the southwest side. Two broadcasting towers (WTIC-TV and WVIT) stand on the summit.

The east side of Rattlesnake Mountain drains into Trout Brook, then to the Park River, thence into the Connecticut River and Long Island Sound; the west side into the Pequabuck River, then to the Farmington River, thence to the Connecticut River. The south side of the mountain supports the headwaters of the Quinnipiac River, which flows directly into Long Island Sound.

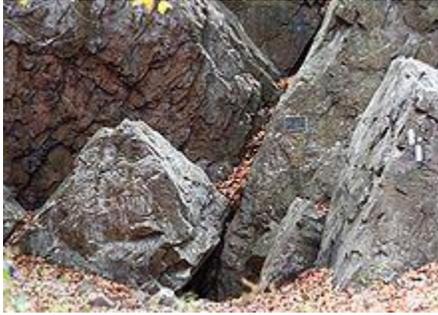


The Rattlesnake Cliffs, traprock cliffs atop Rattlesnake Mountain

## Geology and ecology

Rattlesnake Mountain, like much of the Metacomet Ridge, is composed of basalt, also called traprock, a volcanic rock. The mountain formed near the end of the Triassic Period with the rifting apart of the North American continent from Africa and Eurasia. Lava welled up from the rift and solidified into sheets of strata hundreds of feet thick. Subsequent faulting and earthquake activity tilted the strata, creating the cliffs and ridgeline of Rattlesnake Mountain. Hot, dry upper slopes, cool, moist ravines, and mineral-rich ledges of basalt talus produce a combination of microclimate ecosystems on the mountain that support plant and animal species uncommon in greater Connecticut. Rattlesnake Mountain is also an important raptor migration path. (See Metacomet Ridge for more information on the geology and ecosystem of Rattlesnake Mountain).

## Folklore



Will Warren's Den

*Will Warren's Den*, a boulder cave located on the west side of the mountain, is a historic landmark of the town of Farmington. A plaque affixed to the cave reads, "Said Warren, according to legend, after being flogged for not going to church, tried to burn the village of Farmington. He was pursued into the mountains, where some Indian squaws hid him in this cave." The cave is accessible from the Metacomet Trail.

## Recreation and conservation

Rattlesnake Mountain is traversed by the Metacomet Trail, (maintained by the Connecticut Forest and Park Association), which extends from the Hanging Hills of Meriden, Connecticut to the Massachusetts border. Rattlesnake Mountain offers a number of clifftop views west over the Pequabuck River valley toward the eastern escarpment of the Berkshire Mountains. Suburban Farmington is visible below. The mountain is open to hiking, bird watching, picnicking, snowshoeing, and other passive pursuits.<sup>[4]</sup> A number of rock climbing websites indicate several climbing routes on the mountain.

The ecosystem of Rattlesnake Mountain is most threatened by development and quarrying.<sup>[3]</sup> In 2000, Rattlesnake Mountain was included in a study by the National Park Service for the designation of a new National Scenic Trail now tentatively called the New England National Scenic Trail, which would include the Metacomet-Monadnock Trail in Massachusetts and the Mattabesett Trail and Metacomet Trail trails in Connecticut.

The Farmington Land Trust [1] is active in the conservation of Rattlesnake Mountain and its viewshed. Will Warren's Den (part of the William S. Wadsworth Memorial property) is among the many easements managed by the trust.

## See also

- Metacomet Ridge
- **Adjacent summits:**

↓ South	North ↑
 <p>Pinnacle Rock</p>	 <p>Farmington Mountain</p>

## References

1. ^ USGS topo map New Britain, CT & MA Topo Map
2. ^ Jump up to: <sup>a b c</sup> DeLorme Topo 6.0. Mapping software. DeLorme, Yarmouth, Maine.
3. ^ Jump up to: <sup>a b c</sup> Farnsworth, Elizabeth J. "Metacomet-Mattabesett Trail Natural Resource Assessment. Archived 2007-08-07 at the Wayback Machine" 2004. PDF. Cited November 1, 2007.
4. ^ Jump up to: <sup>a b</sup> Connecticut Walk Book: A Trail Guide to the Connecticut Outdoors. *17th Edition. The Connecticut Forest and Park Association. Rockfall, Connecticut. Undated*
5. ^ Google Earth. 41° 41' 59"N, 72° 49' 58"W cited Dec. 31, 2007
6. ^ Raymo, Chet and Maureen E. *Written in Stone: A Geologic History of the Northeastern United States*. Globe Pequot, Chester, Connecticut, 1989.
7. ^ Jump up to: <sup>a b</sup> Farmington Land Trust. Archived 2011-07-26 at the Wayback Machine Cited Dec. 31, 2007
8. ^ Connecticut Chapter of the Appalachian Mountain Club, mountaineering page Archived 2007-08-28 at the Wayback Machine. Cited Dec. 19, 2007.
9. ^ U.S. Congress *New England National Scenic Trail Designation Act*.

## External links



Wikimedia Commons has media related to ***Rattlesnake Mountain (Connecticut)***.

- Connecticut Forest and Park Association
- NPS brochure for National Scenic Trail proposal.
- Will Warren's Den
- Farmington Land Trust

## Mountains of Connecticut

### Hanging Hills

- Cathole Mountain
- East Peak
- South Mountain
- West Peak

### Metacomet Ridge

- Barn Door Hills
- Beacon Hill
- Besek Mountain
- Bradley Mountain
- Cathole Mountain
- Chauncey Peak
- East Peak
- East Rock
- Farmington Mountain
- Fowler Mountain
- Hatchett Hill
- Higby Mountain
- Lamentation Mountain
- Manitook Mountain
- Mount Sanford
- Peak Mountain
- Peck Mountain
- Peter's Rock
- Pinnacle Rock
- Pistapaug Mountain
- Ragged Mountain
- Rattlesnake Mountain
- Saltonstall Mountain
- Short Mountain
- Sleeping Giant
- South Mountain
- Talcott Mountain
- Totoket Mountain
- Trimountain
- West Peak

<b>Taconic Mountains</b>
<b>Others</b>

- West Suffield Mountain
- Bear Mountain
- Gridley Mountain
- Mount Frissell
- Round Mountain
- Burley Hill
- Haystack Mountain
- Jeremy's Back
- Snow Hill