

Changing Tides PaddleCraft Training Location – Details & Directions

West Rock State Park: Lake Wintergreen

Address: ~45 Main Street, Hamden, CT

Phone (CT-DEEP): 800-424-3200

[Web Link](#)

[Google Map](#)

Facilities: This is a Connecticut State Park facility with a beach accessing Lake Wintergreen, a 44 acre fresh water lake. There are no parking fees. There is parking for ~30 cars.

Training: CTPC uses this site for entry level training in kayak, canoe and SUP.

From the Wilbur Cross Parkway (Route 15): Take exit 60. Turn right off the exit ramp onto Dixwell Avenue (Route 10 South). Take a right at the next light onto Benham Street. Follow Benham to the end. Turn left onto Main Street. At a sharp turn, turn right into the parking lot for the Lake Wintergreen area of West Rock State Park.

