

North End Walk

Adventure's Afoot!

What better way to get out and get some exercise than taking a walk through Middletown's historic North End? The neighborhood is a vibrant mix of interesting small businesses, tidy residential streets, restaurants, and arts organizations. Steeped in the history of the Sicilian immigration to Middletown in the early part of the 20th century, the North End remains a colorful mix of language, history, and cultural diversity. The North End's streets are exciting and alive with the languages of Italy, Southeast Asia, and Latin America, each representing the traditions and culture



that make the North End an international tapestry. The rich flavors of the neighborhood can be experienced with breakfast at a nationally acclaimed diner. Tibetan, Vietnamese, Mexican, and continental fare attract locals and visitors alike and world class burgers, exotic beers, and nightlife abound in a variety of lively North End establishments. One of the best Italian markets in the city attracts discriminating shoppers looking for authentic ingredients for favorite family recipes.

A stroll through the North End will showcase the neighborhood's lively arts community. Concerts, poetry, theater, art galleries and schools make the neighborhood a destination point for an evening of entertainment. The Commodore Macdonough School on Spring Street is the oldest neighborhood school in Middletown and a Mecca for North End children and families. The neighborhood boasts some of the most outstanding examples of commercial and residential architecture in the city at a scale that invites a walker to appreciate both the urban and residential character of North End streets.

A walk through the North End is a sensory delight, a history lesson, and a chance to experience the endless variety that defines a true neighborhood.

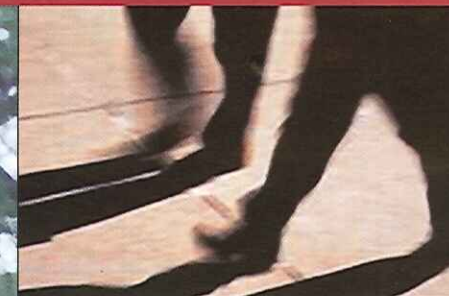
Walking is a terrific aerobic exercise. A brisk stride (four mph) will burn about 350 calories per hour. Walk fast enough that you're breathing rapidly and you puff a little as you carry on a conversation. If followed as written below, both the Liberty Street and Pearl Street Loops are approximately one mile and are accessible to wheelchairs and strollers.

The Liberty Street Loop begins at the Macdonough School crosswalk and heads right (west) down Spring Street on the left-hand sidewalk. Turn left onto High Street and proceed south down the left-hand sidewalk. Take the third left onto Liberty Street and head west toward Main Street on the left-hand sidewalk. At Main Street, turn left and walk north on the left-hand sidewalk. When you reach Saint John's Square, bear left onto Spring Street and return to the Macdonough School on the left-hand sidewalk.

The Pearl Street Loop also begins at the Macdonough School crosswalk and heads west down Spring Street on the left-hand sidewalk. Again turn left onto High Street and proceed south down the left-hand sidewalk. This time take the fifth left onto Washington Street. Go one block down the left-hand sidewalk and turn left onto Pearl Street. Here you take the right-hand sidewalk north for five blocks to return to Spring Street. A few hundred feet to the right will return you the Macdonough School.

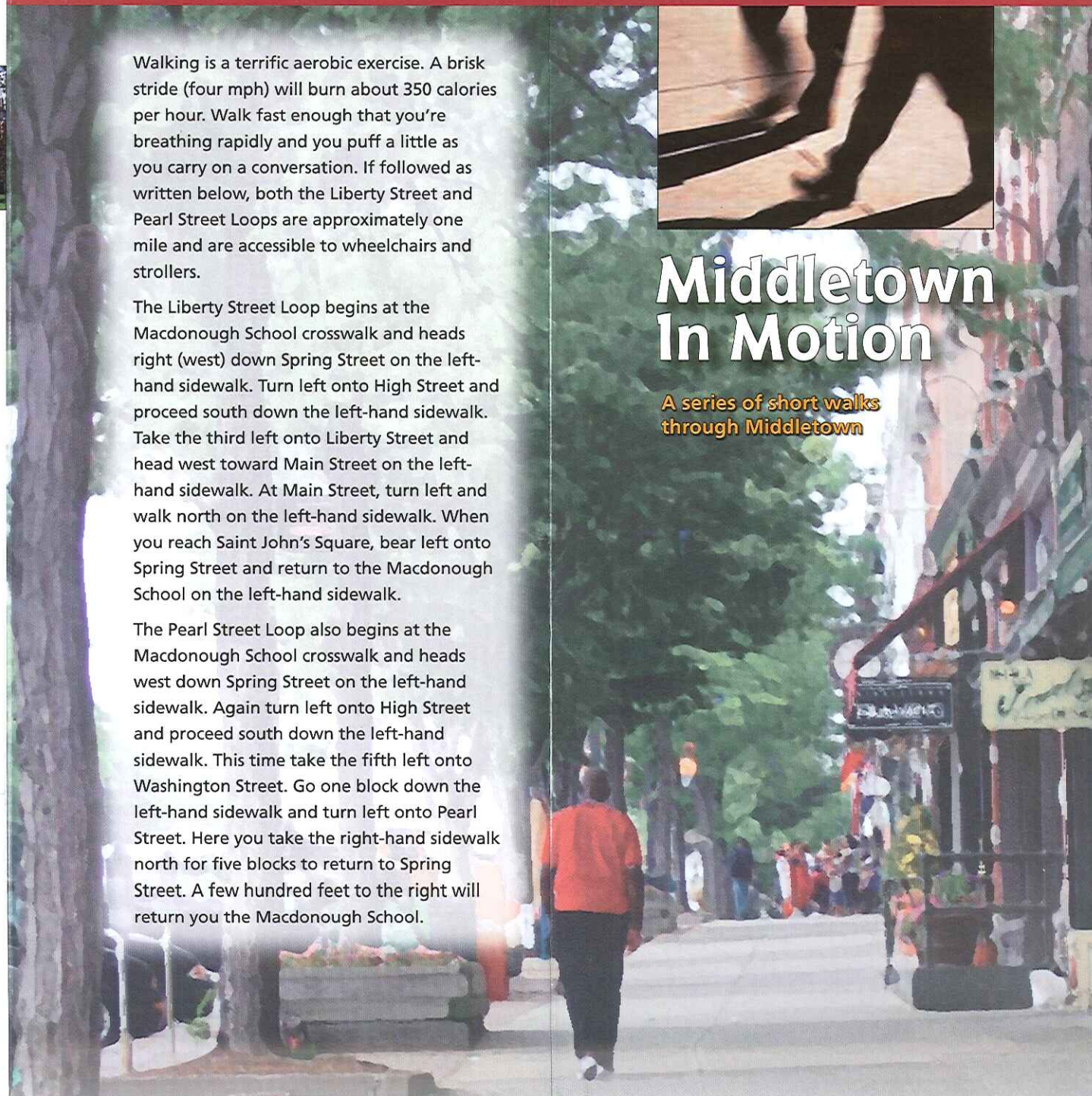
North End Walk

Liberty Street Loop approx. 1 mile
Pearl Street Loop approx. 1 mile





Middletown In Motion


A series of short walks through Middletown



KEY

 **Liberty Street Loop** 
approx. 1 mile

 **Pearl Street Loop** 
approx. 1 mile

 **Start** (optional)


 **Historical Marker**

 **Parking**

The **Middletown in Motion** Walking Trails are supported by the Middletown in Motion Committee and the City of Middletown

For more information call 860-344-3482 or www.cityofmiddletown.com

look for the  symbol on sidewalks along the trail.

 Both North End Trails are handicapped accessible.

