The town owned Railroad Ramble follows the old bed of the Central New England railroad that operated from 1871 to 1938. It initially ran from Hartford to Millerton, NY. Later this route became part of a larger system and for a brief period was the main route from Washington DC to Boston. Freight service from Canaan to Lakeville via this route lasted until 1969.

The 2.1 mile trail now connects the villages of Salisbury and Lakeville. It starts at Route 44 in Salisbury and ends at the town ball field in Lakeville near Route 41. Accessible at multiple points the trail is actively used year around for quiet walking, running, bicycling, snowshoeing and birdwatching.

On the west side, south of Salmon Kill Road, the Salisbury Association Land Trust protects 95 acres of forest, wetlands and a 3 acre pond. At the pond you may see waterfowl and if lucky an otter.