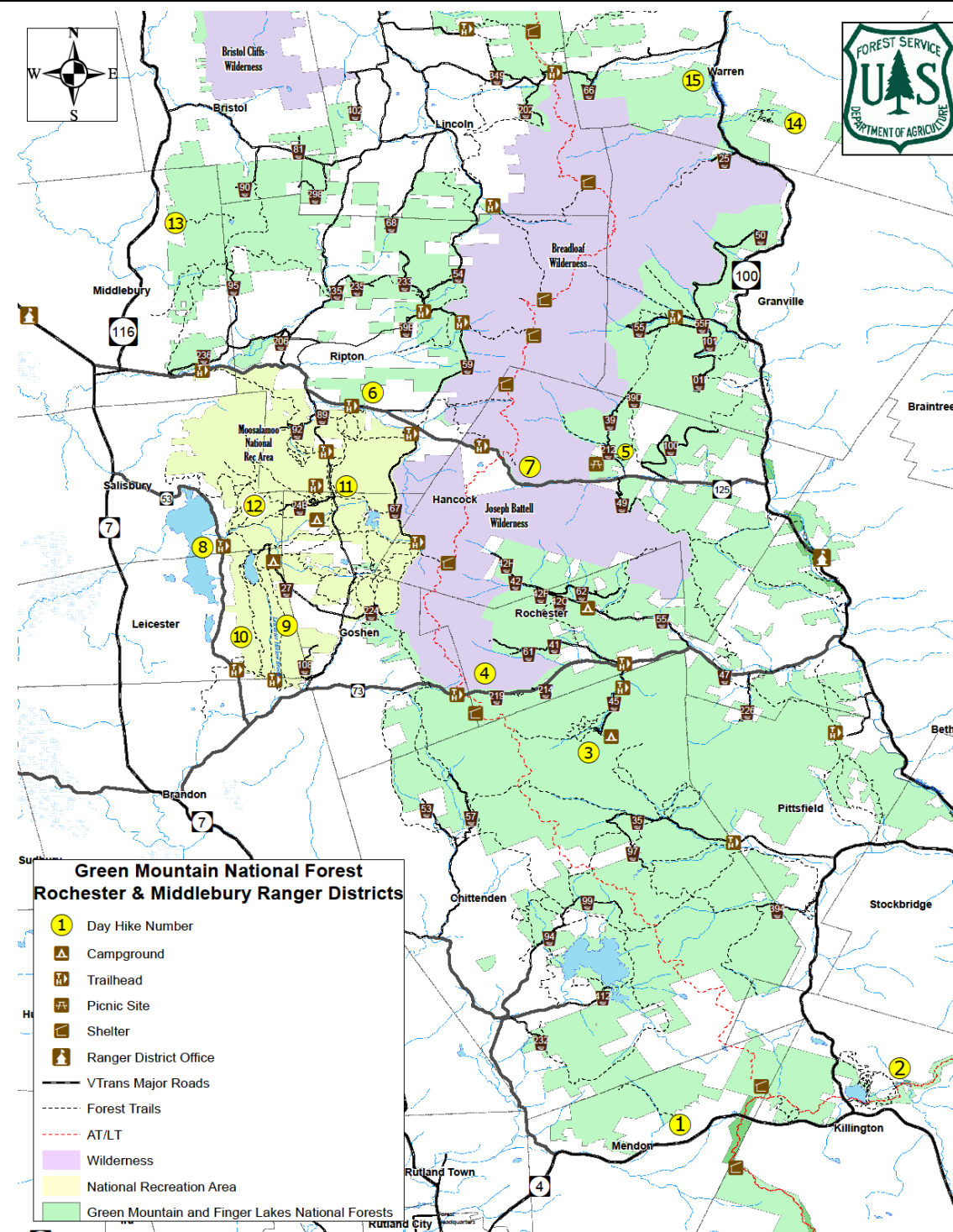




- Canty Trail:** This is a 2.4 mile out-and-back trail (4.8 mile round trip) that takes approximately 4 hours to hike. The trail has a 1600 foot elevation gain, including portions of steep and/or rocky trail. From Vermont Route 4 in Mendon, turn onto Old Turnpike Road and travel approximately 0.5 miles to the trailhead on the left. *Hiking Level: Moderate.*
- Thundering Falls Trail/Appalachian Trail:** Thundering Falls is the only universally accessible portion of the Appalachian Trail in Vermont. The trail passes through the Ottauquechee River floodplain on 900 feet of boardwalk before ascending via accessible switchbacks to a viewing platform of Thundering Falls, reportedly the sixth tallest waterfall in Vermont. From Vermont Route 4 in Killington, take River Road (towards Killington Municipal Offices) for approximately 2 miles. The small River Road parking area can be found on the left. *Hiking Level: Easy.*
- Chittenden Brook Trail Network:** This network of loop trails winds through forested areas, beaver meadows and along Chittenden Brook. Follow blue blazes to numbered intersections where trail maps provide navigation and the opportunity to connect to the Long Trail National Recreation Trail. Two trailheads serve as starting points: Trailhead 1: From Vermont Route 73, 5.2 miles west of Rochester, take Forest Road 45 south for 2.2 miles. Just before entering the Chittenden Brook Campground loop, turn left where the trail network begins from the trailhead parking lot; Trailhead 2: from Vermont Route 73, take Forest Road 45 south for 0.6 mile to the trail-head parking area on the right. From here, the trail climbs along Chittenden Brook for 3.7 miles to the Long Trail and the network of loop trails. Another 2.3 miles north on the Long Trail will take you to Vermont 73 at Brandon Gap, passing Sunrise Shelter and good views of Mt. Horrid. *Hiking Level: Moderate.*
- Mount Horrid/Great Cliff Trail:** The Mount Horrid Trail follows the Long Trail from Vermont Route 73 north to a blue-blazed side trail with exceptional views. The trail is a steady climb with several steep portions. Please respect annual trail closures that are typically in effect March to August to protect nesting Peregrine falcons. From Vermont Route 73 at Brandon Gap, take the Long Trail north to a blue-blazed spur trail that leads out to the cliffs. *Hiking Level: Moderate.*
- Texas Falls Nature Trail:** This 1.2 mile loop trail starts with magnificent views of Texas Falls—a series of cascades tumbling 140 feet through a steep and narrow cataract. The falls are also the site of a historic mill powered by the energy of the falling water. From Vermont Route 125, 3.1 miles west of Vermont Route 100 in Hancock, and 3.2 miles east of Middlebury Gap, turn north on Texas Falls Road to the Texas Falls Recreation Area. Across the road from the first parking area is Texas Falls. Just across a footbridge, the nature trail begins. *Hiking Level: Easy.*
- Robert Frost Trails:** This system of 2 loop trails commemorates Robert Frost's poetry and several poems are mounted along the trail on the north and south sides of the South Branch of the Middlebury River. Blueberries and huckleberries are maintained in the fields south of the river. The 0.2 mile loop adjacent to the parking lot is designed for universal accessibility, as is the bridge that connects to the portion south of the river. These trails begin at the parking area located off Vermont 125, 2.1 miles east of the Village of Ripton and approximately 1 mile west of the Middlebury College Breadloaf Campus. The Robert Frost Trails provide access to the larger Water Tower Trail network. *Hiking Level: Easy.*
- Silent Cliff Trail:** This trail starts where the Long Trail crosses Middlebury Gap on Vermont 125. Take the Long Trail north for 0.4 miles. Turn right and follow the blue blazes an additional 0.4 miles to Silent Cliff, which affords great vistas. *Hiking Level: Moderate.*



8. **Silver Lake Trail:** The Silver Lake Trail (Forest Road 27) provides access to the Falls of Lana picnic area, Silver Lake recreation area/campground, and multiple loop trails. Park on the east side of Vermont Route 53, 0.2 mile south of Branbury State Park. From Route 53, the trail follows Forest Road 27 and will pass under a large “penstock” that brings water from Silver Lake to the Route 53 power plant. After approximately 0.5 miles, you will reach the junction with the Rattlesnake Cliff Trail on a sharp curve in the road. Straight ahead, across Sucker Brook, is the picnic area at the Falls of Lana, Rattlesnake Point, and the Oak Ridge, Moosalamoo, and North Branch Trails. Bearing right at this junction takes you up a series of switchbacks to the north end of Silver Lake where you can access the Silver Lake Interpretive Trail (looping around the lake) or the Chandler Ridge and Leicester Hollow Trails. *Hiking Level: Moderate.*
9. **Leicester Hollow Trail:** The Leicester Hollow Trail follows Leicester Hollow Brook and a historic carriage route as it travels from the Silver Lake Trail and Campground south to the junction with the Chandler Ridge and Minnie Baker Trails. There are many trail intersections and campsite spurs as the trail passes through the Silver Lake Recreation Area - be sure to remain on the main trail. For good views, return via the Chandler Ridge Trail. *Hiking Level: Easy.*
10. **Chandler Ridge:** This trail follows a ridge with gentle grades and views to the east and west. It forms a loop trail network with the Leicester Hollow/Chandler Ridge loop is 4 ½ – 5 ½ hours. *Hiking Level: Moderate.*
11. **Mount Moosalamoo:** This trail begins at a parking lot near the entrance to the Moosalamoo Campground on Forest Road 24. It crosses the north branch of Voter Brook and climbs to the Oak Ridge Trail, just north of the summit of Mt. Moosalamoo. Take the Oak Ridge Trail 0.3 mile south to the summit of Mt. Moosalamoo. *Hiking*

12. **Rattlesnake Cliff:** Beginning at the picnic area at Falls of Lana, the Rattlesnake Cliff Trail passes the lower end of the Aunt Jennie Trail and the junction with the North Branch Trail. After climbing for approximately 1.0 mile, and after passing the upper end of the Aunt Jennie Trail, the trail forks. The Rattlesnake Cliff trail is to the left (to the right is the Oak Ridge Trail). When the trail forks again, the left branch leads to the southern part of Rattlesnake Cliff, with spectacular views of the lakes, and the right branch leads to a smaller west-facing set of cliffs. Park on the east side of Vermont Route 53, 0.2 mile south of Branbury State Park. From Route 53, follow the Silver Lake Trail (service road) passing under a large pipe. After about 0.5 mile you will reach the junction with Rattlesnake Cliff Trail on a sharp curve in the road. *Hiking Level: Difficult.*
13. **Abbey Pond Trail:** This trail climbs steadily while traveling adjacent to a cascading brook for 2 miles to Abbey Pond. During times of high water, multiple stream crossings may be difficult to cross. This trailhead is located off of Vermont 116, approximately 5.5 miles north of the junction with Vermont 125 in East Middlebury. *Hiking Level: Moderate.*
14. **Blueberry Lake:** The Blueberry Lake trails are designed for mountain bike use but provide wonderful hiking/trail running opportunities. These trails feature gentle grades and clear lines to view oncoming mountain bikers. The trail network consists of 4 loop trails and totals approximately 5 miles. Directions from Warren Village: Travel east on Brook Road for approximately 2 miles. Turn right onto Plunkton Rd. and travel approximately 0.5 miles to the trailhead parking. *Hiking Level: Moderate.*
15. **Warren Falls:** Warren Falls is a heavily used observation site with high cliffs, fast water, deep swimming holes, and multiple footpaths. A gentle, short (0.1 mile) trail leads to an accessible overlook that provides views of the cascading Mad River. Other trails are marked as access points to view points or to wade in the river. Located along Route 100, just south of the Village of Warren. *Hiking Level: Easy.*

For More Information:

<http://www.fs.usda.gov/gmfl>

Rochester Ranger Station
(802) 767 - 4261
Monday-Friday 8:00am-4:30pm
Open Saturdays
Memorial Day through Columbus Day



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Green Mountain National Forest



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HIKING GUIDE

VERMONT TRAIL ETHIC

Help keep Vermont's recreation and trail resources healthy.

1. Know and respect the allowable use of the trail.
2. Respect other trail users.
3. Respect public and private landowners' property.
4. Use good judgment and tread lightly; trail conditions are subject to change at any time.
5. Stay on marked trails.
6. Respect natural resources, historic structures and wildlife.
7. Be prepared with food, water and first aid.
8. Pack out your trash.
9. Respect all trail closures.
10. Plan ahead, be safe and have fun.

Visit: www.vermonttrailsandgreenways.org for more information