

11. Silver Lake Trail - This trail leads to the picnic area at the Falls of Lana and to the recreation area at Silver Lake. Park on the east side of Vermont Route 53, 0.2 mile south of Branbury State Park. For more secure parking, you can pay a parking fee at Branbury State Park and leave your vehicle inside their gates overnight. From Route 53, the trail follows a service road passing under a large pipe that brings water from Silver Lake to the power plant across the road. After about 0.5 mile you will reach the junction with 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 to the north end of Silver Lake (near the dam). *Hiking level: Moderate; 640 vertical feet; 1.6 miles.*

12. Silver Lake Interpretive Trail - This trail starts under the power lines just north of the dam on Silver Lake. It passes below the bottom of the dam and follows the west shore of the lake. After passing the Chandler Ridge Trail, follow the shoreline to the Leicester Hollow Trail. You will find good views of Mt. Moosalamoo from the south end of the lake. At this junction, turn left past the campground and through the picnic area back to the dam. *Hiking level: Easy; 40 vertical feet; 0.6 miles.*

13. Mt. Horrid Great Cliff Trail - From Vermont Route 73 at Brandon Gap, take the Long Trail north to a blue-blazed spur trail that leads out to the Cliffs. The trail climbs steadily upward, but the excellent view at the top makes the trip worthwhile. From March to August of most years, the cliffs are closed to protect nesting Peregrine falcons. *Hiking level: Moderate; 620 vertical feet; 0.4 miles.*

14. Chittenden Brook Campground Loop - From Vermont Route 73, 5.2 miles west of Rochester, take Forest Road 45 south for 2.2 miles to reach Chittenden Brook Campground. The trail, begins near the fee station near the campground. It follows a logging road for 1.0 mile, crosses Chittenden Brook, and follows the brook back down to the campground at site number 7. The trail intersects with the Chittenden Brook Trail, 1.5 miles from the Long Trail, *Hiking level: Easy; 240 vertical feet; 1.7 miles.*

15. Chittenden Brook Trail - From Vermont Route 73, 5.2 miles west of Rochester, take Forest Road 45 south for 0.6 mile to the trail-head parking area at the foot of a steep hill. The trail climbs along Chittenden Brook for 3.7 miles to the Long Trail. The trail will intersect with a network of cross-country ski trails. Watch for signs and blue blazes. 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; 1570 vertical feet; 3.7 miles.*

16. Deer Leap Mountain Trail - Park at Shelburne pass on U.S. Route 4 and take the Appalachian/Long Trail north for 0.5 miles to Maine Junction, where the Appalachian and Long Trails separate. Take the Long Trail north for about 200 feet to Deer Leap Trail. Follow the Trail 0.5 miles to an intersection with a short spur trail that will take you to Deer Leap Rock overlook. Follow Deer Leap Trail north over Deer Leap Mountain back to the Long Trail. Complete the loop by following the Long Trail south back to Route 4. *Rated: Moderate, 400 vertical feet, length 2.6 miles*



Trail Descriptions

All Distances are One Way

The trail descriptions are divided into three rating categories:

Easy: Most of these trails are relatively short, less than two miles, with few steep pitches and many flat or gentle sections where you can catch your breath. The vertical climb is normally less than 750 feet.

Moderate: Most trails rated "Moderate" are less than three miles long. They climb fairly continuously uphill with occasional "rest" sections. Steep pitches are common. The vertical climb is normally between 750 and 1,500 feet. If you are not in good physical condition, you should plan a half to a full day for the round trip and allow for frequent rest stops.

Difficult: "Difficult" trails tend to be longer than three miles with vertical climbs exceeding, 1,500 feet. There are few "rest" sections. You should attempt these trails only if you are in excellent physical condition.



On the Rochester & Middlebury
Ranger Districts of the Green
Mountain National Forest

Day Hikes

For More Information

Green Mountain Valley
Business Community



Rochester Ranger Station
Monday-Friday 8:00am-4:30pm
Open Saturdays
May 29th through October 9th
(802) 767 - 4261

Middlebury Ranger Station
Monday-Friday 8:00am-4:30pm
(802) 388 - 4362

Hiking Hints

- White 2" x 6" paint blazes mark the Appalachian and Long Trails (AT/LT). Other trails are marked with blue blazes. Cross-country ski trails are marked with blue diamonds and snowmobile trails with orange or green signs.
- During any season beware of hypothermia, especially during wet weather. Learn the symptoms before you go hiking. Take plenty of clothing, even during the summer.
- Pack out what you pack in! Please Leave No Trace and help keep our National Forest clean by carrying out your cans, bottles, wrappers and other trash.
- Campfires are permitted, but if you have a small backpacking stove, please use it, especially at shelters or other frequently used camping areas. This minimizes the need to cut trees and reduces forest fire hazards.
- Boil water taken from any stream or spring for at least 5 minutes before using it for cooking or drinking. A variety of pathogens can inhabit remote streams or spring water.
- Take a map and compass with you. Topographic maps and more detailed trail maps are available at the Supervisor's Office in Rutland, or Ranger District Offices in Manchester, Middlebury and Rochester, Vermont. Many local stores also have topographic maps available.
- Tell someone where you are going and when you expect to return.
- Be aware of the time of year in which you are hiking. During hunting season, wear highly visible clothing.
- Use caution when hiking in wet, steep, or icy terrain. Proper foot gear is a must.
- Unfortunately, cars parked at trail-heads are sometimes vandalized. We recommend you remove all valuables from the car. Also be aware that porcupines vandalize vehicles, chewing on wiring, hoses, belts, etc.
- Please avoid blocking roads or gates with your vehicle.
- Please observe trail closures posted to protect wildlife or to protect hikers from unsafe conditions

Trails

The hiking trails on the Green Mountain National Forest allow an opportunity to experience part of the diverse New England landscape. This recreation guide describes some of the better trails on the Rochester & Middlebury Ranger Districts.

- 1. Battell Trail** - Travel north on Quaker Street from Lincoln Village Store. Take the first right onto Elder Hill Road, Forest Road 350. After about 1.2 miles, bear straight past a road to the right then, after crossing a beaver meadow, bear right at the fork in the road to reach the trail-head. After reaching the Long Trail, follow it north for 0.1 mile (1/10 of a mile) to the Battell Shelter. *Hiking Level: Moderate to Battell Shelter; 1170 vertical feet; 2.3 miles.*
- 2. Abbey Pond Trail**- This trail begins on the east side of Vermont Route 116, about 5.5 miles north of East Middlebury. You will soon pass a cascading mountain stream. Just past the first stream crossing on the left through oak woods is a nice view of the Champlain Valley from a ledge. Abbey Pond itself supports an interesting community of marsh plants and animals. *Hiking Level: Moderate; 1660 vertical feet; 2.0 miles.*
- 3. Silent Cliff Trail**- From Vermont Route 125 at Middlebury Gap, take the Long Trail north for 0.4 mile. Turn right and follow the blue blazes another 0.4 mile to Silent cliff, which affords good views of Vermont's Green Mountains. *Hiking level: Moderate-Difficult. Length: 0.8 mile.*
- 4. Robert Frost Interpretive Trail**- This trail begins at a parking area on the south side of Vermont Route 125, 2.1 miles east of Ripton and 3.8 miles west of Middlebury Gap. This trail commemorates Robert Frost's poetry. Several of his poems are mounted along the trail in woods and fields. Blueberries and huckleberries grow in an old field at the end of the trail. The Forest Service maintains all of the old fields along this trail with prescribed fire to preserve the scenic open appearance of the area. *Rated: Easy, 30 vertical feet; 1.0 mile. The first 0.3 mile, which crosses a beaver pond boardwalk out to the south Branch of the Middlebury River, is barrier-free and suitable for wheelchairs. Hiking level: Easy.*
- 5. Texas Falls Nature Trail**- From Vermont Route 125, 3.1 miles west of Vermont Route 100 in Hancock, and 3.2 miles east of Middlebury Gap, turn north to Texas Falls Recreation Area. Across the road from the first parking area is Texas Falls. Just across a rustic footbridge, the nature trail begins. Bearing

left from here the trail meanders along Texas Brook toward the Texas Falls Picnic Area. Bear right before crossing the paved road to reach the upper section of the nature trail which takes you back to the Falls. *Rated: Easy; 70 vertical feet; 1.2 miles.*

6. Currently discontinued due to flood damage.

7. Sucker Brook Trail- From Vermont Route 125 near Breadloaf Campus, turn south onto Forest Road 67. From the parking area at the end of the road, turn east from an old log landing. The trail first passes Sucker Brook Shelter and then reaches the Long Trail. Take the Long Trail north toward Worth Mountain for several great vistas. *Hiking level: Moderate to shelter; 400 vertical feet; 1.2 miles. Hiking level: Difficult to summit of Worth Mountain; 1140 vertical feet; 3.0 miles.*

8. Rattlesnake Cliff and Aunt Jennie Trails Beginning at the picnic area at Falls of Lana, the trail passes the lower end of the Aunt Jennie Trail and the junction with North Branch Trail. After climbing for about 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 a spectacular view of the lakes and the right branch leads to a smaller west-facing set of cliffs. *Hiking level both trails: Difficult; 870 vertical feet; 1.4 miles.*

9. Oak Ridge Trail- This trail begins at an intersection with the Rattlesnake Cliffs Trail listed above. At the junction of Oak Ridge and Rattlesnake Cliffs, bear right (north). The trail follows a gentle ridge offering views of Lake Dunmore, Lake Champlain, and Lake George. It crosses the Keewaydin Trail and then climbs to the two summits on Mt. Moosalamoo where there are good views to the east and south. From here, it descends past the Moosalamoo Trail, and continues north with more good views to the east and west. It eventually crosses two logging roads and continues north to another old road and a telephone line, which it follows west to a parking area on Vermont Route 125. *Hiking level: Difficult; 1839 vertical feet; 6.6 miles.*

10. Moosalamoo Trail- 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 level: Moderate; 1530 vertical feet; 2.0 miles.*

...Trails continue on back of map

Green Mountain National Forest

