



# Hiking Guide

## PLEASE NOTE:

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Distance and hiking times are estimates for a complete ROUND TRIP journey.

Hike within your ability level. These are suggested hikes and conditions change daily. Stowe Area Association assumes no liability for any injury sustained on any one of these hikes.

Trail conditions will vary according to location and weather. Please plan accordingly: be aware of your surroundings, pack layers, bring extra food and water, a cell phone, and be aware of wildlife.

No hiking on state-owned land above 2,500 feet prior to May 30<sup>th</sup>.

## EASY HIKES

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### 1. MOSS GLENN FALLS HIKE AND WATERFALL

Distance: 1 mile  
Time: 45 minutes  
Climb: 200 feet

From Stowe Village take Rte. 100 north 3 miles to Randolph Road on the right. The first road on the right is Moss Glen Falls Road. Proceed 0.6 miles to a small parking area on the left. Follow the trail signs. This is a short, scenic hike to a spectacular waterfall with swimming holes. The trail is not well marked but the route is obvious by following the brook upstream to the falls. **Be aware that you may encounter mountain bikers. Be careful at the falls**, loose debris at the edge of the trail can be slippery and dangerous. Inexperienced hikers should stay to the left above the falls.

- **This trail connects to the VAST snowmobile trail, so be careful not to follow the wrong trail back.**

### 2. MILL TRAIL HIKE TO BINGHAM FALLS

Distance: ½ mile  
Time: 25 minutes  
Climb: 200 feet

From Stowe Village take Rte. 108 north 6.4 miles. About half a mile after the Inn at the Mountain (large, white hotel on your left) there are dirt pull-offs on both sides of the road. Park on either side. The trail-head is on the east side of the street. **Be aware that rocks are often wet.** End at Bingham Falls, a 40-foot cascading waterfall with deep gorges and pools to swim in.

### 3. STERLING FALLS GORGE

Distance: ½ mile  
Time: 40 minutes  
Climb: 150 feet

From Stowe Village take Rte. 100 north 1.7 miles and turn left on to Stagecoach Road. After 1.6 miles turn left on to Sterling Valley Road (dirt road). Continue on Sterling Valley Road 1.7 miles to a red covered bridge on your right. There is an intersection at the covered bridge—take the gradual right to stay on Sterling Valley Road (do NOT continue up the hill and do NOT take the sharp right to go over the bridge). Continue another 2.8 miles on this road, then turn left (there will be a small sign for “Sterling Gorge Parking” with an arrow to the left). Continue 0.2 miles to a small parking lot. The trail starts across the bridge from the parking lot.

#### 4. **WIESSNER WOODS**

Distance: 2.8 miles  
Time: 2 hours  
Climb: 900 feet

From Stowe Village take Rte. 108 north 3.5 miles. Turn right onto Edson Hill Road, continuing past the entrance to Stowehof Inn. Take the next right and park on the left. The Wiessner family entrusted Wiessner Woods to the Stowe Land Trust to preserve its natural state. **Beautiful walks through miles of gentle trails.**

#### 5. **KIRCHNER WOODS**

Distance: 75 acres of trails, ranging from 0.11 miles – 0.4 miles  
Time: Less than an hour  
Climb: Considerably flat, other than the summit loop, which is 1,635 feet

From Stowe Village take School Street and continue 0.4 miles. Bear slightly left on to Taber Hill Road. Continue about 1.5 miles to the Kirchner Woods parking area on the left.

#### 6. **CADY HILL FOREST (Known by many as “Town Loop Trails”)**

Distance: 258 acres of trails – 11 miles  
Time: Depends on the trail (Hikes range from less than 1 hour to 5 hours)  
Climb: 0 – 300 feet

From Stowe Village take Rte. 108 north 0.9 miles. Parking lot is on the left, across from Springer-Miller office. **OR** from Stowe Village take Rte. 100 south 0.6 miles. Turn right on to River Road and bear to the left after crossing the river. Continue 0.5 miles. Turn right on to Cady Hill Road. Continue 0.4 miles to a parking area on the right or to the end of Cady Hill Road for access to trails. **Be aware that you will more than likely encounter mountain bikers. Please move to the side of the trail when you hear mountain bikers approaching – you can stop a lot easier and faster than they can!**

#### 7. **SUNSET ROCK**

Distance: 1 mile  
Time: Less than an hour  
Climb: 200 feet

Across from the Stowe Community Church take Sunset Street to the end. **Please note: No Parking on Sunset Street.** The trail starts to the left. Take a break at the bedrock outcropping and enjoy the view of Main Street, as well as the kettle hole nearby. **If you wish to start up higher** (near the upper overlook of Mt. Mansfield): From downtown, turn onto School Street (directly across from the Community Church) and continue 0.4 miles. Bear slightly left on Taber Hill Road and continue 800 feet. Parking lot entrance is on your left (only room for about 6 cars), marked by a small sign across from a moss-covered boulder, reading, “Sunset Rock.”

## **MODERATE HIKES**

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#### 8. **STERLING POND – ELEVATION 3000 FEET**

Distance: 2 miles  
Time: 2 hours  
Climb: 880 feet

From Stowe Village take Rte. 108 north 8.9 miles to the top of Smugglers' Notch and park on the left by the Visitor Center. The trail starts across the road. Look for 2" X 6" **blue blazes** to mark the trail. This is a great hike on a very well maintained trail. **Please be respectful of restricted Peregrine Falcon nesting areas.** Hiking the loop around the pond (adds 1.4 miles to the distance), now called *Snuffy's Trail/Long Trail*, leads to the trail going to the elephant's head rock formation (an additional 1.4 miles, round-trip). **When returning from Sterling Pond, be sure to follow the Sterling Pond Trail down the mountain.**

## 9. STOWE PINNACLE – ELEVATION 2,651 FEET

Distance: 2.8 miles  
Time: 2 ½ hours  
Climb: 1,520 feet

From Stowe Village take School Street for 0.3 miles. Bear right at the fork on to Stowe Hollow Road continuing straight on to Upper Hollow Road, about 2 miles from the center of Stowe. About 0.6 mile from the beginning of Upper Hollow Road on the left is the parking area and trailhead. If parking area is full, Pinnacle Meadows off of Pinnacle Road offers more parking. Trail is wooded with a short, steady climb to a rock summit with views of Camel's Hump, Mt. Mansfield, the Worcester Range, and the Sterling Range.

## 10. COTTON BROOK / NORTH END OF THE WATERBURY RESERVOIR

Distance: 9 miles  
Time: 4 ½ hours  
Climb: 1,000 feet

From Stowe Village take Rte. 100 South approx. 2.5 miles. Turn right on to Moscow Road for 2 miles bearing left on to Cotton Brook Road. Follow Cotton Brook Road until you see the red gate. Parking is on the right before the gate. **Be aware: you may encounter mountain bikers.**

## 11. NEBRASKA NOTCH / LAKE MANSFIELD TRAIL – ELEVATION 1,850 FEET

Distance: 3.2 miles  
Time: 2 ½ hours  
Climb: 650 feet

From Stowe Village take Rte. 100 South approx. 2.5 miles. Turn right on to Moscow Road for 2 miles bearing right on to Nebraska Valley Road to the Lake Mansfield Trout Club. The Lake Mansfield Trail is a 1.6 mile hike to Taylor Lodge. **This trail is rugged but interesting with large boulders. From Taylor Lodge continue on for 5 miles for a 5-hour hike to the forehead of Mt. Mansfield. Great views along the way.**

- At the trailhead there is a great view of a large glacial cirque (a rounded scooped out valley). The trail follows an old logging road for a while before crossing a brook and joining the Long Trail. This is a great family hike with good views along the trail, beaver dams and a waterfall. Taylor Lodge has an open-faced porch for picnicking.

## 12. TAFT LODGE / MT. MANSFIELD via the LONG TRAIL

Distance: 3.4 miles for Taft Lodge 4.6 miles for The Chin (summit of Mt. Mansfield)  
Time: 4 hours for Taft Lodge 5 hours for The Chin  
Climb: 2,790 feet to The Chin

From Stowe Village, take Rte. 108 north for 7.4 miles. On the left side of the road look for the brown "Long Trail" signs and the 2" X 6" white blazes which mark the trail. This is a popular section of the Long Trail system (with a steady climb to Taft Lodge just below the Chin) and a popular place for overnight backpackers (**a nominal fee is requested to spend the night**).

# EXPERT HIKES

## 13. GONDOLA & CLIFF TRAIL to the SUMMIT of MT. MANSFIELD – VERMONT'S HIGHEST PEAK – 4,393 FEET

Distance: 1.6 miles from the top of the gondola lift  
Time: 2 hours  
Climb: 750 feet

Hike up the ski trails or take the Gondola to the Cliff Trail. The trail starts behind the Gondola Cliff House. It is a short, steep climb to the ridge, then 0.4 mile hike to the chin along the summit. There are great views all the way. Ride the Gondola or hike back down to your car. A great way to reach the summit of Mt. Mansfield, but **make sure you are wearing appropriate shoes.**

**14. HELLBROOK TRAIL to the SUMMIT of MT. MANSFIELD – VERMONT'S HIGHEST PEAK – 4,393 FEET**

Distance: 3.6 miles

Time: 4 hours

Climb: 2,590 feet – steepest vertical climb on the Long Trail

From Stowe Village, take Rte. 108 north 8.4 miles. On the left side of the road look for the brown “Long Trail” signs and 2” X 6” blue blazes marking this trail. **This VERY STEEP, expert-hiking trail is often extremely wet and should only be used for ascent, not descent.**

**15. CAMEL'S HUMP: MONROE / ALPINE LOOP – ELEVATION 4,081 FEET**

Distance: 6.6 miles

Time: 5 hours

Climb: 3,600 feet – largest vertical climb on the Long Trail

From Stowe Village follow Rte. 100 south to the junction of Rte. 2 in Waterbury. Turn left toward Waterbury and go 0.1 mile, then turn right onto Winooski Street. Cross the bridge and turn right on to River Road. Go 4.6 miles and turn left on to Camel's Hump road. Stay on this road until you reach the parking lot at the end of the road. A partial loop hike of Camel's Hump begins by following the Monroe Trail to the junction of the Alpine Trail. From here follow the Alpine Trail left (southwest) to the summit. Descend via the Long Trail north to the hut clearing and take a right (east) on to the Monroe Trail back to the parking area.

**16. HARRINGTON'S VIEW TRAIL – LONG TRAIL NORTH**

Distance: 6.6 miles

Time: 5 hours

**This isn't a technically difficult hike but the length of this trail makes it an advanced hike.** From Stowe Village follow Rte. 100 south the junction of Rte. 2 in Waterbury. Turn right on to Rte. 2 and go 6 miles. Turn right on to the Bolton Notch Road. The Long Trail crossing is 3 miles from Rte. 2. **Parking is limited.**

**17. HUNGER MOUNTAIN – WATERBURY TRAIL**

Distance: 4 miles

Time: 4 hours

From Stowe Village follow Rte. 100 south. About 0.3 mile past Cold Hollow Cider Mill turn left toward Waterbury Center. Go 0.3 mile and turn left on to Maple Street. Just past the Fire Station turn right on to Loomis Hill Road. At the top of the hill bear left, the parking area is 3.8 miles on the right.

**18. MOUNT MANSFIELD TRAVERSE**

Distance: 5.8 miles

Time: 6 hours

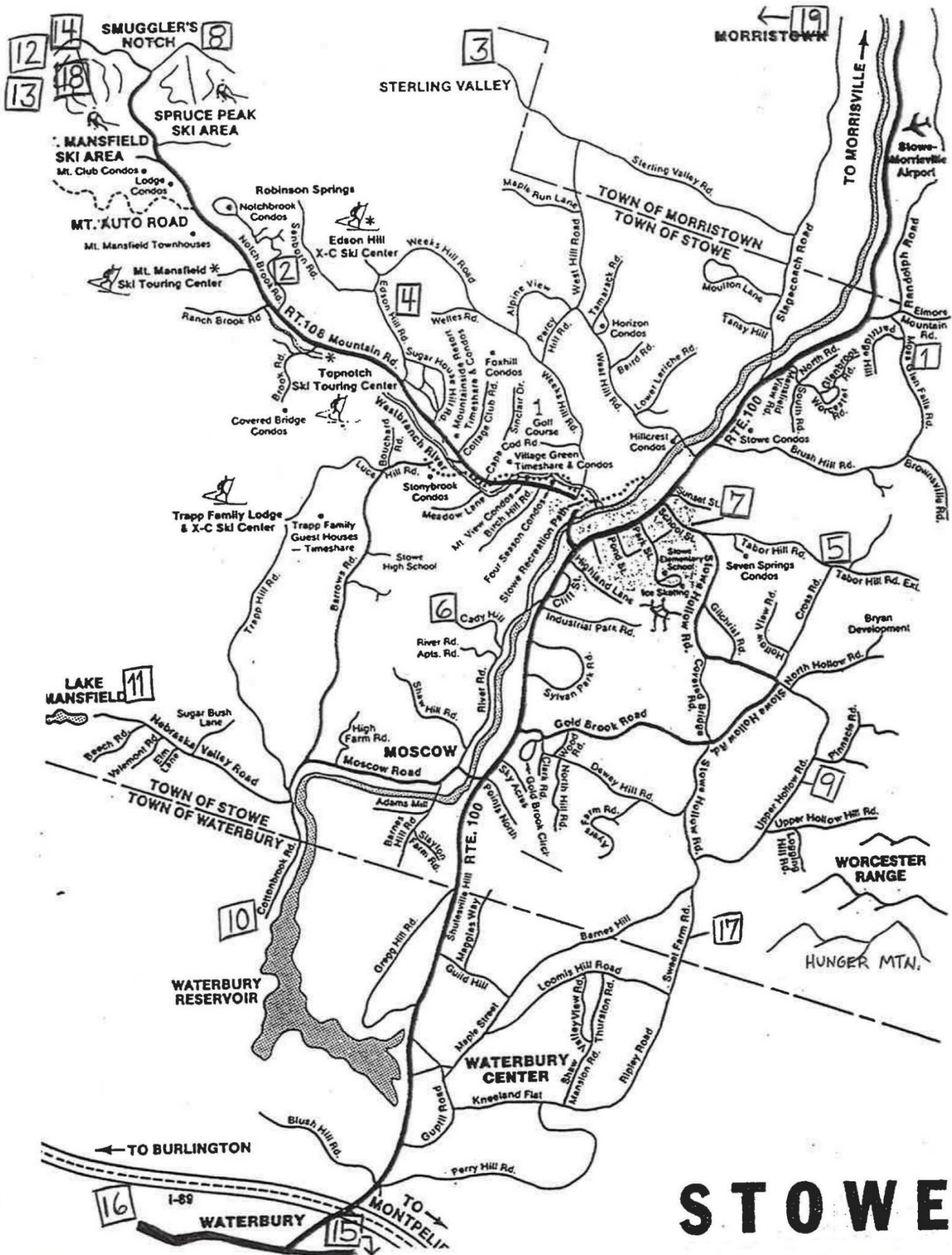
From Stowe Village take Rte. 108 for 7 miles to the Stowe Mountain Resort parking lots. Park in the “Upper Gondola Lot” near midway base lodge. Begin hiking on the Haselton Trail. Eventually you will be hiking on Nose Dive, a ski trail that meets up with the Toll Road. Ascend the Toll Road for about ¾ of a mile until it meets up with the Long Trail. Take the Long Trail 1.2 miles across the ridge to the Chin (following the white blazes). From the summit, continue down the Long Trail North for another 2.3 miles, past Taft Lodge, to the base. The trail head will take you to Rte. 108. Follow Rte. 108 south (to your right) for 0.4 miles until you reach the gondola parking and your car once again. **Note: It is not recommended to go down Haselton, as it is steep in some sections.**

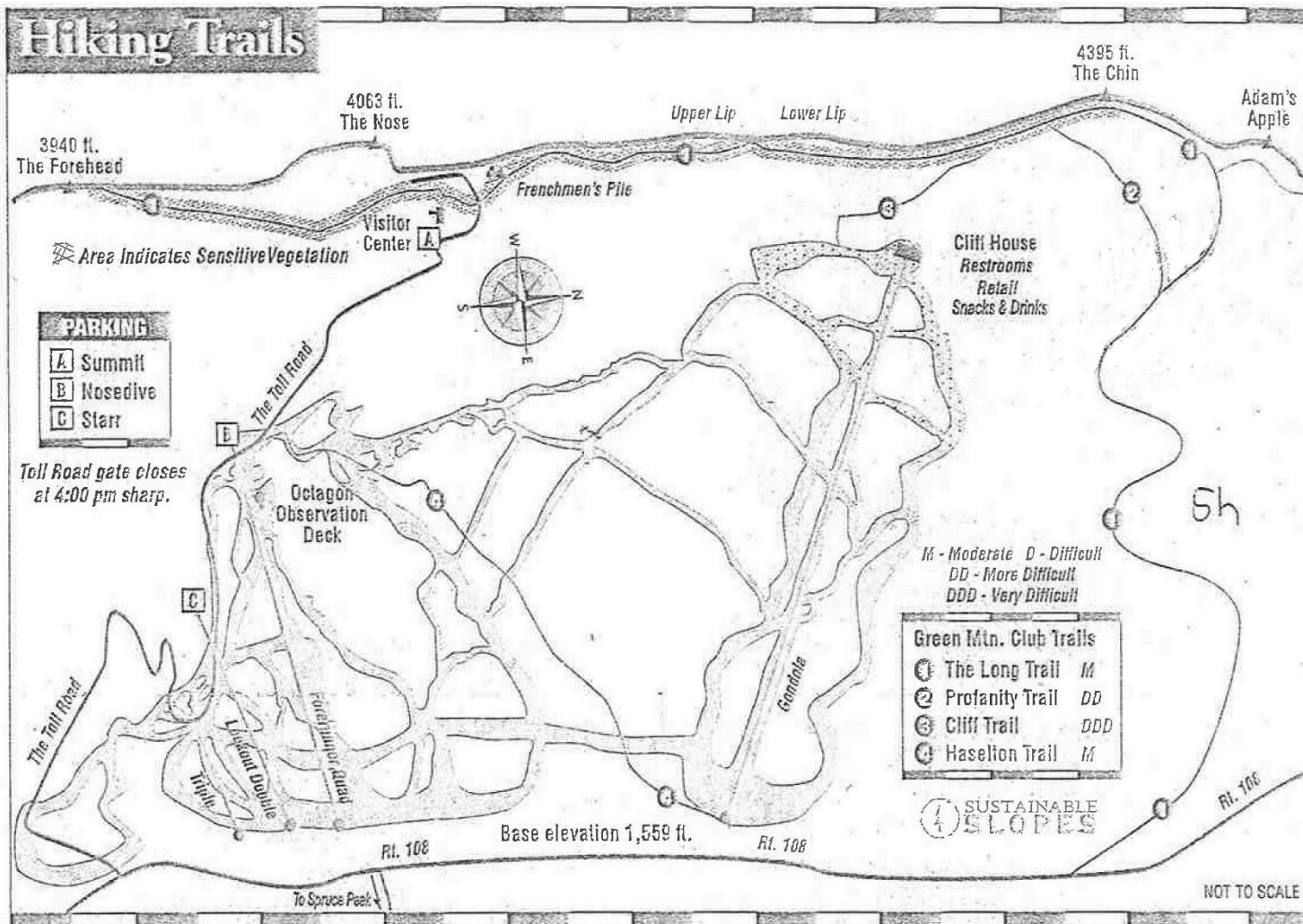
**19. STERLING (WHITEFACE) MOUNTAIN**

Distance: 6.8 miles

Time: 5 hours

From Stowe Village take Rte. 100 north 1.7 miles and turn left onto Stagecoach Road. At the 4-way stop sign in Morristown Corners turn left on to Walton Road. Stay on Walton Road by bearing left at Cole Hill Road (you will pass another section of Cole Hill Road on your left). Turn left onto Mud City Loop. Stay on this road until reaching the Rooney Farm. Turn right and proceed to the parking area at the end of the road. Follow the Beaver Meadow. Trail from the parking lot. At the junction of the Beaver Meadow Bypass, stay to the right (east) on the Whiteface Trail. At the junction of the Long Trail, at the shelter, go right (north) to the summit of Whiteface Mountain. **Return following instructions in reverse.**





**BE PREPARED**

Mount Mansfield's tundra ridgeline is accessible from both the Gondola and the Toll Road summit parking lot. From the top of the Toll Road it is a moderate hike along the ridge, approximately 1.5 miles from the summit lot to the "Chin"—the highest point.

From the top of the Gondola, it is an extremely challenging .7 mile hike to the ridge. If you plan on hiking the Cliff Trail, please wear proper hiking boots and proper clothing and be prepared for tough, rocky terrain!

Mountain weather is unpredictable and changes fast. If you plan to hike along the ridge, we suggest carrying water and warm clothes. If you are caught in an electrical storm, get below the treeline and do not seek shelter in caves! If you plan an extended hike, bring a map and food.

Know where you parked and the name of the trail you are hiking.

Trail Markings - The Long Trail is marked with 2"x6" white blazes. All other trails are marked with blue blazes.

Dial 911 in an emergency and stay on the line until the dispatcher releases you. To reach Stowe Mountain Resort call (802) 253-3000.

**REFRESHMENTS & SOUVENIRS**

Snacks, drinks and gift items are available at the top of the Gondola Skyride. Breakfast and dinner are available at the fireside Tavern of the Inn. Lunch and a Stowe retail shop are available at the Spruce Peak base Area, across from Mt. Mansfield. You can also sample pub fare at Kirkwood's Pub, located at the Stowe Country Club.

**SPECIAL FUNCTIONS**

For information regarding weddings, reunions, business meetings and other special events at the Cliff House and other resort facilities, please contact the Stowe Mountain Resort Hospitality Sales Department at (802) 253-3658.