

Vermont State Parks Hiking Trails

NORTHWEST	Trail Name	Mileage	Loop Or One Way	Difficulty	Hike Time	Description	"Kid Friendly"
Burton Island	West Shore Trail	0.75	One Way, Or Loop To Other Trails	Easy	1 Hour	Woodland, Lakeside	Yes
	North Shore Trail	0.5	One Way, Or Loop W/Eagle Bay Trail	Easy	.5 Hour	Woodland, Lakeside	Yes
	Eagle Bay Trail	0.5	One Way Or Loop With North Shore Trail	Easy	.5 Hour	Woodland, Lakeside	Yes
	Island Farm Nature Trail	1	Loop	Easy	1 Hour	Woodland, Meadow	Yes
	Southern Tip Trail	1	One Way	Easy	1.5 Hour	Woodland, Meadow, View	Yes
Knight Island	West Trail	1	Loop When Combined With East Or Cross Trail	Easy	1 Hour	Woodland, Lakeside	Yes
	East Trail	1	Loop When Combined With East Or Cross Trail	Easy	1 Hr	Woodland, Lakeside, Views	Yes
	Cross Trail	0.5	Connector Trail	Easy	.5 Hr	Woodland	Yes
Knight Point	Point Trail	1	One Way, Or Loop When Cut Thru Park	Easy	30 Min	Woodland, Lakeside	Yes
Lake Carmi	Marsh Brook Nature Trail	1.5	Loop	Moderate	1.5 Hrs	Woodland, Meadow, Lakeshore	No
Niquette Bay	Mulhley Trail	1.3	One Way, Connect With Other Trails To Make Loop	Moderate	45 Min	Woodland, Views	No
	Burns Trail	1	One Way, Connect With Other Trails To Make Loop	Easy	20 Min	Woodland, Views	Yes
	Allen Trail	0.5	One Way, Connect With Other Trails To Make Loop	Easy	15 Min	Woodland	Yes
	Ledges Trail	0.9	One Way, Connect With Other Trails To Make Loop	Moderate	30 Min	Woodland, Views	No
	Island View	0.25	Loop (Begins At High Point Of Muhley Trail)	Moderate	15 Min	Woodland, Views	No
Underhill	Ccc Road To Sunset Ridge	1	One Way	Easy	1 Hr	Woodland	Yes
	Cantilever Rock Trail	0.9	One Way	Moderate	1 Hr	Woodland, Cliffs, Views	No
	Sunset Ridge Trail To Chin	2.3	One Way	Difficult	2.5 Hrs	Woodland, Cliffs, Views	No
	Laura Cowles To Chin	1.7	One Way	Very Difficult	2.5 Hrs	Woodland, Cliffs, Views	No
	Halfway House To Nose	1.5	One Way	Difficult	2 Hrs	Woodland, Cliffs, Views	No
	Ccc Road To Maple Ridge Trail	1.1	One Way	Moderate	1 Hr	Woodland, Cliffs, Views	No
	Maple Ridge To Nose	2.1	One Way	Difficult	3 Hrs	Woodland, Cliffs, Views	No
	Long Trail Nose To Chin	1.2	One Way	Moderate	1.5 Hrs	Cliffs, Views	No
Woods Island	Island Loop	2	Loop	Easy	2 Hrs	Woodland, Lakeside	Yes
	Cross Trail	0.5	One Way, Connector	Easy	0.5	Woodland	Yes
NORTHEAST	Trail Name	Mileage	Loop Or One Way	Difficulty	Hike Time	Description	"Kid Friendly"
Brighton	Red Pine Trail	.33 Mi	Loop With Main Or Shore Trails	Easy	20 Minutes	Woodland	Yes
	Main Trail	0.5	Loop With Red Pine Or Shore Trail	Easy	45 Minutes	Woodland	Yes
	Loggers Loop	0.25	Loop	Easy	15 Minutes	Woodland	Yes
	Shore Trail	0.4	Loop With Red Pine Or Main Trail	Easy	20 Minutes	Woodland, Lakeside	Yes
Elmore	Beaver Trail	0.5	One Way	Easy		Woodland, Wetland	Yes
	Elmore Mtn Trail	1.25	One Way To Tower	Moderate To Difficult		Woodland, Firetower, Views	No
	Balancing Rock Trail	0.5	One Way	Moderate To Difficult		Ledges, Woodland	No
Groton Forest Trails							
Kettle Pond	Kettle Pond Trail	3	Loop	Easy	2.5 Hrs	Woodland, Lakeside	Yes But Long
	Kettle Pond Portage Trail	0.25	One Way	Easy	20 Min.	Woodland, Lakeside	Yes But Long
New Discovery	Big Deer Mtn Trail	1.7	One Way	Easy	2 Hrs	Woodland, Views	Yes
	New Discovery To Osmore Pond	0.5	One Way	Easy	30 Min	Woodland, Lakeside	Yes
	Osmore Pond Hiking Loop	2	Loop	Easy	2 Hrs	Woodland, Lakeside	Yes
	Little Deer Trail	0.5	One Way	Moderate	1/2 Hr	Woodland, Views	Yes
	Big Deer Mtn Trail	0.9	One Way	Moderate	45 Min	Woodland, Views	No
	Hosmer Brook Trail	1.3	One Way	Moderate	1 Hr	Woodland, Stream	Yes
	Nature Trail	0.6	One Way	Easy	45 Min	Woodland	Yes

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NORTHEAST

[New Discovery](#)

Trail Name	Mileage	Loop Or One Way	Difficulty	Hike Time	Description	"Kid Friendly"
Coldwater Brook	1.9	One Way	Moderate	2 Hrs	Woodland	No
Owls Head	1.5	One Way	Easy	1 Hr	Woodland, Views	Yes
Peacham Bog	4.5	Loop	Moderate	3.5 Hrs	Woodland, Bog	No
Silver Ledge Trail	0.6	One Way	Moderate To Difficult	1/2 Hr	Woodland, Views	No
Peachman Bog Nordic Trail	5	One Way	Moderate	1.5 Hrs	Woodland, Bog	No

[Ricker Pond](#)

Cross Vermont Trail	10	One Way	Easy	10 Miles	Rail Trail, Woodland	Yes
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[Little River](#)

Nature Trail	0.4	Loop	Easy	45 Min	Woodland, Stream	Yes
Stevenson Brook Trail	1	One Way Or Loop With Other Trails	Moderate	1.5 Hr	Woodland, Stream	No
Sawmill Loop Trail	0.3	Loop	Moderate To Difficult	45 Minutes	Woodland, Stream	No
Dalley Loop Trail	2.8	Loop	Moderate	3 Hrs	Woodland, Stream	No
Hedgehog Loop Trail	2	Loop	Moderate	2 Hrs	Woodland	No
Ricker Lot Trail	0.1	One Way Connector	Moderate	15 Min	Woodland	No
Kelty Loop	1.5	Loop	Moderate	1 Hr 45 Min	Woodland	No
Cotton Brook Multi-Use	8	Loop	Moderate	7 Hrs	Woodland, Stream	No

[Sevon Lodge](#)

Noyes Pond Loop	1	Loop	Easy	1 Hr	Woodland, Lakeside	Yes
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[Smugglers' Notch](#)

Sterling Pond Trail	1.4	One Way	Moderate To Difficult	2 Hrs	Woodland, Lakeside	No
Hell Brook To Chin	1.8	One Way	Difficult	3 Hrs	Woodland, Mountain	No
Long Trail N To Sterling Pond	2.4	One Way	Difficult	4 Hrs	Woodland, Mountain	No
Long Trail S To Chin	2.3	One Way	Difficult	4 Hrs	Woodland, Mountain	No
Long Trail Nose To Chin	1.2	One Way	Moderate	2 Hrs	Woodland, Mountain, Views	No
Haselton To Mt. Mansfield Nose	1.2	One Way	Moderate	2 Hrs	Woodland, Mountain, Views	No
Bingham Falls	0.8	One Way	Easy	1 Hr	Woodland, Waterfall	Yes

[Waterbury Center](#)

Pennisula Trail	0.5	Loop	Easy	15 Min	Woodland, Lakeside	Yes
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SOUTHWEST

[Bomoseen](#)

Trail Name	Mileage	Loop Or One Way	Difficulty	Hike Time	Description	"Kid Friendly"
Bomoseen Hiking Loop	1.5	Loop	Moderate	1 Hour	Woodland, Pond	Yes
Slate History Trail	0.75	One Way	Easy	1 Hour	Woodland, Slate	Yes
Glen Lake Trail	4.5	One Way	Moderate	4 Hours	Woodland, Lakeside, Views	No
Daniel Coffey Memorial Trail	0.75	One Way	Easy	1 Hour	Woodland, Pond	Yes

[Branbury](#)

Nature Trail	0.5	Loop	Easy	45 Min	Woodland	Yes
Rattlesnake Point	1.5	One Way	Moderate To Difficult	3 - 4 Hrs	Woodland, Views	No
Falls Of Llana	1	One Way	Easy	45 Min	Woodland, Waterfalls	No
Silver Lake	1.6	Loop	Moderate	2 Hrs	Woodland, Lakeside	No
Mt. Moosalamoo Campground Trail	6.8	Loop	Moderate To Difficult	5 - 6 Hrs	Woodland, Brooks	No

[Button Bay](#)

Button Bay Point Trail	0.3	Loop	Easy	15 Min	Lakeside	Yes
Dog Walk Trail	0.25	One Way	Easy	15 Min	Open, Lakeside	Yes

[Emerald Lake](#)

Vista Trail	0.75	One Way	Moderate	1 Hour	Woodland, Lakeside	Yes
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[Half Moon](#)

Glen Lake Trail	4.5	One Way	Moderate	1 Hour	Woodland, Lakeside, Views	No
Shore Trail	0.3	One Way	Easy	20 Minutes	Lakeside	?
Daniel Coffey Memorial Trail	0.75	One Way	East	1 Hour	Woodland, Pond	Yes

[Mt. Philo](#)

Summit Trail	1	One Way To Summit Trails	Moderate	1 Hr	Woodland, Summit	Yes
Devils Chair	0.5	One Way To Summit Trails	Moderate	45 Minutes	Woodland, Summit	No

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SOUTHWEST	Trail Name	Mileage	Loop Or One Way	Difficulty	Hike Time	Description	"Kid Friendly"
Shattsbury	Healing Springs	0.75	Round Trip	Easy	1 Hour	Lakeside, Woodland, Wetland	Yes
St. Catherine	Nature Trail	0.5	Loop	Easy	45 Min.	Woodland, Meadow, Stream	Yes
Woodford	Atwood Trail	0.5	Loop	Easy	30 Minutes	Woodland, Lakeside	Yes
	Reservoir Trail	2.7	Loop	Easy		Woodland, Lakeside	Yes
SOUTHEAST	Trail Name	Mileage	Loop Or One Way	Difficulty	Hike Time	Description	"Kid Friendly"
Allis	Bear Hill	0.75	Loop	Moderate To Difficult	1 Hr	Woodland	No
Camp Plymouth	Echo Lake Vista	1	Round Trip	Moderate	40 Min - 1 Hr	Woodland, Lake View	Yes
	Ccc	1.5	One Way To Other Parking Area	Moderate	1.5 Hrs	Woodland	No
	Slack Hill	2.5	One Way To Other Parking Area	Moderate	2 Hrs	Woodland, View	No
Fort Dummer	Sunrise Trail	1	Loop	Easy	45 Min	Woodland, Views	Yes
	Sunset Trail	0.5	One Way	Easy	25 Min	Woodland, Views	Yes
Gifford Woods	Old Growth Interpretive Trail	0.1	Loop	Easy	10 - 15 Min	Woodland	Yes
	Kent Brook Trail	1.1	Loop	Easy To Moderate	45 Min	Woodland	Yes
	Appalachian Trail			Moderate To Difficult		Woodland	No
	Pond And Waterfall Loop	3.5	Loop	Easy	2.5 Hr	Woodland, Brooks, Pools	Yes
	Deer Leap Overlook	4	Up And Back	Moderate	2.5 Hr	Woodland, Views	No
Jamaica	West River Trail	2.5	One Way	Easy	2.5 Hr	Woodland, Riverside	Yes
	Overlook Trail	2	One Way	Moderate	2 Hrs	Woodland, Views	No
	Hamilton Falls Out And Back Hike	6	Up And Back	Moderate To Difficult	4 Hr	Woodland, Falls	No
Lowell Lake	Lowell Lake Trail	3	Loop	Easy	2 Hrs	Woodland, Lakeside	Yes
Molly Stark	Mt. Olga	1.7	Loop	Moderate	1.5 Hrs	Woodland, Views, Firetower	No
	Nature Center Spur	0.2	One Way	Easy	20 Min	Woodland	Yes
Mt Ascutney	Brownsville	3.2	One Way To Other Parking Area	Moderate To Difficult	3 Hrs	Woodland, Mountain, Views	No
	Futures	4.6	One Way To Other Parking Area	Moderate To Difficult	4 Hrs	Woodland, Mountain, Views	No
	Weathersfield	2.9	One Way To Other Parking Area	Moderate To Difficult	3 Hrs	Woodland, Mountain, Views	No
	Windsor	2.7	One Way To Other Parking Area	Difficult	3 Hrs	Woodland, Mountain, Views	No
	Summit Trail	1.4	Round Trip	Moderate	2 Hrs	Woodland, Mountain, Views	Maybe
Quechee	Quechee Gorge Trail	1	Round Trip From Bridge To Bottom Of Gorge	Moderate	1 Hr	Woodland, Gorge	Yes
		1.5	Round Trip From Visitor Center To Bottom Of Gorge	Moderate	1.5 Hrs	Woodland, Gorge	Yes
		1.5	Round Trip From Bridge To Dewey'S Pond	Moderate	1 Hr	Woodland, Falls	Yes
		2	Round Trip From Visitor Center To Dewey'S Pond	Moderate	1.5 Hrs	Woodland, Falls	Yes
Theford Hill	Woods Hill Trail	3.1	Loop	Easy	20 Min - 1 Hr	Woodland	Yes
Townshend	Bald Mountain Trail	2.75	Round Trip	Moderate To Difficult	3 Hrs	Woodland, Summit, Views	No
Wilqus	Pinnacle Trail	1	Loop	Moderate	1 Hr	Woodland, View	No