

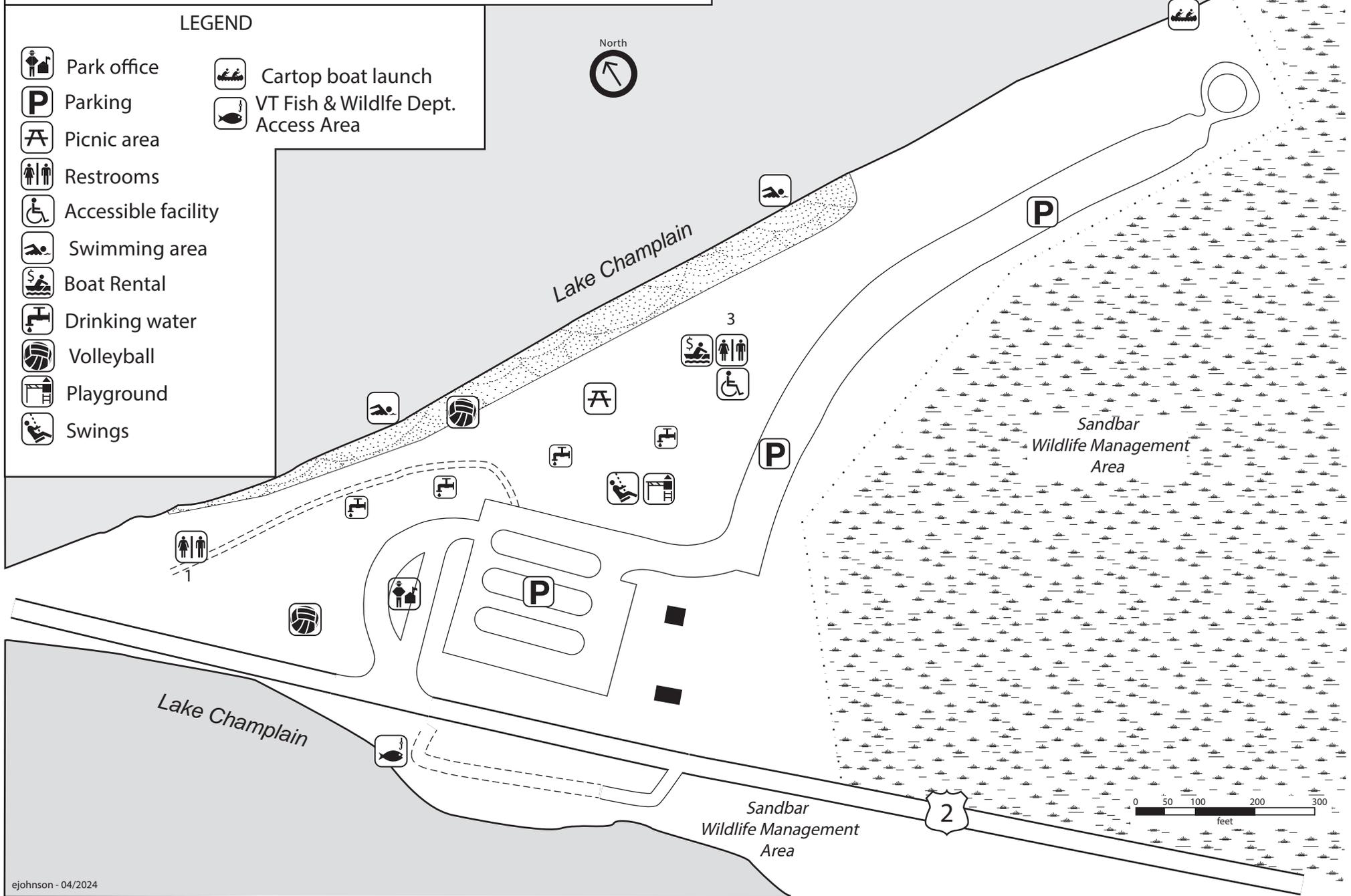
# Sand Bar State Park

Milton, Vermont



## LEGEND

- Park office
- Cartop boat launch
- Parking
- VT Fish & Wildlife Dept. Access Area
- Picnic area
- Restrooms
- Accessible facility
- Swimming area
- Boat Rental
- Drinking water
- Volleyball
- Playground
- Swings



## Sand Bar State Park

Welcome to Sand Bar State Park, named for the natural sandbar between South Hero Island and the Vermont mainland. The sandbar is the result of the Lamoille River washing sediment downstream over thousands of years. The river borne material sank to the bottom as the river emptied into Lake Champlain, eventually filling the lake to create the marshland south and east of the park, and the sandbar to the west. Natural lake depths here, without the sandbar, would be over 150 feet. Water depth now along the top of the sandbar to South Hero is only several feet. The sandbar served as a ford from the mainland to the islands well before construction of the first bridge in 1850.

The modern causeway was completed in 1959.

Wetlands around the park are part of the 1,000-acre Sand Bar Wildlife Refuge, established in 1920 and managed by the Vermont Fish & Wildlife Department. This refuge provides important waterfowl habitat and spawning grounds for many fish species. Hunting, fishing and trapping are not allowed on refuge land.

Sand Bar State Park opened in 1933 and was built by the Civilian Conservation Corps, or CCC, a nationwide public works program created during the great economic depression of the 1930's. Sand Bar's stone bathhouse was a CCC project completed in 1935. The original 10-acre park included a small campground on the south side of the highway. As U.S. Route 2 became a busier and faster road, camping became less safe and desirable. In 1970, a land swap gave the former campground (the present access area) to the Fish and Wildlife Department and brought the park to its present 15-acre size. The useable length of beach was doubled and the picnic area, newer bathhouse and long parking lot were built as the park

expanded east onto land acquired in the exchange.

The smooth, sandy lake bottom remains shallow well out from shore, making this an ideal swimming spot for children. The uninterrupted length of sandy beach, very high quality water, and well-kept facilities in an attractive setting combine to make Sand Bar one of the busiest state park day use areas in Vermont.

### Sand Bar State Park Amenities

- Long, sandy swimming beach
- Picnic sites
- Restrooms with changing stalls
- Boat rentals

For more information contact:

Sand Bar State Park

1215 US Route 2

Milton, VT 05468

(802) 893-2825 (operating season)

or

VT State Parks Reservation Center

(888) 409-7579

Monday - Friday 9:00 AM - 4:00 PM

[www.vtstateparks.com](http://www.vtstateparks.com)

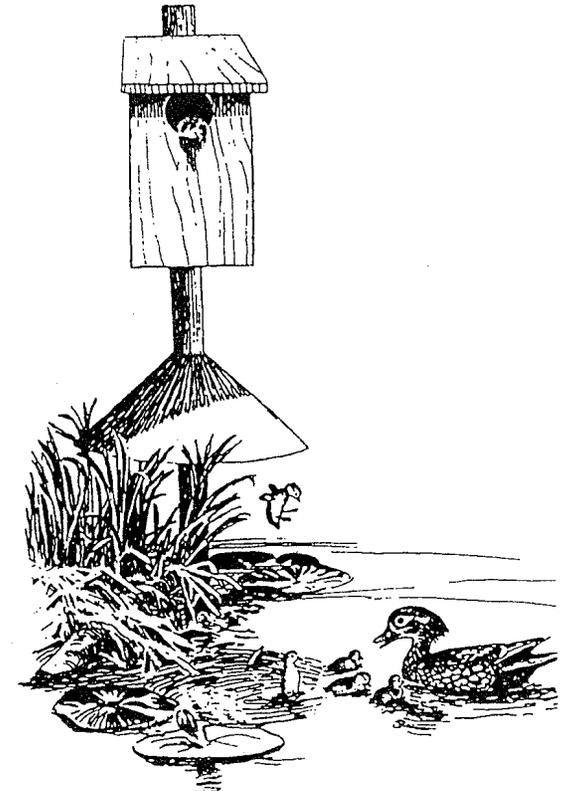


To request this publication in Braille or alternate visual format, please contact [parks@vermont.gov](mailto:parks@vermont.gov)  
VT TDD Relay Dial 7-1-1  
Printed on recycled paper  
01/2017 - ERP

---

---

# Sand Bar State Park Map & Guide



*Memorial Day Weekend - Mid September*  
Picnicking  
Swimming

---

---