

## Woodford State Park Recreational Trails

Two main features attract campers to Woodford State Park's 400 acres--- the solitude provided by the forest and the waters of Adams Reservoir. The campground is surrounded by higher elevation (2,000 + feet above mean sea level) forest of beech, maple, yellow birch, spruce and fir; it also lies east of the 23-acre Adams Reservoir. The sense of solitude is further enhanced by the adjacent Green Mountain National Forest, which includes a portion of the George D. Aiken Wilderness Area.

### The Glacial Landscape

Woodford's wet soils and fern-filled woods had their beginnings with the massive ice sheet that once covered Vermont. The glacial ice melted around 12,000 years ago, leaving thick deposits of glacial sediment and thin, poorly drained soils. The Woodford area is characterized by hummocks, bogs, marshes and small beaver ponds scattered throughout a forest whose wet and infertile soils, high elevation and long, harsh winters make it difficult for trees to grow. Such a landscape is often called "swell and swale" topography.

The landscape of wetlands, open water and forest attracts many types of wildlife. Thrushes and warblers add color and music to the woods. Beaver activity can be seen along streams and the reservoir shoreline. Otters, deer, moose and black bear are all species commonly observed at Woodford.

### Changing Waters

In the early nineteenth century, Adams Reservoir was first created to power several sawmills. In 1969, the spillway area of the earthen dam was reconstructed. In the shallow waters of the reservoir (average depth is 6.5 feet) dead trees provide shelter and cover for birds and other animals. Sedges, grasses and sphagnum moss have filled in parts of the reservoir. Acidic conditions along the shoreline, caused by slow and incomplete decompositions, favor plants such as leatherleaf and sundew.

### Trails and Wilderness

The trails in Woodford State Park are popular for hiking during the warmer months, and for snowshoeing and cross-country skiing during winter. Snowmobiling is also popular in the area. The map on the reverse depicts only

hiking trails, which are blazed in blue. There are several unblazed cross-country ski trails, so pay attention when hiking.

### Atwood Trail - 0.5 mi, 20 minutes, easy.

This short loop starts from the day use area parking lot and runs along a portion of the shoreline.

### Woodford Trail - 2.7 mi, 2 hours, easy-moderate.

The longer main hiking trail in the park circumnavigates the reservoir and campground, sticking to the woods on the eastern side of the park, and coming closer to the shoreline along the west. Ample opportunity for wildlife viewing. Can be accessed from the day use area parking lot or at several points along the campground road.

### General Guidelines

This area is maintained by the Vermont Department of Forests, Parks & Recreation. Please observe posted park rules and regulations, as well as:

- Overnight camping and campfires are allowed only at designated sites in the developed campground. Inquire at the park office for more information.
- Hiking trails are marked with blue blazes.
- Keep trails free of litter. Carry out what you carry in.
- Keep pets on a leash at all times.
- Trails are for foot travel only.
- Leave all wildflowers and plants in their natural environment for others to enjoy.

Woodford State Park  
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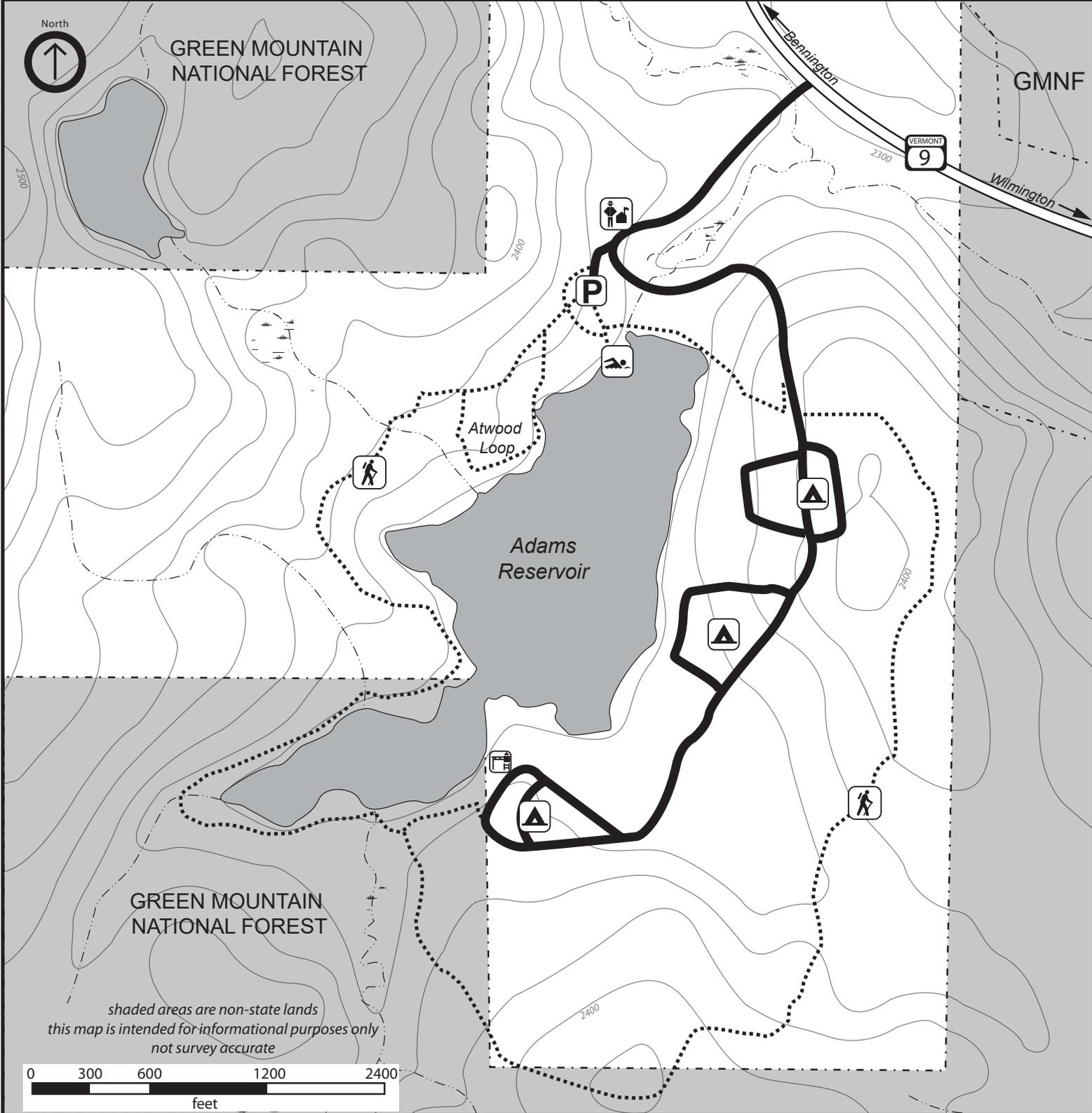
# Woodford State Park Recreational Trails Guide



**Operating Season:**  
*Memorial Day Weekend -  
Indigenous People's Day*

Hiking  
Developed Camping  
Water Recreation

# WOODFORD STATE PARK HIKING TRAILS



## LEGEND

- Foot trail
- State highway
- Park road
- stream
- park boundary
- Park office
- Parking
- Campground
- Swimming area
- Playground
- contour -20 foot interval

