



TRAIL GUIDE



SOUTHERN VERMONT
DEERFIELD VALLEY





Welcome to the breathtaking Southern Vermont Deerfield Valley! Whether you're here to summit a rugged peak for a panoramic view of the Green Mountains or to enjoy a quiet stroll alongside our pristine lakes, we are thrilled to have you exploring our backyard. Our trail network is a labor of love, woven through historic downtowns and vibrant forests that define the unique spirit of the Valley. Thank you for choosing to spend your time with us; your presence supports our local conservation efforts and keeps these wild spaces thriving for generations to come.

The beauty and accessibility of the Deerfield Valley trail system is the result of a dedicated "village" of contributors. These paths are made possible through vital partnerships between local municipalities, state agencies, the U.S. Forest Service (USFS), and the generous private landowners who grant us access to their property. In fact, with roughly 70% to 80% of all trails in Vermont located on private land, these neighbors are truly essential to our outdoor culture.

However, the true backbone of our network is the community; without the tireless efforts of volunteers and the generous donations from hikers like you, these trails would quickly succumb to the elements. To keep our routes maintained, safe, and expanding, please consider contributing your time to a trail work day or making a financial gift to our local trail associations.

Please keep in mind that this guide is intended solely as a tool to help you begin your exploration. Nature is dynamic, and trails are constantly changing due to seasonal weather, maintenance projects, or wildlife conservation efforts. Before you set out, we strongly recommend checking official organization websites and reviewing the physical trailhead kiosks for the most up-to-date information regarding closures, reroutes, or specific trail conditions. Your safety is ultimately your responsibility, and staying informed is the first step toward a successful trek.

Trail Guide Key



Hiking



Good for Families



Biking



**Scenic
Overlook**



**Contains Stroller
Friendly Terrain***



Dogs Allowed

**May not be the entire trail system*

We want to ensure everyone can enjoy the beauty of our trails. For personalized information on trail grades, terrain, and accessible features, please visit our Visitor's Center in downtown Wilmington or call us at 802-464-8092. Our staff is ready to help you select the best paths to match your specific mobility needs and preferences.



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HIKING ESSENTIALS

Pack these essentials for a safe hike—you never know when they'll be needed!

Water	Whistle	Flashlight	Small First Aid Kit
Medications	Sun Protection	Compass	High-Energy Snacks
Fully Charged Cell Phone	Fire Starter	Multi-Tool	Emergency Blanket

Before You Go

Trail Readiness Checklist

Before you lace up your boots and head into the woods, keep these essentials in mind to ensure a safe and respectful adventure:

- **Charge Your Gear:** Start with a fully charged phone, but don't rely on it entirely. Service can be spotty in the woods, so consider downloading offline maps or carrying a physical backup.
- **Hydrate Often:** Carry more water than you think you'll need. Even on cool Vermont mornings, the elevation and humidity can lead to dehydration faster than expected.
- **Pack It In, Pack It Out:** Help us keep the Valley pristine. Whatever you bring into the woods—including organic waste like orange peels or apple cores—must come back out with you.
- **Know the Weather:** Mountain weather is notoriously fickle. Check the local forecast before heading out and bring an extra layer or a light rain shell, even if the sky is clear at the trailhead.
- **Respect the Path:** Stay on marked trails to protect fragile flora and prevent erosion. Respecting landowner boundaries is vital, as access to private property can be revoked at any time.
- **Wildlife Awareness:** You are sharing the woods with black bears, moose, and deer. Keep a respectful distance, keep dogs leashed where required, and never feed the wildlife.

What to Do If You Are Lost or Injured

If preventative measures fail and an emergency happens on a Vermont trail, the official protocol is built around the STOP framework and calling for aid:

1) The STOP Method

- **S - Stop:** Sit down, take a breath, and calm your adrenaline. Moving while panicked usually pushes you further off-trail.
- **T - Think:** How did you get here? When did you last see a trail marker (like the blue blazes on side trails or white blazes on the Long Trail)?
- **O - Observe:** Look around for landmarks, check your map or compass, and evaluate the weather and daylight left.
- **P - Plan:** If you have a clear idea of your location, try to safely backtrack. If you are entirely lost, hurt, or darkness is falling, plan to stay put and signal for help.

2) Calling for Search and Rescue (SAR)

If you have a cell signal, call 911 immediately. In Vermont, the Vermont State Police coordinate all inland search and rescue operations, working alongside the US Forest Service and local volunteer ground teams.

Crucial Policy Note: Unlike some neighboring states there is absolutely no charge for Search and Rescue services in Vermont.

State officials and rangers actively emphasize this: do not delay calling for help out of fear of a massive bill. Rescuers would much rather receive a phone call early in the afternoon—when they can guide you out via phone or locate you easily—than try to track a critically cold or severely injured hiker in the middle of the night.

HikeSafe

Hiker Responsibility Code

- **You are responsible for yourself:** Your safety is your own responsibility, not the rescue team's.
- **Leave your plans with someone:** Always write down your exact route and expected return time, leaving it with a trusted person at home.
- **Stay together:** If you start as a group, you finish as a group. Never split up or let a slower hiker fall behind.
- **Know when to turn back:** Weather changes rapidly in the Green Mountains. Turning around due to fatigue, bad weather, or losing light is a sign of good judgment, not failure.
- **Be prepared for emergencies:** Even on a short day hike, you should carry emergency supplies to spend an unexpected night in the woods.
- **Share the code with others!**

Locate Yourself

Knowing how to communicate location is important, familiarize yourself with U.S. National Grid's website and app so you'll know how to use them in an emergency.



usngcenter.org

RIVERWALK AND HOOT, TOOT, & WHISTLE



Total Trail Distance: *2 miles one-way*



Approximate Time: *45 min one-way*



Ability Level: *Easy*



Parking: *3 Options:*

a) Downtown Wilmington and start on Reardon Bridge

b) 163 Fairview Ave, Wilmington

c) Mountain Mills East - Take Fairview Ave all the way to the end

The Hoot, Toot & Whistle Trail offers one of the most charming and accessible treks in the Deerfield Valley. Stretching roughly two miles one-way from the heart of Wilmington village to the scenic shores of Harriman Reservoir, this trail follows parts of the historic bed of the Hoosac Tunnel & Wilmington Railroad. Because it was engineered for narrow-gauge trains, hikers are treated to a wide, level path that meanders through lush woodlands and skirts the edge of the water, making it an ideal choice for families, dog walkers, and those seeking a low-impact escape into nature.

The journey begins with the Riverwalk portion at Reardon's Crossing, a picturesque footbridge just off West Main Street. From here, the trail immerses you in the local landscape, offering frequent glimpses of the Deerfield River. As you move further from the village, the canopy begins to reveal the expansive beauty of Harriman Reservoir. The trail is rated as easy due to its minimal elevation gain, yet it feels surprisingly secluded, providing ample opportunities to spot local wildlife or enjoy the vibrant Vermont foliage during the autumn months. There are two other access points for this trail: one is at the end of Mill Street (from Shafter Street downtown) with limited parking; the other is a newly constructed large parking area with two accessible parking spaces, located at midway on Fairview Avenue, approximately at the mid-way point of the trail.

The trail concludes at the Mountain Mills East picnic area and boat launch, a perfect spot to rest and take in the mountain views reflecting off the water. For those who prefer to skip the four-mile round-trip trek, this hike is perfectly suited for a point-to-point shuttle; simply park a vehicle at both the village trailhead and the Mountain Mills East lot to enjoy the scenery as a relaxing one-way excursion.

The Hoot, Toot & Whistle Trail is managed by the Wilmington Trail Committee, who recently completed improvements to a major section of the trail which facilitate an easier and more accessible experience for trail users. If you enjoy the trail, please consider donating to help fund the ongoing improvements.

SCAN TO DONATE!



RIVERWALK AND HOOT, TOOT & WHISTLE TRAIL WILMINGTON, VERMONT



Mount Olga Fire Tower



For a quintessential Southern Vermont view without a grueling vertical climb, a trek to the Mt. Olga Fire Tower is a must-do. Perched within Molly Stark State Park, the tower offers a breathtaking 360-degree panorama that captures the rolling Green Mountains, the Berkshires, and even the White Mountains on a crisp day.

The most popular way to reach the summit is via the Mount Olga Trail loop, starting from the main trailhead within Molly Stark State Park. This route is a roughly 1.7-mile loop that winds through lush hardwood forests and mossy outcrops. Keep in mind that there is a small day-use fee to enter the park, but it grants you access to well-maintained facilities and a classic woodland experience.

If you're looking for the "short and sweet" version, park at the Hogback Mountain overlook on Route 9. From there, you can hop onto the Tower Trail, which is widely considered the easiest and most direct route to the fire tower. It's a relatively gentle ascent that cuts right to the chase, making it the perfect choice if you're short on time or hiking with little explorers who are more interested in climbing the tower stairs than trekking long miles through the woods!



Fire Tower - Tower Trail



Total Trail Distance: *0.5 miles one-way*



Approximate Time: *20-30 min one-way*



Ability Level: *Easy*



Parking: *Hogback Overlook*



7755 Route 9 East

West Marlboro, VT 05363

Trailhead located behind

Metcalfe/Vermont Distillers





Mount Olga Trail



Total Trail Distance: *1.7 mile loop*



Approximate Time: *1.5 hours*



Ability Level: *Easy to Moderate*



Parking: *Molly Stark State Park*

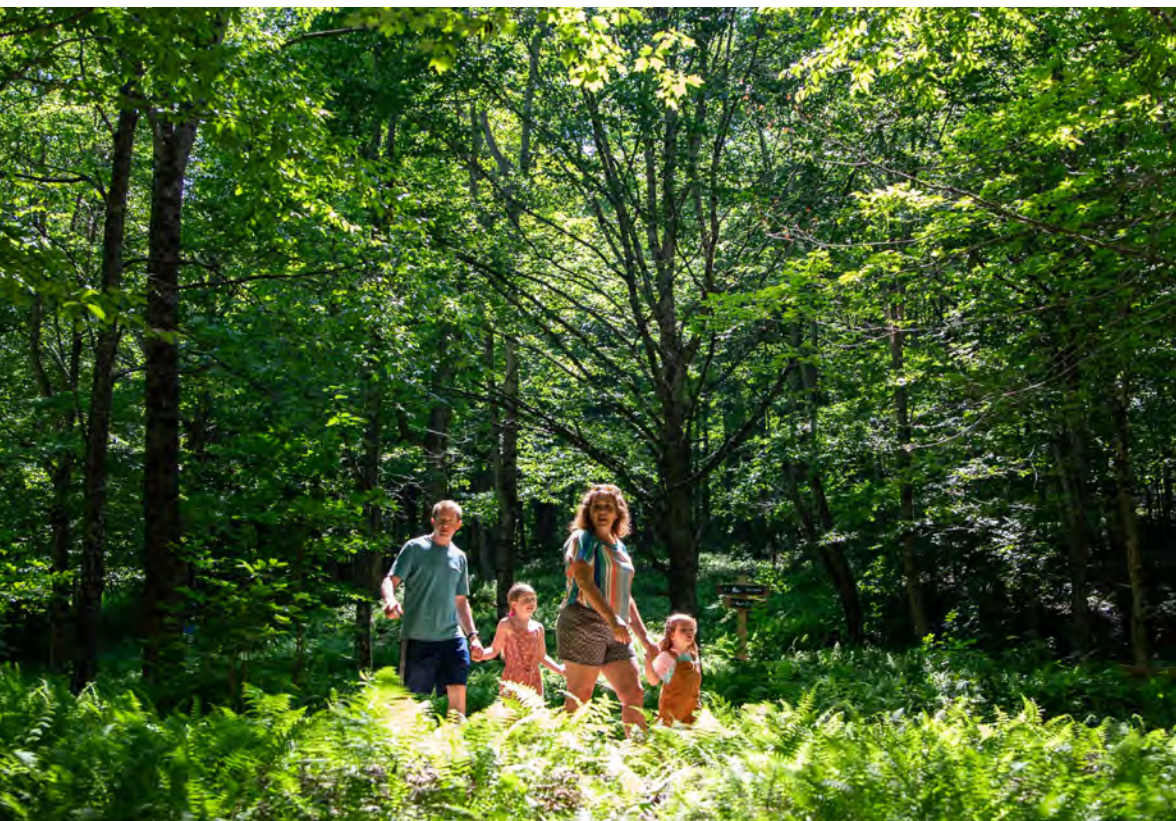


705 VT-9 East

Wilmington, VT 05363

Please visit vtstateparks.com for day use fees and park hours

HORACE HILL RECREATION AREA



Total Trail Distance: *3 miles*



Approximate Time: *30 min to 3 hours*



Ability Level: *Easy to moderate*



Parking: *171 Vermont Rte 100*

West Dover, VT 05356





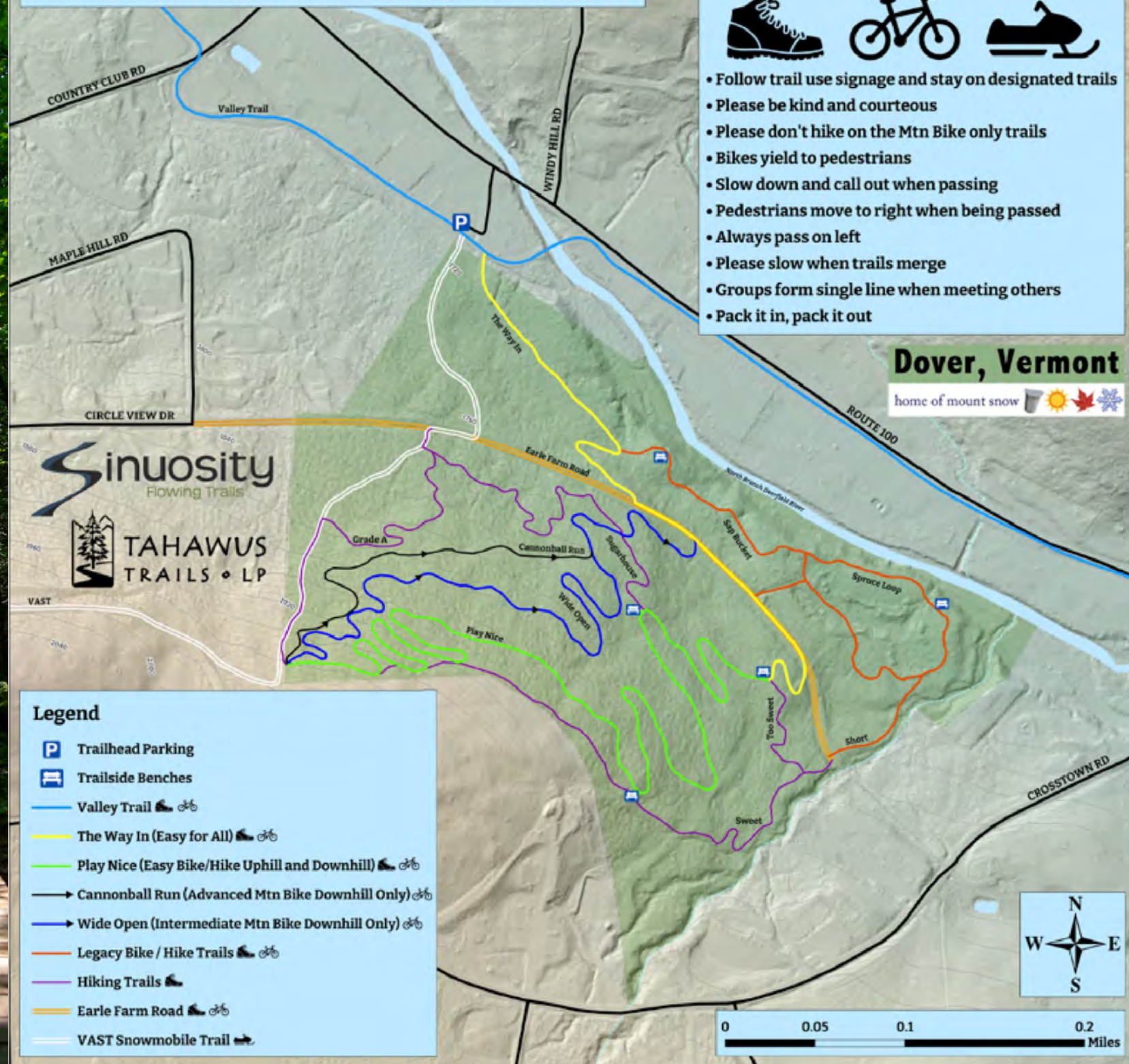
Horace Hill Recreation Area is a well-maintained and approachable trail system that makes it an easy choice for a wide range of hikers. The paths move through a mix of hardwood forest, soft needle-covered ground, and gently rolling terrain, creating a comfortable rhythm for both short walks and longer outings. The layout of the trails allows for flexible route options, so hikers can choose simple loops or connect sections for a more extended exploration of the area.

The landscape provides steady variation without being demanding. Gradual climbs lead to small rises and sections that offer occasional openings in the trees, while more sheltered stretches provide a quiet, shaded walk through mature forest. Seasonal changes are especially noticeable here, with spring wildflowers, dense summer greenery, and vibrant fall color all shaping the character of the trails.

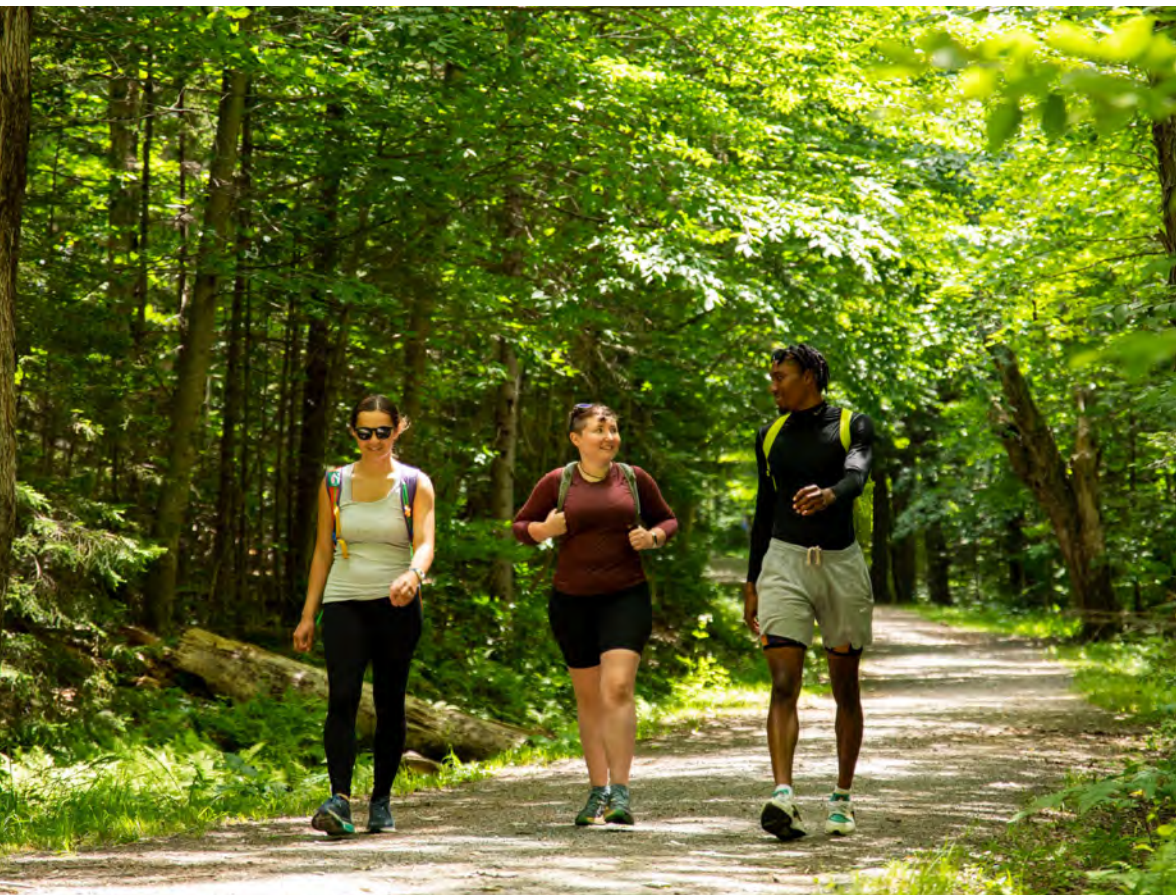
Horace Hill is also a shared-use recreation area, with trails and open spaces that support mountain biking and disc golf alongside hiking. Mountain bikers make use of the same rolling terrain and wooded corridors, adding a dynamic flow to the trail system, while the disc golf course weaves through the landscape with a creative layout that takes advantage of elevation changes and natural features. These additional activities make it easy to round out a visit—whether that means pairing a hike with a disc golf round or simply enjoying the energy and variety of a multi-use outdoor space.



Horace Hill Recreation Area - Dover, VT



TRAILS AT CROSSTOWN



Total Trail Distance: *5.5 miles*



Approximate Time: *30 min to 3.5 hours*



Ability Level: *Easy to Moderate*



Parking: *Handle Rd, 1 mi south of
Tannery Rd—trailhead pull-off*



The Trails at Crosstown network provides an expansive, multi-use network designed to immerse hikers of all skill levels in the beauty of West Dover.

The system is anchored by the namesake Crosstown Trail, a scenic main corridor that serves as a wide, dense-packed gravel path perfect for those seeking an easy, accessible stroll through the woods. Branching off this central spine are two distinct experiences: the South Side, which features gentle, rolling loops like Sherwood Forest that are ideal for families and casual hiking, and the North Side, which offers a more rugged hiking experience on traditional singletrack paths defined by natural roots and rocky terrain.

Whether you're looking for a quick 30-minute loop along the main corridor or an all-day adventure tailored to your pace, the trail system's interconnected design allows you to customize your hike to any length. Visit sovta.org for complete descriptions of individual trails.

Managed by the Southern Vermont Trails Association (SoVTA), Town of Dover and Mount Snow, this network creates a seamless connection to the regional Valley Trail, making it perfect for a quiet afternoon walk or a full day of exploration.



As a nonprofit, SoVTA depends on the generosity of volunteers and donors to maintain trails; to donate or get involved, please visit sovta.org.



TRAILS AT CROSSLAND



Easiest



Easier

Difficult

More Difficult

Most Difficult

TREAD WIDTH: (20"/54")
TREAD SURFACE: Widely variable
FEATURES: All features are mandatory. Adaptive users may require assistance.

ADAPTIVE USERS

The South Side of the property provides the easiest adaptive access. While the North Side is more natural and may require some assistance.

MOUNT SNOW



Parking: For the easiest access to hiking trails, take Rt 100 to the North Access Rd and park in Parking Lot C





Hiking at Mount Snow offers a quintessential Vermont experience, blending rugged Green Mountain terrain with sweeping panoramic views. The broader trail system at Mount Snow caters to a variety of hikers, from those looking for a casual stroll to those wanting a technical trek. Many of the lower elevation paths meander through shaded groves and across ski runs, offering a peaceful immersion into the Green Mountain National Forest. Whether you stay on the lower slopes or traverse to the summit, the network provides plenty of opportunities to spot local wildlife and enjoy the vibrant wildflowers that bloom throughout the summer months.

			
TRAIL	DISTANCE	DIFFICULTY	TIME
Mount Snow (One-Way)	2.3 Miles	Moderate	1.5 Hours
Link to Highline (One-Way)	2.0 Miles	Difficult	2 Hours
Summit Loop	0.5 Miles	Easy	20 Minutes
XC Base Loop	2.4 Miles	Easy	1.5 Hours
South Loop	4.5 Miles	Moderate	2.5 Hours

MOUNT SNOW



For those who want the reward without the climb, the Bluebird Express scenic lift ride whisks you to the 3,600-foot summit in a comfortable, wind-shielded bubble chair. Once at the top, you can explore the Summit Loop, an easy, scenic trail that provides 360-degree vistas of the Somerset Reservoir and, on clear days, as far as Mount Monadnock and Mount Washington. It is a perfect way to soak in the alpine atmosphere before catching the lift back down to the base area.

Why settle for just one way to experience the mountain when you can have the best of both worlds? Conquer the climb on your own two feet to earn those summit bragging rights, then give your knees a well-deserved break by hitching a ride on the Bluebird Express for the trip down. It's the ultimate "work hard, play hard" move—you get all the cardio of the ascent and a breezy, panoramic victory lap on the way back to the base!



No matter how you make it to the top—whether you crushed the climb on foot or cruised up in style on the lift—make sure you stop at The Bullwheel restaurant! Perched right in the Summit Lodge, it's the ultimate alpine hangout where you can refuel with some seriously hearty Southwest-inspired grub. Grab a tray of tacos, snag a cold Vermont craft brew, and kick back on the deck to soak up those “top of the world” vibes. You earned it!



For the most up to date Bluebird Express & Bullwheel hours and to buy scenic lift tickets, make sure to visit mountsnow.com before visiting.



HIKING & BIKING TRAIL MAP



OFFICIAL PARTNERS OF MOUNT SNOW RESORT

Valley Trail

The Valley Trail is a unique nine-mile corridor that showcases the diverse character of the Green Mountains by blending accessible pathways with traditional backcountry trekking. In West Dover, the trail begins as a breezy, level promenade with a smooth, paved surface that is a rare departure from Vermont's typical rugged terrain. As you move further south, the personality of the trail shifts significantly; the pavement gives way to natural forest paths filled with roots, rocks, and steeper inclines, offering an adventurous challenge for those seeking a true hiking experience amidst the woods and mountain brooks.

By weaving together these varied off-road segments with existing town road routes, the trail creates a seamless connection between West Dover and Wilmington. This layout allows explorers to transition from quiet forest glades to the historic architecture of village centers, providing a comprehensive tour of two of Vermont's most beautiful towns. Whether you are looking for a gentle, low-impact stroll or a multi-hour trek through changing landscapes, the trail's mix of surfaces and scenery offers a perfect, customizable way to discover the hidden corners of the region.



Total Trail Distance: *9 miles*



Approximate Time: *6+ hours for the entire trail, but easily broken down to smaller sections*



Ability Level: *Varies by trail section*



Parking: *See map for different options*



West Dover Paved Valley Trail



Total Trail Distance: *1.1 miles*



Approximate Time: *30 - 45 minutes*



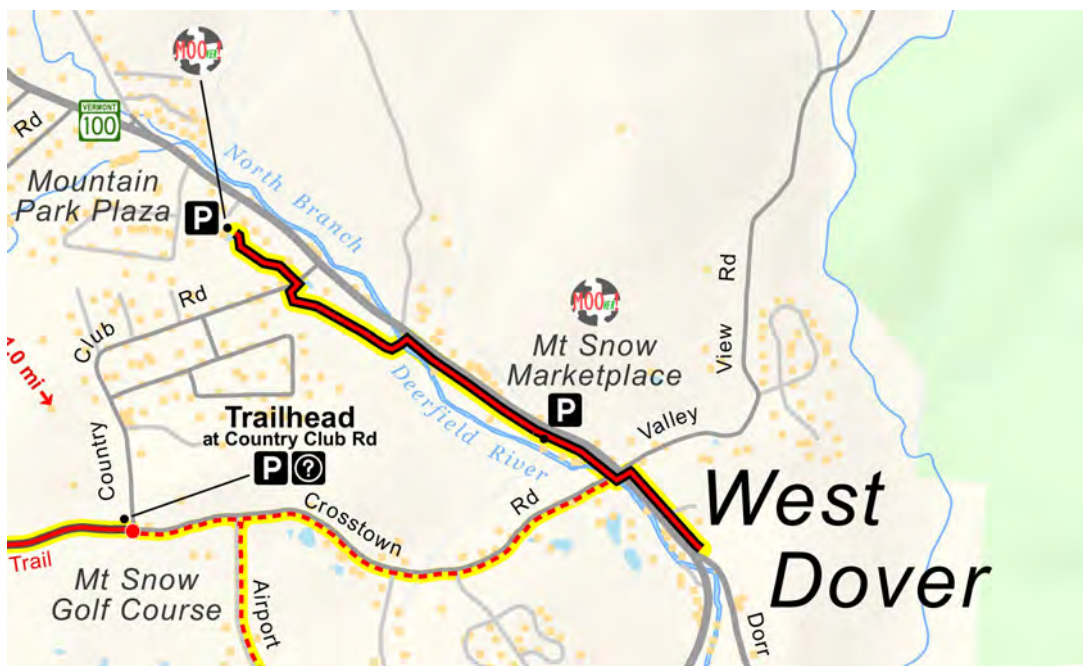
Ability Level: *Easy*



Parking: *5 Country Club Rd*



West Dover, VT



Winding through the heart of West Dover, the Valley Trail offers a Vermont experience with the added ease of a well-maintained, paved & flat surface. As you set out, the path meanders alongside the scenic North Branch of the Deerfield River, providing a soothing soundtrack of rushing water and rustling leaves. The trail serves as a walkable connection to many of the local shops and eateries, allowing you to take in Vermont's landscape while visiting your favorite stores. Whether you're framed by the lush, deep greens of summer or the fiery oranges of a classic Green Mountain autumn, the gentle gradients and paved surface make it an accessible slice of paradise for hikers, runners, and cyclists alike. For those seeking the fresh air of Vermont without the vertical strain of a mountain summit, it stands out as the area's premier destination for an easy, level stroll.

Wilmington Trail System

Hiking in the Town of Wilmington offers a diverse range of 11 trails that cater to everyone from casual strollers to seasoned backcountry explorers. Multiple routes begin right in the heart of the village, such as the ① Valley Trail (page 26), which connects downtown Wilmington all the way to West Dover. For those looking for a mix of history and scenery, the ② Hoot, Toot & Whistle Trail (page 4) is a must-visit. This flat, 2-mile path follows the North Branch of the Deerfield River and leads you directly to the beautiful shores of Harriman Reservoir, making it perfect for a leisurely afternoon walk.

If you are seeking a bit more solitude and rugged terrain, the town forest and surrounding ridges provide plenty of off-the-beaten-path options. The ⑥ Primitive Trail and ⑤ Lisle Hill routes offer a more traditional Vermont hiking experience with steeper climbs and wooded ridges that pass through old-growth forests and past serene beaver ponds. Meanwhile, the ⑧ Ware Homestead & Hogback Connector takes hikers through the historic East Wilmington area, where you can spot 200-year-old maple trees, ancient stone walls, and old cellar holes that whisper the history of the families who farmed this land centuries ago.

The ⑦ Lake Raponda and ⑨ Raponda Ridge trail systems offer loops that range from short town forest walks to longer treks that connect with the Hogback Mountain Conservation Area. Whether you are navigating the gentle, level banks of the ④ Beaver Brook Trail—a great spot for families with kids—or tackling the steep, 1.5-mile climb of the ⑩ Shearer Hill Trail to reach the Mount Olga fire tower, Wilmington serves as an expansive hub for outdoor recreation in the Southern Green Mountains.

● ***Correspond to trails on the map found on page 34***

For full trail descriptions, digital maps, to donate and more info on Wilmington trails, please visit wilmingtontrails.org



DOVER TOWN FOREST

PHIL BARTLETT RECREATION AREA



Total Trail Distance: *2 miles*



Approximate Time: *30 min to 2 hours*



Ability Level: *Easy to Moderate*



Parking: *Rice Hill Rd,
East Dover - Drive to end*





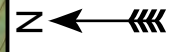
The Dover Town Forest offers a secluded, deep-woods escape for those who prefer a quieter trekking experience. During the summer months, the forest opens its gates to a network of multi-use trails, including the Main Trail, Loop Trail, and the Three Bridges. While the terrain is characterized by rugged, mature forest and winding logging roads, it provides a peaceful, shaded sanctuary for hikers to explore the natural beauty of the Deerfield Valley. As you navigate the paths, you'll encounter remnants of the area's agricultural past, including old stone walls and the deep, quiet solitude of high-elevation hardwoods.

For the explorer who loves a sense of discovery, the Main Trail offers a direct, rugged passage through the pristine backcountry. This steady out-and-back route leads you deep into the forest's interior, culminating in a spectacular natural reward: a waterfall on the headwaters of the Rock River. The sound of cascading water marks your arrival at these hidden pools, offering a refreshing and picturesque spot to take a breather before heading back. It's a fantastic choice for the adventuresome hiker looking to find a slice of untouched Vermont beauty off the beaten path.

Please Note: The Loop Trail, Main Trail, and Three Bridges Trail are all currently signed and maintained for summer use. All other skin tracks, glades, and trails are NOT signed or maintained for summer use!

Dover Town Forest & Phil Bartlett Recreation Area

- Hiking Trails
- Not Maintained for Summer Use
- Private Trail
- Waterfall
- Trail Map Kiosk



Dover, Vermont

home of mount snow



Rock River

Chicken Little Skin Track

Main Trail

Lower Chutes n Ladders

Connector

Three Blind Mice

Danger Skin Track

Three Bridges

Main Trail

Loop Trail

Upper Chutes n Ladders

Rice Hill

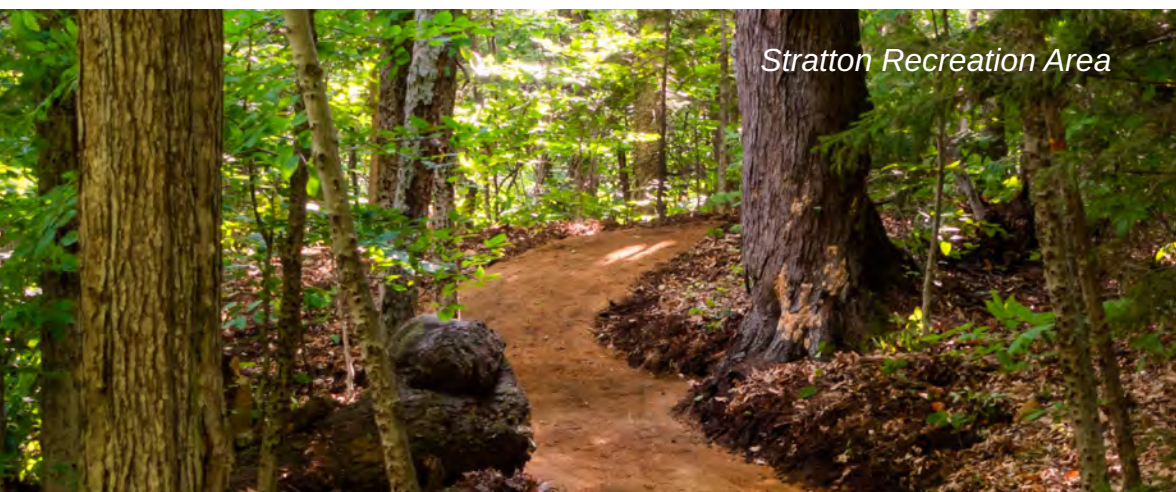
Rock n Rolla

Loop Trail

Rice Hill Rd

More Area Trails

If you've already conquered our local loops, don't hang up those boots just yet! These nearby gems offer even more peaks to bag and vistas to brag about, and they're all just a short drive away.



Stratton Recreation Area

Haystack Mountain (Wilmington): A local favorite that rewards a steady climb with a spectacular 180-degree view of the Deerfield Valley, the Mount Snow ridgeline, and the shimmering waters of Haystack Pond below.

Somerset Reservoir (Somerset): Remote and wild, the trails around this massive wilderness reservoir offer a true “north woods” feel with opportunities to spot wildlife along the rugged, wind-swept shoreline.

Stratton Recreation Area (Stratton): Perfect for families and those looking for a relaxed pace, this area features well-maintained, multi-use paths and community trails that wind through the beautiful forests.

Stratton Town Forest (Stratton): A true community treasure, this forest provides quiet, wooded solitude with multi-use trails that are perfect for exploring the lush Vermont undergrowth.

Stratton Mountain Trail (Stratton): This hike leads to the summit of one of Southern Vermont's highest peaks, where you can climb a historic fire tower for a 360-degree view.

Woodford State Park (Woodford): This park features the Adams Reservoir and offers a serene 2.7-mile loop trail that circles the water through dense, high-elevation spruce and fir forests.

Hamilton Falls / Jamaica State Park (Jamaica): Starting with a pleasant walk along the West River, the trail culminates in a steep climb to Hamilton Falls, one of Vermont's most dramatic waterfalls, cascading 125 feet into deep stone potholes.

Grout Pond (Stratton): A backcountry paradise offering over 10 miles of easy, interconnected loops that hug the shoreline of a pristine, undeveloped pond.

Retreat Farm (Brattleboro): This historic landmark offers over 11 miles of paths that blend pastoral charm with woodland beauty, including the famous Forest Garden and trails that connect to the expansive Windmill Ridge system.

West River Trail (South Londonderry to Brattleboro): This scenic "rail-trail" follows an old railroad bed along the West River; it's mostly flat and wide, making it ideal for a relaxed riverside stroll or a long-distance bike ride.

Lye Brook Falls (Manchester): Located within the Lye Brook Wilderness, this steady uphill trek follows an old logging railroad to one of the tallest waterfalls in the state, a breathtaking 125-foot bridal veil tucked deep in the forest.

***Scan here for links to all
these trails!***



VERMONTING THROUGH THE VALLEY

The journey is just getting started. Head to visitvermont.com to find your next adventure or the perfect spot to recharge.

PLAY



EXPLORE IT ALL AT



EAT



SHOP

VISITVERMONT.COM

*Follow us for your daily dose of
inspiration, featuring the best local
activities, delicious eats, cozy lodging
options, and much more.*



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SOUTHERN VERMONT

DEERFIELD VALLEY

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