Trail Facts:

<table>
<thead>
<tr>
<th>Length: 1.6 miles round trip</th>
<th>Features: Views, Breadloaf Wilderness Access</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max. Elevation Change: 400 feet</td>
<td>USGS maps: Breadloaf Quad</td>
</tr>
<tr>
<td>Amount of use: Moderate</td>
<td>Hiking level: Moderate – Difficult</td>
</tr>
<tr>
<td>Average trip time: 1 – 1 ¾ hours round trip</td>
<td></td>
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</tbody>
</table>

Trail Description:

From Middlebury Gap, follow the Long Trail north into the Breadloaf Wilderness as it rises quickly to the junction with the Silent Cliff Trail at 0.4 miles. Take the spur trail east for 0.4 miles to Silent Cliff and Silent Cave. From the Cliffs there are good views south of Middlebury Gap, Monastery Gap, and the Green Mountains.

Directions:

From Middlebury, follow Route 7 south to the junction with Route 125. Follow Route 125 east for 9.2 miles to the top of Middlebury Gap. Trailhead parking is located on the right. The Long Trail north is on the opposite side of Route 125.

From Rochester, follow Route 100 north to the junction with Route 125. Follow Route 125 west for 6.2 miles to the top of Middlebury Gap. Trailhead parking is located on the left. The Long Trail north is on the opposite side of Route 125.

Nearby Destinations or Attractions:

- Texas Falls Recreation Area
- Robert Frost Interpretive Trail and Wayside

Area Services:

Food and Services: Middlebury and Rochester restaurants and fuel stations

For all Emergencies: 911

911 Information: The trailhead is in the Town of Hancock, on Route 125

The USDA is an equal opportunity provider and employer.
Map:

For More Information:
Middlebury Ranger District, 1007 Route 7 South, Middlebury, VT 05753, (802) 388-4362
Rochester Ranger District, 99 Ranger Rd., Rochester, VT 05767, (802) 767-4261

This Recreation Guide is Available in Large Print at Forest Service Information Centers

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