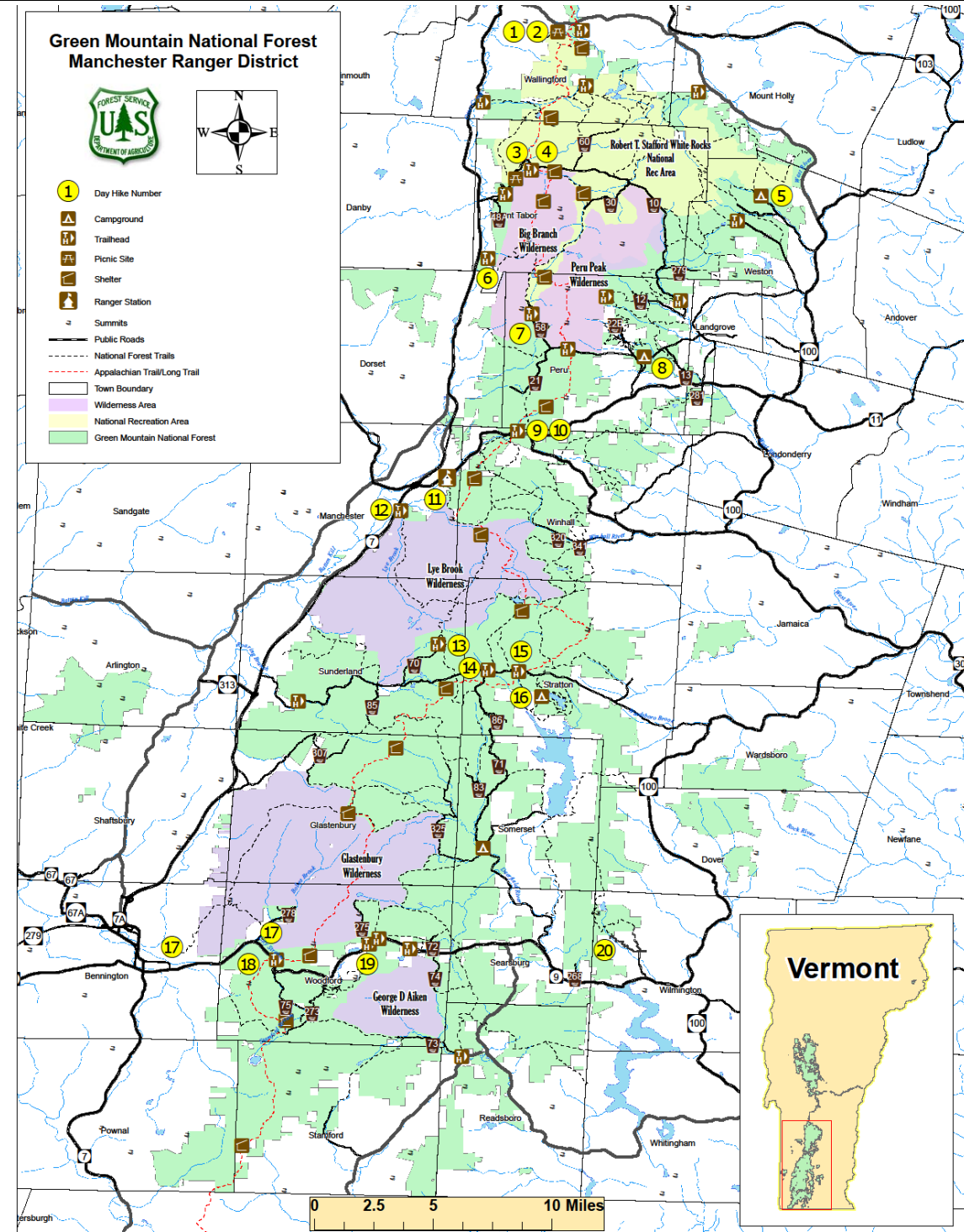


1. **White Rocks Cliffs:** *Length: 3.2 miles round trip. Elevation Change: 1250 feet.* Leaving from the White Rocks Picnic Area, follow the Keewaydin Trail for 0.4 miles east to the Appalachian/Long Trail (AT/LT). Continue south (right) on the AT/LT for 1.0 miles. Turn right at the rock cairns. The trail descends 0.2 miles to the cliff vista.
2. **White Rocks Ice Beds Trail:** *Length: 1.8 miles round trip. Elevation Change: 180 feet.* Leaving from the White Rocks Picnic Area, follow the Ice Beds Trail west for 0.2 miles. Travel up through a series of switchbacks to a vista of the White Rocks Cliffs. To reach the ice beds, bear right and continue down the trail 0.7 miles to the base of a talus pile of massive rocks. Ice that forms deep within recesses of the rock pile remains late into the summer.
3. **Little Rock Pond:** *Length: 4.0 miles round trip. Elevation Change: 350 feet.* From Route 7 in Danby, turn east onto Brooklyn Road (Forest Road 10). Park at the paved parking lot across from the AT/LT trailhead. Follow the AT/LT north 2.0 miles to Little Rock Pond.
4. **Little Rock Pond/Green Mountain Loop:** *Length: 6.6 mile loop. Elevation Change: 1070 feet.* From Route 7 in Danby, turn east onto Brooklyn Road/Forest Road 10. Park at the paved parking lot across from the AT/LT trailhead. Follow the AT/LT north 2.0 miles to Little Rock Pond. The Green Mountain Trail begins at the north end of the pond. You can follow the AT/LT to the junction or take the Little Rock Pond Loop Trail following the west shore of the pond. The Green Mountain Trail ascends ledges to the peak of Green Mountain and continues south along the ridgeline for 4.1 miles to the Green Mountain Connector Trail which then travels 0.5 miles back to the AT/LT parking lot.
5. **Greendale Loop:** *Length: 4.0 mile loop. Elevation Change: 260 feet.* The Greendale Trail begins at the end of Greendale Road (Forest Road 18), just

beyond Greendale Campground. Cross the bridge over Greendale Brook and bear left at the fork, continuing west 1.0 mile to the junction with Jenny Coolidge Road (Forest Road 17). Turn left and follow Jenny Coolidge Road 2.0 miles back to Greendale Road. Turn left and follow Greendale Road 1.0 miles back to the campground.

6. **Lake Trail:** *Length: 6.6 mile round trip to Griffith Lake or 5.6 mile round trip to Baker Peak. Elevation Change: 1910 feet to Griffith Lake or 2100 feet to Baker Peak.* Two miles north of Emerald Lake on Route 7, go east on South End Road to the trailhead parking area. Follow Lake Trail 2.0 miles to the McGinn Brook crossing, shortly after the trail divides. Left 0.8 miles is the summit of Baker Peak and right 1.3 miles is Griffith Lake.
7. **Griffith Lake from FR 58:** *Length: 4.0 mile round trip. Elevation Change: 217 feet.* Off of Hapgood Pond Road in Peru, turn onto North Road (Forest Road 22) and continue for 0.5 miles, turn left onto Mad Tom Notch Road (Forest Road 21), drive 2.0 miles and turn right onto Forest Road 58. The trailhead is at the end of Forest Road 58. Hike north following the old carriage road for 2.0 miles to Griffith Lake.
8. **Hapgood Pond Trail:** *Length: 0.8 mile loop. Elevation Change: 33 feet.* The trail is located at the Hapgood Pond Recreation Area, north of Peru, off of Hapgood Pond Road. The trail begins at the picnic area and continues 0.8 miles around the north edge of the pond to the dam. There is a fee charged for day use of the Hapgood Pond Recreation Area.
9. **Bromley Mountain:** *Length: 6.0 miles round trip. Elevation Change: 1380 feet.* Five miles east of Manchester Center on Route 30/11 is a paved parking area to access the AT/LT. From the parking area, hike north on the AT/LT for 3.0 miles to the top of Bromley Mountain. As the trail nears the summit, it opens onto Bromley Mountain's "Run Around" ski trail.
10. **Spruce Peak:** *Length: 4.8 miles round trip. Elevation Change: 590 feet.* Five miles east of Manchester



Center on Route 11/30 is a paved parking area to access the Appalachian/Long Trail. Cross the highway and hike south on the AT/LT for 2.4 miles to Spruce Peak. A short spur trail leads to the summit, which affords a small view of Manchester Valley and the Taconic Mountain Range.

11. **Prospect Rock:** *Length: 3.5 miles round trip. Elevation Change: 1000 feet.* Parking is available from April 1 to November 1 at the end of the Rootville Road, next to the water tower (do not block access to the private driveway or the old Rootville Road). No winter parking is available! Follow the old Rootville Road south. The 1.7 mile climb leads to a short spur trail on the right that accesses a vista overlooking Manchester Village and the Taconic Mountain Range.
12. **Lye Brook Falls:** *Length: 4.6 miles round trip. Elevation Change: 740 feet.* From Route 7, travel 0.25 miles east on Route 11/30. Turn right onto East Manchester Road. After 1 mile turn left onto Glen Road. Bear right at the fork onto the Lye Brook Access Road (a spur road not maintained for winter access). Park at the trailhead at the end of the spur road. Follow the Lye Brook Trail south for 1.8 miles, take a 0.4 mile spur trail on the right. The trail traverses a landslide from Tropical Storm Irene and leads to a 125 foot cascading waterfall.
13. **Bourn Pond:** *Length: 5.6 mile round trip. Elevation Change: 425 feet.* Park at the end of Forest Road 70 and take the connector trail 0.3 miles, turn left onto Branch Pond Trail and continue 2.5 miles to Branch Pond.
14. **Stratton Pond Trail:** *Length: 7.8 miles round trip. Elevation Change: 390 feet.* Park at the Stratton Pond trailhead on the Kelley Stand Road. Hike north 3.9 miles to Stratton Pond.
15. **Stratton Mountain:** *Length: 7.6 miles round trip. Elevation Change: 1730 feet.* Park at the AT/LT trailhead on the Kelley Stand Road. Follow the AT/LT north 3.8 miles to the top of Stratton Mountain. Climb the historic fire tower at the peak for a panoramic view of southern Vermont.

16. **Grout Pond Trails:** *Length: variable, up to 10.3 miles round trip. Elevation Change: up to 260 feet.* A series of trails wind around Grout Pond and access the north end of Somerset Reservoir. There are more than 10 miles of trails for both summer and winter use.
17. **Bald Mountain:** *Length: 7.2 mile round trip via Bald Mountain Trail or 4.0 mile round trip via Bear Wallow Trail. Elevation Change: 2142 feet via Bald Mountain Trail or 1580 feet via Bear Wallow Trail.* From Bennington, the Bald Mountain Trail begins at the end of North Branch Street Extension and climbs 3.6 miles to the summit. From Woodford Hollow the Bear Wallow Trail begins near the water tank on Bolles Brook Road, which is north of the Woodford town hall on Route 9. The trail climbs 2.0 miles west to the summit of Bald Mountain.
18. **Harmon Hill:** *Length: 3.6 miles round trip. Elevation Change: 970 feet.* About 5 miles east of Bennington along Route 9 is a trailhead for the AT/LT. Hike south up Harmon Hill to a vista overlooking Bennington. This section of the AT/LT is 1.8 miles in length, but the first mile is a very steep incline with many stone steps.
19. **Little Pond:** *Length: 5.0 miles round trip. Elevation Change: 340 feet.* From the trailhead located along Route 9, follow Forest Road 275 north for 2.5 miles to Little Pond.
20. **Haystack Mountain:** *Length: 4.8 miles round trip. Elevation Change: 1020 feet.* Leaving Route 9, turn onto Haystack Road entering the Chimney Hill Development. Turn right onto Binney Brook Road and climb through several switchbacks until turning right onto Upper Dam Road. Park along Upper Dam Road near the bulletin board that marks the trailhead. The trail follows a gated road until you turn left onto the Deerfield Ridge Trail at 0.5 miles. Continue 1.7 miles until reaching a junction, then turn right to reach the summit of Haystack Mountain. From the rock outcropping you can view Haystack Pond and off into the Deerfield Valley.

For More Information:

<http://www.fs.usda.gov/gmfl>

Manchester Ranger Station
2538 Depot Street
Manchester Center, VT 05255
(802) 362 - 2307
Monday - Friday 8:00am - 4:30pm

The USDA is an equal opportunity provider, employer, and lender.

Text information available in large print—call 802-747-6700



Green Mountain National Forest



Hikes on the Manchester
Ranger District

HIKING GUIDE

VERMONT TRAIL ETHIC

Help keep Vermont's recreation and trail resources healthy.

1. Know and respect the allowable use of the trail.
2. Respect other trail users.
3. Respect public and private landowners' property.
4. Use good judgment and tread lightly; trail conditions are subject to change at any time.
5. Stay on marked trails.
6. Respect natural resources, historic structures and wildlife.
7. Be prepared with food, water and first aid.
8. Pack out your trash.
9. Respect all trail closures.
10. Plan ahead, be safe and have fun.

Visit: www.vermonttrailsandgreenways.org for more information