



# Hiking Guide

## PLEASE NOTE:

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Distance and hiking times are estimates for a complete ROUND TRIP journey. Hike within your ability level. These are suggested hikes and conditions change daily. Stowe Area Association assumes no liability for any injury sustained on any one of these hikes. Trail conditions will vary according to location and weather. Please plan accordingly: be aware of your surroundings, pack layers, bring extra food and water, a cell phone, and be aware of wildlife. No hiking on state-owned land above 2,500 feet prior to May 30<sup>th</sup>.

***Be very careful hiking & swimming at Waterfalls, loose debris at the edge of the trail can be slippery and dangerous. There are no lifeguards or park rangers attending these areas. Take extra care especially when with children as many of the waterfalls hikes have sudden and extreme drop offs. Never go close to the edge. Water can be very swift with dangerous undertows. Jumping off cliffs is always dangerous. DO NOT LEAVE THE TRAIL to get a closer look EVER!***

## WATERFALL HIKES - *Be very careful hiking & swimming at all Waterfalls*

### 1. WATERFALLS MOSS GLENN FALLS

Distance: .5 to 1.6 miles  
Time: 10 minutes to 45 minutes  
Climb: 200 feet

From Stowe Village take Rte. 100 north 3 miles to Randolph Road on the right. The first road on the right is Moss Glen Falls Road. Proceed 0.6 miles to a small parking area on the left. Follow the trail signs. This is a short, scenic hike to a spectacular waterfall with swimming holes. The hike will take 10 minutes to reach the base of the waterfalls, which is the best viewing point. Only continue hiking up if you are an experienced hiker with good footwear, stay to the left above the falls. *Be careful at the falls, loose debris at the edge of the trail can be slippery and*

### 2. WATERFALLS BINGHAM FALLS

Distance: 1 mile  
Time: 25 minutes  
Climb: 200 feet

From Stowe Village take Rt. 108 north 6.4 miles. About half a mile after the Inn at the Mountain (large, white hotel on your left) there are dirt pull-offs on both sides of the road. Park on either side. The trail-head is on the east side of the street. There is a viewing area that you should stop at unless you are an experience hiker. *Be aware that rocks are often wet, slippery and steep.* Bingham Falls is a 40-foot cascading waterfall with deep gorges and pools to swim in.

### 3. WATERFALLS STERLING FALLS GORGE

Distance: .5 mile  
Time: 20 minutes  
Climb: 150 feet

From Stowe Village take Rte. 100 north 1.7 miles and turn left on to Stagecoach Road. After 1.6 miles turn left on to Sterling Valley Rd. Continue on Sterling Valley Rd 1.7 mls to a RED COVERED BRIDGE on your right. There is an intersection at the covered bridge—take the gradual right to stay on Sterling Valley Rd. Continue another 2.8 miles on this road, then turn left (there will be a small sign for “Sterling Gorge Parking” with an arrow to the left). Continue 0.2 miles to a small parking lot. The trail starts across the bridge from the parking lot.

## EASY HIKES

### 4. WIESSNER WOODS

Distance: 2.8 miles  
Time: 2 hours  
Climb: 900 feet

From Stowe Village take Rte. 108 north 3.5 miles. Turn right onto Edson Hill Road, continuing past the entrance to Stowe Inn. Take the next right and park on the left. The Wiessner family entrusted Wiessner Woods to the Stowe Land Trust to preserve its natural state. *Beautiful walks through miles of gentle trails.*

### 5. KIRCHNER WOODS

Distance: 75 acres of trails, ranging from 0.11 miles – 0.4 miles  
Time: Less than an hour  
Climb: Considerably flat, other than the summit loop, which is 1,635 feet

From Stowe Village take School Street and continue 0.4 miles. Bear slightly left on to Taber Hill Road. Continue about 1.5 miles to the Kirchner Woods parking area on the left.

### 6. SUNSET ROCK

Distance: 1 mile  
Time: Less than an hour  
Climb: 200 feet

Across from the Stowe Community Church take Sunset Street to the end. *Please note: No Parking on Sunset Street.* The trail starts to the left. Take a break at the bedrock outcropping and enjoy the view of Main Street, as well as the kettle hole nearby. *If you wish to start up higher (near the upper overlook of Mt. Mansfield):* From downtown, turn onto School Street (directly across from the Community Church) and continue 0.4 miles. Bear slightly left on Taber Hill Road and continue 800 feet. Parking lot entrance is on your left (only room for about 6 cars), marked by a small sign across from a moss-covered boulder, reading, "Sunset Rock."

## MODERATE HIKES

### 7. STERLING POND – 3000 ft

Distance: 2 miles  
Time: 2 hours  
Climb: 880 feet

From Stowe Village take Rte. 108 north 8.9 miles to the top of Smugglers' Notch and park on the left by the Visitor Center. The trail starts across the road. Look for 2" X 6" blue blazes to mark the trail. This is a great hike on a very well maintained trail. Please be respectful of restricted Peregrine Falcon nesting areas. Hiking the loop around the pond (adds 1.4 miles to the distance), now called *Snuffy's Trail/Long Trail*, leads to the trail going to the elephant's head rock formation (an additional 1.4 miles, round-trip). *When returning from Sterling Pond, be sure to follow the Sterling Pond Trail down the mountain.*

### 8. STOWE PINNACLE – 2,651 ft

Distance: 2.8 miles  
Time: 2 ½ hours  
Climb: 1,520 feet

From Stowe Village take School Street for 0.3 miles. Slight right on to Stowe Hollow Rd go 2.2 miles. Parking lot is on the left area and trailhead. Trail is wooded with a short, steady climb to a rock summit with views of Camel's Hump, Mt. Mansfield, the Worcester Range, and the Sterling Range.

### 9. COTTON BROOK via the North End of Waterbury Reservoir

Distance: 9 miles  
Time: 4 ½ hours  
Climb: 1,000 feet

From Stowe Village take Rte. 100 South approx. 2.5 miles. Turn right on to Moscow Road for 2 miles bearing left on to Cotton Brook Road. Follow Cotton Brook Road until you see the red gate. Parking is on the right before the gate. Be aware: you may encounter mountain bikers.

10. NEBRASKA NOTCH via the Lake Mansfield Trail – 1,850 ft

Distance: 3.2 miles  
Time: 2 ½ hours  
Climb: 650 feet

From Stowe Village take Rte. 100 South approx. 2.5 miles. Turn right on to Moscow Road for 2 miles bearing right on to Nebraska Valley Road to the Lake Mansfield Trout Club. The Lake Mansfield Trail is a 1.6 mile hike to Taylor Lodge. *This trail is rugged but interesting with large boulders. From Taylor Lodge continue on for 5 miles for a 5-hour hike to the forehead of Mt. Mansfield. Great views along the way.* At the trailhead there is a great view of a large glacial cirque (a rounded scooped out valley). The trail follows an old logging road for a while before crossing a brook and joining the Long Trail. This is a great family hike with good views along the trail, beaver dams and a waterfall. Taylor Lodge has an open-faced porch for picnicking.

11. LONG TRAIL to the Summit of Mt Mansfield – 4,393 ft

Distance: 4.7 miles for The Chin (summit of Mt. Mansfield)  
Time: 5 hours  
Climb: 2,790

From Stowe Village, take Rte. 108 north for 7.4 miles. On the left side of the road look for the brown “Long Trail” signs and the 2” X 6” white blazes which mark the trail. This is a popular section of the Long Trail system (with a steady climb to Taft Lodge just below the Chin) and a popular place for overnight backpackers (*a nominal fee is requested to spend the night*).

## EXPERT HIKES

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12. CLIFF TRAIL to the Summit of Mt Mansfield– 4,393 ft

Distance: 1.6 miles from the top of the gondola lift  
Time: 2 hours  
Climb: 750 feet

Hike up the ski trails or take the Gondola to the Cliff Trail. The trail starts behind the Gondola Cliff House. It is a short, steep climb to the ridge, then 0.4 mile hike to the chin along the summit. There are great views all the way. Ride the Gondola or hike back down to your car. A great way to reach the summit of Mt. Mansfield, but *make sure you are wearing appropriate shoes*

13. HELLBROOK TRAIL to the Summit of Mt Mansfield – 4,393 ft

Distance: 3.6 miles  
Time: 4 hours  
Climb: 2,590 feet – steepest vertical climb on the Long Trail

From Stowe Village, take Rte. 108 north 8.4 miles. On the left side of the road look for the brown “Long Trail” signs and 2” X 6” blue blazes marking this trail. This VERY STEEP, expert-hiking trail is often extremely wet and should only be used for ascent, not descent.

14. CAMEL’S HUMP via the Monroe Trail and Alpine Loop – 4,081 ft

Distance: 6.6 miles  
Time: 5 hours  
Climb: 3,600 feet – largest vertical climb on the Long Trail

From Stowe Village follow Rte. 100 south to the junction of Rte. 2 in Waterbury. Turn left toward Waterbury and go 0.1 mile, then turn right onto Winooski Street. Cross the bridge and turn right on to River Road. Go 4.6 miles and turn left on to Camel’s Hump road. Stay on this road until you reach the parking lot at the end of the road. A partial loop hike of Camel’s Hump begins by following the Monroe Trail to the junction of the Alpine Trail. From here follow the Alpine Trail left (southwest) to the summit. Descend via the Long Trail north to the hut clearing and take a right (east) on to the Monroe Trail back to the parking area.

15. HUNGER MOUNTAIN – via the Waterbury Trail -3,539ft

Distance: 4 miles  
Time: 4 hours  
Climb: 2,326 feet

From Stowe Village follow Rte. 100 south. About 0.3 mile past Cold Hollow Cider Mill turn left toward Waterbury Center. Go 0.3 mile and turn left on to Maple Street. Just past the Fire Station turn right on to Loomis Hill Road. At the top of the hill bear left, the parking area is 3.8 miles on the right.

