



# Green Mountain *National Forest*

Caring for the Land and Serving People

# Abbey Pond Trail

## Trail Facts:

|  |   |
|--|---|
| <b>Length:</b> 4.2 miles round trip            | <b>Features:</b> Waterfall, Pond          |
| <b>Max. Elevation Change:</b> 1200 feet        | <b>USGS map:</b> South Mountain Quad      |
| <b>Amount of use:</b> Moderate                 | <b>Hiking level:</b> Moderate - Difficult |
| <b>Average hike time:</b> 3-4 hours round trip |   |

## Trail Description:

From the parking lot, the trail leads into the woods and climbs moderately to a bridge at 0.2 miles. The trail continues beside a stream to a second stream crossing that has no bridge, but can be crossed on rocks. Ascending steadily after the second stream crossing, the trail climbs to a third stream crossing, after which the terrain is gentler. The trail arrives at the outlet of Abbey Pond at 2.1 miles. Abbey Pond supports a community of marsh plants and animals. This trail is sometimes closed to protect nesting great blue herons. Watch for the closure signs. Please practice Leave No Trace ethics, such as carry out what you carry in.

## Directions:

**From Middlebury**, travel south 4.0 miles on Route 7 to where it intersects with Route 125. Travel east on Route 125 for 0.6 miles to the intersection with Route 116. Travel north on Route 116 for 4.4 miles and look for a sign for the Abbey Pond Trail on the right. Turn right onto a gravel road and follow the right spur to the trailhead parking at 0.3 miles. The land adjacent to the road and parking lot is private property. Please be respectful of the owner.

**From Bristol**, travel west 1.0 mile on Route 17 & 116. Turn left onto Route 116 at a blinking light, travel 6.9 miles, and look for a sign for the Abbey Pond Trail on the left. Turn left onto a gravel road and follow the right spur to the trailhead parking at 0.3 miles. The land adjacent to the road and parking lot is private property. Please be respectful of the owner.

## Area Services:

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| <b>Food and Services:</b> Middlebury restaurants and fuel stations                        |
| <b>For all Emergencies: 911</b>   |
| <b>911 Information:</b> The trailhead is in the Town of Middlebury, on the Abby Pond Road |

 **U.S. Department of Agriculture**



**Forest Service**

**Green Mountain & Finger Lakes National Forests**

231 North Main Street, Rutland, VT 05701

(802) 747-6700 Phone

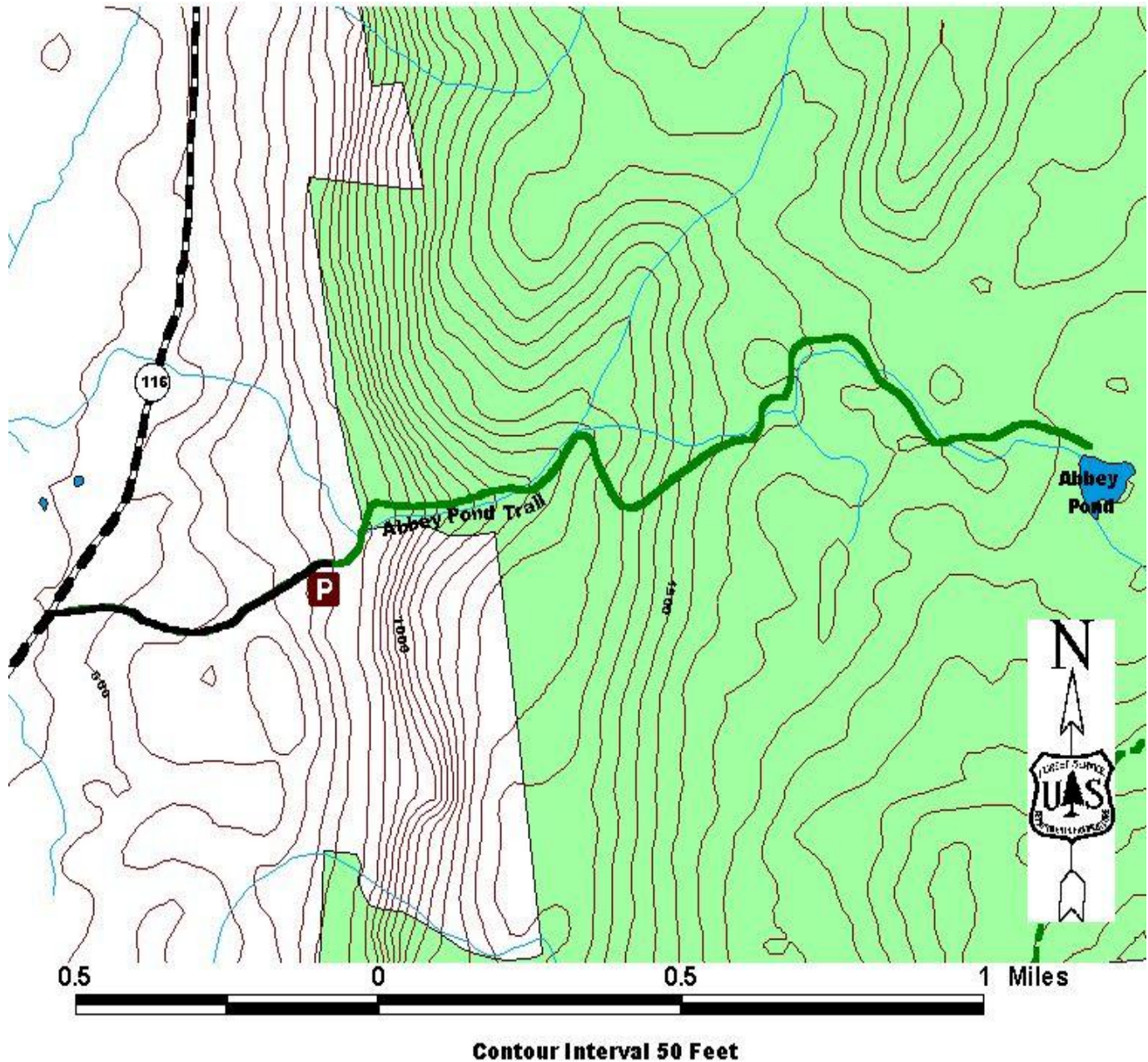
(802) 747-6766 FAX

Website: [www.fs.fed.us/r9/gmfl](http://www.fs.fed.us/r9/gmfl)

[r9\\_gmfl\\_webmaster@fs.fed.us](mailto:r9_gmfl_webmaster@fs.fed.us)

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**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

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