



Green Mountain National Forest

Cooley Glen-Emily Proctor

Caring for the Land and Serving People

Trail Facts:

Length: 6.7 – 12.4 miles round trip; see descriptions	Feature: Stream, Long Trail Access, Wilderness
Max. Elevation Change: 1460 – 2085 feet; see descriptions	USGS maps: Lincoln Quad
Amount of use: Moderate	Hiking level: Moderate – Difficult
Average trip time: 4 – 11 ½ hours round trip; see descriptions	

Trail Description:

Cooley Glen Trail

From the trailhead, the trail turns left and follows an extension of Forest Road 201. It crosses the New Haven River on a bridge, then stays on the north bank of the river and enters the Breadloaf Wilderness. The trail ascends the western flank of Mount Cleveland and meets the Long Trail just south of the Cooley Glen Shelter at 3.2 miles. Maximum elevation change is 1460 feet. Average hiking time is 4 – 5 ¼ hours.

Emily Proctor Trail

From the trailhead the trail turns right and ascends an old woods road that enters the Breadloaf Wilderness. The trail leaves the old road, staying on the west side of the New Haven River, and crosses a small river before making a steep and rocky ascent to the clearing in front of the Emily Proctor Shelter at 3.5 miles. Maximum elevation change is 1820 feet. Average hiking time is 5 – 6 hours.

Loop

Connecting the Emily Proctor Trail and the Cooley Glen Trail via the Long trail makes a long day hike or an overnight trip of 12.4 miles. The Long Trail climbs over Mount Roosevelt and Mount Wilson, which is the highest point of the hike with a maximum elevation change of 2085 feet. Average hiking time is 9 ½ – 11 ½ hours.

Please practice Leave No Trace ethics, such as carry out what you carry in on all trails. Trail blazing, maintenance, and signage will be minimal in Wilderness Areas.

Directions:

From Middlebury, travel south on Route 7 to the intersection with Route 125. Travel east on Route 125 for 6.6 miles and turn left onto Forest Road 59. Travel 4.7 miles on FR 59 to its intersection with Forest Road 54 and turn right onto FR 54. Travel 4.1 miles on FR 54 and turn right onto Forest Road 201, which dead-ends at the trailhead parking at 0.4 miles.

 	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 r9_gmfl_webmaster@fs.fed.us
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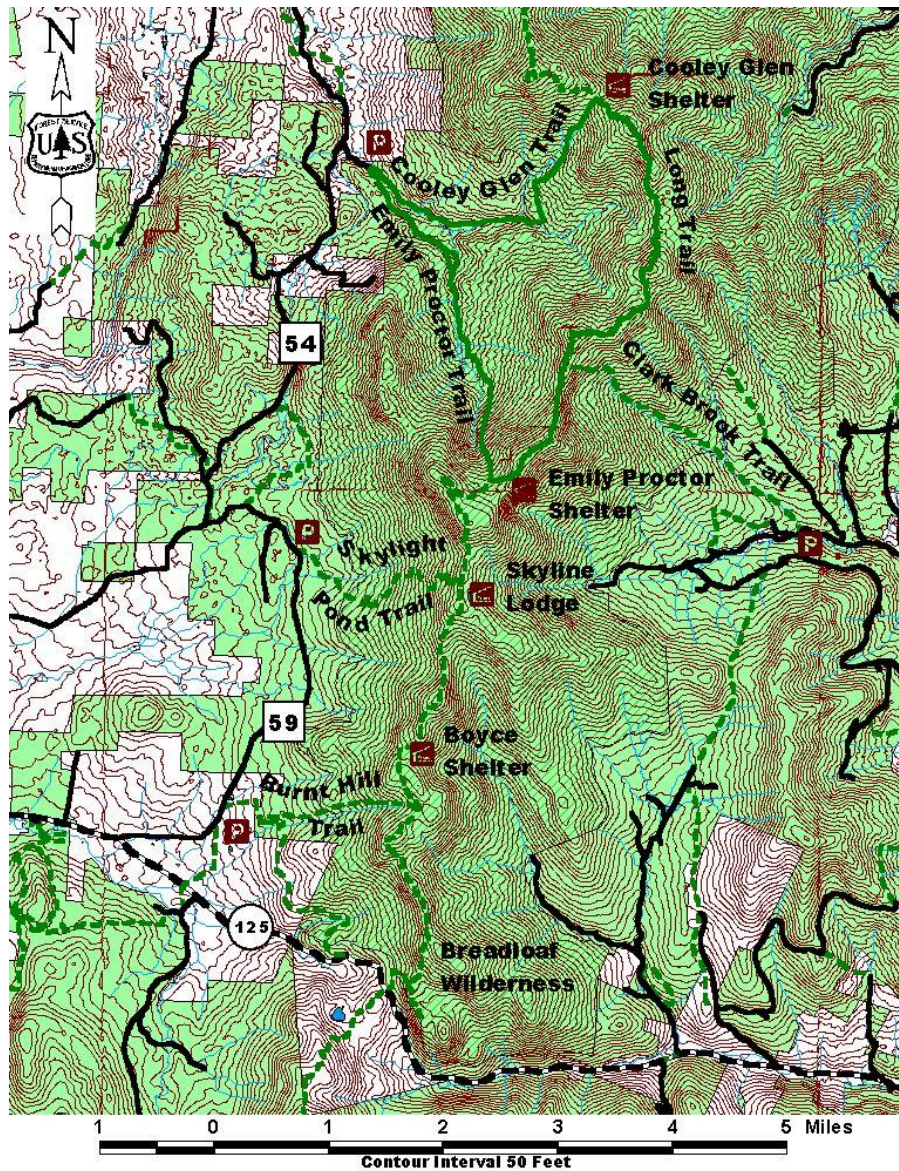
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From Rochester, travel north on Route 100 to the intersection with Route 125. Travel west on Route 125 for 9.1 miles and turn right onto Forest Road 59. Travel 4.7 miles on FR 59 to its intersection with Forest Road 54 and turn right onto FR 54. Travel 4.1 miles on FR 54 and turn right onto Forest Road 201, which dead-ends at the trailhead parking at 0.4 miles.

Area Services:

Food and Services: Lincoln General Store
For all Emergencies: 911
911 Information: The trailhead is in the Town of Lincoln, on Forest Road 201

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