



# Green Mountain *National Forest*

Caring for the Land and Serving People

# Backpacking

## General Forest Information:

The Green Mountain National Forest hugs the ridge tops from the Massachusetts border to Bristol, Vermont and makes up about six percent of the landmass in Vermont. It has 900 miles of trails and eight wilderness areas; Aiken, Big Branch, Breadloaf, Bristol Cliffs, Joseph Battell, Glastenbury, Lye Brook, and Peru Peak. Hikers in wilderness areas are encouraged to become familiar with wilderness survival skills and adhere to Leave No Trace Guidelines, such as Pack it in–Pack it out. There are many opportunities for overnight hikes that offer a variety of experiences for the hikers. The following are a few of the more popular multi-day hikes that are relatively easy to find and follow.

**The Long Trail:** The Long Trail was the first public trail in the United States. It is a winding footpath traversing the ridges of the main range of the Green Mountains, covering 270 miles from Massachusetts to the Canadian border. The Green Mountain Club, in partnership with the Green Mountain National Forest, maintains it. The Long Trail is identified by white painted blazes on trees and rocks. The trail crosses public lands, both State and Federal, and makes extensive use of private lands, thanks to generous and cooperative landowners. Hikers can show their appreciation to landowners by treating the property as carefully as they would their own.

**The Appalachian Trail:** The northern section of the Appalachian Trail runs east to west, from the Connecticut River to Sherburne Pass. It travels mainly through lowlands made up of mostly wooded hills, pastures and old farmland. In the southern section, from Shelburne Pass onward, the trail follows the Long Trail for 98 miles to the Massachusetts border. It follows along the central ridge of the Green Mountains. The Appalachian Trail in Vermont covers 136.5 miles total.

## North Half of the Green Mountain National Forest:

### Emily Proctor – Cooley Glen Loop

From the trailhead at the end of Forest Road 201, follow the Emily Proctor Trail as it 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 3.7 miles. Follow the Long Trail north over Mount Roosevelt and Mount Cleveland to the Cooley Glen Trail. The Cooley Glen Trail intersects the Long Trail, just south of the Cooley Glen Shelter. It descends the western flank of Mt. Cleveland, then stays on the north bank of the New Haven River until it exits the Breadloaf Wilderness and crosses the river on a bridge. The trail then follows an extension of Forest Road 201 back to the trailhead. This trip is 13.0 miles long and the average hiking time is 10 – 12 hours. The maximum elevation change is 2085 feet.



U.S. Department  
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Green Mountain & Finger Lakes National Forests

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## South Half of the Green Mountain National Forest:

### Glastenbury -West Ridge Loop

From Route 9, follow the Appalachian/Long Trail, marked with white blazes, north across the William A. McArthur Bridge. The trail continues on, crossing under a set of power lines with views to the east and west. A wet area, protected by puncheon, is traversed just before a bridge across Hell Hollow Brook at 3.1 miles. A lookout is reached at 4.3 miles and then the summit of Little Pond Mountain at 5.5 miles. From here, the trail follows the ridgeline to Glastenbury Mountain at 7.4 miles, descends, and then climbs steadily to reach Goddard Shelter at 9.8 miles. A short hike of 0.3 miles to the fire tower on the Glastenbury summit (3,748 feet) will yield a 360-degree view of the Green, Taconic, and Berkshire Mountains. The West Ridge Trail, marked with blue blazes, begins just west of the Goddard Shelter. At 12.3 miles, the trail reaches a woods road. At 17.5 miles, the trail reaches the summit of Bald Mountain. The West Ridge Trail then descends to the junction of the Bald Mountain Trail. Bear left, traveling over the steep, rocky descent, passing a Forest Service trail sign. The trail then follows several woods roads. At the National Forest boundary, blazed with red, go right along the roadway. The trail reaches the Bald Mountain trailhead parking area at 19.5 miles. Go right to reach Route 9 at 20.3 miles. Turn left and follow Route 9 for 1.0 mile back to the AT/LT parking area.

### Old Job South Loop

This hike starts at the end of Forest Road 30, following Corridor 7, a main snowmobile trail, on a steady incline south for 3.4 miles to Griffith Lake. At the northern end of Griffith Lake, the trail intersects the Appalachian/Long Trail and the Lake Trail. From here the loop continues north (right), following the AT/LT, which is marked with white blazes. The trail travels up and over Baker Peak. Continue on the trail, passing the junction of the old Forest Road 30 and past the old Lost Pond Shelter site. The trail continues north and meets the Old Job Trail, marked with blue blazes, in 1.5 miles. From here, the loop turns southeast (right) and in less than a mile crosses Lake Brook on a suspension bridge to reach the Old Job Shelter. Following Lake Brook, the Old Job Trail reaches the parking area in 0.9 mile.

### Styles Peak Loop

The trail begins on the north side of Mad Tom Notch Road, following the Appalachian/Long Trail. Follow the white-blazed trail north for 1.6 miles to Styles Peak, where there are views to the northeast and south. Continuing along the ridgeline and crossing several knobs, the trail reaches Peru Peak at 3.3 miles. Here a spur trail leads to a lookout. From the peak the trail descends 1.3 miles to the Peru Peak Shelter and then over several streams to the shore of Griffith Lake. Tent platforms are available at the Griffith Lake tenting area; please camp in designated sites only. A \$5 per person/night fee, paid to the Green Mountain Club caretaker, helps maintain the shelter and trails, monitor impacts, and protect vulnerable soil, water, and vegetation. The trail meets an old carriage road on the north side of the lake. At this junction follow the road south (left) for 2.0 miles to Forest Road 58. Follow FR 58 south to the junction with Forest Road 21. The parking area is about 1.0 mile to the east (left) on FR 21.

## Other Resources:

- Hiking-Recreational Opportunity Guides
- Leave No Trace Recreational Opportunity Guide
- Outdoor Safety Recreational Opportunity Guide
- General Forest Camping Recreational Opportunity Guide

## For More Information:

**Manchester Ranger District**, 2538 Depot St., Manchester Center, VT 05255, (802) 362-2307

**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

**Rutland Supervisor Office**, 231 North Main St., Rutland, VT 05701, (802) 747-6700

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

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