



## Day Hiking

# Green Mountain National Forest White Rocks / Ice Beds Trail

Caring for the Land and Serving People

### Trail Facts:

<b>Length:</b> 0.4 miles round trip to vistas 1.8 miles round trip to ice beds	<b>Feature:</b> View, Natural Phenomenon
<b>Max elevation change:</b> 180 feet	<b>USGS maps:</b> Wallingford Quad
<b>Amount of use:</b> Heavy	<b>Hiking level:</b> Moderate – Difficult
<b>Average hike time:</b> 1 – 1 ¾ hours round trip	<b>Use restrictions:</b> No horses, mountain bikes, or motorized vehicles

### Trail Description:

The Ice Beds Trail leaves from the southwest corner (near the entrance) of the parking lot following blue blazes. After crossing over a brook, the trail climbs several switchbacks to the top of a knoll at 0.2 miles. Here a spur trail to the left leads to views of the northwestern side of the White Rocks Cliffs. Continuing on the main trail for another 0.1 miles, there are other vista openings on the left that view the cliffs and the valley to the south. The trail then descends and meets an old woods road. Bearing left, the trail follows the old road downhill and crosses a stream. From here the trail follows the stream around to the base of the talus pile of massive rocks. Deep within this pile lie the ice beds. Please practice Leave No Trace ethics, such as carry out what you carry in

- In the winter, ice forms deep within the recesses of the rock pile. Protected, the ice lasts late into the summer and slowly melts. All summer long a draft of cool air and a stream of 40<sup>0</sup>F water flow down the ravine from the rock pile.

### Directions:

**From Route 7 in Wallingford**, follow Route 140 east 2.1 miles to the junction of Sugar Hill Road on the right;

**From Route 103 in East Wallingford**, follow Route 140 west approximately 4.0 miles to the junction of Sugar Hill Road on the left;

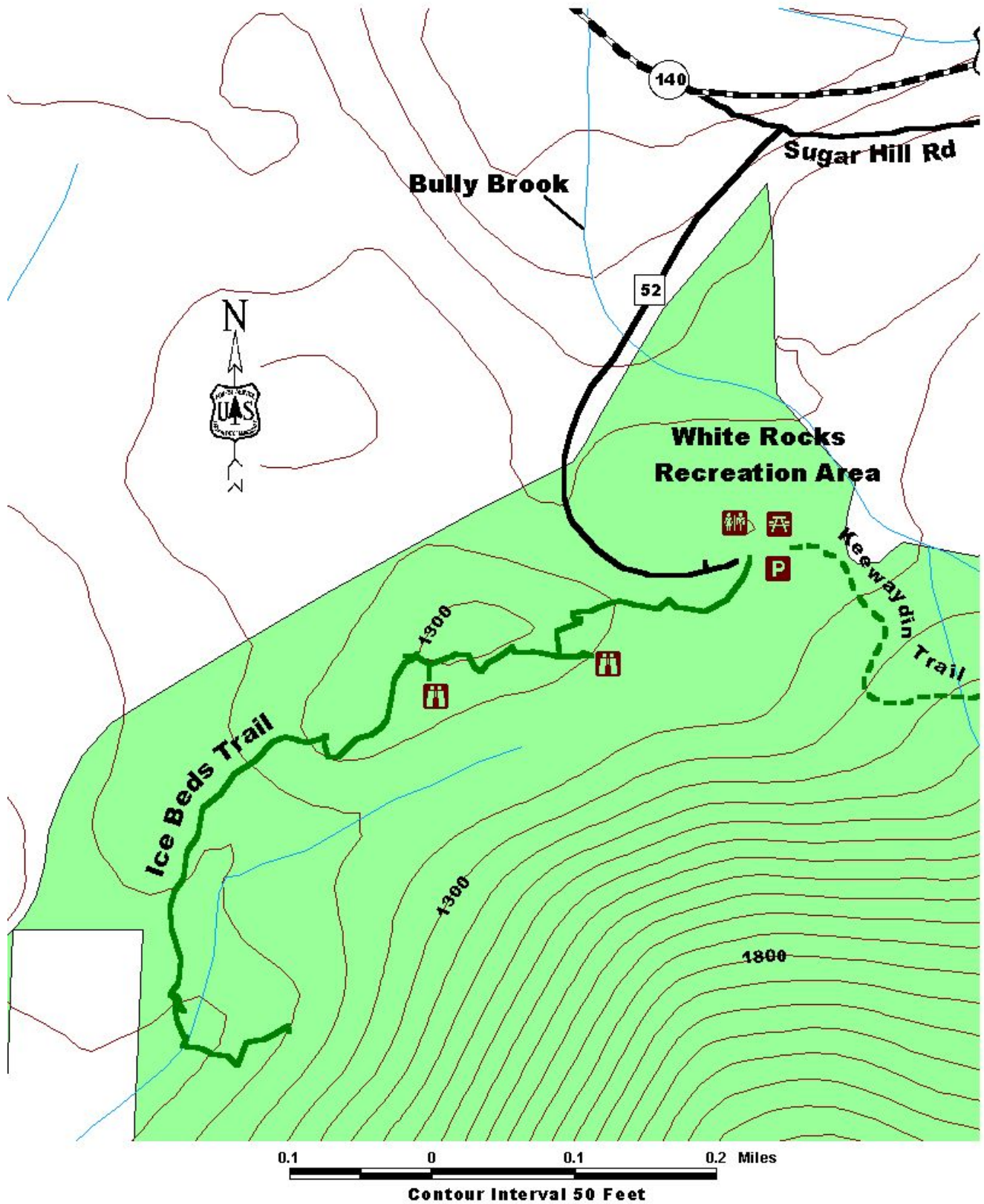
-Follow Sugar Hill Road for about 200 feet to the sign for the Green Mountain National Forest-White Rocks Picnic Area and turn right onto Forest Road 52. Follow FR 52 for 0.5 miles to the Picnic Area parking lot.

### Area Services:

<b>Food and Services:</b> Wallingford	
<b>For all Emergencies: 911</b>	
<b>911 Information:</b> The trailhead is in the Town of Wallingford, off Rte 140 and Forest Road 52.	
 <b>U.S. Department of Agriculture</b>   <b>Forest Service</b>	<b>Green Mountain &amp; Finger Lakes National Forests</b> 231 North Main Street, Rutland, VT 05701 (802) 747-6700 Phone (802) 747-6766 FAX Website: <a href="http://www.fs.fed.us/r9/gmfl">www.fs.fed.us/r9/gmfl</a> <a href="mailto:r9_gmfl_webmaster@fs.fed.us">r9_gmfl_webmaster@fs.fed.us</a>

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Map:



**For More Information:**

Manchester Ranger District, 2538 Depot St. (Rte 11/30), Manchester Center, VT 05255, (802) 362-2307

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