



Green Mountain *National Forest*

Caring for the Land and Serving People

Snowshoeing

General Forest Information:

Snowshoeing is an activity that can be enjoyed on a well-marked trail or while bushwhacking your way through the woods. There are unlimited options in the Green Mountain National Forest open to the snowshoeing enthusiast. Much of the fun of snowshoeing is in exploring brooks, beaver ponds, un-named hills, and general wooded areas.

Snowshoeing can be more physically demanding than hiking. Unless you are in good shape, you should start with short snowshoe trips and work your way up to longer trips.

Make sure you are fully prepared before you go: check the weather forecast, dress in layers that can be easily removed and keep dry to avoid hypothermia, take plenty of hot liquids and food (no matter how long you plan on being out), and take a map and compass and know how to use them.

Other Resources:

- Individual Hiking Recreation Opportunity Guides
- Backpacking Recreation Opportunity Guide
- Outdoor Safety Recreation Opportunity Guide
- Leave No Trace Recreation 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

Website: www.fs.fed.us/r9/gmfl

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



**U.S. Department
of Agriculture**

Green Mountain & Finger Lakes National Forests

231 North Main Street, Rutland, VT 05701



Forest Service

(802) 747-6700 Phone

(802) 747-6766 FAX

Website: www.fs.fed.us/r9/gmfl

r9_gmfl_webmaster@fs.fed.us

The USDA is an equal opportunity provider and employer.