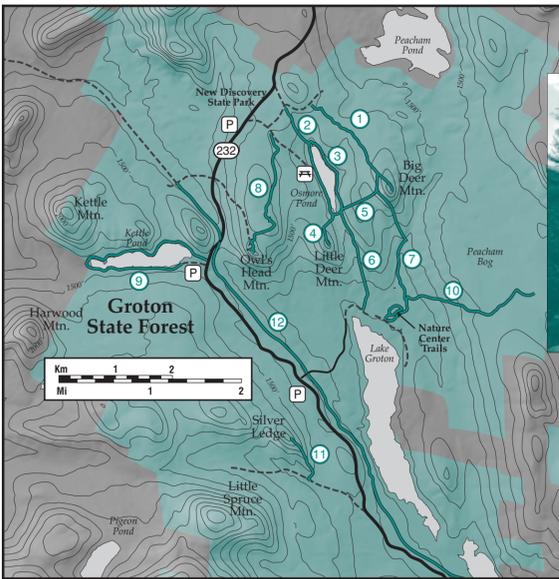


## A - Groton State Forest



At over 27,000 acres, Groton State Forest is the second largest contiguous land holding in the State of Vermont. This scenic and rugged place is known for its developed camping facilities, it offers a wide range of outdoor recreational opportunities. Though only a half-hour drive from Barre, Montpelier, or St. Johnsbury, Groton Forest retains a sense of wilderness and supports a wide variety of wildlife, including black bear, moose, deer, grouse, mink, beaver, otter, fisher, loons and herons. A variety of fish are found in the clear ponds and brooks.



A year-round trail system connects most major points of interest. Peacham Bog Natural Area (748 acres) contains one of the largest bogs in Vermont and is home to some interesting and unusual plants and animals. The summit of Owl's Head, accessible by trail or the summer road that leads almost to the top, offers spectacular panoramic views of the surrounding area.

The exposed bedrock found on Groton's peaks is granite, similar to that found in the White Mountains of New Hampshire. The striations in this granite, and the boulders found throughout the park, are evidence of glacial activity that occurred approximately 10,000 years ago. The glaciers scattered and scraped here irregularly, leaving a rough topography with generally poor drainage.

The forest's history is primarily one of intensive logging, beginning in 1873 with the opening of the Montpelier to Wells River railroad

that ran through the forest, and ending in the 1920's when most of the timber was cut. Several fires, especially the severe one in 1903, changed the landscape from spruce, fir and pine to the red maple and yellow and white birch we now mostly see. The Civilian Conservation Corps (CCC), encamped near Osmore Pond in the 1930's, was responsible for plantations of pine and spruce and the many trail, road and park improvements.



### 1. Big Deer Mtn. Trail from New Discovery State Park

(1.7 miles, 1 hour) This easy trail passes through the forest and climbs up to scenic vistas. From New Discovery State Park Loop B, turn left onto road to Peacham Pond. After 0.3 mile, trail leaves the road amid a red pine plantation. Trail is fairly level for most of its distance but climbs steeply from trail junction (1.1 mile) to ridgtop. Views include Peacham Pond, Peacham Bog and the White Mts. (Elevation Change: 1746ft - 1992ft)

### 2. New Discovery Campground to Osmore Pond Trail

(0.5 mile, 1/2 hour) Trail starts from New Discovery State Park Loop B next to the bathroom then travels downhill, passing through spruce-fir stand and an old fuelwood logging area on its way to the pond. Here, the trail joins the Osmore Pond Hiking Loop. (Elevation Change: 1746ft - 1456ft)

### 3. Osmore Pond Hiking Loop

(2 miles, 2 hours) This scenic loop begins at the Osmore Pond picnic shelter then travels south veering away the pond edge. It passes under a powerline just before the junction with the Little Deer Trail (0.6 mile). Continuing around the pond, the trail crosses Hosmer Brook and heads north to the trail junction. At the north end of pond, trail may be wet before meeting the trail from New Discovery Campground. From here, trail follows the pond back to the picnic shelter. (Elevation Change: 1456ft - 1477ft)

### 4. Little Deer Trail

(0.5 miles, 1/2 hour) Leaves south end of Osmore Pond Hiking Loop (0.6 miles from shelter). Trail follows a powerline for a short distance before heading uphill, steeply at times, to a ridgtop. Good views of Lake Groton and surrounding mountains. (Elevation Change: 1456ft - 1760ft)

### 5. Big Deer Mt. Trail (from Osmore Pond Hiking Loop)

(0.9 miles, 3/4 hour) Starts at the intersection of the hiking loop and Hosmer Brook Trail. Climbs steeply, then descends to cross a marshy area before joining the trail from New Discovery, to ascend to the top for several scenic vistas. (Elevation Change: 1456ft - 1992ft)

### 6. Hosmer Brook Trail

(1.3 miles, 1 hour) This moderate trail winds through woods and by a quiet stream. Some rocky sections. Starts on the road to Boulder Beach just west of Big Deer Campground and ascends gradually. Midway, the trail begins to follow the brook. Trail ends shortly after leaving the brookside at the junction of the Osmore Pond Hiking Loop and Big Deer Mt. Trail. (Elevation Change: 1086ft - 1456ft)

### 7. Coldwater Brook Trail

(1.9 miles, 1 hour) A moderate trail through diverse woods. Some rocky sections at the upper end of the trail. Starts at the Nature Center parking lot, climbs embankment, then travels on flat terrain following the brook. Crosses Peacham Bog Trail (0.4 mile) and turns left, ascending gradually. (Elevation Change: 1086ft - 1575ft)

### 8. Owl's Head Trail

(1.5 miles, 1 hour) An easy walk to a scenic vista of Lake Groton, Kettle Pond and the Green Mountains. Trail starts off the road from New Discovery to the Osmore Pond scenic area. Level to intermediate terrain. Bypassing a swampy area, trail descends and then climbs to a parking lot. The trail to the top continues to the left, following the rock steps of a path built by the CCC in the 1930's. (Elevation Change: 1746ft - 1958ft)

### 9. Kettle Pond Trail

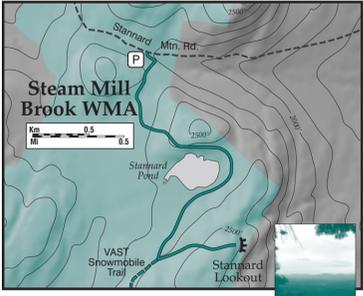
(3 miles, 2 1/2 hours) This moderate walk goes around a secluded lake. Trail leaves the parking lot off the forest road. The trail divides for a short distance (0.2 mile). One way follows the pond's edge while the other is a more direct route through the woods. At the far end and south side of the pond, the trail is rocky and wet. Ends at Kettle Pond Group Camping Area. (Elevation Change: 1443ft - 1477ft)

### 10. Peacham Bog Trail

(2.5 miles, 2 hours) Begins at corner of Nature Center parking area, climbs a steep embankment, then travels on level terrain. Trail ascends after crossing Coldwater Brook Trail and brook (0.5 mile). Trail crosses logging road and continues to climb between two strip clearcuts (cut 1984). Some rocky sections. At the ridgtop, the trail turns left into a woods before entering the bog. Caution: the bog is fragile. Please make your impact as light as possible. (Elevation Change: 1086ft - 1526ft)



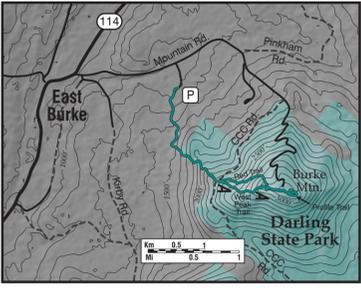
## B - Stannard Lookout



In the Town of Stannard (USGS Stannard) within the Steam Mill Brook Wildlife Management Area (WMA) the Stannard Lookout (2560 ft.), situated between Stannard Mountain and Wheelock Mountain, provides an impressive view. The woods trail, used by snowmobiles in the winter, begins on the south side of the Stannard Mountain Road near the height of land and the Wheelock/Stannard Town Line. From the pull-off, go east for a short distance and look for the trail on the right. The trail climbs easily along an old woods road and soon reaches Stannard Pond where it turns and skirts the eastern edge. After rounding Stannard Pond, the trail turns southward again, climbing moderately to a VAST trail junction. At the junction, follow the trail eastward where it climbs a short distance and soon reaches a wooded knoll and lookout. Extensive local views of Burke Mountain and the Lyndon area are evident to the east. Please note this has not been designated as a hiking trail by the VT Department of Fish and Wildlife and therefore has not been blazed or maintained for this purpose.

SUMMARY: Road to summit, approx. 1.2 mi.; 400 ft. ascent; 1 hr. (Rev. 40 min.).

## C - Burke Mountain



From the lower parking lot of the Burke Mountain Base Lodge, follow the gated Red Trail. After approximately 1 mile, the trail narrows and turns to the left, leading upward, crossing the CCC Road to a small lean-to where the trail forks.

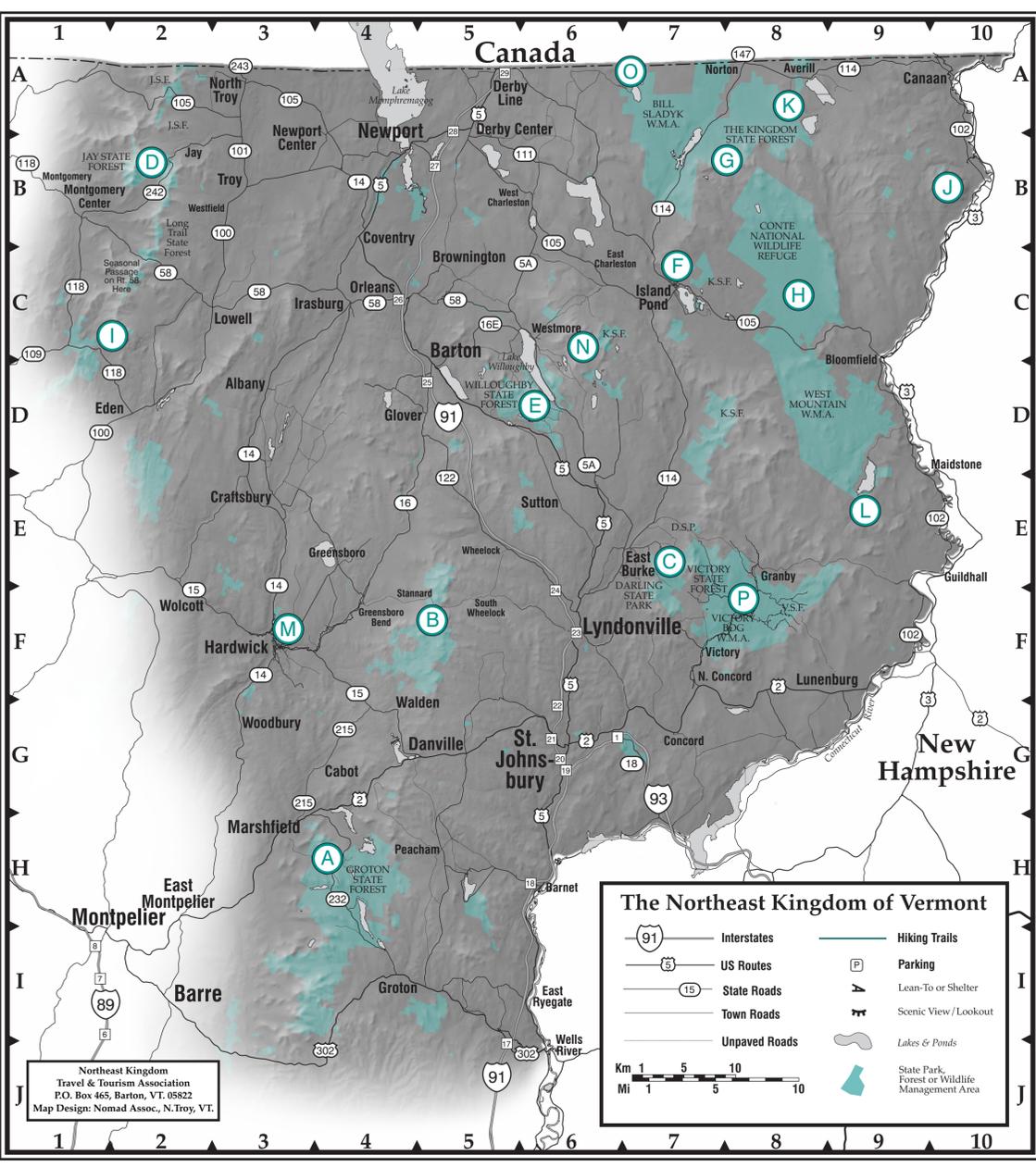
The Red Trail leads to the north, offering scenic views on the way up, and the West Peak Trail leads to the south. These trails converge towards the summit and meet the Profile Trail, which takes you to the fire tower

on the top of Burke Mountain. The Kingdom Trails Association recommends looping up the Red Trail and down the West Peak Trail for the best views - approximately 3 miles.

Alternate Routes: Toll Road (free to hikers), 3 miles of paved road approaching the summit. Trails to the summit and West Peak can be accessed from the upper parking area. Toll Road to state forest boundary - 3.2 miles. CCC Road to main summit 1.6 miles. Excellent views of the surrounding areas.



## Northeast Kingdom of Vermont



**The Northeast Kingdom of Vermont**

- Interstates (91)
- US Routes (5, 15, 243)
- Town Roads
- Unpaved Roads
- Hiking Trails
- Parking (P)
- Lean-To or Shelter
- Scenic View / Lookout
- Lakes & Ponds
- State Park, Forest or Wildlife Management Area

Km 1 5 10  
Mi 1 5 10

## Hiking in the Northeast Kingdom

Lace up your boots or walking shoes, grab your camera and your field guide, and get ready to take on some of the best hiking New England has to offer. With over 300,000 acres of public and conservation lands, the Northeast Kingdom offers unparalleled hiking opportunities that will lead you to some of the most magnificent places you have ever seen.

Take it easy, or make it as challenging as you like. When it comes to hiking in the Northeast Kingdom, the trail choices are as varied as the terrain, and there is something to challenge or simply inspire every hiker. If you're looking to be awed by spectacular views head up one of our many mountain peaks. You'll be rewarded with panoramas of Quebec to the north, New York's Adirondacks to the west and the presidential range of New Hampshire to the east. If getting close to nature is more your pleasure, trek through our beautiful state parks; trail users can view dramatic rock outcrops, waterfalls, native wildflowers, mature red pines and mixed hardwood stands, old growth forests and wildlife such as loons, bald eagles, moose, deer, osprey, hawks, cedar waxwings and others.

Trek the famous Long Trail that graces the Kingdom's western border, discover the internationally recognized Kingdom Trails that wind through our eastern region or explore what's around the bend and up the next hill on one of our beautiful lesser known trails.

Whether you're planning to conquer the most challenging terrain the Northeast Kingdom has to offer or simply looking for a gentle afternoon stroll to wile away the hours, you'll find that hiking through the Kingdom's beautiful and varied scenery offers an unforgettable experience. Let your curiosity guide you and allow yourself to revel in the knowledge that these wonderful places can only be seen by foot.

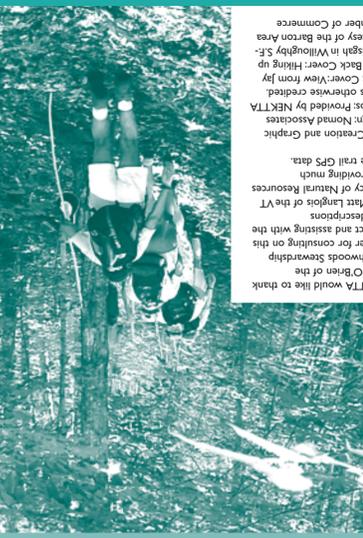
Note: Trail information in this guide was the best available at the time of printing; however, it is possible that errors may exist in the data and it is also possible due to natural or human influence that these trails may change so users of these trails are warned that they do so at their own risk.

## Some Hiking Do's & Don'ts

- Before You Leave**
- Plan ahead. Learn about the area ahead of time. Study guide-books & the latest maps showing highways, trails, streams & physical features.
  - Check weather reports before setting out.
  - Be physically prepared. Do not attempt a trip that is beyond your physical capabilities.
  - Leave word of your destination and schedule.

- On the Trail**
- Never hike alone.
  - Dress appropriately for the season and wear good hiking shoes or boots. Layered clothing is best to meet changing weather conditions.
  - Carry a compass and topographic map of the area & know how to use both.
  - Take along appropriate equipment including rain gear, extra warm clothing, high energy food, water, first aid kit, pocket knife, flashlight, cell phone, whistle and matches in a waterproof container.
  - Bring insect repellent.
  - Stay on marked trails
  - Do not drink from ponds or streams unless you first boil or filter it.
  - Do not use soap to wash yourself, clothing or dishes within 150 ft. of water.
  - Dispose of human waste by digging a hole 6" - 8" deep at least 150 ft. from water or campsites. Cover with leaves and soil.
  - Build fires only in authorized areas
  - Use only dead or down wood for fires. Extinguish all fires with water and stir ashes
  - Carry out what you carry in.
  - Do not disturb wildlife or plants.

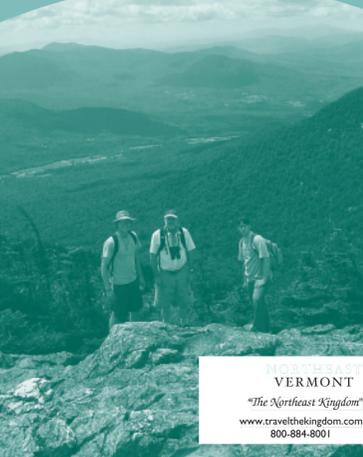
1-800-884-8081  
1-800-884-9386  
P.O. Box 465  
Barton, VT 05822  
Travel and Tourism Association  
Northeast Kingdom  
NEKTTA



## HIKING the Northeast Kingdom

Vermont's Northeast Region

Explore hiking trails on all levels from beginner to advanced



## Northeast Kingdom's Flora, Fauna, and Geology

Vermont is home to 42 species of reptiles and amphibians, 58 mammals, 94 fish, 235 birds, more than 2,000 plants and many, many more insects, mollusks and crawfish.

Common mammals include the white-tail deer, moose, snowshoe hare, beaver, black bear, fox, bobcat, fisher, porcupine, red squirrel, chipmunk, raccoon, coyote, muskrat, otter, and mink.

Some of the most common birds include the American robin, tree swallow, black-capped chickadee, red-winged blackbird, eastern bluebird, blue jay, hairy woodpecker, northern flicker, evening grosbeak, ruby-throated hummingbird, hermit thrush, ruffed grouse, barred owl, peregrine falcon, osprey, common loon, mallard, American black duck, wood duck, hooded merganser, and American woodcock.

As you travel through our forests you may see the following trees: maple, birch, poplar, spruce, fir, pine, mountain ash, and cedar. In the spring cherry and apple trees blossom. Under the forest, in meadows, and along roadsides you will be greeted by many wildflowers such as the buttercup, daisy, Indian paintbrush, and goldenrod. You might also see our State Flower the red clover. A rare and endangered wildflower which blooms in the spring is the lady's slipper or moccasin flower in the orchid family. Another rare flower is the Trillium or "Sinking Benjamin". Lesser known you may find the twinflower,



partridgeberry, bunchberry, or bluebead lily. There are also 22 varieties of fern.

Much of the landscape in the Northeast Kingdom was formed many thousands of years ago by glaciers. When the sheets of ice over a mile deep moved over the land and then retreated they carved soft rock with their tremendous pressure. The glaciers picked up and transported boulders and other debris as they moved along. You will probably see evidence of glacial deposits on the hills and valleys of the Northeast Kingdom as you hike. Look for huge boulders or "glacial erratics" throughout the woods. Many of our mountains are composed of granite and quartz monzonite. These mountains got their shape from the glaciers as they carved off large chunks of the south

sides of mountains and the north slopes are smooth. Mt. Pisgah, Mt. Hor and Wheeler in Westmore and Brousseau Mountain in Norton are prime examples of this.

## Resources

- For more information about these and other trails in the Northeast Kingdom contact:
- Craftsbury Outdoor Center  
535 Lost Nation Road, Craftsbury Common, VT 05827  
Telephone: 802-586-7767  
www.craftsbury.com E-mail: stay@craftsbury.com
  - Department of Forest, Parks and Recreation  
1229 Portland Street, Suite 201, St. Johnsbury, VT 05819-2099  
Telephone: 802-751-0110 www.vtfrp.org  
District Forestry Mgr. E-mail: jim.horton@nr.state.vt.us
  - Green Mountain Club  
4711 Waterbury-Stowe Road, Waterbury Center, VT 05677  
Telephone: 802-244-7037  
www.greenmountainclub.org  
E-mail: gmcc@greenmountainclub.org
  - Kingdom Trails  
P.O. Box 204, East Burke, VT 05832  
Telephone: 802-626-0737 Contact: Tim Tierney  
www.kingdomtrails.org E-mail: info@kingdomtrails.org
  - Northwoods Stewardship Center  
154 Leadership Drive P.O. Box 220, E. Charleston, VT 05833  
Telephone: 802-962-5240 Contact: Keith Wheeler  
E-mail: info@northwoodscenter.org
  - US Fish and Wildlife Service  
5360 Route 105, Brunswick, Vermont  
Mailing address: P.O. Box 427, Island Pond, VT 05846  
Telephone: 802-962-5240 Contact: Keith Wheeler  
www.fws.gov/r5soo E-mail: Keith\_wheaver@fws.gov

## Day Hiking Checklist

- Planning and preparation is necessary for all hiking activities. A checklist is a great resource. Your needs will vary according to the type of hiking you have planned, where you are hiking, the time of year and the length of the hike. Add or remove items on the checklist to suit your own needs.
- Day Pack
  - Trail maps/guidebooks
  - Compass
  - Water in canteens/water bottles
  - Water treatment system
  - First aid kit/medications/moleskin
  - Flashlight
  - Pocket knife
  - Waterproof matches/fire starters
  - Snacks/extra snacks
  - Rain gear
  - Extra clothing
  - Sunglasses
  - Sunscreen/chap stick
  - Extra socks
  - Sweatshirt/Jacket
  - Whistle
  - Insect repellent
  - Hat
  - Money/ID
  - Camera/film
  - Binoculars
  - Toilet paper
  - Watch
  - Notepad/pen
  - Hiking stick/poles
  - Bandana
  - Cell phone
  - Ziplock bags