



**AGENCY OF NATURAL RESOURCES**  
Department of Forests, Parks and Recreation

## Vermont State Parks Kid Friendly Hiking Trails

<b>NORTHWEST</b>	<b>Trail Name</b>	<b>Mileage</b>	<b>Loop Or One Way</b>	<b>Difficulty</b>	<b>Hike Time</b>	<b>Description</b>
<a href="#">Burton Island</a>	<a href="#">West Shore Trail</a>	0.75	One Way, Or Loop To Other Trails	Easy	1 Hour	Woodland, Lakeside
	<a href="#">North Shore Trail</a>	0.5	One Way, Or Loop W/Eagle Bay Trail	Easy	.5 Hour	Woodland, Lakeside
	<a href="#">Eagle Bay Trail</a>	0.5	One Way Or Loop With North Shore Trail	Easy	.5 Hour	Woodland, Lakeside
	<a href="#">Island Farm Nature Trail</a>	1	Loop	Easy	1 Hour	Woodland, Meadow
	<a href="#">Southern Tip Trail</a>	1	One Way	Easy	1.5 Hour	Woodland, Meadow, View
<a href="#">Knight Island</a>	<a href="#">West Trail</a>	1	Loop When Combined With East Or Cross Trail	Easy	1 Hour	Woodland, Lakeside
	<a href="#">East Trail</a>	1	Loop When Combined With East Or Cross Trail	Easy	1 Hr	Woodland, Lakeside, Views
	<a href="#">Cross Trail</a>	0.5	Connector Trail	Easy	.5 Hr	Woodland
<a href="#">Knight Point</a>	<a href="#">Point Trail</a>	1	One Way, Or Loop When Cut Thru Park	Easy	30 Min	Woodland, Lakeside
<a href="#">Niquette Bay</a>	<a href="#">Burns Trail</a>	1	One Way, Connect With Other Trails To Make Loop	Easy	20 Min	Woodland, Views
	<a href="#">Allen Trail</a>	0.5	One Way, Connect With Other Trails To Make Loop	Easy	15 Min	Woodland
<a href="#">Underhill</a>	<a href="#">Coc Road To Sunset Ridge</a>	1	One Way	Easy	1 Hr	Woodland
<a href="#">Woods Island</a>	<a href="#">Island Loop</a>	2	Loop	Easy	2 Hrs	Woodland, Lakeside
	<a href="#">Cross Trail</a>	0.5	One Way, Connector	Easy	0.5	Woodland
<b>NORTHEAST</b>	<b>Trail Name</b>	<b>Mileage</b>	<b>Loop Or One Way</b>	<b>Difficulty</b>	<b>Hike Time</b>	<b>Description</b>
<a href="#">Brighton</a>	<a href="#">Red Pine Trail</a>	.33 Mi	Loop With Main Or Shore Trails	Easy	20 Minutes	Woodland
	<a href="#">Main Trail</a>	0.5	Loop With Red Pine Or Shore Trail	Easy	45 Minutes	Woodland
	<a href="#">Loggers Loop</a>	0.25	Loop	Easy	15 Minutes	Woodland
	<a href="#">Shore Trail</a>	0.4	Loop With Red Pine Or Main Trail	Easy	20 Minutes	Woodland, Lakeside
<a href="#">Elmore</a>	<a href="#">Beaver Trail</a>	0.5	One Way	Easy		Woodland, Wetland
<b>Groton Forest Trails</b>						
<a href="#">Kettle Pond</a>	<a href="#">Kettle Pond Trail</a>	3	Loop	Easy	2.5 Hrs	Woodland, Lakeside
	<a href="#">Kettle Pond Portage Trail</a>	0.25	One Way	Easy	20 Min.	Woodland, Lakeside
<a href="#">New Discovery</a>	<a href="#">Big Deer Mtn Trail</a>	1.7	One Way	Easy	2 Hrs	Woodland, Views
	<a href="#">New Discovery To Osmore Pond</a>	0.5	One Way	Easy	30 Min	Woodland, Lakeside
	<a href="#">Osmore Pond Hiking Loop</a>	2	Loop	Easy	2 Hrs	Woodland, Lakeside
	<a href="#">Little Deer Trail</a>	0.5	One Way	Moderate	1/2 Hr	Woodland, Views
	<a href="#">Hosmer Brook Trail</a>	1.3	One Way	Moderate	1 Hr	Woodland, Stream
	<a href="#">Nature Trail</a>	0.6	One Way	Easy	45 Min	Woodland
	<a href="#">Owls Head</a>	1.5	One Way	Easy	1 Hr	Woodland, Views
<a href="#">Ricker Pond</a>	<a href="#">Cross Vermont Trail</a>	10	One Way	Easy	10 Miles	Rail Trail, Woodland
<a href="#">Little River</a>	<a href="#">Nature Trail</a>	0.4	Loop	Easy	45 Min	Woodland, Stream
<a href="#">Seyon Lodge</a>	<a href="#">Noyes Pond Loop</a>	1	Loop	Easy	1 Hr	Woodland, Lakeside
<a href="#">Smugglers' Notch</a>	<a href="#">Bingham Falls</a>	0.8	One Way	Easy	1 Hr	Woodland, Waterfall
<a href="#">Waterbury Center</a>	<a href="#">Pennisula Trail</a>	0.5	Loop	Easy	15 Min	Woodland, Lakeside



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<b>SOUTHWEST</b>	<b>Trail Name</b>	<b>Mileage</b>	<b>Loop Or One Way</b>	<b>Difficulty</b>	<b>Hike Time</b>	<b>Description</b>
Bomoseen	<a href="#">Bomoseen Hiking Loop</a>	1.5	Loop	Moderate	1 Hour	Woodland, Pond
	<a href="#">State History Trail</a>	0.75	One Way	Easy	1 Hour	Woodland, Slate
	<a href="#">Daniel Coffey Memorial Trail</a>	0.75	One Way	Easy	1 Hour	Woodland, Pond
Branbury	<a href="#">Nature Trail</a>	0.5	Loop	Easy	45 Min	Woodland
Button Bay	<a href="#">Button Bay Point Trail</a>	0.3	Loop	Easy	15 Min	Lakeside
	<a href="#">Dog Walk Trail</a>	0.25	One Way	Easy	15 Min	Open, Lakeside
Emerald Lake	<a href="#">Vista Trail</a>	0.75	One Way	Moderate	1 Hour	Woodland, Lakeside
Half Moon	<a href="#">Shore Trail</a>	0.3	One Way	Easy	20 Minutes	Lakeside
	<a href="#">Daniel Coffey Memorial Trail</a>	0.75	One Way	East	1 Hour	Woodland, Pond
Mt. Philo	<a href="#">Summit Trail</a>	1	One Way To Summit Trails	Moderate	1 Hr	Woodland, Summit
Shaftsbury	<a href="#">Healing Springs</a>	0.75	Round Trip	Easy	1 Hour	Lakeside, Woodland, Wetland
St. Catherine	<a href="#">Nature Trail</a>	0.5	Loop	Easy	45 Min.	Woodland, Meadow, Stream
Woodford	<a href="#">Atwood Trail</a>	0.5	Loop	Easy	30 Minutes	Woodland, Lakeside
	<a href="#">Reservoir Trail</a>	2.7	Loop	Easy		Woodland, Lakeside
<b>SOUTHEAST</b>	<b>Trail Name</b>	<b>Mileage</b>	<b>Loop Or One Way</b>	<b>Difficulty</b>	<b>Hike Time</b>	<b>Description</b>
Camp Plymouth	<a href="#">Echo Lake Vista</a>	1	Round Trip	Moderate	40 Min - 1 Hr	Woodland, Lake View
Fort Dummer	<a href="#">Sunrise Trail</a>	1	Loop	Easy	45 Min	Woodland, Views
	<a href="#">Sunset Trail</a>	0.5	One Way	Easy	25 Min	Woodland, Views
Gifford Woods	<a href="#">Old Growth Interpretive Trail</a>	0.1	Loop	Easy	10 - 15 Min	Woodland
	<a href="#">Kent Brook Trail</a>	1.1	Loop	Easy To Moderate	45 Min	Woodland
	<a href="#">Pond And Waterfall Loop</a>	3.5	Loop	Easy	2.5 Hr	Woodland, Brooks, Pools
Jamaica	<a href="#">West River Trail</a>	2.5	One Way	Easy	2.5 Hr	Woodland, Riverside
Lowell Lake	<a href="#">Lowell Lake Trail</a>	3	Loop	Easy	2 Hrs	Woodland, Lakeside
Molly Stark	<a href="#">Nature Center Spur</a>	0.2	One Way	Easy	20 Min	Woodland
Mt Ascutney	<a href="#">Summit Trail</a>	1.4	Round Trip	Moderate	2 Hrs	Woodland, Mountain, Views
Quechee	<a href="#">Quechee Gorge Trail</a>	1	Round Trip From Bridge To Bottom Of Gorge	Moderate	1 Hr	Woodland, Gorge
		1.5	Round Trip From Visitor Center To Bottom Of Gorge	Moderate	1.5 Hrs	Woodland, Gorge
		1.5	Round Trip From Bridge To Dewey'S Pond	Moderate	1 Hr	Woodland, Falls
		2	Round Trip From Visitor Center To Dewey's Pond	Moderate	1.5 Hrs	Woodland, Falls
Thetford Hill	<a href="#">Woods Hill Trail</a>	3.1	Loop	Easy	20 Min - 1 Hr	Woodland