



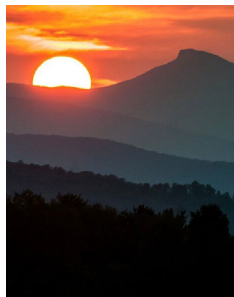
SUMMER MOUNTAIN ACTIVITIES

60 Main Street
Burlington, VT 05401

802-863-3489
helloburlingtonvt.com
hello@helloburlingtonvt.com

HIKING

- The **Green Mountain National Forest**, Vermont State Parks and Natural Areas, and town forests welcome hikers, making it easy to find solitude in Vermont's woods.
- Vermont is home to the oldest long-distance hiking trail in the United States. The 273-mile **Long Trail**, which inspired the Appalachian Trail, is perhaps the most accessible North American through-hike.



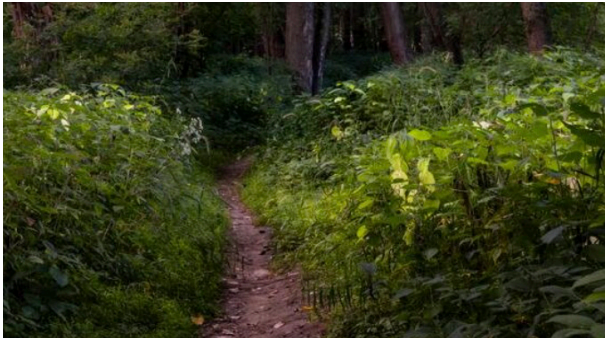
- The **Green Mountain Club** maintains 88 Long Trail spur trails statewide so that visitors can enjoy the trail without committing to hundreds of miles of hiking.
- **Mt. Mansfield** is Vermont's highest mountain, about an hour from Burlington, and has great trails to day-hike with rewarding views.
- Enjoy shimmering vistas of Lake Champlain and the Adirondacks from the peak of nearby **Mt. Philo**, or spot New Hampshire's Mt. Washington from the top of **Camel's Hump** on a clear day.



BIKING

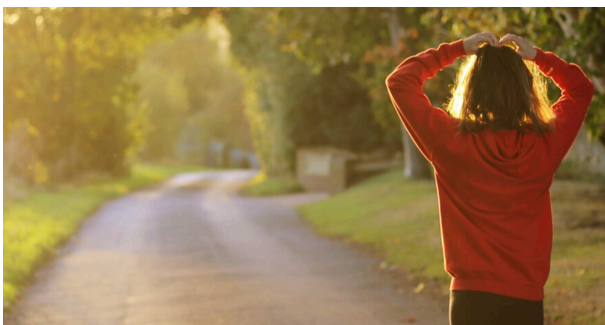
- Mountain bikers have more than 1000 miles of singletrack to explore in the Green Mountain State, from buff machine-built adaptive and beginner-friendly forest paths to steep and technical rock rolls, root mats, and swooping berms.
- 29 chapters of the **Vermont Mountain Bike Association** build and maintain trails statewide.
- **Sunny Hollow**, in Colchester, is a gentle introduction to Vermont mountain biking.
- For more daring bikers, head south to visit **Hinesburg Town Forest**, **Carse Hills**, **Sleepy Hollow**, **Catamount Family Center**, and **Cochran's**.
- Road bikers can explore the meandering and steep **Appalachian Gap** hill climb or the 103-mile, 10,000 vertical feet of the Vermont Gran Fondo.
- Gravel riders have a variety of dirt byways to tour, as well as fourth-class roads and trails galore.





RUNNING

- **Red Rocks Park** is a great place for a run or walk, with gentle climbs and descents that lead to beach vistas and cliff lookouts.
- The **Burlington Bike Path** is also a great place to run and stretches out for about 13 flat and fast miles along the shores of Lake Champlain.
- Delve deeper into Vermont wilderness by running the **History Hike at Little River State Park**. This steep route passes stone foundations, old cemeteries, and remnants of sawmills, all part of Vermont's earliest settlement.
- A favorite mountain loop for **ultrarunners** is up Vermont's third highest peak, Camel's Hump.
- For runners looking for company or motivation, weekly runs depart from Burlington's various outdoor stores. Additionally, the **Green Mountain Athletic Association** and **Long Trail Running Club** frequently organize group runs.



CLIMBING

- In **Chittenden County**, Vermont's rock is primarily greenschist and limestone. Venture further to find diamond quartzite and granite.
- **Climbing in and around Burlington** is complex, dynamic, and will reward climbers with panoramic views of the Green Mountains and Lake Champlain from above the lush forest canopy.
- With its **mountainous environment**, Vermont offers traditional routes, sport climbing, top-roping, and bouldering.



- Less than a mile from downtown Burlington is a spectacular and unique limestone crag, **Lone Rock Point**, home to difficult sport routes and magnificent Lake Champlain views.
- **Bolton Quarry**, with its boreholes and blast fractures, is a sport climbing spot less than 20 minutes from Burlington. With top-roping, trad routes, and moderate sport climbs, it's a great location for both new and experienced climbers to explore.
- You can also learn to climb or just stay out of the rain at local climbing gyms **Petra Cliffs** in Burlington and **Metrorock Gym** in Essex.

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