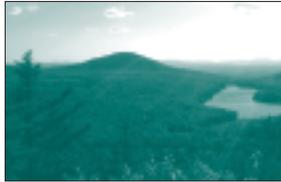


Hiking in the Northeast Kingdom

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 on 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.

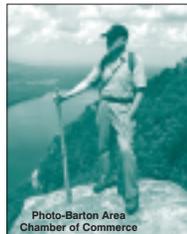


Photo-Barton Area Chamber of Commerce

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.

