

Long Trail Pages 2022

(Interactive PDF for Gaia GPS)

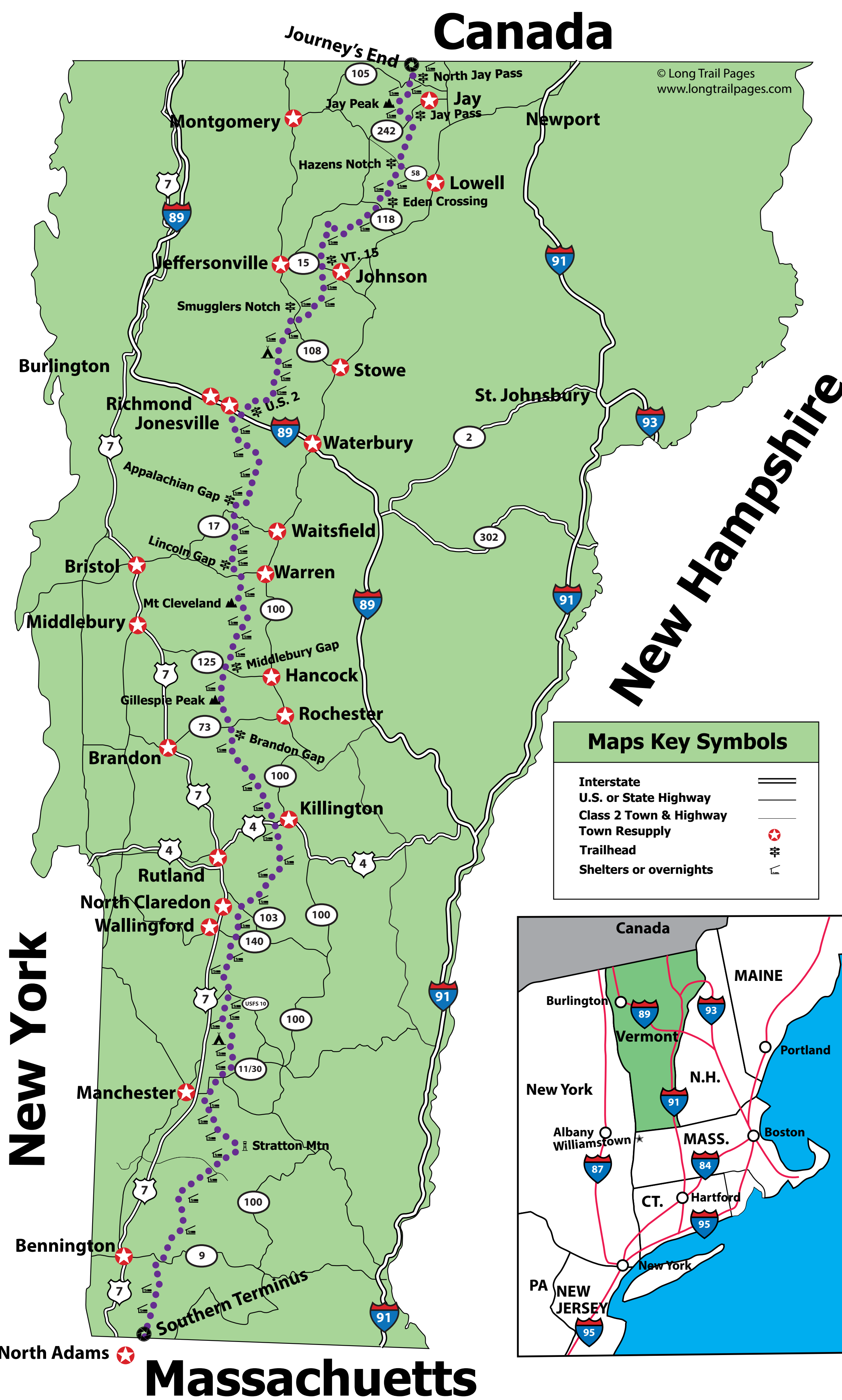
A Complete Long Trail Guidebook

Rick “Attroll” Towle



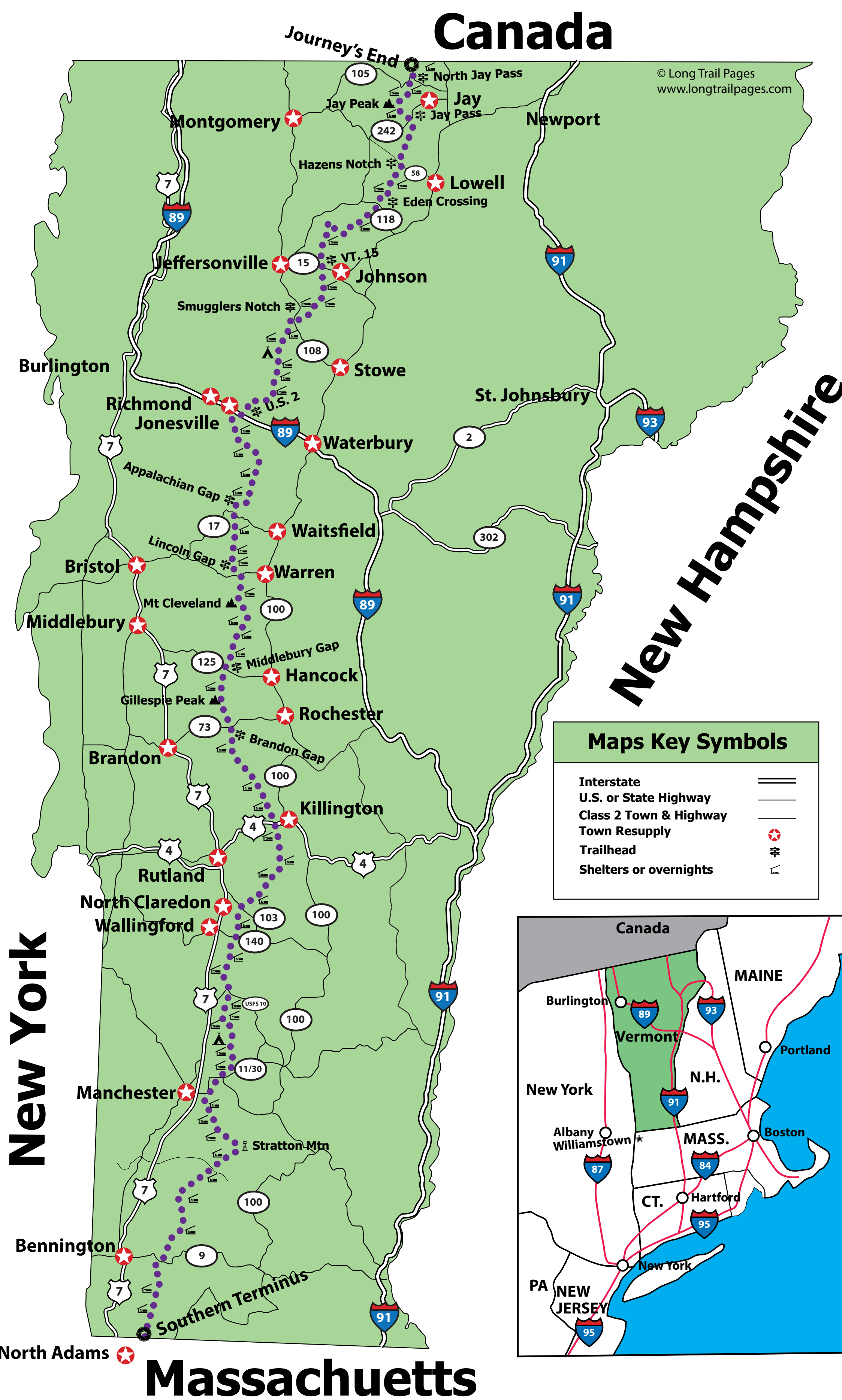
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Common reoccurring Long Trail questions

What is the Long Trail?

The Long Trail is a hiking trail located in Vermont, running the length of the state. It is the oldest long-distance trail in the United States, constructed between 1910 and 1930 by the Green Mountain Club.

How long is the Long Trail?

The trail measured 272.0 miles in 2022. The total length can vary slightly each year, depending any necessary trail re-routes.

How long does it take to thru-hike the entire trail?

The average is 3-4 weeks. Experienced hikers take less time. Most people calculate in zero days (days off) and nero days (with very short mileage days).

What is a thru-hiker?

A thru hiker is someone who is attempting to complete the entire Trail in one calendar year. It does not have to be in one continuous direction, just complete the whole trail. The GMC calls them End-To-Enders.

How much does a thru-hike cost?

The average cost to hike the entire Long Trail as a thru-hike is approximately \$800-\$1,000. This is based on going into a trail town to resupply. It does not include spending the night every 50 miles for lodging. This is an average. This does not include your prior purchased gear.

When and what direction should you thru-hike?

This is personal preference. Most hikers hike from south to north (NOBO). Fall is a good time to hike the Long Trail because you can avoid the heavy black flies, mosquitoes, and the mud should not be as bad. If you’re starting real late in the fall you may want to consider north to south to avoid snowfall that may happen in the northern section.

Where do thru-hikers stay at night?

Most hikers stay at the many lean-to’s, shelters, lodges, and tent sites along the trail. There is always a lean-to, shelter, lodge, or a tent site within a day’s walk.

How easy it is to get to a town?

In this guidebook, the access points to get to trail towns are marked at road crossings, along with the distance to them. It is usually fairly easy to hitch a ride when people see you are backpacking.

Where do thru-hikers get food and other supplies?

They obtain them from trail-town grocery stores, and other suppliers. Another option is to send pre-prepared packages as a series of mail-drops to post offices, and other establishments situated in, or near, towns along the trail. Many hikers do this to ensure that they will have sufficient supplies to reach the next town. See “Mail-drop information” in this guide.

They say there are bears?

There is no need to fear bears as long as you keep your eyes open and stay clear, if you should happen to encounter one. The best thing a hiker can do is protect their food by hanging it, use bear bags, bear canisters, or securing it in bear boxes, when they are available.

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Legend

Icons	Descriptions	
★ ★ ★ ★ ★	See notes and establishments listed below this entry.	
💧	Source of drinking water. Water is always listed first	
🌊	Seasonal water source, not always reliable (unreliable)	
🛤️	Intersection, junction, side trail, connecting trail or adjoining trail.	
🏠	{x} LT Shelter, Lean-to, or Lodge and (capacity)	
⛑️	{x} Tent sites, may sometimes be listed with (capacity) or tent platforms	
🪶	Possibilities for hammocks available. In some cases you may have to expand up to 100 feet beyond the area to find trees but you can hang. Availability of hanging also depends on the growth of the underbrush. When using a hammock, please use LNT procedures.	
🚽	Privy	
🐻	Bear cables or bear box available for food bags	
📶	📶📶📶📶 Cell phone signal strength, based on a nice clear day.	
⚡	Power line, pipe line or electrical wires	
🏔️	Summit or crest	
🔙🔚	Direction and miles to next shelter South or North. This does not include the mileage distance the shelter is off the trail.	
📷	Views, overlooks or photo opportunities	
🗼	Lookout, fire tower or observation tower	
🌉	Footbridge, or any other bridge	
🛣️	Road	
🛞	Gravel or dirt roads, logging roads, wood roads, USFS roads, forest roads, fire roads, or any other non-paved roads	
🌊	Waterfalls	
🎡	Attractions, important or historical features, other photo opportunities	
P	{x} Parking. Vehicle capacity, and fee inside parenthesis. If there is a fee there will be a "\$". Coordinates should get you within eyesight of parking area. Always check ahead for parking safety.	
\$	Overnight/caretaker fee. On town maps it represents a bank.	
⚠️	Warnings or things that you need to be aware of	
📍	[] GPS coordinates are listed inside of descriptions	
🚦	Railroad crossing, tracks	
🏊	Swimming possibilities	
🍃	Picnic Table or picnic area	
🗑️	Trash can usually available	
🚤	Boating or boats available for use	
🏠	Hostel	
🛎️	Lodging. Prices may not include tax.	
📮	Post Office	
✉️	Mail drop location	
✉️	Email address	
🐕	Vet or Kennel	
🐾	Pet Friendly	
🚫🐾	No Pets/Not Pet Friendly	
👷	Work For Stay (WFS)	
🔥	Fuel for stove	
🧺	Laundry	
💻	Computer available for use	
📶	WiFi available	
🚿	Shower available	
🎒	Slackpacking may be available	
🚌	Shuttle, bus, or taxi	
🧑‍💼	Insured shuttle provider	
🏦	Bank/ATM	
🛒	Long term resupply (enough food to get to next resupply point)	
🛒	Short term resupply (snack, odds & ends)	
✂️	Anywhere that serves food for a fee	
^?^	I need your help finding these coordinates. Please use the followiing link to help:	(www.whiteblazepages.com/inputs)

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Description of town data

Telling you Bennington, VT is 5.1 miles west from the trail head and there is a map in this book

Trail head

Parking coordinates

NoBo	Features	Description	Elev	SoBo
14.3	{1}	Cross stream on bridge. Cross VT. 9 , City Stream.	[42.88435,-73.11577] [42.88508,-73.11578]	1360 257.7

➤ **VT 9 Bennington, VT. (5.1W) See Bennington, VT map.**

PO M-F 8am-5pm, Sa 9am-2pm. 802-442-2421. 108 Elm St. Bennington, MA 05201.

Catamount Motel 802-442-5977. (www.catamountmotel.com) Pet Friendly. Hiker bunk room, 1 Hiker \$55 plus tax, 2 Hikers \$65 plus tax. each extra person \$5, laundry \$5, \$10 dog fee. Free WiFi. Free shuttle service. Credit cards accepted.
 Mail drops for guests: 500 South St. Route 7 Bennington VT 05201

[42.87640,-73.19843]
 [42.87217,-73.19584]

Icons showing establishments
Primary function

Icons showing establishments
other amenities

Contact information, mailing address and
description of what this place has to
offer with icons for quick reference

GPS coordinates for
Catamount Motel

Post Office hours of operation, phone number, mailing adress, GPS coordinates

GPS coordinates for PO

Description of trail data

Items available
at this location

Miles from
southern
terminus

Miles from
northern terminus

Elevation

Current shelter is 100 yards west of the Long Trail

Third shelter south

Second shelter south

First shelter south

Current location

First shelter north

Second shelter north

Third shelter north

NoBo	Features	Description	Elev	SoBo
43.7	{16}	(100YDS W) 19.3<<<15.2<<10.4<Stratton Pond Shelter>4.9>>7.9>>>12.7	[43.10049,-72.96411]	2565 228.3

Room for 16 people in the shelter, tenting, etc.

GPS coordinates for shelter

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Getting to the southern terminus

Getting to Pittsfield, MA. and on to the southern terminus

Take Amtrak to Pittsfield, MA

Final ride:

Take the Berkshire Regional Transit Authority Bus to North Adams, MA.

(www.berkshirerta.com/plan-your-trip/route-1-schedule/#outbound-weekday)

(www.berkshirerta.com/plan-your-trip/route-1-schedule/#outbound-saturday).

Getting to New York City, NY. and on to the southern terminus

Options:

- Take a plane into JFK or LaGuradia International Airports.
- Take Amtrak into Penn Station.
- Take Greyhound Bus Lines to the Port Authority Bus Terminal.

Continue...

Take the Airporter Shuttle service to the Port Authority Bus Terminal.

(www.airportshuttles.com/newyork.php)

Final ride:

Take the Peter Pan Bus Line to Williamstown, MA.


(www.peterpanbus.com/locations/massachusetts/williamstown).

Directions by car to Appalachain trailhead at MA-2:

Coming from east or west on MA-2.

In North Adams at the MA-2 and Phelps Ave intersection (traffic light), head west on MA-2 for (0.14W), look for the AT Parking lot on the north side of the road.

This is where you will start your walk to the AT trail head, heading north.

[[42.69900,73.15350](#)]

Note: There is no place closer to get dropped off.

Directrions by car to Pine Cobble trailhead:


Coming from east or west on MA-2.

In Williamstown on MA-2, look for Cole Ave. on the north side of the road (traffic light).

Once on Cole Ave. for (0.75), you will cross a bridge over the Hoosic River and railroad tracks just before North Hoosac Rd.

Turn right on N. Hoosac and drice for (0.4) and then left on Pine Cobble Road.

Drive up Pine Cobble Road for (0.16), a the small parking lot will be on your left. The trail-head is across the road.

[[42.71619,-73.18526](#)]

Directions by car to Appalachain trailhead at MA 2:

Coming from east or west on Route 2.

In North Adams at the Route 2 and Phelps Ave intersection (traffic light), head west on Route 2 for (0.14W), look for the AT Parking lot on the north side of the road.

This is where you will start your walk to the AT trail head, heading north.

Note: There is no place closer to get dropped off.

Directrions by car to Pine Cobble trailhead:

Coming from east or west on Route 2.

In Williamstown on Route 2, look for Cole Ave. on the north side of the road (traffic light).

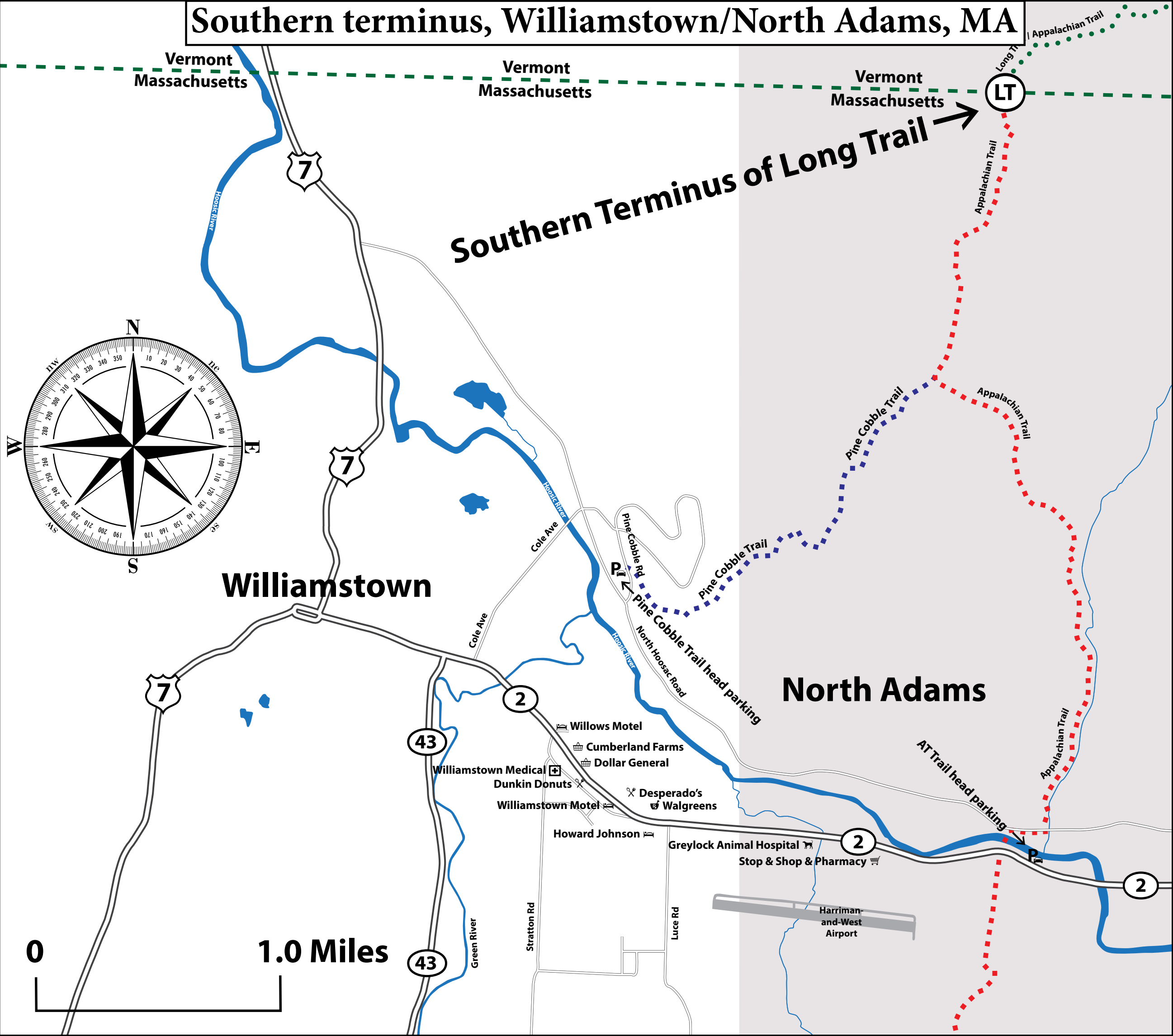
Once on Cole Ave. for (0.75), you will cross a bridge over the Hoosic River and railroad tracks just before North Hoosac Rd.

Turn right on N. Hoosac and drice for (0.4) and then left on Pine Cobble Road.

Drive up Pine Cobble Road for (0.16) the small parking lot will be on your left. The trail-head is across the road.

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Southern terminus, Williamstown/North Adams, MA



Parking options for the southern terminus

- There are a few options for parking at the Southern Terminus of the trail. Call ahead to make there is space is available and pricing. **Always call ahead to make arrangements.**
- **Williamstown Motel** 413-458-5202 or 413-458-9371. Allows parking for \$2 per day. 295 Main St, Williamstown, MA.
 - **Greylock Community Club** 413-664-9020. 548 State Road, North Adams, MA.
 - **Flynn & Dagnoli Funeral Home** 413-663-6523. 521 West Main Street, North Adam, MA. Please call ahead.
 - **Charlie Galante** 802-681-3997. / chuckegalante@gmail.com. East Dorest, VT. 5266 Vermont Route-7, East Dorset, VT. Call ahead to make arrangements.
 - **Rutland Regional Airport** 802-786-8881. Rutland, VT.
 - **Inn at Long Trail** 802-775-7181 / info@innatlongtrail.com (www.innatlongtrail.com) Killington, VT. k Parking lot located across the road (U.S. 4), make sure you check in with the front desk.

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Getting to the northern terminus

Getting to Burlington, VT. and on to the northern terminus

Options:

- Take a plane to Burlington International Airport.
- Take Amtrak to Essex Junction/Burlington Station.
- Take Greyhound Bus Lines to Burlington, VT.

Continue...Options:

- Take a private shuttle to the Northern Terminus. See shuttle provers listing.
- Take the Montpelier LINK Express Bus to the Waterbury Park & Ride.
(WWW.ridegmt.com/86-montpelier-link-express).
- Take the Jeffersonville Commuter Bus to Jeffersonville
(www.cridegmt.com/36-jeffersonville-commuter).
- Take the St. Albans LINK Express Bus to St. Albans
(www.ridegmt.com/st-albans-link).

Final ride:

Take a private shuttle to the Northern Terminus. See shuttle provers listing.

Getting to Montpelier, VT. and on to the northern terminus

Options:

- Take Amtrak to Montpelier, VT.
- Take Greyhound Bus Lines to Montpelier, VT.

Final ride:

Take a private shuttle to the Northern Terminus. See shuttle provers listing.

Getting to Waterbury, VT. and on to the northern terminus

Take Amtrak to Waterbury, VT.

Final ride:

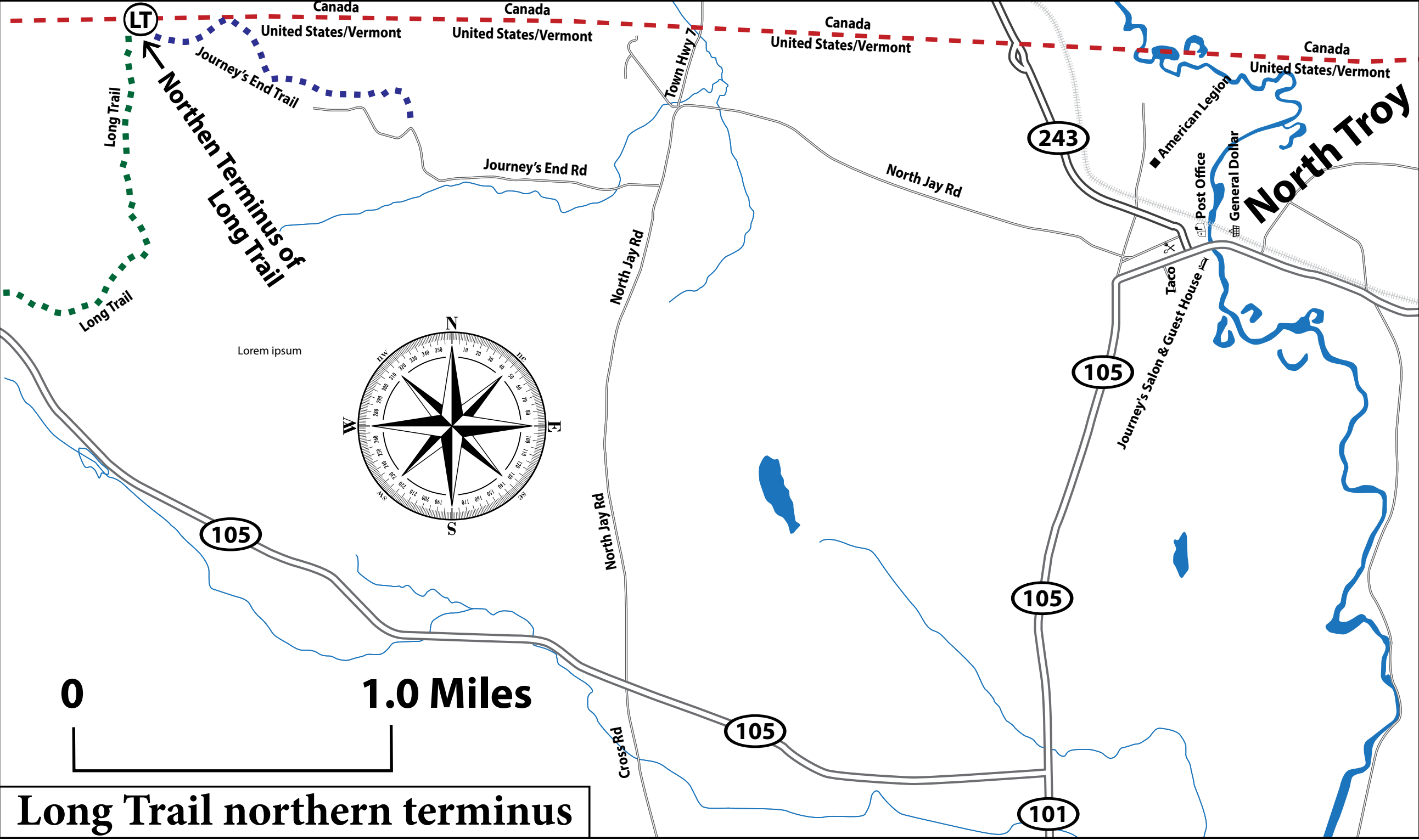
Take a private shuttle to the Northern Terminus. See shuttle provers listing.

Getting to St. Albans, VT. and on to the northern terminus

Take Amtrak to St. Albans, VT

Final ride:

Take a private shuttle to the Northern Terminus. See shuttle provers listing.



Parking options for the northern terminus

There are a few options for parking at the Southern Terminus of the trail.

Call ahead to make there is space is available and pricing.

- **Green Mountain Club** 802-244-7037 ✉ gmc@greenmountainclub.org.
Based out of Waterbury Center, VT.
- **Hazen's Notch Association Welcome Center** 802-326-4799.
✉ info@hazensnotch.org. (www.hazensnotch.org)
1423 Hazen's Notch Road, Montgomery Center.

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Shuttles providers servicing the Long Trail

There are a few options for shuttle service along the Long Trail. It is recommended that you contact the shuttle provider ahead of time. You need to give them advanced notice about your upcoming hiking plans if you want to use them.

		Dave Ackerson 413-652-9573 ✉ daveackerson@yahoo.com . Based out of North Adams, MA. Pet friendly. S to Williamstown/N Adams, MA < > N to US. 4. (Killington, VT.)
		Vic LaPort 413-664-6203 (home) ✉ flaplaport@outlook.com . Owner: Vic LaPort. Based out of Clarksburg, MA. Pet Friendly. 365 days. 24/7 & holi-days. Covid precautions. Masks required. Slackpacking. Parking. Free/safe parking at my home, 3 mi from AT, in North Adams, MA. "I prefer contact by email." S to NY < > N to NH & airport, bus & train terminals.
		MA/VT Shuttles 413-281-9330 ✉ william.t.beattie@gmail.com Owner: Bill Beattie. Based out of Clarksburg, MA. Pet friendly. Insured. Apr-Nov, dawn to dusk, 24/7 & holidays. Slackpacking. Parking, free. "Please text, or email first. Unrecognized calls may not be answered. Masks mandatory. No shuttle of sick individuals. In case of extreme viral spike, service will be suspended." S to North Adams < > Killington and Albany and Hartford areas. & airport, bus & train terminals.
		Dot MacDonald 802-275-8649 ✉ dotmike2@comcast.net . Owner: Dot MacDonald. Based out of Brattleboro, VT. Pet Friendly. Insured. 365 days, (limited hrs, call) & holidays. Can get fuel. Parking, No parking, unless they are leaving it for a long time. "I refer people to other shuttlers looking for transport from point A to point B within the northernmost and southernmost areas as it can be more cost effective for them to use someone situated in that area." Covid precautions. Masks require S to Central Massachusettes < > N to Hanover, NH. & airport, bus & train terminals.
		Charlie Galante 802-681-3997 . ✉ chuckegalante@gmail.com . Based out of East Dorset, VT. Pet friendly. Allows short-term and long-term parking, slackpacking. Call ahead to make arrangements. S to Williamstown, MA./N Adams, VT. < > N to Journeys End, & airport, bus & train terminals.
		Tim Heath-Swanson and Rick Swanson 802-922-8254 ✉ swansoninn@gmail.com . (www.swansoninn.com) Based out of Waitsfield. Not pet friendly rides. Inn offers special for through hikers. Inn offers thru-hiker specials including pick-up/drop-off from Lincoln Gap and App Gap and resupply to Waitsfield. All other hikers call to see about availability. S to Lincoln Gap < > N to Appalachian Gap (VT. 17).
		Noah Kanter noahjk89@gmail.com . ✉ Based out of Burlington, VT. S to VT 17/Appalachian Gap < > N to Johnson VT., Airport to Route 2 or Johnson.
		Superhero Services 802-522-0146 (cell), 802-323-7919 (cell). ✉ newportheroes@gmail.com . Based out of Newport, VT. Pet friendly. Insured. and holidays. 9am-10pm daily unless other needs arise. Does not offer slackpacking. Prices are based on where you are being picked up and where you are going. Willing to negotiate the drop off location if it is outside of range. Will try to be work with hikers so they can get to where they need to be. Also partner with Journeys Salon and Guest House that offers parking for hikers. S to Boston, MA < > N to Boston, MA., & airport, bus & train terminals.
		Wendy Velandier 802-323-4252 ✉ jaywayjitney@gmail.com (jaywayjitney.com) Based out of Troy. Pet friendly. Provides lodging, contact for more information. (www.abnb.me/Ep1cEkQmjQ). Guests that stay can park vehicles here and get shuttled to Journey's End. S to Williamstown, MA./N Adams, VT. < > N to Journeys End.

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Pat Spielman & Jim Morris [802-899-5465](tel:802-899-5465) (home)
✉ hikebikevt@gmail.com. 🐾 Pet friendly. Based out of Jericho, VT. Some holidays.

P🚗 Parking available. Possible overnight and/or 🚿 shower at beginning or end of hike. Jim shuttles the section that includes Rutland, Killington, and RT 4 to Journey’s End. Pat will shuttle the section that includes from Notch Road/RT 2 to Journey’s End. Will pick up LT hikers at Journey’s End that are starting or finishing the LT and take them back to their car, ✈ airport, 🚌 bus, or 🚆 train.

If you know of any other Long Trail shuttle providers, please reach out to me and let me know. longtrailpages@gmail.com

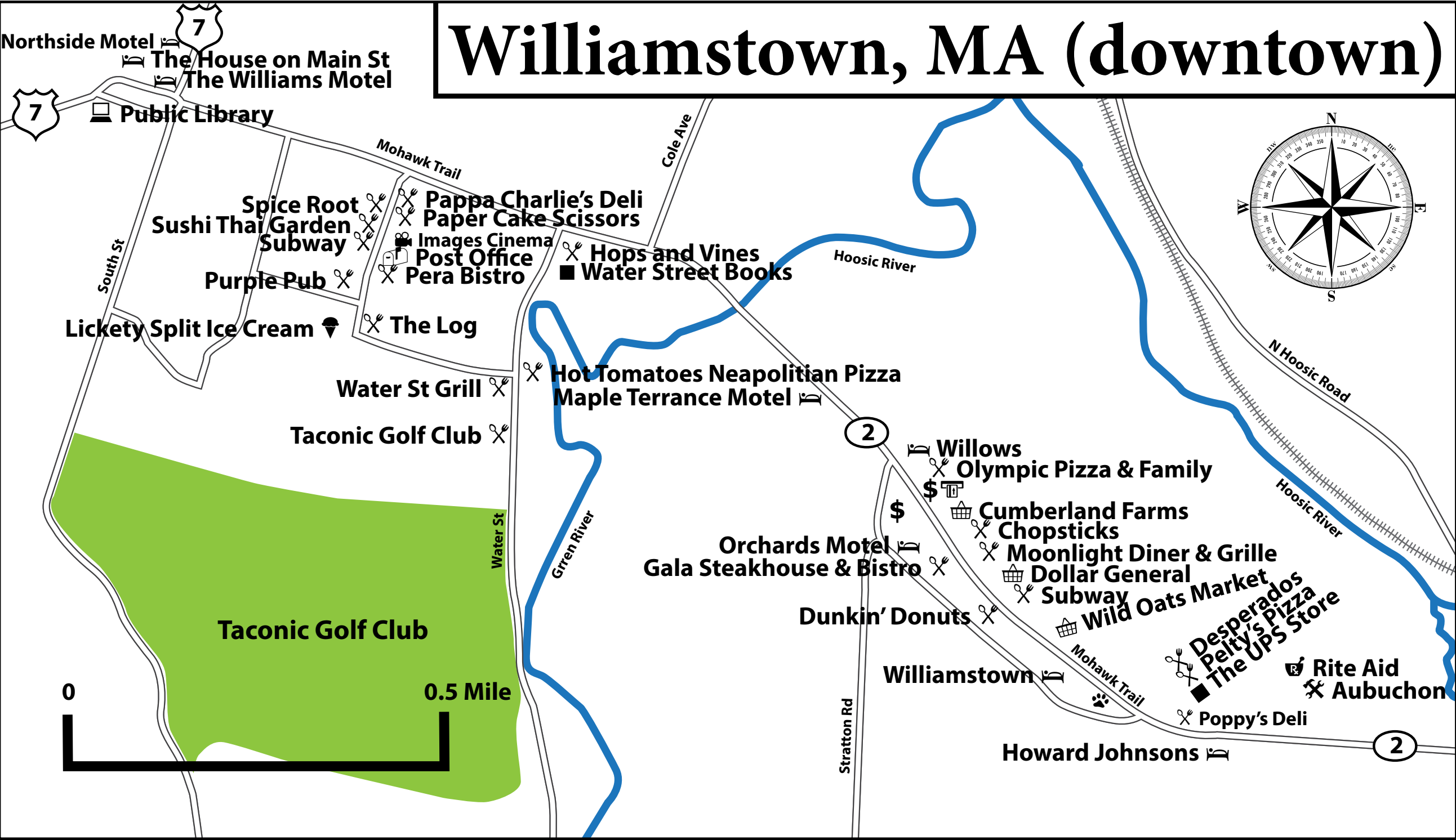
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Williamstown, MA. (2.6W) See Williamstown (downtown and mid-town) map.		
		PO M-F 8:30am-4:30pm, Sa 9am-12pm. 413-458-3707 . 56 Spring St. Williamstown, MA 01267. [42.71050,-73.20411]
		Greylock Community Club 413-664-9020 . There is parking across the street (route 2) from the club. The parking is not owned or maintained by the club but they have a sign-in book and can answer any questions you have. There is a bathroom for use in the club. It's a private club, ring and they will open the door for you. [42.69932,-73.15358]
		(0.5W) Stop & Shop 413-664-8100 . M-Sa 6am-12am, Su 7am-9pm; Pharmacy 413-664-8550 . [42.69923,-73.16586]
		Willows Motel 413-458-5768 . (www.willowsmotel.com) No pets, no smoking. \$79-149, includes continental breakfast, free pick-up and return to trail with stay. Microwave, fridge. Laundry \$6, outdoor pool, computer available for use, free WiFi. [42.70694,-73.19051] Mail drops for guests: 480 Main Street, Williamstown, MA 01267.
		Williamstown Motel 413-458-5202 . (www.williamstownmotel.com) \$68 to 109 weekdays, \$89 \$169 weekends, includes continental breakfast, microwave, fridge. Laundry \$8, (they do it for you). Computer available for use, free WiFi. Will pickup at Route MA 2. All major credit cards accepted. Mail drops for guests: 295 Main Street, Williamstown, MA 01267. [42.70261,-73.18685]
		Howard Johnsons 413-458-8158 , Rates seasonal, continental breakfast, outdoor pool, BBQ grills, Computer available for use, free WiFi. [42.70116,-73.18406] Mail drops free for guests (fee for non-guests): 213 Main Street, Williamstown, MA 01267.
		Maple Terrace 413-458-9677 . (www.mapleterrace.com) Prices seasonal, call for rates. Heated pool, WiFi, all rooms non smoking.
		River Bend Farm 413-458-3121 . (www.riverbendfarmbb.com) \$120 includes breakfast. Free pick-up and return to trail when available, short term parking for guests. [42.72975,-73.20521]
		Williams Inn 413-458-9371 . (www.williamsinn.com) \$155 and up, includes continental breakfast, pool, hot tub, sauna. Non-guests can pay \$8 for use of shower, pool and sauna. ATM. Restaurant M-Su 5am-10pm. Short term parking \$2 per day. [42.70855,-73.20556]
		Wild Oats 413-458-8060 . (www.wildoats.coop) M-Sa 7am-8pm, Su 9am-8pm. [42.70376,-73.18675]
		Walgreens & Pharmacy 413-458-2138 . M-SA 8am-9pm, Su 9am-6pm. [42.70248,-73.18363]
		Dollar General 413-597-8423 . M-Su 9am-9pm. [42.70494,-73.18865]
		Desperado's 4130458-2100. (www.mydesperados.net) M-Th 4pm-9pm, F-Sa 4pm,-10pm, Su 3pm-9pm. [42.70261,-73.18455]
		Spice Root Indian Cuisine 413-458-5200 . (www.spiceroot.com)Weekday Lunch Buffet - Served Tu-F 11:30pm 2:30pm \$10.95; Weekend Maharaja Brunch Buffet Served Sa: 11:30pm 2:30pm; Sunday: 12pm 3pm; \$12.95. 10% hiker discount. [42.71137,-73.20421]
		Water Street Grill 413-458-2175 . (www.waterstgrill.com) Serves lunch and dinner. M-Su 11:30am-11pm. [42.70788,-73.20097]
		Nature's Closet 413-458-7909 . (www.naturescloset.net) Clothing, footwear, canister fuel. M-Th 10am-6pm, F-Sa 10am-7pm, Su 10am-6pm. [42.71044,-73.20471] Mail drops: 61 Spring St, Williamstown, MA 01267.
		Williamstown Public Library 413-458-5369 . (wwwmilnelibrary.org) M-Tu 10am-5:30pm, W 10-8, Th-F 10am-5:30pm, Sa 10am-4pm, Su closed. [42.71310,-73.21170]

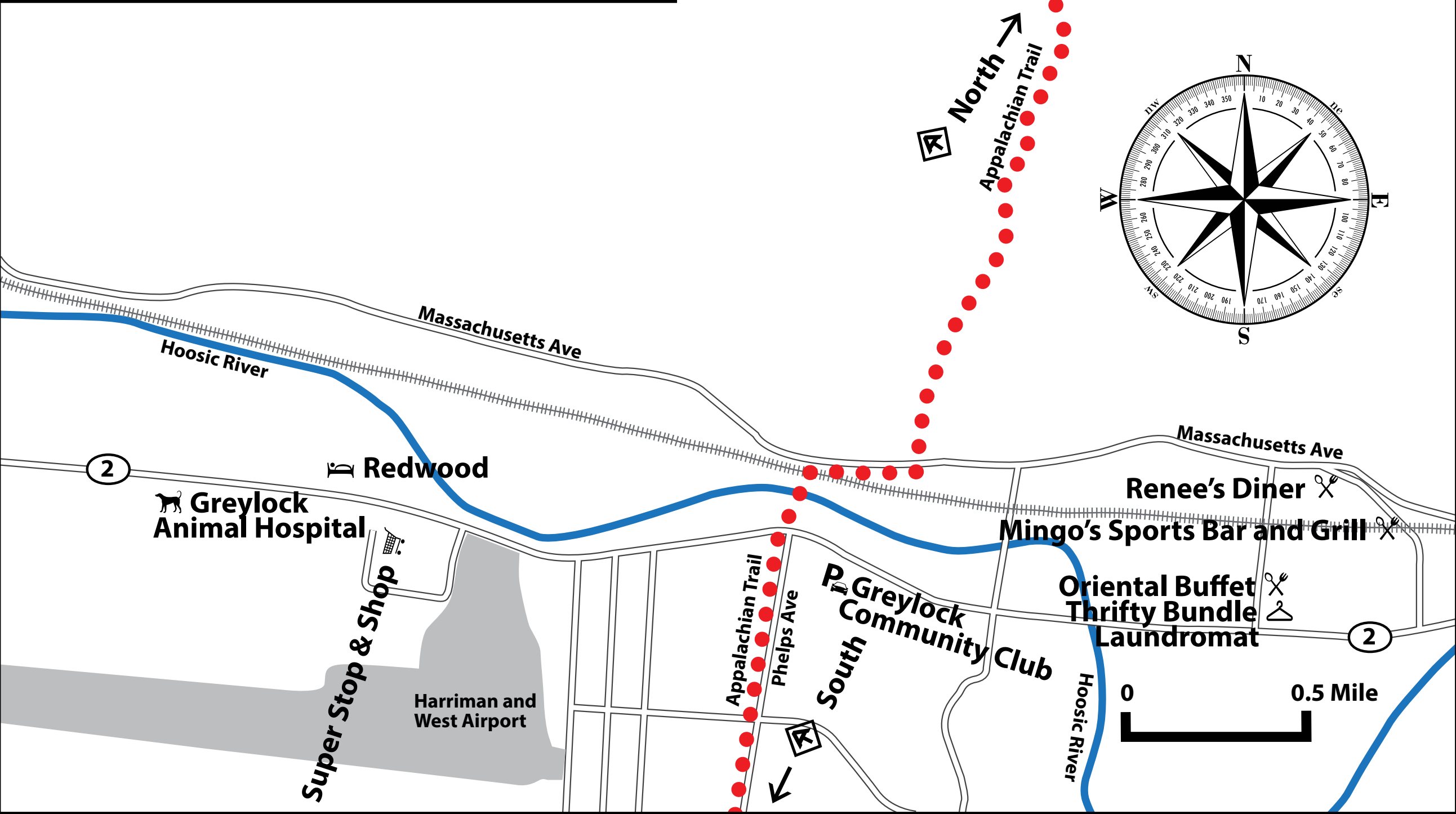
North Adams, MA. (2.5E) See North Adams, MA map.

		PO M-F 8:30am-4:30pm, Sa 10am-12pm. 413-664-4554 . 67 Summer St. North Adams, MA 01247. [42.69815,-73.11070]
		Holiday Inn 413-663-6500 . Summer rates \$170 and up, pool, hot tub, computer available for use. Richmond Grill on location. Mail driops: call a head. [42.69882,-73.11321]
		Big Y 413-663-6549 . M-F 7am-9pm, Sa-Su 7am-9pm. [42.70112,-73.11053]
		Thrifty Bundle Laundromat 413-664-9007 . M-Su 6am-10pm. Coin laundry. [42.69830,-73.14326]
		Renee's Diner 413-664-2070 . Breakfast & Lunch. Hiker friendly. M 7am-1pm, Tu-W Closed, Th-Su 7am-1pm. [42.70067,-73.14159]
		Subway, Brewhaha, McDonald's, Dunkin Donuts
		CVS 413-664-8712 . M-Su 8am-9pm; Pharmacy M-F 8am-8pm, Sa 9am-6pm, Su 9am-5pm. [42.70121,73.11092]
		Greylock Animal Hospital 413-663-5365 . (www.greylockanimalhospital.com) M-F 8am-8pm, Sa-Su 8am-4pm. [42.70027,-73.17144]
		Dave Ackerson 413-652-9573 (cell), 413-346-1033 (home). daveackerson@yahoo.com . Owner: Dave Ackerson. Based out of North Adams, MA. Pet friendly. 365 days, 24/7 & holidays. S to NJ < > N to ME & airports, bus & train terminals. Slackpacking. "Advance notice recommended."
		Vic LaPort 413-664-6203 (home) flaplaport@outlook.com . Owner: Vic LaPort. Based out of Clarksburg, MA. Pet Friendly. 365 days. 24/7 & holidays. Covid precautions. Masks required. S to NY < > N to NH & airport, bus & train terminals. Slackpacking. Parking. Free/safe parking at my home, 3 mi from AT, in North Adams, MA. "I prefer contact by email."
		MA/VT Shuttles 413-281-9330 william.t.beattie@gmail.com Owner: Bill Beattie. Based out of Clarksburg, MA. Pet friendly. Insured. Apr-Nov, dawn to dusk, 24/7 & holidays. S to North Adams < > Killington and Albany and Hartford areas. & airport, bus & train terminals. Slackpacking. Parking, free. "Please text, or email first. Unrecognized calls may not be answered. Masks mandatory. No shuttle of sick individuals. In case of extreme viral spike, service will be suspended."

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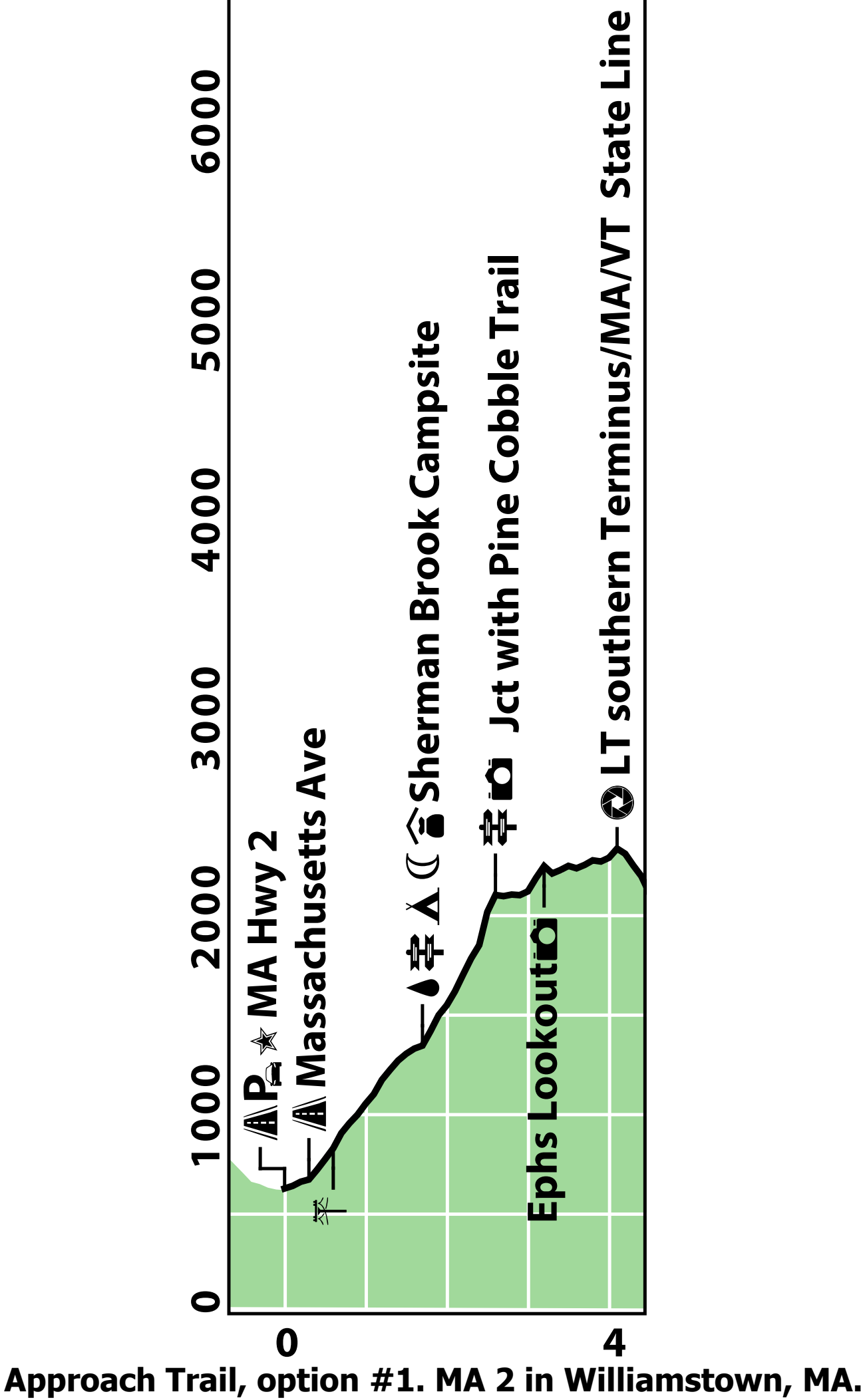
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






































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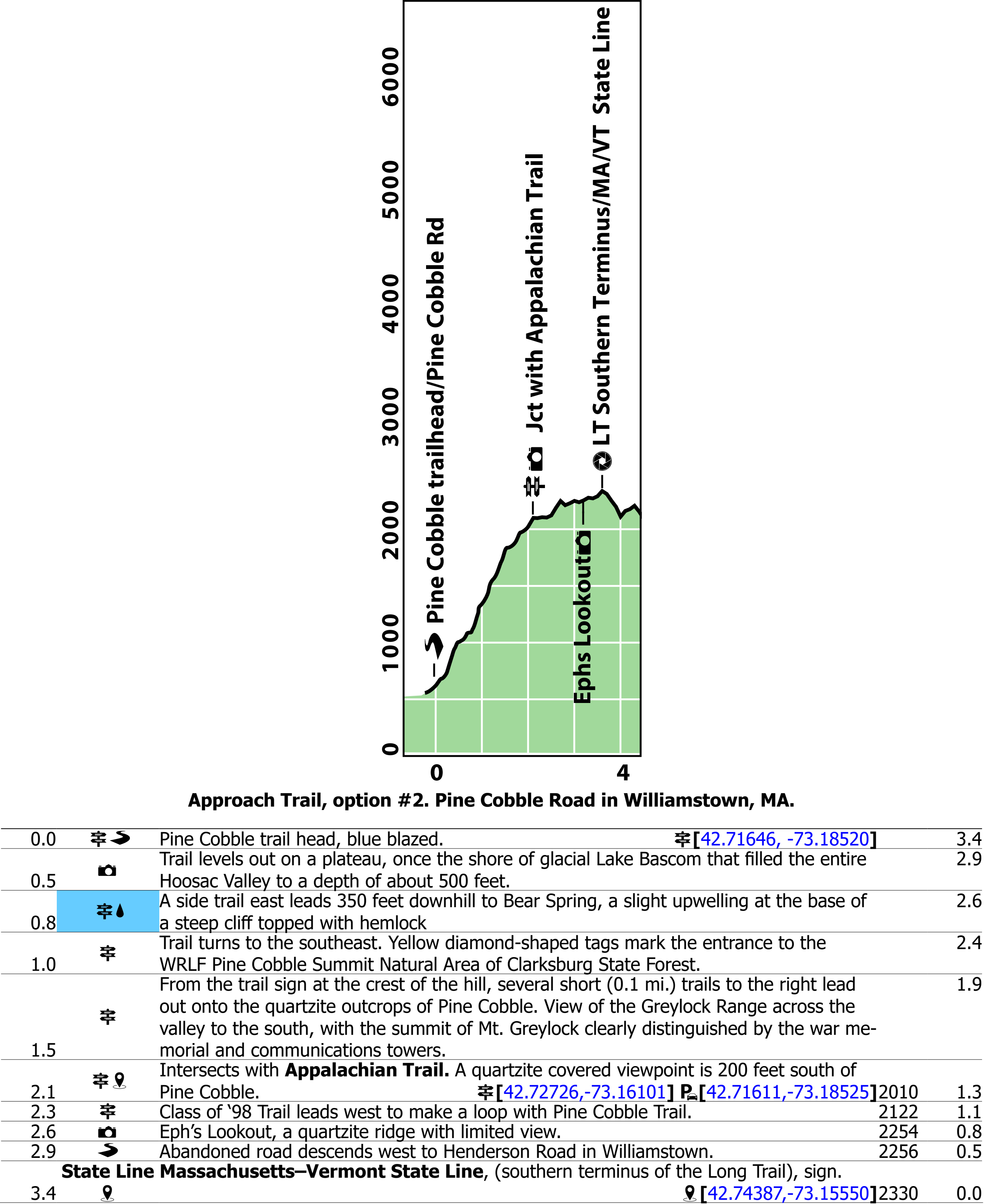
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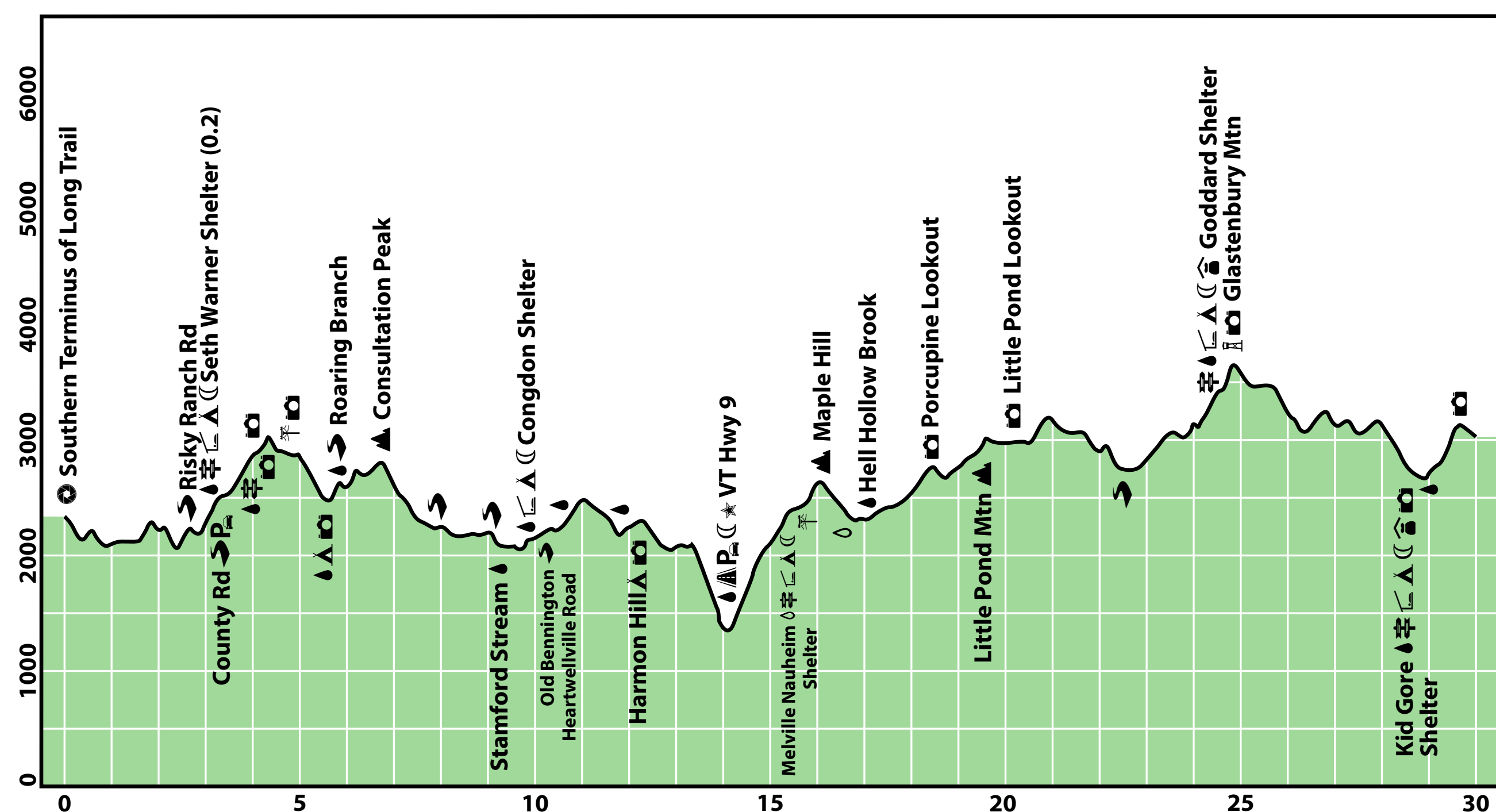
Approach Trail, option #1. MA 2 in Williamstown, MA.

0.0	         	Cross intersection of Phelps Avenue and MA. 2 . Cross footbridge (south end) across  Boston & Maine Railroad and the Hoosic River	 [42.69998,-73.15594]  [42.69900,-73.15350] 650	3.9
0.1	        	Cross Massachusetts Avenue . Cross footbridge (north end) across  Boston & Maine Railroad and the Hoosic River.	 [42.70120,-73.15510] 666	3.7
0.2		Cross Sherman Brook twice, passing an old dam, spillway, this was all part of textile mills.	693	3.6
0.6	 	Power line.	 [42.70479,-73.15080] 817	3.4
1.5	       	Side trail (south end), (0.1W) to Sherman Brook Campsite ,  privy,  bear box. Pete's Spring is on east side of AT.	 [42.71721,-73.15034] 1371	2.4
1.7	       	Side trail (north end), (0.1W) to Sherman Brook Campsite ,  privy,  bear box. Pete's Spring is on east side of AT.	 [42.71968,-73.15171] 1300	2.2
2.0	 	Blue-blaze bad weather trail (south end) leads (0.3W) and reconnects with the A.T. in (0.3).	 [42.72516,-73.15553] 1874	2.1
2.4	  	Blue blaze bad weather trail (north end) leads (0.3W) and reconnects with the A.T. in (0.3).  Views of Mt. Greylock.	 [42.72614,-73.15856] 2128	1.6
2.5		Trail skirts north side of bog.	2130	1.5
2.6	 	Intersects with Appalachian Trail . A quartzite covered viewpoint is 200 feet south of Pine Cobble.	 [42.72726,-73.16101]  [42.71611,-73.18525] 2010	1.3
2.8		Class of '98 Trail leads west to make a loop with Pine Cobble Trail.	2122	1.1
3.1		Eph's Lookout, a quartzite ridge with limited view.	2254	0.8
3.4		Abandoned road descends west to Henderson Road in Williamstown.	2256	0.5
3.9	 	State Line Massachusetts–Vermont State Line , (southern terminus of the Long Trail), sign.	 [42.74387,-73.15550] 2330	0.0

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State Line Massachusetts–Vermont State Line, (southern terminus of the Long Trail), sign.					
0.0					
0.4		Brook			
2.5		Cross Risky Ranch Road , dirt.			
		(0.2W) Seth Warner Shelter >7.2>>13.1>>>21.6			
2.8		Water (brook) is located 150 yards to the left of the shelter but is known to go dry,			
		tenting, Bbear box privy.			
3.1		Cross County Road . Getting to this road can be iffy in wet weather if you don't have a			
		4WD vehicle.			
4.0		Side trail east 100 feet to Ed's Spring.			
4.3		View of Mt. Greylock.			
4.5		Ridgeline with views.			
4.9		Power line.			
5.8		Cross Roaring Branch at base of beaver dam. Private road, not vehicles allowed.			
6.0		Pass over knob.			
6.3		Pass over knob.			
7.0		Consultation Peak summit, wooded.			
8.0		Cross woods road , leads (0.2) west to clearing on eastern shore of Sucker Pond.			
8.4		Cross Sucker Pond outlet brook.			
8.9		Pass old foundation, nineteenth century tavern.			
9.1		Cross woods road .			
9.4		Stamford Stream .			
		Congdon Shelter >5.9>>14.4>>>18.5			
10.0		Water (brook) is located in front of the shelter, tenting, privy.			
10.6		Cross Old Bennington-Heartwellville Road , also known as Burgess/Old Stage Road .			
10.7		Cross small stream .			
12.2		Cross brook .			
12.5		Harmon Hill summit, views of Bennington			
14.3		Cross stream on bridge. Cross VT. 9 , City Stream.			
Dot MacDonald 802-275-8649 ✉ dotmike2@comcast.net. Owner: Dot MacDonald. Based out of Brattleboro, VT. 🐾 Pet Friendly. 🚗 Insured. 365 days, (limited hrs, call) & holidays. S to Central Massachusettes < > N to Hanover, NH. & ✈ airport, 🚌 bus & 🚂 train terminals. ⛽ Can get fuel. 🅇 Parking, No parking, unless they are leaving it for a long time. "I refer people to other shuttlers looking for transport from point A to point B within the northernmost and southern-most areas as it can be more cost effective for them to use someone situated in that area." Covid precautions. Masks require					

VT 9 Bennington, VT. (5.1W) See Bennington, VA map.

  **PO** M-F 8am-5pm, Sa 9am-2pm. [802-442-2421](tel:8024422421). 108 Elm St. Bennington, MA 05201.  [\[42.87640,-73.19843\]](tel:4287640)

    **Catamount Motel** [802-442-5977](tel:8024425977). (www.catamountmotel.com)  Pet Friendly.  Hiker bunk room,  1 Hiker \$55 plus tax, 2 Hikers \$65 plus tax. each extra person \$5,  laundry \$5,  \$10 dog fee.  Free WiFi.  Free shuttle service. Credit cards accepted.  [\[42.87217,-73.19584\]](tel:4287217)
 Mail drops for guests: 500 South St. Route 7 Bennington VT 05201

     **Autumn Inn Motel** [802-447-7625](tel:8024477625). (www.theautumninn.com)  Pet friendly.  \$60-99, microwave, fridge,  laundry,  computer available for use,  free WiFi. Pickup or return to trail for \$10 each way. Pets \$15.  [\[42.88016,-73.17892\]](tel:4288016)
 Mail drops for guests: 924 Main Street, Bennington, VT 05201.

      **Knotty Pine Motel** [802-442-5487](tel:8024425487). (www.knottypinemotel.com) 6.5 miles from the AT on VT 9.  Pet friendly.  \$97D and up, \$8EAP up to 4. Includes continental breakfast, pets free, microwave, fridge,  pool,  computer available to use,  free WiFi.  [\[42.89769,-73.20756\]](tel:4289769)
 Mail drops for guests: 130 Northside Drive, Bennington, VT 05201.

 Best Western [802-442-6311](tel:8024426311). \$99 and up. [\[42.90017,-73.21158\]](tel:4290017)

 Hampton Inn [802-440-9862](tel:8024409862). call for prices, seasonal rates, includes hot breakfast. [\[42.90836,-73.22234\]](tel:4290836)
 Mail drops: Call ahead.

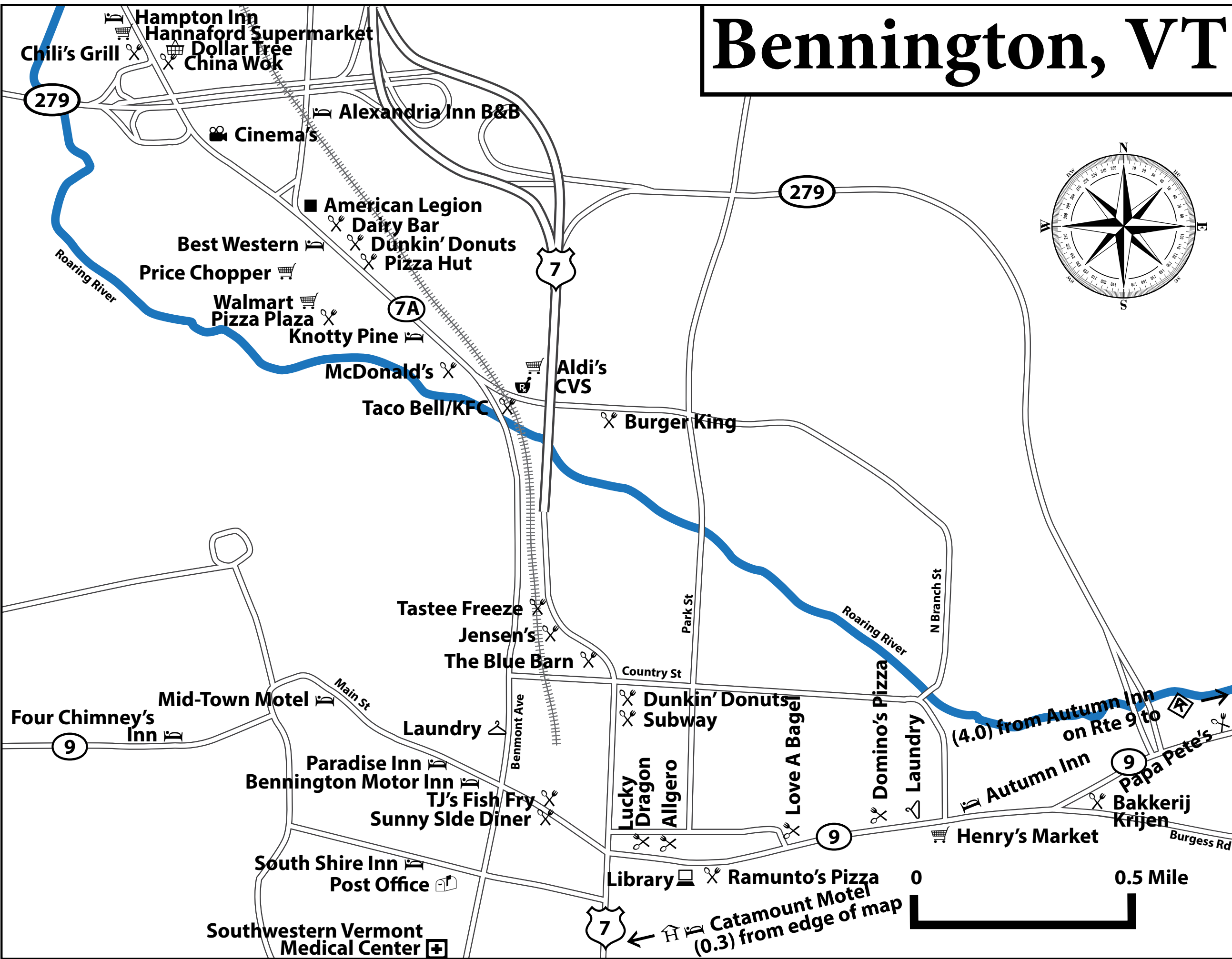
 Spice & Nice Natural Foods [802-442-8365](tel:8024428365). (www.spicennice.net) M-Sa 9am-5:30pm, Su 1am-4pm. [\[42.88267,-73.19665\]](tel:4288267)

 Price Chopper M-Su 24 hours; **Pharmacy** M-F 8am-8pm, Sa 9am-6pm, Su 9am-3pm. [\[42.89852,-73.21261\]](tel:4289852)
Walmart [802-447-1614](tel:8024471614). M-Su 6am-12am; **Pharmacy** M-F 8am-8pm, Sa 9am-8pm, Su 10am-6pm. [\[42.89880,-73.20969\]](tel:4289880)

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Cinema 7 802-442-8170.

Bennington, VT



15.6	➤	Cross woods road.	2268	256.4
15.8	➤	Cross woods road.	2440	256.2
	🚰🏠📍{8}	Cross brook, spur trail leads 100 yards to shetler. 0<<<13.1<<5.9<Melville Nauheim Shelter>8.5>>12.6>>>17.4 🚰 Water (stream) is located north of trail to shelter, 📍 privy. 📍[42.88798,-73.09650]		
15.9		📍[42.88782,-73.09507]	2330	256.1
16.2	🚰📍	Power line. 📍[42.89352,-73.09208]	2620	255.8
16.4	🏔️📍	Maple Hill summit, wooded. 🏔️[42.89584,-73.09240]	2588	255.6
17.0	💧	Cross stream.	2492	255.0
17.5	💧⚠️	Cross Hell Hollow Brook is a rock hop, ⚠️ camping is not permitted here.	2350	254.5
18.7	📷	Porcupine Lookout.	2815	253.3
19.8	🏔️📍	Little Pond Mountain summit. 🏔️[42.93084,-73.07143]	3100	252.2
20.1	📷	Little Pond Lookout , views	3060	251.9
21.9	📷	Glastenbury Lookout, view west of Glastenbury Mountain and West Ridge.	2920	250.1
22.4	➤	Cross old woods road.	2877	249.6
23.1		Pass large rectangular boulder near unnamed summit.	3150	248.9
	🚰🏠📍{12} ⚠️📍📍⚠️📍	21.6<<<14.4<<8.5<Goddard Shelter>4.1>>8.9>>>19.3 🚰 Water (spring) is located 40 feet south on the AT, ⚠️ tent above the shelter and to the west, 📍 privy, 📍 bear box. ⚠️ NO TENTING east of the trail. 📍[42.97413,-73.07260]		
24.4		📍 Junction with West Ridge Trail close by.	3540	247.6
24.6		Site of former fire warden's cabin to west.	3739	247.4
24.7	🏔️📷📏⚠️	Glastenbury Mountain summit , 📏 observation tower. ⚠️ Camping on summit is not permitted.	3748	247.3
25.7	🚰	Cross snowmobile Trail.	3390	246.3
28.0		Pass Big Rock.	3250	244.0
	🚰🏠📍{12} ⚠️📍📍{3}📍📷	(200 ft E) to shelter. 18.5<<<12.6<<4.1<Kid Gore Shelter & Tenting>4.8>>15.2>>>20.1 🚰 Spring 300 feet from shelter also water in brook is located near Caughnawaga, ⚠️ Caughnawaga Tent sites, 📍 privy, 📍{3} bear boxes. 📍[43.01303,-73.04160]	2795	243.5
28.5			2809	243.3
28.7	💧	Cross brook.	3250	242.6
29.4	📷	Pass west of unnamed summit, just north of Lydia's Rest with views.		

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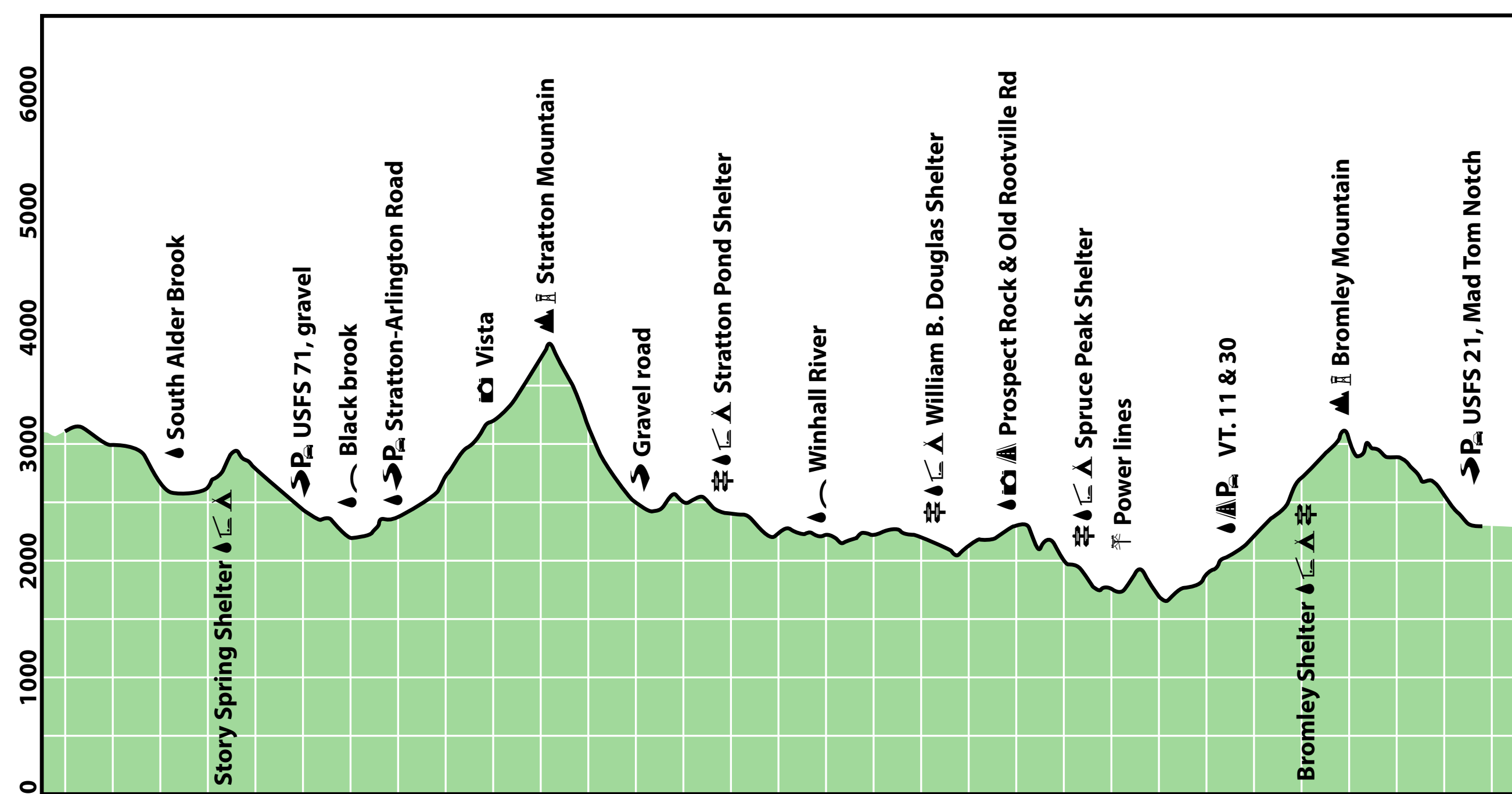
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30	35	40	45	50	55	60
32.4	📍	Cross two adjacent branches of South Alder Brook .			2600	239.6
32.6		Pass old beaver ponds.			2635	239.4
	📍(8) 📍{16}	17.4<<<8.9<<4.8<Story Spring Shelter>10.4>>15.3>>>18.3 📍 Water (spring) is located 50 yards north on AT, 📍 tenting, 📍 bear box, 📍 privy.				
33.3	📍📍📍📍	📍[43.05053,-73.01300]			2819	238.7
33.4	📍📍	Jct with Brand Pond Trail. 📍[43.05144,-73.01143]			2891	238.6
	📍📍	Cross USFS 71 , gravel. 📍 Parking is very limited by getting your vehicle barely off road.				
34.9		📍[43.05378,-72.99030] 📍[43.05360,-72.99050]			2519	237.1
36.0	📍	Cross Black Brook footbridge.			2220	236.0
36.8	📍	Jct with southern end of Kelley Stand Road. 📍[43.05332,-72.97192]			2240	235.2
	📍📍	Cross Stratton-Arlington Road at former site of Grout Job, old logging camp.				
36.9	📍{20}📍	📍[43.06103,-72.96764] 📍[43.06110,-72.96771]			2230	235.1
38.3	📍	Cross gravel road. 📍[43.06868,-72.94899]			2520	233.7
38.9	📍	Pass Vista .			3032	233.1
39.6		Reach Col between Stratton and Little Stratton Mountains.			3467	232.4
40.1	📍	Spring to west.			3816	231.9
	📍📍📍📍	Stratton Mountain summit, fire tower, caretaker cabin, (0.8E) to gondola.				
40.7	★★★★★	📍 Camping is not permitted here. 📍[43.08621,-72.92496]			3936	231.3
	📍📍	(1.0) side trail summit and gondola ride. Stratton Mountain Resort 802-297-4000 . Gondola has limited days and hours of operation. Make sure you know it's in operation before you make the side trip. 📍 Restaurant on site, 📍 hotel rooms \$89 and up. 📍📍[43.11347,-72.90809]				
40.9	📍	Spring to east.			3810	231.1
42.7	📍	Cross gravel road . 📍[43.09991,-72.94641]			3694	229.3
43.3	📍	Cross brook on bridge.			3145	228.7
43.4		Pass beaver pond.			2862	228.6
	📍📍📍{16}	Stratton Pond Trail leads 100 yards west to shelter. 19.3<<<15.2<<10.4<Stratton Pond Shelter>4.9>>7.9>>>12.7 Plenty of 📍 tenting, 📍 water, 📍 bear box, 📍 privy. \$ Seasonal caretaker on duty to collect \$5. 📍 Camping is not permitted here at shelter, NO FIRES.				
43.7		📍[43.10202,-72.96387] 📍[43.10049,-72.96411]			2565	228.3
43.9	📍📍	Willis Ross Clearing at Stratton Pond and intermittent spring 25 feet north on trail, unreliable. Lye Brook Trail leads west to Bigelow Spring Pond Trail.			2583	228.1
44.0	📍📍	Stratton Pond. North Shore Trail leads (0.5) west to 📍 North Shore Tenting Area.			2555	228.0
45.8	📍	Cross Winhall River , 📍 footbridge.			2175	226.2
	📍📍📍{10}	Branch Pond Trail (0.5W) to shelter. 20.1<<<15.3<<4.9<William B. Douglas Shelter>3>>7.8>>>15.9 📍 Water (spring) is located south of the shelter, 📍 privy.				
48.6		📍[43.15031,-72.99165] 📍[43.14450,-72.99140]			2210	223.4
	📍📍📍📍	100 feet after the side trail to the shelter you Cross brook on AT.				
49.5	📍📍📍📍	Junction with side trail to Prospect Rock and Old Rootville Road . 50 yards to Prospect Rock, views of Manchester and Mt. Equinox. Water is 150 feet west. 📍 No parking is permitted here. 📍[43.15400,-73.00830]			2079	222.5
51.2		Pass west of summit.			2300	220.8
	📍📍📍{16}	(0.1W) 18.3<<<7.9<<3<Spruce Peak Shelter>4.8>>12.9>>>13.4 📍 Water (piped boxed spring) is located 100 feet to the right of the shelter, 📍 tenting, 📍 privy. In 2022 there was still a wood stove in the shelter.				
51.6		📍[43.17944,-72.99411] 📍[43.17860,-72.99570]			2180	220.4
52.0	📍	Side trail 100 yards west to Spruce Peak, views of Taconic Range and valley below.			2040	220.0
52.4	📍	Cross Power lines. 📍[43.18962,-72.98953]			1818	219.6
53.9	📍	Cross small brook.			1770	218.1
54.0	📍	Cross abandoned Old VT. 30 and 📍 bridge over stream. 📍[43.20086,-72.97348]			1760	218.0
	📍📍	Cross VT. 11 & 30 . 📍[43.20681,-72.97074] 📍[43.20690,-72.97070]				
54.4	★★★★★				1840	217.6
	📍📍📍📍	Charlie Galante 802-681-3997. 📍 chuckegalante@gmail.com. Based out of East Dorset, VT. 📍 Pet friendly. 📍 Allows short-term and long-term parking, 📍 slackpacking. Call ahead to make arrangements.				
	📍📍📍📍	S to Williamstown, MA./N Adams, VT. < > N to Journey's End , & 📍 airport, 📍 bus & 📍 train terminals.				
	📍📍📍📍	(3.4W) Econo Lodge 802-362-3333 , 📍 \$88 and up, includes continental breakfast, microwave, fridge, 📍 outdoor pool. Pets \$15, 📍 WiFi.				
		📍 Mail drop for guests: 2187 Depot St, Manchester Center, VT 05255. 📍[43.17717,-73.01808]				
Manchester Center, VT. (5.4W) See Manchester, VT map.						
	📍	PO M-F 8:30am-4:30pm, Sa 9am-12pm. 802-362-3070. 3452 Richville Rd. Manchester, VT 05255.				
		📍[43.16788,-73.04743]				