

# Long Trail Pages

A Complete Long Trail Guidebook  
Rick "Attroll" Towle



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## Acknowledgments

Credits for data collection and inputs to Long Trail Pages are as follows, by name or trail name:  
Ed "atraildreamer" Brown, Charlie Galante, Margaret Mills, Jeff Taussig.

## 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 on 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 zero 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.

**See Bear bag hanging diagram on inside back cover.**

## 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
-  {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 following link to help: [www.whiteblazepages.com/inputs](http://www.whiteblazepages.com/inputs)

## 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**

NoBo	Features	Description	Parking coordinates	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. 📍 [42.87640,-73.19843]

**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 📍 [42.87217,-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 address, GPS coordinates**

**GPS coordinates for PO**

## Description of trail data

**Items available at this location**

**Miles from southern terminus**

**Current shelter is 100 yards west of the Long Trail**

**Miles from northern terminus**

**Elevation**

NoBo	Features	Description	Elev	SoBo
43.7	▲ 🛏 🚻 🇺🇸 \$	(100YDS W) 19.3 <<< 15.2 << 10.4 < Stratton Pond Shelter > 4.9 >>> 7.9 >>> 12.7 ▲ Water. Plenty of ▲ tenting, 🛏 bear box, 🚻 privy. \$ Seasonal caretaker on duty collects \$5. ▲ <b>Camping is not permitted here at shelter, NO FIRES.</b> 📍 [43.10049,-72.96411]	2565	228.3

**Third shelter south**   **Second shelter south**   **First shelter south**   **Current location**   **First shelter north**   **Second shelter north**   **Third shelter north**

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

**GPS coordinates for shelter**

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

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

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

### Options:

- Take a plane into JFK or LaGuardia 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](http://www.airportshuttles.com/newyork.php))

### Final ride:

Take the Peter Pan Bus Line to Williamstown, MA.

([www.peterpanbus.com/locations/massachusetts/williamstown](http://www.peterpanbus.com/locations/massachusetts/williamstown)).

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## Directions by car to Appalachian 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.

**P**<sub>2</sub>[42.69900,73.15350]

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

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## Directions by car to Pine Cobble trailhead:

Coming from east or west on MA-2.

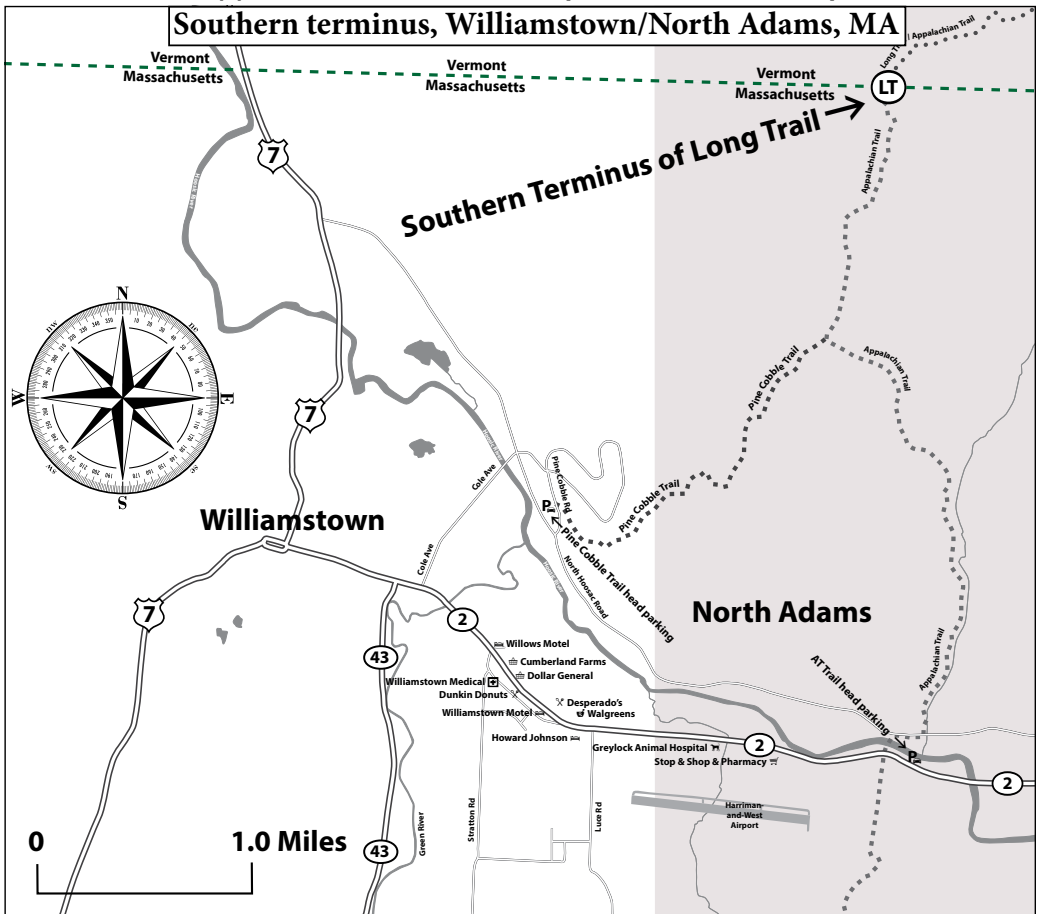
In Williamstown on MA-2, look for Cole Ave. on the north side of the road (traffic light).

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 drive 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 trailhead is across the road.

**P**<sub>2</sub>[42.71619,-73.18526]



## 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. **P** Parking lot located across the road (U.S. 4), make sure you check in with the front desk.

## 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 providers listing.
- Take the Montpelier LINK Express Bus to the Waterbury Park & Ride. ([www.ridegmt.com/86-montpelier-link-express](http://www.ridegmt.com/86-montpelier-link-express)).
- Take the Jeffersonville Commuter Bus to Jeffersonville ([www.cridegmt.com/36-jeffersonville-commuter](http://www.cridegmt.com/36-jeffersonville-commuter)).
- Take the St. Albans LINK Express Bus to St. Albans ([www.ridegmt.com/st-albans-link](http://www.ridegmt.com/st-albans-link)).

**Final ride:**

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

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### 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 providers listing.

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### 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 providers listing.

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### 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 providers listing.

Time waits for no one, it keeps moving on.

~Attroll~

**Driving directions to Journey's End**

Coming from the south.

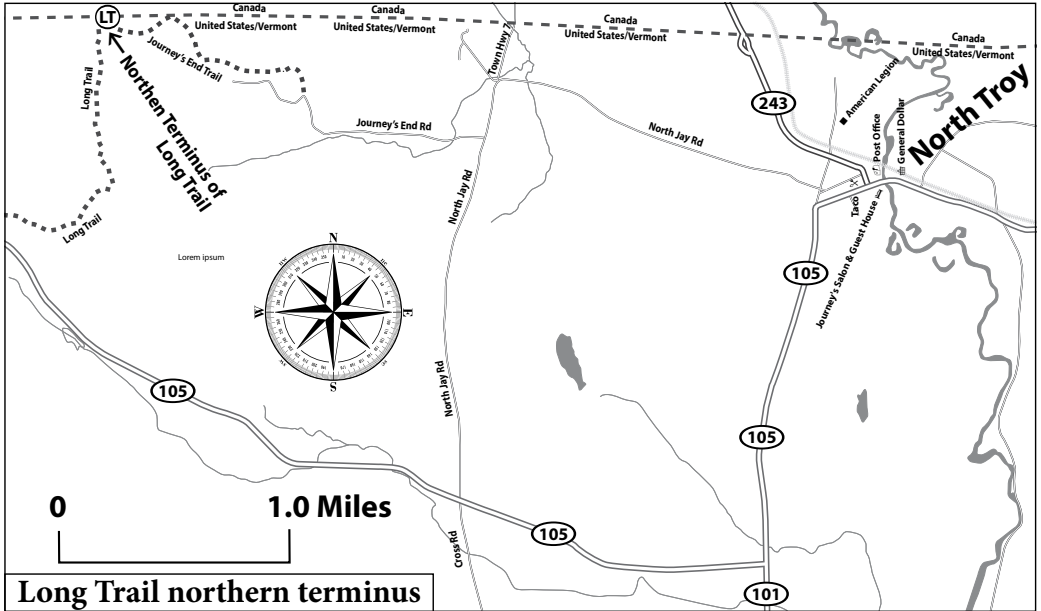
Get to Troy, VT.

Go north on route 101 for about (1.2) miles.

Turn left onto route 105, continue (1.8) miles.

Turn right onto North Jay Road, continue for (2.1) miles.

Turn left onto Journey's End Road, continue for (1.2) mile to parking lot.



**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](mailto:gmc@greenmountainclub.org).  
Based out of Waterbury Center, VT.
- ▶ **Hazen's Notch Association Welcome Center** 802-326-4799.  
✉ [info@hazensnotch.org](mailto:info@hazensnotch.org). ([www.hazensnotch.org](http://www.hazensnotch.org))  
1423 Hazen's Notch Road, Montgomery Center.



## 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 & holidays. 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.**
- 
-    **Chief Duffy Shuttles** 330-388-6478 (cell) ✉ Chiefduffy@gmail.com. Owner: Gregory Duffy. Based out of Manchester, VT.  Pet friendly  Insured. Operates July 1st thru Labor Day.  
**S to North Adams < > N to Rutland/Killington, VT.** &  bus &  train terminals.  Slackpacking. "I can shuttle up to 8 hikers w/gear at no extra charge - same price as single hiker. I prefer text, or email.
- 

Long Trail Pages does not do any background checks on any of the providers listed here.

Long Trail Pages is not responsible for anyone on this list. The data is collected from shuttle providers reaching out to Long Trail Pages and providing their information.

**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 Velander** 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.**

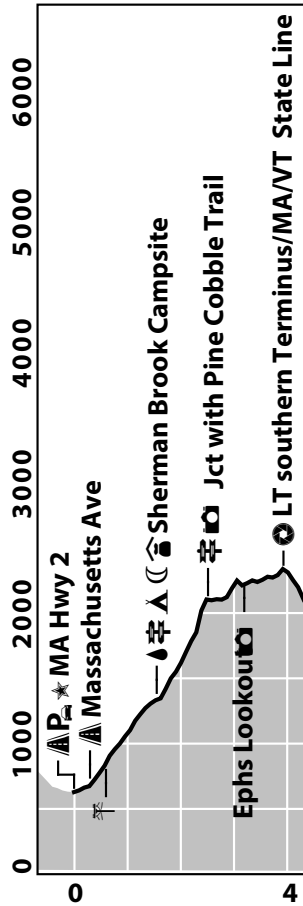
**Pat Spielman & Jim Morris** 802-899-5465 (home)

✉ hikebikevt@gmail.com. 🐾 Pet friendly. Based out of Jericho, VT. Some holidays.



🚗 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. (www.whiteblazepages.com/inputs)



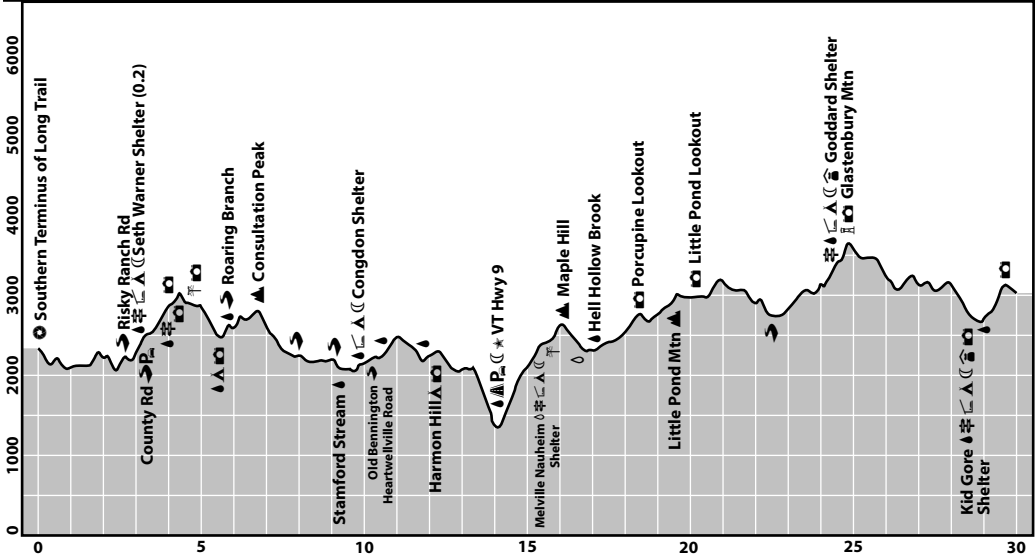
**Approach Trail, option #1. MA 2 in Williamstown, MA.**

0.0	▲ P × ♀	Cross intersection of <b>Phelps Avenue and MA. 2</b> . Cross footbridge (south end) across × Boston & Maine Railroad and the Hoosic River	▲ [42.69998,-73.15594] P [42.69900,-73.15350] 650	3.9
0.1	▲ × ♀	Cross <b>Massachusetts Avenue</b> . 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	♣ ▲ {3}	Side trail (south end), (0.1W) to <b>Sherman Brook Campsite</b> , ♣ privy, ♠ bear box. Pete's Spring is on east side of AT.	♣ [42.71721,-73.15034] 1371	2.4
1.7	♣ ▲ {3}	Side trail (north end), (0.1W) to <b>Sherman Brook Campsite</b> , ♣ 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 <b>Appalachian Trail</b> . A quartzite covered viewpoint is 200 feet south of Pine Cobble.	♣ [42.72726,-73.16101] P [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	♀	<b>State Line Massachusetts-Vermont State Line</b> , (southern terminus of the Long Trail), sign.	♀ [42.74387,-73.15550] 2330	0.0

NoBo Features

Description

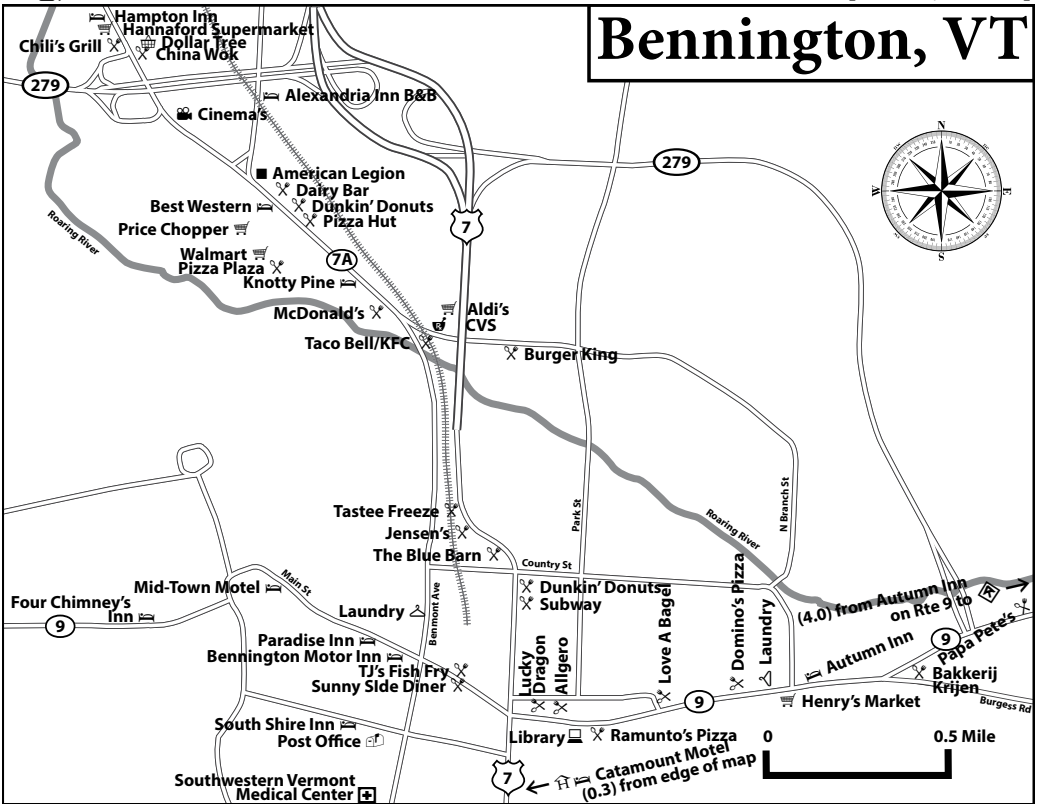
GPS Elev SoBo



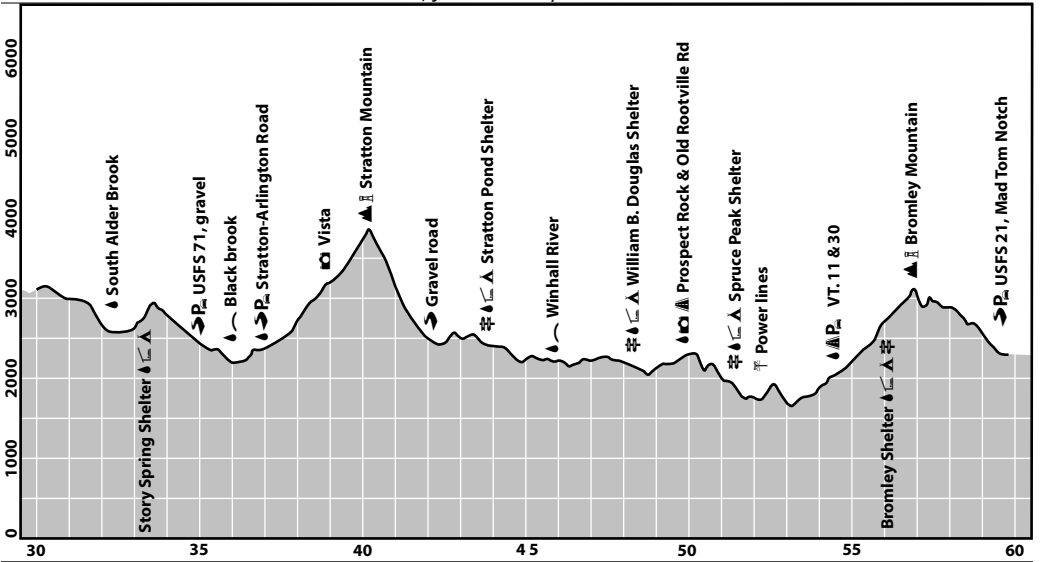
State Line Massachusetts-Vermont State Line, (southern terminus of the Long Trail), sign.		
0.0	♀	♀ [42.74387,-73.15550] 2330 272.0
0.4	♂	Brook 2300 271.6
2.5	↔	Cross Risky Ranch Road, dirt. 2126 269.5
<b>(0.2W) 0&lt;&lt;&lt;&lt;0&lt;&lt;&lt;0&lt;&lt;Seth Warner Shelter&gt;7.2&gt;&gt;13.1&gt;&gt;&gt;21.6</b>		
♂ Water (brook) is located 150 yards to the left of the shelter but is known to go dry,		
2.8	♂ ♀ ♀	♂ tenting, ♀ Bbear box ♀ privy. ♀ [42.77082,-73.13480] ♀ [42.77183,-73.13760] 2180 269.2
Cross County Road. Getting to this road can be iffy in wet weather if you don't have a 4WD vehicle. → [42.77501,-73.13305] ♀ [42.77508,-73.13323] 2290 268.9		
3.1	♂ ♀	♀ [42.77501,-73.13305] ♀ [42.77508,-73.13323] 2290 268.9
4.0	♂	Side trail east 100 feet to Ed's Spring. 2890 268.0
4.3	♂	View of Mt. Greylock. 267.7
4.5	♂	Ridgeline with views. 3025 267.5
4.9	♀	Power line. ♀ [42.79121,-73.11866] 2906 267.1
Cross Roaring Branch at base of beaver dam. ♂ Private road, not vehicles allowed. ♀ [42.80191,-73.11718] 2470 266.2		
6.0		Pass over knob. 2615 266.0
6.3		Pass over knob. 2773 265.7
7.0	♂	Consultation Peak summit, wooded. 2840 265.0
8.0	↔	Cross woods road, leads (0.2) west to clearing on eastern shore of Sucker Pond. 2232 264.0
8.4		Cross Sucker Pond outlet brook. 2180 263.6
8.9		Pass old foundation, nineteenth century tavern. 2209 263.1
9.1	↔	Cross woods road. 2162 262.9
9.4	♂ ♀	Stamford Stream. ♂ [42.84107,-73.11071] 2040 262.6
<b>0&lt;&lt;&lt;&lt;0&lt;&lt;&lt;7.2&lt;&lt;Congdon Shelter&gt;5.9&gt;&gt;14.4&gt;&gt;&gt;18.5</b>		
♂ Water (brook) is located in front of the shelter, ♂ tenting, ♀ privy. ♀ [42.84807,-73.10993] 2060 262.0		
10.0	♂ ♀ ♀	♀ [42.84807,-73.10993] 2060 262.0
Cross Old Bennington-Heartwellville Road, also known as Burgess/Old Stage Road. → [42.85013,-73.11854] 2220 261.4		
10.6	↔ ♀	♀ [42.85013,-73.11854] 2220 261.4
10.7	♂	Cross small stream. 2268 261.3
12.2	♂	Cross brook. 2262 259.8
12.5	♂ ♀ ♀	♂ [42.87116,-73.13249] 2325 259.5
Harmon Hill summit, views of Bennington		
Cross stream on bridge. Cross VT. 9, City Stream. ♂ [42.88435,-73.11577] ♀ [42.88508,-73.11578] 1360 257.7		
14.3	♂ ♀ ♀ ♀ ♀ ♀ ♀	♂ [42.88435,-73.11577] ♀ [42.88508,-73.11578] 1360 257.7

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 Massachusetts < > 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 southernmost areas as it can be more cost effective for them to use someone situated in that area." Covid precautions. Masks require

NoBo Features	Description	GPS	Elev	SoBo
<b>VT 9 Bennington, VT. (5.1W) See Bennington, VA map.</b>				
☎	<b>PO</b> M-F 8am-5pm, Sa 9am-2pm. 802-442-2421. 108 Elm St. Bennington, MA 05201.			
				[42.87640,-73.19843]
🏠	<b>Catamount Motel</b> 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. [42.87217,-73.19584] 📧 Mail drops for guests: 500 South St. Route 7 Bennington VT 05201			
🏠	<b>Autumn Inn Motel</b> 802-447-7625. (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] 📧 Mail drops for guests: 924 Main Street, Bennington, VT 05201.			
🏠	<b>Knotty Pine Motel</b> 802-442-5487. (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] 📧 Mail drops for guests: 130 Northside Drive, Bennington, VT 05201.			
🏠	<b>Best Western</b> 802-442-6311. \$99 and up. [42.90017,-73.21158]			
🏠	<b>Hampton Inn</b> 802-440-9862. call for prices, seasonal rates, includes hot breakfast. 📧 Mail drops: Call ahead. [42.90836,-73.22234]			
🛒	<b>Spice &amp; Nice Natural Foods</b> 802-442-8365. (www.spicennice.net) M-Sa 9am-5:30pm, Su 1am-4pm. [42.88267,-73.19665]			
🛒	<b>Price Chopper</b> M-Su 24 hours; 🏪 <b>Pharmacy</b> M-F 8am-8pm, Sa 9am-6pm, Su 9am-3pm. [42.89852,-73.21261]			
	<b>Walmart</b> 802-447-1614. M-Su 6am-12am; <b>Pharmacy</b> M-F 8am-8pm, Sa 9am-8pm, Su 10am-6pm. [42.89880,-73.20969]			
+	<b>Express Care Walk-in Clinic</b> 802-440-4077. (www.svhealthcare.org) M-Su 8am to 6pm. [42.87294,-73.20752]			
🎬	<b>Cinema 7</b> 802-442-8170. [42.90354,-73.21595]			



NoBo	Features	Description	GPS	Elev	SoBo
15.6	➔	Cross woods road.		2268	256.4
15.8	➔	Cross woods road.		2440	256.2
		Cross brook, spur trail leads 100 yards to shelter.			
15.9	♣{8} ♡ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣	♣ <<<13.1<<<5.9<Melville Nauheim Shelter>8.5>>>12.6>>>17.4	♣ [42.88798,-73.09650]	2330	256.1
	♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣	♣ Water (spring) is located north of trail to shelter, ♣ privy.	♣ [42.88782,-73.09507]	2620	255.8
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 <b>Hell Hollow Brook</b> is a rock hop, ♣ <b>camping is not permitted here.</b>		2350	254.5
18.7	♣	<b>Porcupine Lookout.</b>		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
		<b>21.6&lt;&lt;&lt;14.4&lt;&lt;&lt;8.5&lt;Goddard Shelter&gt;4.1&gt;&gt;&gt;8.9&gt;&gt;&gt;19.3</b>			
	♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣	♣ Water (spring) is located 40 feet south on the AT, ♣ tent above the shelter and to the west, ♣ privy, ♣ bear box. ♣ <b>NO TENTING east of the trail.</b>	♣ [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. ♣ <b>Camping on summit is not permitted.</b>		3748	247.3
25.7	♣	Cross snowmobile Trail.		3390	246.3
28.0		Pass Big Rock.		3250	244.0
		(200 ft E) to shelter.			
	♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣	♣ <<<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	♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣	♣	♣ [43.01303,-73.04160]	2795	243.5
28.7	♣	Cross <b>brook.</b>		2809	243.3
29.4	♣	Pass west of unnamed summit, just north of Lydia's Rest with <b>views.</b>		3250	242.6



32.4	♣	Cross two adjacent branches of <b>South Alder Brook.</b>		2600	239.6
32.6		Pass old beaver ponds.		2635	239.4
	♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣	♣ <<<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.	♣ [43.05053,-73.01300]	2819	238.7
33.3	♣ ♣ ♣	Jct with Brand Pond Trail.	♣ [43.05144,-73.01143]	2891	238.6
33.4	♣ ♣ ♣	Cross <b>USFS 71</b> , gravel. ♣ Parking is very limited by getting your vehicle barely off road.	♣ [43.05378,-72.99030] ♣ [43.05360,-72.99050]	2519	237.1
34.9	♣ ♣ ♣	♣		2220	236.0
36.0	♣	Cross <b>Black Brook</b> footbridge.		2240	235.2
36.8	♣ ♣ ♣	Jct with southern end of Kelley Stand Road.	♣ [43.05332,-72.97192]	2240	235.2