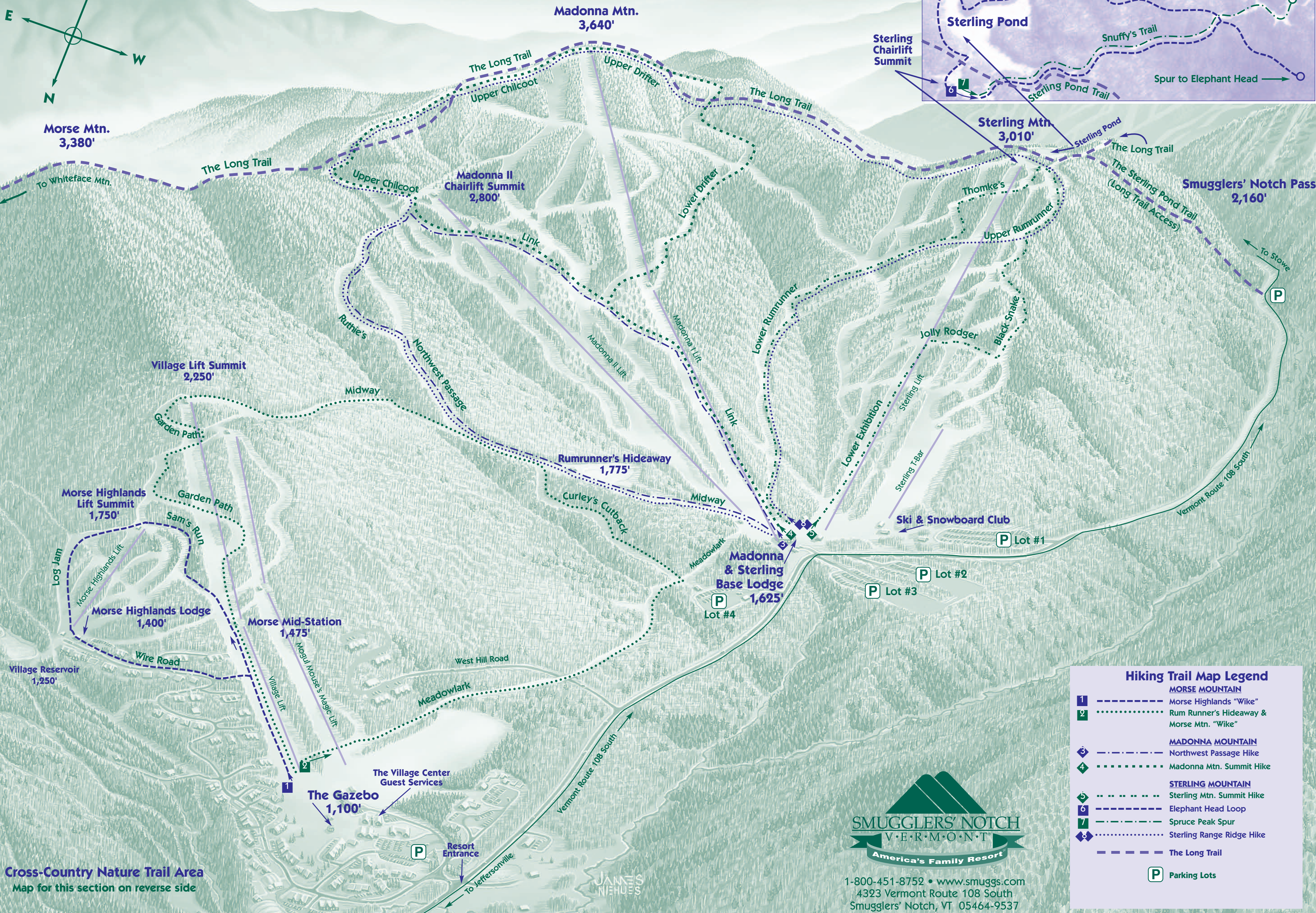
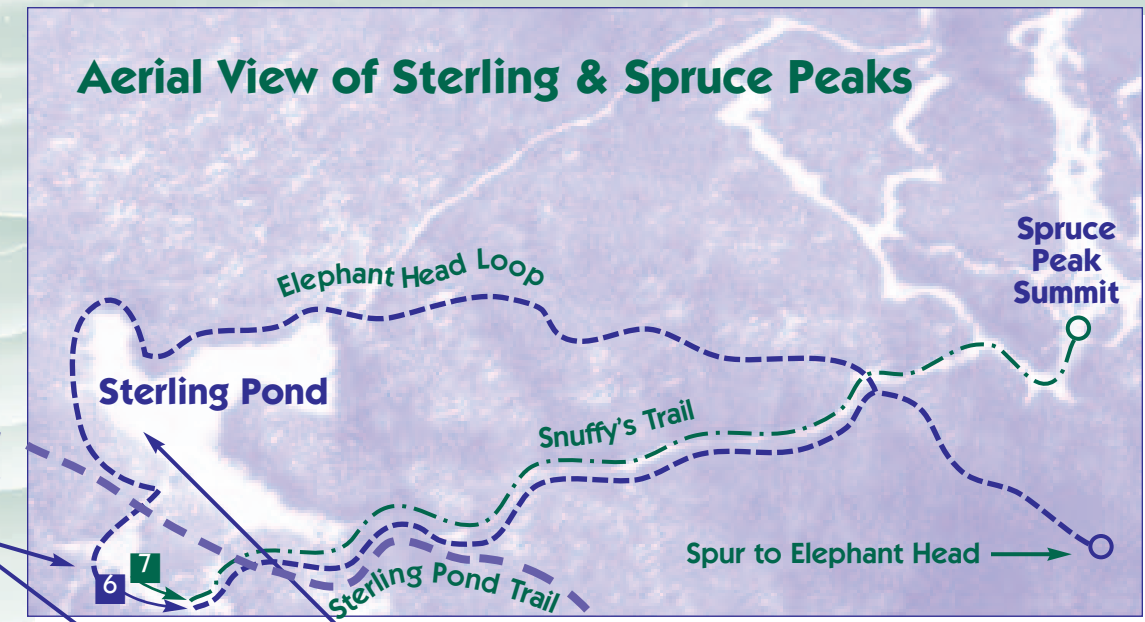
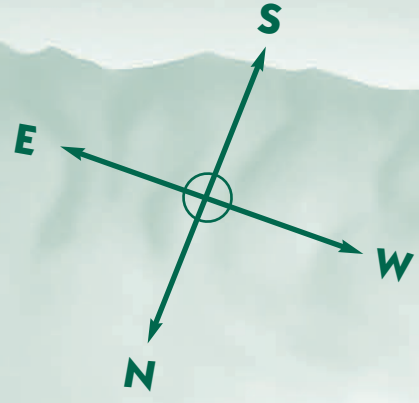


Smugglers' Notch Resort Hiking Trail Map



Cross-Country Nature Trail Area
Map for this section on reverse side



1-800-451-8752 • www.smuggs.com
4323 Vermont Route 108 South
Smugglers' Notch, VT 05464-9537

Hiking Trail Map Legend

MORSE MOUNTAIN	
1	Morse Highlands "Wike"
2	Rum Runner's Hideaway & Morse Mtn. "Wike"
MADONNA MOUNTAIN	
3	Northwest Passage Hike
4	Madonna Mtn. Summit Hike
STERLING MOUNTAIN	
5	Sterling Mtn. Summit Hike
6	Elephant Head Loop
7	Spruce Peak Spur
8	Sterling Range Ridge Hike
- - - - - The Long Trail	
P	Parking Lots

General Hiking Information

Hiking Safety

- Never hike alone. Leave your hiking plans with a friend.
- Familiarize yourself with the route. Stay on the designated trails.
- Always check a local weather forecast before departing.
- Stretch before and after you hike to prevent injury.
- Zigzag the trail when ascending and descending steep terrain to avoid excessive muscle strain.
- Only drink water which you have brought with you.

Gear List

- Hiking Boots • Back Pack • Water (1-2 qts.) • Food
- Layered Clothing • Rain/Wind Jacket • First Aid Kit
- Bug Repellent • Sunscreen

Wildlife Viewing

- Wildlife is most active in the early morning or early evening.
- Wildlife scares easily around loud noises.
- Stand behind the trees to observe.
- Stop, look and listen often. Be patient while animals enter and leave an area.
- Keep your distance. Feeding or chasing wildlife is unsafe.
- Leave your pets at home. They may startle, chase or even kill wildlife.

Smugglers' Notch Resort Environmental Policy

Smugglers' policy of environmental stewardship pervades all our activities. We seek to raise the environmental awareness of guests and employees and to broaden their knowledge and appreciation through educational programs along with our active and passive use of the land for year round recreation.

Smugglers' Notch Resort Management and Employees are committed to being responsible stewards of Vermont's natural resources. Vermont's intrinsic beauty and healthfulness are integral to our business. We live here, and working to maintain it comes naturally.

Trail Key

Hiking distances and times are round trip. Hiking times are estimates and may vary with personal fitness. Elevation and vertical rise are given in feet to help determine the difficulty of the hike.

- Walk "Wike"** A 1-2 hour walk involving mild to moderate exercise. A little longer in duration, up to 3 hours, and moderate to demanding exercise.
- Hike** The most physically demanding and time consuming. 4-6 hours is the typical hike duration. **Caution and evaluation of personal fitness is urged.**

Vertical Rise is the difference between the highest and lowest points of land. Hiking a vertical rise of 10' is equivalent to walking up one flight of stairs. Therefore, a vertical rise of 650' is equivalent to walking up 65 flights of stairs.

- Easiest
- More Difficult
- ◆ Most Difficult
- ◆◆ Experts Only

Morse, Madonna & Sterling Mtns. "Wikes" & Hikes – Map on reverse

MORSE MOUNTAIN

- Morse Highlands "Wike"** -----
Elevation 1750' • Vertical Rise 650' • 1.5 miles; 1 hour
Explore the Morse Highlands' trails just above The Village. Great mid-mountain views of the valley below and the mountains around can be enjoyed on this short, but steep, scenic "wike".
- Rumrunner's Hideaway & Morse Mtn. "Wike"**
Elevation 2250' • Vertical Rise 1150'
3.25 miles; 2 hours
Escape to Rum Runner's Hideaway which rests beneath our majestic mountains. Enjoy the surrounding hillsides and valley below. Outstanding view of Mt. Mansfield. Suitable for the family. Extend your view of the Lamolle Valley by continuing to the Village Lift summit on Morse Mountain.

MADONNA MOUNTAIN

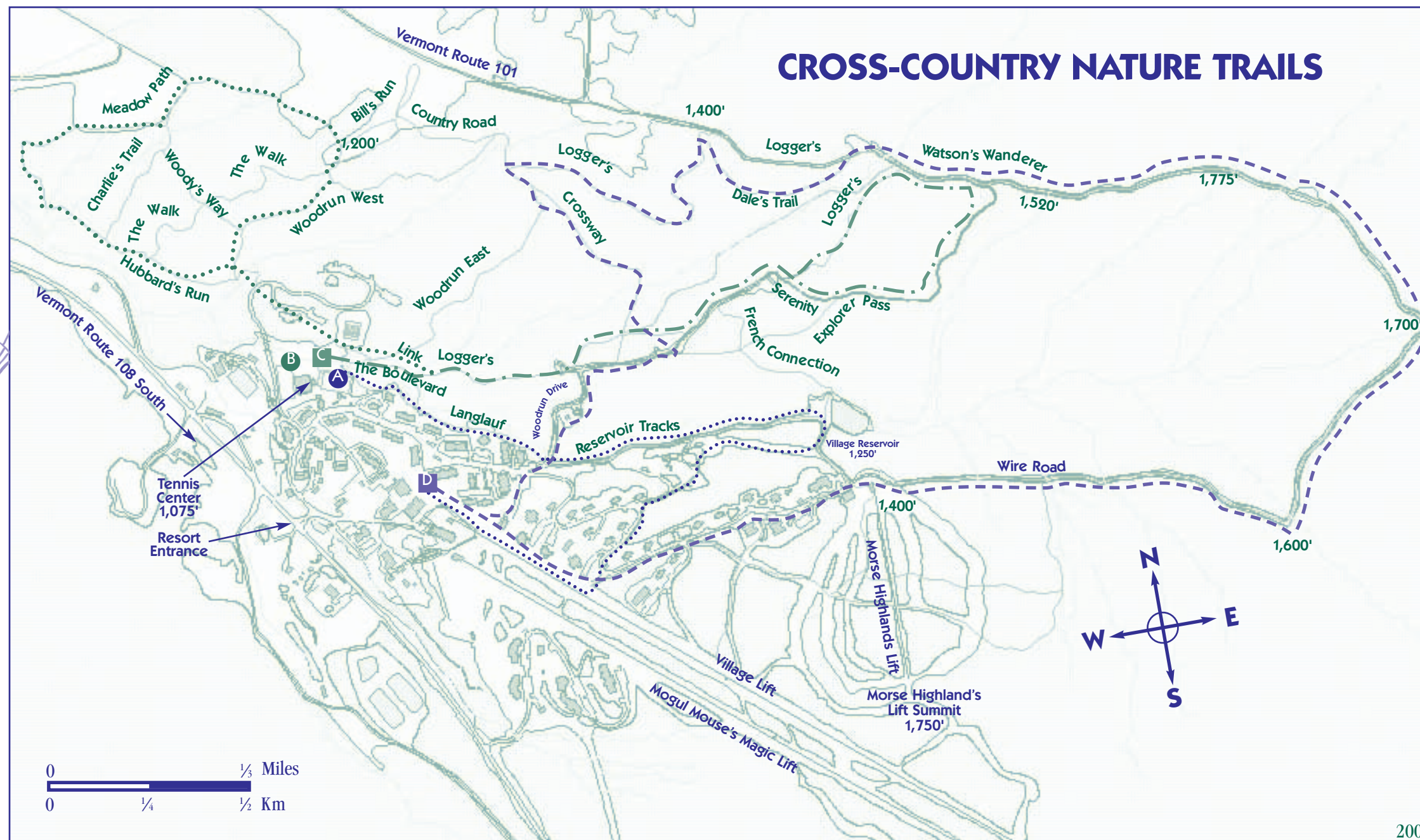
- Northwest Passage Hike** - - - - -
Elevation 2800' • Vertical Rise 1175' • 2.5 miles; 3 hours
Enjoy the open mountainside views from the Madonna II Lift summit. Then journey off the beaten path down through the hardwood forest and wildlife area. Challenging rises and intermittent plateaus await you.
- Madonna Mountain Summit Hike**
Elevation 3640' • Vertical Rise 2015' • 4 miles; 4 hours
Climb the Resort's highest peak and admire the spectacular scenery beyond and below you. View Canada to the north and New Hampshire's White Mountains to the east. This is truly a photo opportunity.

STERLING MOUNTAIN SUMMIT

- Sterling Mountain Summit Hike**
Elevation 3010' • Vertical Rise 1385' • 2.7 miles; 3 hours
Wildflowers compliment the trail along with views of Lake Champlain, New York, Canada and our picturesque Resort Village below. Sterling Pond rests atop this summit and is nestled among the evergreen trees. It is the highest trout pond in the state. Fishing is permitted with a valid Vermont license (ages 15 & older). As you descend, the sounds of waterfalls are heard along this trail from the forest's babbling brooks.
- Elephant Head Loop** -----
Departs from Sterling Mtn. Summit – See Map Inset
Elevation 3030' • Vertical Rise 30' • 1.4 miles; 1.25 hours
While on top of Sterling Mtn. summit, explore the wilderness area surrounding the pond via this very rocky and rough wooded trail. Admire the serene beauty as you skirt the shoreline of Sterling Pond.
- Spruce Peak Spur** -----
Departs from Sterling Mtn. Summit – See Map Inset
Elevation 3320' • Vertical Rise 310' • 1.5 miles; 1.5 hours
Magnificent views of the valley below and the summit of Mt. Mansfield are obtained from this trail. Once atop Spruce Peak, Mt. Mansfield (Vermont's highest peak) lies in front of you and the Stowe valley stretches for miles. The profile of Madonna Mtn. can be seen to the northeast.

STERLING & MADONNA MTN. SUMMITS

- Sterling Range Ridge Hike**
Elevation 3640' • Vertical Rise 2015' • 4.5 miles; 4 hours
Travel this isolated, wooded and rugged ridgeline trail to the Madonna Mtn. summit, the Resort's highest peak, to capture a unique view of Sterling Pond and its surroundings. Discover the many ups and downs on this challenging trail.



SMUGGLERS' NOTCH RESORT CROSS-COUNTRY NATURE TRAILS

Our cross-country nature trails area is located behind the Tennis Center and extends around The Village to the Morse Highlands area. There are 23 kilometers/14 miles of trails used for cross-country skiing and snowshoeing in the Winter and for walking in the Spring, Summer and Fall. This trail system provides an excellent area to view many wildlife habitats. Some trails have information posts along their routes with topics relating directly to the surrounding area. The terrain varies and the elevation climbs gently, but steadily from the No Name Brook. Supportive footwear is strongly recommended in this area.

A Forest Loop Walk

Elevation 1,450' • Vertical Rise 245'
1.5 miles • 45 minutes
Stroll along the shaded banks of the No Name Brook. Follow it upstream to the Village Reservoir and enjoy its peaceful surroundings. An abundance of wildflowers and berries line the trail. Discover the numerous insects and reptiles that live in and around the brook and reservoir. Suitable for the family.

B Hubbard's Run Meadow Path Walk

Elevation 1,200' • Vertical Rise 125'
1.75 miles • 1 hour
Sample the nature trails by walking this perimeter loop over rolling terrain through the hardwood forest and open meadows. You will cross many small streams and have the opportunity to explore this bird lover's paradise and wildlife habitat. Take a rest on the wooden bench swing in the grand old maple tree overlooking the picturesque meadow.

C Follow The Bear "Wike"

Elevation 1,520' • Vertical Rise 445'
2 miles • 1 hour
Travel up through this hardwood forest with its canopy covering and look for signs of wildlife. The upper loop is a little more remote, but really just a short distance from The Village. There are information posts about the Vermont Black Bear, their habitat and our surroundings.

D Wire Road Watson's Wanderer "Wike"

Elevation 1,775' • Vertical Rise 675'
3.5 miles • 1.5 hours
Wander your way up to the highest point of the cross-country nature area on this scenic old logging road by traversing part of Morse Mountain. Lush foliage outlines the road as you walk through the forest. A little more isolated, this is surely one to check out as wildlife abounds. **Note the elevation, vertical rise and length of time.**

Hiking Trail Map

HIKER'S RESPONSIBILITY CODE "LEAVE NO TRACE"

You can help preserve Vermont's "footpath in the wilderness" as you enjoy it by leaving no trace of your visit. While you hike, please follow a few guidelines to ensure the trail and the back-country experience will be there for others to enjoy. Please leave no trace of your passing. – Courtesy of the Green Mountain Club

- Stay on the trails...** respect private and State Forest land.
- Pack it in, pack it out...** keep the environment clean.
- Take only pictures...** leave only footprints.
- Enjoy the wildflowers...** please do not pick them. Many are protected by state law.
- Leave pets at home...** they are likely to encounter their own trail problems.
- Fires are not permitted...** on State lands at higher elevations.

ATTENTION – Bear Habitat

- The survival of the Black Bear depends on their use of remote areas free from human intrusion.
- Please do not use MEADOWLARK TRAIL on Morse Mtn. from May 1st – June 15th and from Labor Day – November 1st.
- Use of MEADOWLARK TRAIL is discouraged on all Fridays and Sundays as this area crosses a wildlife travel corridor. Cooperation with this conservation effort is greatly appreciated!

BLACK BEAR ursus americanus

The mountains around Smugglers' Notch are home to many different species of plants and animals. One of the most interesting animals that makes this area its home is the Black Bear. Although bears commonly have the reputation of being fierce, the Black Bear is a shy and elusive animal. Black Bears are very frightened by any human presence, and most often will run away if they encounter people. If you notice any wildlife along the trails, please be respectful of their "wildness" and maintain your distance. Remember that we are visitors in their home.

Vermont Bears:

- Are omnivores, feed mostly on plants, but they also feed on meat.
- Are among the smallest of all the world's bear species, but one of Vermont's largest mammals. An average adult bear weighs 150 – 300 lbs. and is 4'-5' long.
- Are very agile creatures even though they may seem clumsy. They can swim, run swiftly and are excellent tree climbers.
- Have an excellent sense of smell and hearing, but have poor eye-sight.
- Are a game animal in many states, including Vermont.

To learn more about the Black Bear and their habitat visit our "Follow the Bear" cross-country nature trail.

THE LONG TRAIL

The Long Trail is a primitive footpath extending 270 miles along the crest of the Green Mountains from the Vermont/ Massachusetts border to Canada. Built by the Green Mountain Club (GMC) between 1910 – 1930, The Long Trail is the oldest long-distance hiking trail in the country. It is primarily maintained on a volunteer basis by the GMC. The Long Trail traverses the Resort's three mountain peaks (Sterling, Madonna, Morse) and can be accessed from the summits of Sterling and Madonna or in The Smugglers' Notch Pass located on Vermont Route 108 South. (The trail access in The Notch is located across from the parking area.) The trail is marked with two-by-six inch white blazes found on trees and sometimes on rocks.

