STERLING MOUNTAIN

Sterling Mountain Hike
Elevation 1385’ • Vertical Rise 2.7 miles; 2 hours
Wildflowers compliment the trail along with views of 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 trail 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 Mountain – See Map Inset
Elevation 210’
Vertical Rise 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 Mountain – See Map Inset
Elevation 310’
Vertical Rise 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 MOUNTAIN SUMMITS

Sterling Range Ridge Hike
Elevation 2015’
Vertical Rise 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 some unique views of Sterling Pond and its surroundings. Discover the many ups and downs on this challenging 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.

MORSE MOUNTAIN

Morse Highlands “Wike”
Elevation 1750’ • Vertical Rise 650’
1.5 miles • 1-2 hours
Explore the Morse Highland’s 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”.

Rum Runner’s Hideaway & Morse Mtn. “Wike”
Elevation 2250’ • Vertical Rise 1150’
3.25 miles • 2.5 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

Northwest Passage Hike
Elevation 2800’ • Vertical Rise 1175’
2.5 miles • 2.5 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.

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SMUGGLERS NOTCH HIKING TRAILS
General Hiking Information

Smugglers’ Notch Resort Environmental Policy

Smugglers’ Notch Resort’s environmental stewardship pervades all of 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.

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. Please keep off the chairlifts.

Gear List

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

Wildlife Viewing

• Wildlife is most active in the early morning or early evening.
• Wildlife scavenge around food sources.
• Stand behind the trees to observe.
• Shop, 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.

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: A 1-2 hour walk involving mild to moderate exercise.

“Wise”: 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. A vertical rise of 50´ is equivalent to walking up one flight of stairs. Therefore, a vertical rise of 650´ is equivalent to walking up 65 flights of stairs.

Follow The Bear “Wike”

Elevation 1,520’ - Vertical Rise 445’

2 miles / 1 hour

Travel up through this hardwood forest 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.

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smuggs.com/app

SMUGGLERS’ NOTCH WALKING AND BIKING TRAILS

WALKING TRAILS

- Easiest
- More Difficult
- Most Difficult
- Experts Only

MOUNTAIN BIKE TRAILS

- Easiest Double Track
- More Difficult Double Track
- Pump Track

SUGGESTED NATURE TRAIL LOOPS

Our cross-country nature trails area is located behind the Tennis Center and extends around The Village to the Morse Highlands property. There are 28 kilometers/17 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 signs 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.

Forest Loop Walk A

Elevation 1,300’ - Vertical Rise 225’

1.5 miles / 45 minutes

Follow trail up past the Village Reservoir and enjoy its peaceful surroundings. An abundance of wildflowers and berries line the trail. This loop is a little more isolated, and is surely one to check out at wildlife abounds. Note the elevation, vertical rise, and length of time.

Wire Road Watson’s Wanderer “Wike” D

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 at wildlife abounds. Note the elevation, vertical rise, and length of time.

Black Bear

Our “Follow the Bear” cross-country nature trail is located behind the Tennis Center and extends around The Village to the Morse Highlands area. There are 28 kilometers/17 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 signs 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.

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

“footpath in the wilderness” as you enjoy it by leaving no trace of your visit.

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 backcountry experience will be there for others to enjoy. Please leave no trace of your passing. - Courtesy of the Green Mountain Club.

1. Plan ahead for success
2. Travel and camp responsibly
3. Leave what you find
4. Dispose of waste properly
5. Leave no trace
6. Respect wildlife
7. Be considerate of other users
8. Return to the trailhead

You can help preserve Vermont’s “footpath in the wilderness” as you enjoy it by leaving no trace of your visit.

Stay on the trails… the backcountry experience will be there for others to enjoy. Many are protected by state law. Leave pets at home… they are likely to encounter their own trail problems.

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.

Pack it in, pack it out… keep the environment clean.

Hike, please follow a few guidelines to ensure the trail and the backcountry experience will be there for others to enjoy. Please leave no trace of your passing. - Courtesy of the Green Mountain Club.

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