

# The Twin State Volkssport Association Welcomes You to the Seasonal Walk of Middlebury Vermont

Middlebury is the shire town of Addison County, and a college town of some renown. The 10k crosses the Otter Creek through an unusual double covered bridge. The walk includes pastoral scenes with some rolling hills and much flat terrain. Our former President and great friend to volkssporting, Charlotte Phillips, has allowed us to continue to run Middlebury, now through OLSB. This walk has been one of our favorites for 20 years. The Middlebury Inn opened in 1827 and serves a wonderful afternoon tea. John Deere, the inventor, was a student at Middlebury. Many buildings in town and at college are on the NRHP. 88 Main Street (Vermont Folklore Center) was a stop on the Underground RR. Bridges are on both 5k and 10k routes. No pets are permitted in buildings. Only part of the route is wheelchair accessible.

More information on Middlebury:

[http://middigital.middlebury.edu/walking\\_history/village\\_tour/page\\_11.html](http://middigital.middlebury.edu/walking_history/village_tour/page_11.html)

### Special Programs:

Animal Safari, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the Path of Inventions

### Start Point:

The walk begins from Middlebury Inn, 14 Court Square, Middlebury, VT 05753. Limited street parking is available in front of the Inn. There is shopping center (Shaws) a couple of blocks away at 8 Washington St, Middlebury, VT 05753 with a large parking lot.

### Walk Registration:

Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods.

The following link is to a webpage containing a YouTube video demonstrating the user features of the Online Start Box:

<http://nodegreen.com/olsb/>

### Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account and select the "Maps / Finish" tab. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may later choose to print out.

### Table of Contents:

Use the following table to guide what portion of this document you may wish to print out.

<b>Section Contents</b>	<b>Pages</b>
Introduction, Walk Registration/Completion, and Table of Contents	1
Driving and Walk Directions	2-3
Maps	4-5
Twin State Volkssport Association Events	6-16

# 10km and 5km Walking Directions for the Seasonal Walk of Middlebury Vermont

## Driving Directions to the Start Point:

The start point for this walk is the entrance to the Middlebury Inn located at 14 Court Square, Middlebury, VT 05753.  
(Lat: 44.014311, -73.166261)

*From New York:* Cross the Lake Champlain Bridge, 4 miles east of Route 9N and 22, and take the first right onto Route 125 to Middlebury. Route 125 becomes College St in Middlebury. At the Do Not Enter sign, turn **RIGHT** to Main St. **LEFT** on Main St to Pleasant St. **RIGHT** on Pleasant St to the second intersection, Court Square. **LEFT** on Court Square then **LEFT twice** again to continue around the square to the location of Middlebury Inn.

*From northern Vermont:* Take US Route 7 south to Middlebury. Route 7 becomes Pleasant St. **LEFT** on Court Square then **LEFT twice** again to continue around the square to the location of Middlebury Inn.

*From southern Vermont:* Take US Route 7 north to Middlebury. Route 7 becomes Court St. Right on Court Square then **LEFT twice** to continue around the square to the location of Middlebury Inn.

*Additional Parking:* To get to Washington Street where there is more parking. Drive around the square but instead heading toward the Middlebury Inn turn **RIGHT** on Washington.

## Restrooms:

Restroom are available in the Middlebury Inn. Since the Inn in the past hosted the physical start box for this walk, they should be understanding of a Volkssporter in need of restroom facilities. Also, there are restrooms in a number of buildings on the Middlebury campus.

## Emergency Numbers:



In case of Emergency: Dial 911  
Event related assistance:  
C Phillips: (802) 343-3033

## Walking Instructions:

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

1. With your back to the entrance of the Middlebury, turn **LEFT**. Then at the first cross walk turn
  2. **RIGHT. CROSS WASHINGTON STREET.** After passing two buildings on the left. The second building on the left is an old Masonic Lodge. Go to the stop light
  3. **CROSS COURT STREET,** turn
  4. **LEFT.** Follow COURT STREET to Cross STREET, Turn
  5. **RIGHT.** Pass over Otter Creek Bridge. At the rotary, cross MAIN STREET. (The Vermont Folklore Center at 88 Main St, is believed to have been an Underground RR location.)
  6. Turn **LEFT** on MAIN STREET.
  7. **BEAR RIGHT** on COLLEGE STREET. Bakery on Right.
  8. **CROSS WEYBRIDGE STEET,** turn
  9. **LEFT** on the third cross walk, just past the Kitchel House. Follow the sidewalk to STORRS AVENUE. Straight ahead.
  10. **CROSS STORRS AVENUE** and head for the large building - college library
  11. Slightly to the left. (walking towards the right side of building)
  12. Enter the library, (bathroom on right) go upstairs and enjoy the paintings along the center dividers. At the back of the Library enjoy the view of Middlebury. Turn around and leave the library.
  13. Go up the steps, turn
  14. **RIGHT** on the first sidewalk, which makes an arc to the left? **CROSS OLD CHAPEL ROAD.**
  15. Follow the sidewalk, after crossing the road, with buildings on your right.
- CHECKPOINT 1: WHAT IS IN THE MOUTH OF THE DOG STATUE, ON THE LEFT - BACK OF THE SECOND BUILDING ON RIGHT?
16. **TURN AROUND.** Go a short distance to a sidewalk on the right, (about 50 feet.)
  17. **RIGHT** toward McCullough Student Center (Bathroom and food). Cross a sidewalk that goes up the hill to the New Chapel.
  18. TURN **LEFT** on the sidewalk in front of McCullough Student Center.
  19. **CROSS OLD CHAPEL ROAD** (no sign). Walking towards Starr Hall. Turn
  20. **RIGHT,** Axinn Center on left. Follow sidewalk that veers to left, between DKE alumni house and Centena House. Cross the Street that runs next to the cemetery, and turn
  21. **LEFT. CROSS SOUTH MAIN STREET.** Go **RIGHT** for a very short distance. Then **LEFT** on the sidewalk with trees on left and museum on right.
  22. **RIGHT.** Walk to the Patio in back of the Kevin P. Mahaney Center for the Arts. Observe the outdoor art work. Just pass the tree and wall, look left for word monument, red letters.
- CHECKPOINT 2: WHAT IS THE WORD OF THE RED LETTERED MONUMENT?
23. **5 km Walkers go to Step 57.**

24. **10K Walkers ONLY:** From the patio, enter the museum. There may be food available here. The museum is free.
25. To continue the walk, go up the stairs on the right.
26. Go **LEFT** passing the ticket sales area.
27. Follow the hall way to the door. Exit the building. Take the sidewalk to the **LEFT**.
28. Enter the cemetery. Follow the path to the narrow gates that lead to another cemetery. Go through the narrow gate into the second cemetery. Turn
29. **RIGHT**. Continue around the cemetery to the gate on the right. Exit to the
30. **RIGHT** out the gate. Pass the Tennis Courts on the right.
31. At the end of the tennis court, turn
32. **RIGHT**. At the road - HEPBURN ROAD, very short distance, turn
33. **LEFT**. (Proctor Hall on left-rest rooms)
34. Walk to COLLEGE STREET. CROSS, and reenter campus.
35. Bear slightly to **LEFT**, following the side walk that passes Adirondack House, Pearson House and a large dormitory complex - all on the left. Stay on the sidewalk that is on the crest of the hill. Turn
36. **LEFT** on the sidewalk after the black artwork. Enter Bicentennial Hall - McCardell Hall. Walk to the railing. Enjoy the panoramic view. Turn around, look at the faculty directory sign on the wall left of the elevator doors.

CHECKPOINT 3: WHAT IS THE NAME ON THIS BOARD?

37. Leave the building, go straight. The sidewalk veers left. Follow **LEFT** sidewalk down the hill to the parking lot.
38. Walk through the parking lot. Walk along the road that goes toward the stone pillars.
39. **LEFT** on WEYBRIDGE STREET.
40. On the right is OTTER CREEK PARK (Take a walk in a city park).
41. Enter the park; follow the stone path turning Right at the junction. This path leads to a Board walk. The boards often contain names.

CHECK POINT 5, WHAT IS THE NAME ON THE BOARD JUST BEFOR THE RIVER VIEWING PLATFORM:

42. Follow the stone path back to where the stone path, makes a sharp turn to the left. Go **STRAIGHT**. Stone turns to grass.
43. When the grass path turns **LEFT**, follow the path to the road, go to the road. DO NOT TURN LEFT ON PATH THAT RETURNS TO THE PARKING LOT.
44. Turn **RIGHT** on the road.
45. The road is PULP MILL BRIDGE ROAD. Follow to the bridge. This is one of the oldest double covered bridges still being used.
46. **CROSS** the footbridge. Follow SEYMOUR STREET to the railroad underpass.
47. DO NOT GO UNDER THE RAILROAD. BEAR
48. **RIGHT** on MAPLE STREET through the Marble Works. (food in Noonie's Deli) (bathrooms in center of the first long building)

49. Go **STRAIGHT** when the road turns to the left. Go down to the Foot Bridge.
50. Cross Otter Creek, Turn
51. **LEFT** on MILL STREET. Star Grist Mill directly ahead. Take time to visit the craft shops and stores.
52. Walk up MILL STREET to MAIN STREET. Across the street, slightly to the left, are the cinema and the Ice Cream Parlor is left of the cinema. Turn
53. **LEFT** on MAIN STREET. Walk by the flowers and water Fountain on your right... Post Office on left.
54. Turn **RIGHT**, walk the side walk through the middle of the park, then **LEFT**.
55. Follow sidewalk to street.
56. Turn **RIGHT**, cross the street; follow the sidewalk back to the Middlebury Inn.

**End of 10 km Walk.**

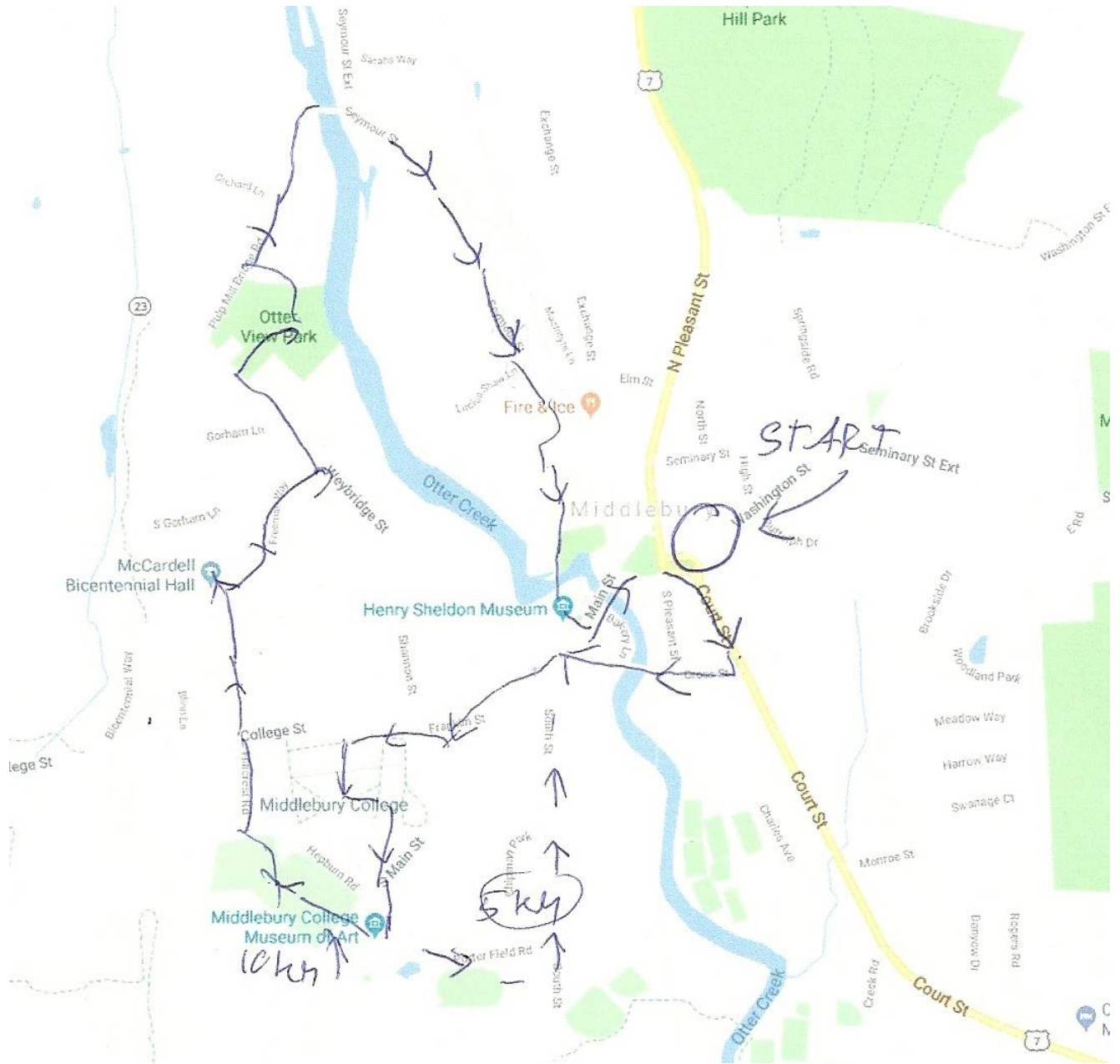
\*\*\*\*\*

57. **5 km Walkers ONLY:** Leave the patio area and go straight on the road to the right of the parking lot to SOUTH STREET.
58. **LEFT** on SOUTH STREET. Follow to down town Middlebury, (4 KM at Chapman Park street crossing). SOUTH STREET becomes MAIN STREET at the rotary. . (The Vermont Folklore Center at 88 Main St, is believed to have been an Underground RR location.)
59. **CROSS** MAIN STREET. In the park area to the left is a monument to John Deere, Walking the path of inventions. An ice cream parlor will be in a short distance on your left. After crossing the river, walk by the flowers and fountain on your left. Turn **RIGHT**, after crossing the railroad bridge, on sidewalk in front of post office which is on the left,
60. Walk through the park. Take the **LEFT** sidewalk in the middle of the park. Go to the street.
61. Turn **RIGHT**.
62. **CROSS** the street, continue on the sidewalk back to the Middlebury Inn.

Thanks for doing the walk. Stop at the inn for a drink or meal. A hospitable place to enjoy a little time after the walk.

Comments appreciated: Charlotte, 802-343-3033.  
cpwalkvt@gmail.com

**MIDDLEBURY 5 AND 10 KM WALK. AT THE MUSEUM OF ART, THE 5 KM ROUTE GOES EAST TO SOUTH STREET TO RETURN TO THE START, WHILE THE 10 KM ROUTE CONTINUES TOWARDS MCCARDELL HALL.**





# VERMONT'S TWIN STATE VOLKSSPORT ASSOCIATION

## VERMONT IS *THE GREEN MOUNTAIN STATE*

### 2018 Year Round

<p><a href="#"><u>Montpelier, VT</u></a> - <a href="#"><u>Capital Walk</u></a></p>	<p><b>January 1 - December 31</b></p>	<p><u>Bridges - Spanning the USA, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the USA A - Z</u> Nation's smallest capital. The 10k and the 5k Capital routes include the State House, interesting architecture, Nat Reg Hist properties. Our 10k is rated 2A for one long hill, while the 5k is rated 1A. New for 2016 is a 5K Park route, entirely in Hubbard Park, rated 3B for hills and trails, offering a view of the State House from the top of the town. <a href="#"><u>More Capitol info.</u></a> Our starting point now has better parking, and very informative employees to welcome you to the capital of Vermont. Our trailmaster has rerouted the trails to highlight the many buildings in Montpelier on the Natl Register. New route (2015) along Stonecutters Way. New route (2016) to support park special program; drive to park avoiding steep incline, 5k within park.</p>
<p><a href="#"><u>Stowe, VT</u></a></p>	<p><b>January 1 - December 31</b></p>	<p><u>Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Walk the USA - Street by Street, Walking the USA A - Z</u> POC summer: PO Box 113, Hancock NH 03449 (802)498-8688. Daily dawn to dusk. Trail in heart of Green Mtns, place of YR rec activities &amp; great fall colors. Walk is along stream, on Stowe rec path, through wooded area; spectacular view Mt Mansfield, VT's highest peak. Alternate winter route provided. Home of MariaVonTrapp ("Sound</p>

		<p>of Music" fame); VT#1 tourist attraction, Ben/Jerry's, not far away. Host hotel serves meals. Winter equipment rental in town. It is said that Stowe is "a little bit of Austria in Vermont." There is an Alpine feel to this beautiful mountain town. Ben &amp; Jerry's ice cream plant is a short ride away on Rt 100 in Waterbury. Our walk has been extended to YR to take advantage of Stowe's popular winter season activities &amp; spectacular fall colors. The Rec trail groomed for cross country skiing and/or snowshoes in season.</p>
<p><a href="#"><u>Portsmouth, NH</u></a></p>	<p><b>January 1 - December 31</b></p>	<p><a href="#"><u>Alternative Capitals, Border Crossings, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Walking America's Ports of Call</u></a>  Event highlights long history of Portsmouth, first settled as "Strawbery Banke' in 1630, &amp; its role in War for Independence, Civil War, &amp; its current role as one of New Hampshire's few seaports. 6k is available, but requires driving to a different Start Pt. Daily dawn to dusk. Portsmouth was the capital of the English province of NH, before the Revolution. Many historic sites. This is a Border Walk; walking over Memorial Bridge to Maine. The city park is Prescott. The Port is on the Piscataqua River. Exeter has the only still operating Worcester Lunch Car, a very early design of diners.</p>
<p><a href="#"><u>Concord, NH - Capital Walk</u></a></p>	<p><b>January 1 - December 31</b></p>	<p><a href="#"><u>Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, Vice Presidential Walks, Walk the USA - Street by Street</u></a>  Daily, dawn to dusk. Trail includes State Capitol, historic downtown Concord &amp; President Franklin Pierce manse &amp; grave site. Vice President Henry Wilson attended Concord schools. Amoskeag known for steam fire engine invention. Capitol made of Concord granite. Walk includes White Park.</p>

## 2018 SEASONAL EVENTS

Many Different Start and Closing Dates

<p><u><a href="#">Burlington, VT</a></u> - <u><a href="#">Waterfront, Downtown, and UVM</a></u></p>	<p><b>May 1 - December 31</b></p>	<p><u>Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions</u> Our new Burlington walk will give the walker the choice of a waterfront and downtown walk, or a UVM and local history walk. They can be combined for a long walk of about 20k, or can be done in parts. PPSFBurlington is called the Queen City, dating back to its days as a major port along Lake Champlain. Downtown includes Ben &amp; Jerry's, (ice cream parlor which originated in Burlington), great architecture and Church Street, pedestrian mall with many stores and restaurants. UVM is the state university, with several campuses. There are many historical homes and buildings along the walk, including Rev. Young's home at College and Willard, which was a stop on the underground railroad. Note that there is a significant hill to ascend from downtown to UVM.</p>
<p><u><a href="#">Exeter, NH - Former Capital</a></u></p>	<p><b>April 1 - December 31</b></p>	<p><u>Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, National Parks Centennial Challenge, National Register of Historic Places, State Street Sashay</u> Alternate trail available where difficult for wheelchairs &amp; strollers. Exeter was State Capital during Am. Revolution. Settled in 1638, it is a town rich in history &amp; architecture. Walk along Squamscott River, thru beautiful Phillips Exeter Academy campus &amp; visits Powder House used to store gunpowder 'removed' from Ft. William &amp; Mary prior to start of Revolution &amp; later used at Battle of Bunker Hill. Daily dawn to dusk. Amphitheater in Swasey Parkway. Gilman Garrison house is National Historic Landmark.</p>
<p><u><a href="#">Littleton, NH</a></u></p>	<p><b>April 1 - December 31</b></p>	<p><u>Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone</u> "One of America's top ten dream towns";</p>

		<p>lovely New England town is a triumph of historic preservation. Award winning Main St focus of 6K: walk through covered bridge; working grist mill; world's longest candy counter; many historic buildings, shops &amp; restaurants; at library, statue "Pollyanna", creation of local author; enjoy Ammonoosuc riverwalk; &amp; Dells, a conservation area. 10K adds route to Remick Park, with more challenging elevation. "Live in a walkable community" is motto of Littleton. Your host Diner has the best breakfast in NH says Food Network. 6K, 1B; 10K, 2B. 6a-dusk. See more info: <a href="#">Littleton Area Chamber</a>. Both 6K &amp; 10K are offered. Optional 1k from either route to add ice cream shop. Optional shorter wheelchair or stroller friendly route including the historic Main Street only is available, rated 1A, along paved surfaces. <b>No pets allowed in cemetery.</b></p>
<p><a href="#">Brattleboro, VT</a></p>	<p><b>May 1 - December 31</b></p>	<p><u>Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking America's Ports of Call, Walking the Path of Inventions</u></p> <p>Brattleboro is a lovely historic town with restaurants, coffee shops, and much Vermont charm. Our 5k highlights the downtown and a nearby residential area. The 10k explores more of the industrial history of the town, passing the Estey Organ warehouse. 5k is relatively flat, with a few small hills. 10k has more elevation. Optional 1k take the bridge to NH to see an island where a dance hall once stood, plus optional brewpub. Our host is an historic art deco hotel and theater in the center of downtown Brattleboro. (Walk box at hotel) Ask about discount for volkssporters staying at the Latchis. Parking on the street and hotel parking is very limited, but several parking lots are close by and reasonably priced. Pets not permitted in buildings. Elisha Otis, inventor of the elevator, lived in Brattleboro at one time. The Connecticut River was navigable, and a DAR marker on Main St near the Whetstone Brook Falls points to where the docks once stood. Ice Cream Shop is Blueberry Haus on Elliot St near our start. Underground RR was the Charles Frost shoemaker shop on Flat Street on 10k, opposite the Organ factory.</p>

[Chimney Point,  
VT -  
Champlain  
VT/NY](#)

**May 1 -  
November 30  
WEB  
REGISTRATION  
ONLY**

[Animal Safari, Border Crossings, Bridges -  
Spanning the USA, Honoring Our Flag,  
Lakes and Reservoirs, National Register of  
Historic Places, Points of Reference, Walking  
America's Ports of Call](#)

[WEB REGISTRATION ONLY](#)

[\(www.cva4u.org\)](http://www.cva4u.org) Start: Chimney Point, VT  
A walk history and bridge lovers will enjoy.  
The site has been important as a passage  
between shores for millenia. On both sides  
stood forts in 18th century; state historic sites  
of Crown Point NY & Chimney Point VT are  
united by the bridge. Explore both on this  
walk. Walk daylight hrs only. Historic sites  
close for season before walk does; plan  
accordingly. No free walkers for OLSB  
walks with TSVA. [Info for Crown Point, NY.](#)  
[Info for Chimney Pt VT.](#)

While beginning and ending on VT side,  
most of walk is on trails within Crown Pt.  
Historic Site in NY. Award is large beautiful  
patch of new Bridge. Bust by Rodin featured  
on lighthouse on NY side, as is sculpture of  
Samuel de Champlain. Bridge nearly half  
mile long; you cross it twice on walk;  
separate pedestrian & bike lanes. Both 5/10K  
visit both sites in both states; 10K includes  
more of Crown Point trails. Restrooms at  
Museum & grounds of Crown Pt HS; food &  
restroom at Start. Completed in late 2011, the  
new bridge replaces one imploded in 2009.  
Our choice for animal safari is Champ, the  
Champlain Monster. As of Aug 2015, Host is  
closed on Tuesdays. Check [The Bridge  
Restaurant VT](#)

[Woodstock, VT](#)

**May 1 -  
November 11**

[Bridges - Spanning the USA, Honoring Our  
Flag, Ice Cream Parlors, National Parks  
Centennial Challenge, National Register of  
Historic Places, Points of Reference, Take a  
Walk In a City Park, Trekking With the  
Trees, Underground Railroad, United States  
Post Offices](#)

This offers choice of hike up Mt Tom, a visit  
to National Park, or walk through historic  
Woodstock, noted for its shops, culture, town  
square. 11/10/8K walks 3B; 5K, 1B. Shares  
walkbox with Quechee, 8 mi. away. 9am-  
5pm daily; call before Memorial Day or after  
Columbus Day. Start at Quechee Visitors  
Center, stamp books & drive 8 mi to  
[Woodstock](#). Woodstock's Mt Tom trails are  
among our favorite walks in our club's 30  
year history. Plan to take time, & stamp your

		<p>books first so you do not have to rush to return to Quechee by closing time. Remote start by mail may be possible; contact the POC by email with as much lead time as possible. Longer trails with scenic outlooks via Mt. Tom's historic forest stands along paths &amp; carriage trails. A 5K rated 1B offering the picturesque village &amp; Nat'l Park available. Mt. Tom's 20 mi of trails &amp; carriage roads maintained by Nat'l Park Service, as part of Marsh Billings Rockefeller NHP; trails open without charge. Park has Rockefeller mansion, &amp; Billings Farm Museum, both worth a visit; admission charged. Abolitionist and Judge Titus Hutchinson had a stop on the Underground Railroad at his home on the green, at corner of Elm and Central.</p>
<p><a href="#"><u>Lincoln, NH - Franconia Notch State Park</u></a></p>	<p><b>May 1 - October 28</b></p>	<p><u>Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Walking the USA A - Z</u></p> <p>Franconia Notch St Pk voted #1 by Yankee Magazine readers; allow sufficient time to enjoy Park. Opt for relatively level, free Pemi trail, or more challenging &amp; spectacular Flume Gorge (paid area). Flume Gorge counts as 5k, 3B, pass 2 covered bridges, splendid waterfalls, interesting rock formations; more like mtn hike. Bring correct footwear/clothing &amp; water. Route steep; not recommended in wet weather. Use free bus that shortens ascent/distance. Other distances/grades available. Nice color patch A award. We have sanctioned up to 20k of the Pemi trail, for which there is no park admission. Walkers urged to stay on marked trails &amp; be cautious of weather conditions. Free park maps available at VC. IMPORTANT: Use rangers as your resource for alternate trails. Pemi has a variety of terrain and difficulty you may choose with ranger assistance. Please note start &amp; end dates dictated by weather. Check their website or call park if arriving early or late in season. There is a campground in Park. Ask about Discovery pass, which is a reduced ticket combining the Flume &amp; Cannon Mtn Aerial Tramway. We recommend a full day to enjoy Park &amp; area. If starting late or driving to another trail head, you may stamp your book &amp; pick up your award before leaving the VC. Pemi trail passes Profile Lake. There are boardwalks in</p>

		<p>the gorge. An ice cream shop at the Visitors Center.</p>
<p><a href="#"><u>Quechee, VT - Vermont's Grand Canyon</u></a></p>	<p><b>May 1 - November 11</b></p>	<p><u>Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Walk the USA - Street by Street, Walking the USA A - Z</u></p> <p>While not like Grand Canyon, AZ, this mile-long gorge is unique in New England; stunning views best seen at bridge on Rt 4 very near to Visitors Center. Trails into gorge are considered an easy hike. Campground at nearby state park. Open Daily 9a-5p; call before Memorial Day or after Columbus Day in case hours change. Get your Q in VT. Note that there is some road walking without sidewalks on part of this walk. Also close by, many stores with VT products and historic diner. In Village of Quechee, along 10k, fine dining, craft shops, &amp; historic mill area. Simon Pearce makes handblown glass &amp; pottery, and its restaurant overlooks the falls. Qualifies for hard to find "Q" in A to Z. Woodstock's Mt Tom, 8 mi away, would make great day of walking/hiking in this area. Quechee and Woodstock walks share same walkbox in Quechee. Trail starts at Visitor Cntr along Ottaquechee River, and includes stunning view into VT's deepest gorge, formed by glacial activity more than 13K yrs ago. Shorter walk goes down into gorge and back along state park area. 10k continues into Village of Q; historic buildings, craft shops, and restaurants.</p>
<p><a href="#"><u>Keene, NH</u></a></p>	<p><b>May 1 - December 31</b></p>	<p><u>Amphitheatres, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions</u></p> <p>Keene is a college town known for its beauty and music. The free Music Festival is in Aug or Sept each year. Located in the beautiful Monadnock Region. Our starting point is near the trail system. There are two 5k walks which can be walked as one 10k. The city walk includes the historic parts of town, beautiful architecture, and part of the college (KSU) campus. The other is a park walk for the special program. There is ample free parking around the CVS, and there are restaurants nearby. Store is open from 8 am to 10 pm, but walk only during daylight hours. Town walk is mostly on sidewalks or</p>

		<p>paved surfaces, relatively little elevation. The Park walk has more varied surfaces. 1A to 2B, Many buildings near Central Square on NHR including Cheshire Co Courthouse. John Wright, inventor of Wright's silver polish, was from Keene. Several Ice cream shops including Life is Sweet and Walpole Creamery. (POC recommends Walpole.) You can get Gerald R. Ford for your VP book either here or in Peterborough; as President he visited both cities in 1975.</p>
<p><a href="#"><u>White River Junction, VT - VT/NH Border Walk</u></a></p>	<p><b>April 1 - December 31</b></p>	<p><u>Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions</u></p> <p>Our White River Junction walk returns as a Border Crossing event, crossing into West Lebanon NH. Historic Railroad town in VT, with operating Amtrak train station if you want to come by rail. Our walk includes town parks and local history. Daily 7a to Dusk. POC informs us there may be construction that will affect the walk. Alternate routes may be used. Listed on the National Register of Historic Places, Hotel Coolidge is located in the heart of the village of White River Junction. Many local shops and trendy diners, cafes, a martini bar and other dining are within walking distance, right next door to the Briggs Opera House. White River Jct. is so named as it is located at the junction of the Connecticut River and the White River, in the town of Hartford VT. Considered the heart of Central Vermont and the Upper Valley Region of Vermont and New Hampshire. Our walk will cross the Connecticut into New Hampshire. Vice President Walks for Calvin Coolidge.</p>
<p><a href="#"><u>Norwich VT/ Hanover, NH - Appalachian Trail - Border Walk - Dartmouth College</u></a></p>	<p><b>May 1 - November 30</b></p>	<p><u>Appalachian Trail, Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Vice Presidential Walks</u></p> <p><a href="#"><u>WEB REGISTRATION ONLY</u></a> <a href="http://www.cva4u.org"><u>(www.cva4u.org)</u></a></p> <p>This is an Appalachian Trail event for NH only, and a border crossing. A variety of choices are available including a 3C hike of 5k, a 5k 2A town walk in either town can combined as a 10k. A walking stick and</p>

		<p>water is recommended for the hike. TSVA is happy to bring back our Hanover and Norwich walk, with a new option for AT trail hiking. Norwich can be a stand alone 5k with alternate startpoint. Similarly, a 5k Hanover walk can be done without the AT portion. For hikers, we offer a 3k hike option to Velvet Rocks shelter rated 3C. The complete circuit would be 13k. Nelson Rockefeller, Vice President under Ford, was a 1930 graduate of Dartmouth College.</p>
<p><a href="#"><u>Middlebury, VT</u></a></p>	<p><b>May 1 - December 31</b></p>	<p><a href="#"><u>Animal Safari, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the Path of Inventions</u></a>  <a href="#"><u>WEB REGISTRATION ONLY</u></a>  <a href="http://www.cva4u.org"><u>(www.cva4u.org)</u></a> Middlebury is the shire town of Addison County, and a college town of some renown. The 10k crosses the Otter Creek through an unusual double covered bridge. Pastoral scenes with some rolling hills and much flat terrain. Our former President and great friend to volkssporting, Charlotte Phillips, has allowed us to continue to run Middlebury, now through OLSB. This has been one of our favorites for 20 years. The Middlebury Inn opened in 1827 and serves a wonderful afternoon tea. John Deere, inventor, was a student at Middlebury. Many buildings in town and at college on NHR. 88 Main Street was a stop on the Underground RR. Bridges on both 5k and 10k. No pets permitted in buildings, and only part of the route is wheelchair accessible. There are no free walkers on this walk.</p>
<p><a href="#"><u>Peterborough, NH - Our Town</u></a></p>	<p><b>May 1 - October 31</b></p>	<p><a href="#"><u>Amphitheatres, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone</u></a>  <a href="#"><u>WEB REGISTRATION ONLY</u></a>  <a href="http://www.cva4u.org"><u>(www.cva4u.org)</u></a> Peterborough is an historic and attractive town in southern NH. "Our Town" by Thornton Wilder was modeled on this town. The Moses Cheney House was a</p>

		<p>station on the Underground RR. Many shops and restaurants to enjoy nearby. Our walk can be done as a 5k in town, a 6k that includes the Moses Cheney House, or an 11k with both loops. The town walk remains mostly in the historic area, while the longer walk includes some residential areas.</p> <p>Underground RR - Moses Cheney House VP: Gerald Ford (visited as President, 1975.) Ice Cream Shop is Ava Marie 43 Grove St. ; Horsehead fountain near town hall. Goes through Putnam Park. Our POC has a summer home in nearby Hancock, email and phone will reach her. No pets in buildings.</p>
<p><u><a href="#">Derby Line, VT</a></u> = <u><a href="#">International Border Walk</a></u></p>	<p><b>May 1 - November 30</b></p>	<p><u><a href="#">Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, United States Post Offices</a></u> <u><a href="#">WEB REGISTRATION ONLY</a></u> <u><a href="http://www.cva4u.org">www.cva4u.org</a></u> Our Derby Line walk is for those who want a unique border walk experience. Nearby is Newport which is on Lake Memphremagog, a resort destination here and in Canada. Derby Line is literally on the Canadian border, and Haskell library is in both countries. Those without a passport may visit the library. Those with a passport can see the rest of the community, which is almost entirely in Canada. We have permission from the CVF to continue the walk in Stanstead Quebec, but all walkers must have appropriate ID and check in at both border entries. More info on our website. There are no free walkers for this walk. PLEASE NOTE: The NEWPORT portion of this walk is temporarily unavailable, returning om 2018. The Derby Line portion of the Derby Line Stanstead walk is less than 3k; to get 5 or 10k, <b>you MUST have a passport or enhanced ID.</b> Derby Line is a very small community that is the gateway to Stanstead Quebec. Those without a passport can still enter the library to be in both countries, and earn your border crossing qualifier. Those with passports can extend their walk into Canada. Haskell Library is on the National Register. Our Newport walk will be back in 2018 as an adjunct to this to allow a full 10k (or more) in the US. Driving to a different site is required.</p>
<p><u><a href="#">Killington, VT - Appalachian Trail -</a></u></p>	<p><b>May 15 - October 30</b></p>	<p><u><a href="#">Appalachian Trail, Boardwalks, Vice Presidential Walks, Walking the USA A - Z</a></u> <u><a href="#">WEB REGISTRATION ONLY</a></u></p>

<p><a href="#"><u>Thundering Falls - Gifford Woods</u></a></p>		<p><a href="http://www.cva4u.org">www.cva4u.org</a> This is an Appalachian Trail event. The walk offers several choices of length and terrain up to 10 k. Most are 3B to 3C. Walking stick and water suggested. Sights include Thundering Falls, Kent Pond, Gifford Woods State Park, and old growth forests. You are in Coolidge State Forest, qualifier for Vice Presidents. Many lodging options nearby. Camping available at Gifford Woods State Park, open late May to mid Oct. There are no free walkers for this event. Dogs on leash only. No restrooms at start but are at Gifford Woods State Park in season.</p>
<p><a href="#"><u>Millinocket, ME - Appalachian Trail - Baxter State Park</u></a></p>	<p><b>May 15 - September 30</b></p>	<p><a href="#"><u>Appalachian Trail, Bridges - Spanning the USA, Walking the USA A - Z</u></a> <a href="#"><u>WEB REGISTRATION ONLY</u></a> <a href="http://www.cva4u.org">www.cva4u.org</a> Features two out &amp; back trails both of which originate at Daicy Pond Campground; include Big and Little Niagara Falls. Optional extension or repark to hike Katahdin Stream Falls. Iconic AT footbridges, rocks and roots on trail. Entry fee required. Consult <a href="#"><u>park website</u></a>. Beautiful waterfalls reward you on this easy hike in Baxter State Park. Walking stick, sturdy foot gear, water, and bug dope recommended. We have sanctioned up to 20k, but consult with park materials to design your hike safely and for conditions. This event has no free walkers. Campers do not pay additional entry or parking fee.</p>

*Last Updated: Tax Day April 17, 2018*