



Green Mountain *National Forest*

Caring for the Land and Serving People

Mountain Biking

General Forest Information:

Non-motorized off-road vehicles, such as mountain bikes, are limited to trails specifically signed open to mountain bikes and Forest Service Roads open to vehicular travel.

Bicycle use is specifically prohibited on the Appalachian/Long Trail, its side trails, Wilderness Areas, Primitive Areas, and Special Areas.

North Half of the Green Mountain National Forest:

Ash Hill (Rochester): The trail passes through abandoned fields, woods, and a series of old meadows before descending sharply to Corporation Road. You can turn around before the steep descent or complete the loop by traveling on paved roads to return to the trailhead. The total distance is 8.5 miles, and the maximum elevation change is 800 feet. Average ride time is 2 – 2 ½ hours for the loop.

Contest (Pittsfield): Much of the trail follows old woods roads, with a portion as single track across a somewhat rough surface. Near the southern end, the trail passes through a large abandoned field with spectacular views. The total distance is 3.25 miles and the maximum elevation change is 700 feet. Average ride time is 1 – 1 ½ hours.

Chatfield Loop (Ripton): The trail begins on FR 67 (Brooks Road) at the Chatfield Parking Area. The trail is wide with gradual ascents and descents through various timber communities. Total loop distance is 12.5 miles and maximum elevation change is 400 feet. Average ride time is 3 – 4 hours.

Lefferts Pond (Chittenden): There is a loop opportunity around Lefferts Pond by connecting the Round Robin Trail, Lefferts Pond Trail, and a section of Wildcat Rd. The trail has gradual ascents and descents to the intersection with Wildcat Rd. The trail is wide and gently rolling through the woods. Maximum elevation change is 200 feet. Average ride time is 1 – 1 ½ hours.

Leicester Hollow (Leicester): The trail follows Leicester Hollow Brook and crosses it many times as it ascends easily to Silver Lake. The trail ends at the Silver Lake Trail, near the dam, at 4.8 miles. The maximum elevation change is 250 feet and average ride time is 2 – 2 ½ hours.



U.S. Department
of Agriculture

Green Mountain & Finger Lakes National Forests

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Minnie Baker (Leicester): The trail climbs steeply in several pitches from route 53 and then descends to the Leicester Hollow Trail on a long downgrade with a hairpin turn. The length is 1.2 miles and maximum elevation change is 800 feet. Average ride time is $\frac{3}{4}$ – 1 hour.

Pine Brook (Rochester): The trail begins on FR 42, continues on FR 62, then crosses Pine Brook and a couple of smaller streams on trail bridges. The trail continues through a young hardwood forest, gradually descending along Pine Brook, then passes through an old hemlock forest. Next it descends sharply for a short distance and finally intersects with Bingo Road (FR 42). **Caution: There is a closed gate at the bottom of the hill on the Pine Brook Trail.** The gate is closed to protect the soft roadbed from vehicle traffic. The length is 5.0 miles and the maximum elevation change is 500 feet. Average ride time is 2 – 2½ hours.

Silver Lake (Salisbury): The trail follows an old carriage road from the Falls of Lana parking area past the Falls of Lana and Silver Lake to the Goshen parking area. The trail goes uphill all the way and is fairly steep from Route 53 to Silver Lake. The maximum elevation change is 850 feet and average ride time is 1 – 1½ hours.

South Half of the Green Mountain National Forest:

Forest Road 341 (Stratton): This road, also known as the International Paper or I.P. Road, can be accessed from the Stratton-Arlington Road (Kelley Stand Road) on the south and the Kendall Farm Road on the north. This road is open to mountain biking when not in use as a snowmobile trail. It is a 18.6-mile ride on a hard, gravel road surface that is rated moderate. Rules and regulations are posted by the New England Mountain Bike Association (NEMBA). Please adhere to these rules, so that the road can remain open for future use. Maximum elevation change is 1227 feet. Average ride time is 4 – 6 hours.

Other Resources:

- Individual Mountain Biking Recreation Opportunity Guides
- Leave No Trace Recreation Opportunity Guide
- Outdoor Safety Recreation Opportunity Guide

For More Information:

Manchester Ranger District, 2538 Depot St., Manchester Center, VT 05255, (802) 362-2307

Middlebury Ranger District, 1007 Route 7 South, Middlebury, VT 05753, (802) 388-4362

Rochester Ranger District, 99 Ranger Rd., Rochester, VT 05767, (802) 767-4261

Rutland Supervisor Office, 231 North Main St., Rutland, VT 05701, (802) 747-6700