

Forest Meadows Loop

Class 1, 0.6 miles

80' vertical

0.4 hours



Summer House Loop

Class 1, 1.2 miles

90' vertical

0.9 hours



Both hikes begins at the information kiosk ($41^{\circ}43'57.8''N$ $72^{\circ}57'19.4''W$) in the southwest corner of the Sessions Woods parking lot.

The hike on the Forest Meadows Trail starts on the paved drive that runs parallel to the Sessions Woods main building on the south side. Continue past the gate onto the gravel road for the trail. There is a fork in the trail for a left turn or straight ahead. Either way will return you to the gate in 0.6 miles. Be sure to read the many informational kiosks along the way.

To start the trail to Summer House, walk southeast, past the Beaver Pond Trail sign. The trail becomes a gravel road, starting after the gate. At 0.2 miles, notice the woods trail entering on the right, as the Beaver Pond Trail turns sharp left (you will use this trail on the return). At 0.4 miles turn right onto the short path to Summer House, and one of the best views in Burlington. Return to the Beaver Pond Trail, turning left. At 0.6 miles, after just passing the sign for the Outdoor Classroom, turn left onto the wide connecting trail. At 0.7 miles, turn left onto the Forest Meadows Trail, which present wildlife management practices. At 1.2 miles you return to your car.

Sessions Woods has 2 nature guides that add to your your hike:

A Tree Identification Trail Guide: <http://www.fosw.org/publications/TreeID.pdf>

A Bird Identification Guide: <http://fosw.org/publications/BirdList.pdf>