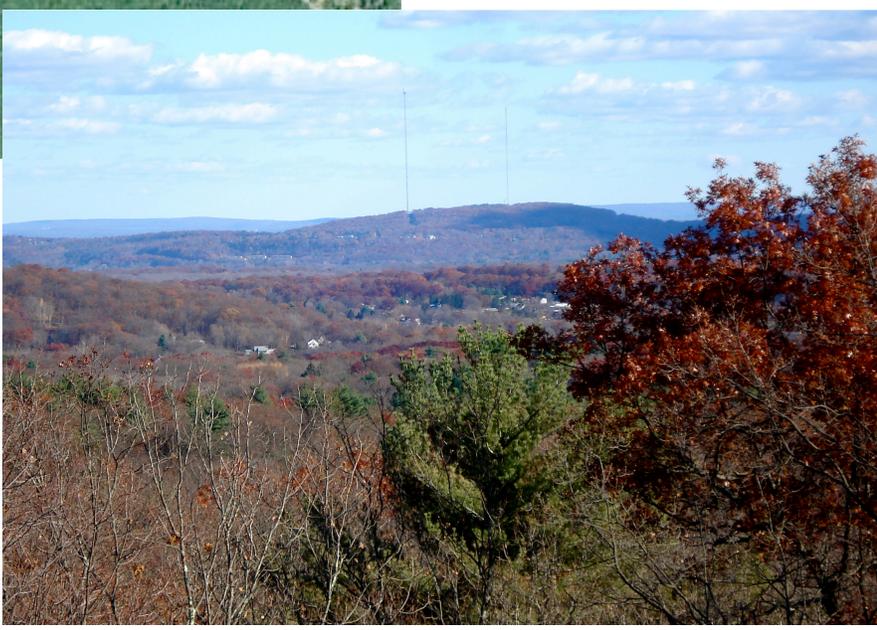


Sessions Highlights
Loop:
Class 1
3.4 miles
675 ' vertical
1.8 hours

View from Lookout Tower



The hike begins at the flag pole in Sessions Woods (41°43'57.8"N 72°57'19.4"W). Walk northwest past their buildings to the gate at the start of the Beaver Pond Trail. The trail is 2.6 miles long from this gate to the ending gate near your car. The complete Highlights Hike adds 0.8 miles with 6 short “out and back” hikes, plus some extra elevation with the trail to the Lookout Tower and Waterfall. This is the only trail in Burlington with two great view locations.

1. The Boardwalk to the new bird blind is a perfect place to connect with nature.
2. The Vernal Pool is best experienced in the early spring when you can hear & see the peepers.
3. The second Wildlife blind is on a much smaller body of water & features a bat house.
4. The Lookout Tower provides great views to the east and it identifies the mountains.
5. The Waterfall Trail is best experienced in the spring when the stream is full.
6. Summer House provides a great view of Meriden Mountain and points to the south.

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>