



<--- Examples of the new bike or hike trail markers

Hike / Bike
Adventure Trail 101
 formally White #1 Adventure Loop
Class 1
3.6 miles
770' vertical
1.9 hours
90% bike trail
100% combo loop

The White Trail (W) was the original well engineered mountain bike trail from Sessions woods. The early painted white rectangles are now being replaced with white plastic diamonds. Hikers should respect this trail by stepping aside to allow any bikers to pass. Bikers should also respect the hiking trails, by avoiding some loops. This one, however, has only 0.3 miles of a fairly wide hiking trail, so with some mutual respect, everyone will have a positive experience.

The hike begins at the flagpole for Sessions Woods (41.732830, -72.955389) It is called Adventure Trail 101 because about 1.6 miles of this bike trail is not marked with any trail blazes. You have to focus on following the most well used path. Your eyes and ears for route 69 and Whigville Brook also help to keep you on track. The skills you develop here, will help you in the last 2.0 miles when there are more unmarked bike trails crossing the marked W trail and bike trail markers are very far apart compared to hiking trails.

Start at the north gate of Sessions Woods and follow the Blue/Yellow (B/Y) trail north. At 0.2 mile you will cross route 69 & Reservoir Road to continue on the B/Y trail. At 0.3 you reach a 3 way fork. Bear to the far left on the unmarked bike trail (Do not follow the center B/Y trail up a 6 foot slope or an old dirt road that goes straight). Follow this well beaten path located between route 69 and Whigville Brook. Do not cross this brook until 1.3 miles when you reach a quality 3 foot wide wooden bridge about 50 feet east of route 69. Just past this bridge is a junction with another unmarked bike trail. Continue straight, staying parallel with route 69. At 1.5 miles turn left on the well marked Blue/Orange (B/O) trail and cross route 69 going west. Follow the white diamond bike trail south from Scoville Road. At 1.7 miles you cross a narrow wooden bridge which was built for the B/O trail. After this crossing, turn right on the winding W trail, as the B/O continues straight. Follow the W trail passing a bike trail kiosk before crossing East Chippens Hill Road at 2.0 miles. The W trail soon crosses a small 2 foot wide bridge as it begins to wind up a slope. Follow the tread of the most heavily used trail while always looking for the white painted blazes or the new white diamonds about every 50-100 yards. There are many unmarked cross trails which you need to avoid. Always search for the next W blaze. On the satellite map notice the trail has a number of 180 degree switchback turns. The sounds of traffic on route 69 provides good feedback. At 3.5 miles you will reconnect with the B/Y trail on the Beaver Pond Trail in Sessions Woods. Turn left to return to your car.