Sessions Big & Little Loops: Class 1: 2.6-3.2 miles, 565-645' vertical; 1.2- 2.0 hours



## Beaver Marsh >

Beaver Marsh is the large body of water seen at the western most point of the Beaver Pond Trail. It gets the name from the residents located in the middle of the marsh.

> Mileage summary Beaver Pond Trail = 2.6 Forest Meadow Trail = 0.6 combined total = 3.2



The hike begins at the information kiosk (41°43'57.8"N 72°57'19.4"W) in the southwest corner of the Sessions Woods parking lot. Walk northwest past their buildings to the gate at the start of the Beaver Pond Trail. The Big Loop is 2.6 miles long from this gate to the ending gate near your car. I prefer hiking in this direction because of the early warm up climb and the level ending to cool down. It can be hiked in either direction. The Forest Meadows Trail, is the Little Loop and adds 0.6 miles with 80' of elevation change. The major benefit of both of these wide gravel based trails is they provide very good footing and can be used year round. They are not muddy, rocky, or overgrown. When snow is added, they become great for snow shoeing or skiing. There is a narrow trail located behind the Sessions Woods building that connects both trails.

Sessions Woods has 2 nature guides that add to your your hike: A Tree Identification Trail Guide: <u>http://www.fosw.org/publications/TreeID.pdf</u> A Bird Identification Guide: <u>http://fosw.org/publications/BirdList.pdf</u>

Alan M. Perrie 6-12-16