

July 25, 2009

2967 US Route 302/Scott Memorial Highway  
Groton, VT 05046



Start point - our host

The Upper Valley Grill & General Store, Bill Kane, owner & chef.

The name describes it: sit in and eat breakfast, lunch, and/or dinner; or order and take out a 'picnic lunch' and eat it on one of the two walks. It carries most everything from A to Z, so if you forget something don't worry - they probably carry it. Say 'Hi!' to Bill too. Rest rooms inside but none on the trail.

**From the east:** coming north or south on I-91 take exit 17 (Wells River, Groton); go west on US Route 302/Scott Memorial Highway approximately 10.2 miles to the village of Groton; continue west from the center of the village approximately two miles to the Upper Valley Grill & General Store which is just a few hundred yard east of the intersection of Vermont 232.

**From the west:** take US Route 302 from Barre, VT approximately 19.6 miles east to the Upper Valley Grill & General Store, just a few hundred yard east of the intersection of Vermont 232.

Start 9 - 11 am and finish by 3:00 pm.

Be careful crossing all road!

“Forest trail” - leave parking lot and cross over to the north side of US Route 302; go west approximately 500 yards across Vermont 232 to Wilson Road, which is just beyond 232; take a right and go uphill on Wilson Road for about 100 feet and then a right onto the Cross Vermont Trail (CVT - old Montpelier-Wells River Railroad Bed); follow railroad bed (CVT) across route 232, along Ricker Pond, through the Ricker Pond State Park (Campground) to a dirt road crossing (Lakeside Drive) which is the turnaround - a total of 3.2 miles; stamp start card; return by same route to start point. There are public restrooms along the railroad bed in Ricker Pond State Park.

“Village walk” - leave parking lot and walk east on south side of US Route 302 approximately 25 yards to snowmobile bridge (Stephen Hatch Memorial Trail); cross over bridge and go uphill and bear left onto the abandoned railroad bed (old Montpelier-Wells River Railroad Bed); at the next road crossing the railroad bed becomes the Cross Vermont Trail (CVT); the CVT goes into Groton; onto Little Italy Road and then follows the rail bed along fields to a yellow barn which is the turnaround - a total of 3.1 miles; stamp start card; return by same route to start point.

Our other two other one day walks will be August 22, Chester, VT; and October 18, Vergennes, VT.

All of the below accommodations are less than 5 miles from start point:

Inn - Seyon Lodge State Park, 2967 Seyon Pond Road, 802-584-3829; a delightful, rustic inn with a great young hostess and wonderful food.

Camping - Ricker Pond State Park, 802-584-3821; Stillwater State Park, 802-584-3822; Kettle Pond State Park, 802-264-3042; New Discovery State Park, 802-264-3042; and Big Deer State Park, 802-584-3822.

Cottages and cabins: Ricker Pond State Park, 802-584-3821.

Questions? Contact Paul Berlejung at 802-584-3595 or at [hpaulberlejun@juno.com](mailto:hpaulberlejun@juno.com).

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