



Biking Guide



PLEASE NOTE:

Distance and biking times are estimates for a complete ROUND TRIP journey. Bicycle within your ability level. These are suggested biking routes and conditions change daily.

Stowe Area Association assumes no liability for any injury sustained on any one of these rides. Trail conditions will vary according to location and weather.

Please do not ride on wet trails. It causes erosion and exposes roots, harming wildlife and creating the need for trail work. Most of the trails in town are maintained on a volunteer basis, so please do everything you can to help keep them functional and fun! Mountain Bike Trail maps are available for purchase at the Visitor Center (51 Main St.), at any of the area bike shops, and at several other retail stores. Visit GoStowe.com/MTB for more information on mountain bike trails.

Please plan accordingly: be aware of your surroundings, pack layers, bring extra food and water, a cell phone, be aware of wildlife, and wear a helmet. Please stay on the trails, respect private property, leave no trace, and obey all traffic laws.

EASY RIDES

1. ALEX'S TRAIL - MOUNTAIN BIKE

Distance: 1½ miles
Time: 30 minutes
Climb: N/A

*"Alex's Trail is a great place for beginner mountain bikers..."
~Stowe Mountain Bike Club*

To trailhead: From Stowe Village, take Rte. 100 south 2.5 miles then turn right on Moscow Road. After 0.7 miles turn left onto Adam's Mill Road. Follow Adam's Mill Road by turning right at the first fork (staying straight puts you on Barnes Hill). Park at the end of the road in the gravel pit. The trail starts in the left corner of the lot. This trail is a short loop beside the Little River with little to no gain in elevation.

2. KIRCHNER WOODS - MOUNTAIN BIKE

Distance: 2 miles
Time: 30 minutes
Climb: 200 feet

*"Jerry's trail has a mellow uphill approach to the old sugar house... Lower Bucket Trail is a great way to experience a comfortable climb that consists of small bridges, roots, and rock roll-overs."
~Bike Stowe*

To trailhead: From Stowe Village, head east on Main Street. Turn right onto School Street. Continue 0.3 miles before veering left onto Tabor Hill Road. Continue about 0.9 miles to find the marked parking lot on the left. This property, owned by Stowe Land Trust, contains a network of varying trails including Jerry's Trail (0.27 miles), Lower & Upper Bucket Trail (0.6 miles), and Sugar House Loop, a wide XC trail with single track (0.3 miles). Bikes are not allowed on or past the Maple Rise trail.

3. TRAPP FAMILY LODGE - MOUNTAIN BIKE

Distance: 1 to 20 miles
Time: Depends upon trail (Less than an hour to 4 hours)

To trailhead: From Stowe Village, head west on Main Street to the 3-way stop. Turn right onto Rte. 108. Continue 2 miles then take a slight left onto Luce Hill Road. Continue on this road for 1.4 miles before turning left to continue onto Trapp Hill Road. Parking for the trails is past the lodge on the right. Trapps offers (for a day pass of \$10/rider) 1 mile of intermediate single-track, 5+ miles of intermediate/expert single-track, and 20 miles of beginner to advanced double-track trails.

4. RANDOLPH ROAD LOOP – ROAD

Distance: 13 miles
Time: 1 hour and 15 minutes
Climb: 100 feet

To parking: From Stowe Village, take Rte. 100 north 3 miles then veer right onto Randolph Road. Once on Randolph, take the first right turn onto Moss Glen Falls Road and proceed 0.6 miles to a small parking area on the left. *On your bike:* Continue up Randolph Road. After 6 miles, you will reach the intersection of Randolph and Rte. 100. Turn around here and continue back the way you came or turn left onto Rte. 100 and come back on the highway. This is a fairly easy ride on paved roads with a few small hills and occasional traffic.

5. STOWE RECREATION PATH – PAVED

Distance: 11 miles
Time: 1 hour and 30 minutes

To parking: From Stowe Village, head east on Main Street to the white steeple Church. Turn left into the driveway on the right side of the church and continue down the hill behind. The parking lot for the beginning of the path is at the bottom. This is a paved path separate from the road that weaves through the woods, crosses over Mountain Road a few times, and contains numerous wide bridges with access to river swimming spots.

6. WEST HILL LOOP – ROAD BIKING

Distance: 5.5 miles
Time: 45 minutes
Climb: 500 feet

Be cautious of traffic on Route 100 and please remain in single file if biking with a group

To parking: From Stowe Village, head west on Main Street to the 3-way stop. Turn right onto Rte. 108. Continue 0.5 miles, then turn right onto Weeks Hill Road. Proceed 0.3 miles before turning right onto Mayo Farm Road. The parking lot is directly on the left after turning. *On your bike:* Turn [right] back onto Weeks Hill Road, and continue 1.1 miles. Veer right onto Percy Hill Road, at the farm, and proceed 0.6 miles to the bend of West Hill Road. Turn right and bike 2.1 miles, continuing past Stowe Polo Fields and Shaw's Supermarket. At the stop sign, turn right onto Rte. 100, Maple Street, and proceed 0.8 miles into the village. At the 3-way stop, turn right onto Rte. 108. Continue 0.5 miles, then turn right onto Weeks Hill Road and ride back to the parking lot. This is a short, fairly easy ride on paved roads, with the most traffic on the short segment of Route 100.

MODERATE RIDES

7. COTTON BROOK LOOP – MOUNTAIN BIKE TRAIL

Distance: 10 miles
Time: 2 hours
Climb: 1000 feet

To trailhead: From Stowe Village, take Rte. 100 south 2.5 miles then turn right on Moscow Road. Continue 2 miles to the intersection of Moscow and Nebraska Valley Road. The parking area is on the right. The trail begins down the road at the gate. *On your bike:* Continue up Cotton Brook Road 8 miles then loop back to the start on Foster Farm Trail. The beginning of this ride is perfect for beginners due to the wide double-track dirt road running alongside the river. Once the trail heads away from the river, it climbs upward. Foster Farm Trail contains more rocks, roots, and narrow turns.

8. STERLING FOREST – MOUNTAIN BIKE TRAIL

Distance: 10 miles
Time: 1 to 3 hours
Climb: 700 Feet

| Please don't ride Marston if it is wet at all!

To trailhead: From Stowe Village, take Rte. 100 north 1.7 miles then turn left onto Stagecoach Road. Continue 1.7 miles then turn left onto Sterling Valley Road. Continue 2.7 miles to the Sterling Forest Parking Lot. From there, continue 0.25 miles across the bridge to the trailhead on the right. This trail network includes Maple Run, Billings Road, Eight Bridges, and Marston for intermediate riders. Loop into Sterling Run and Lauren's Loop from Billings for a more advanced ride. Trail begins as double-track and spurs into single-track trails meandering through woods with roots and rocks.

9. ADAM'S CAMP – MOUNTAIN BIKE TRAIL

Distance: 5 miles
Time: 1 to 2 hours
Climb: 800 feet

To trailhead: From Stowe Village, head west on Main Street to the 3-way stop. Turn right onto Rte. 108. Continue 5 miles then turn left onto Ranch Brook Road [the first left after the Matterhorn]. Follow the road to the right, continuing past the red house. The parking area and trailhead is 0.25 miles further. This trail network includes Derby, Hardy's Haul, Double Bypass, Ranch Camp, and the twisting Kimmer's trail, creating a challenging double and single-track loop with roots, plank bridges, and large rocks.

10. STOWE-MORRISVILLE LOOP – ROAD BIKING

Distance: 20.8 miles
Time: 2½ hours
Climb: About 800 feet

To parking: From Stowe Village, head east on Main Street to the white steeple Church. Turn left into the driveway on the right side of the church and continue down the hill to the Recreation Path parking. On your bike: Continue back up to Main Street. Turn left and follow Rte. 100 north for 2.5 miles then veer right onto Randolph Road. Follow this fairly flat road for 6 miles then merge right onto Main Street in Morrisville [at the island]. Continue 0.2 miles to the 4-way stop. Turn left onto Portland Street then left again past the movie theatre, following the signs for Rte. 100. At the next intersection, continue straight onto Bridge Street (be cautious, you don't have the right-of-way here). Proceed 0.7 miles, crossing Lake Lamoyille then turn right onto Cady's Falls Road. Continue 0.4 miles before turning left onto Stagecoach Road. The hills begin here! Proceed 7 miles, straight through Morristown Four Corners then merge right onto Rte. 100 and continue 1.6 miles back into Stowe Village.

11. MOSCOW-RECREATION LOOP – ROAD

Distance: 14.6 miles
Time: 1 hour and 50 minutes
Climb: N/A

| Be cautious of traffic on Route 108 and please remain in single file if biking with a group

To parking: From Stowe Village, head west on Main Street to the 3-way stop. Turn right onto Rte. 108 and continue 2 miles before turning left onto Luce Hill Road. Continue 0.2 miles then turn right into Chase parking [for the Rec Path]. On your bike: Continue 0.3 miles up Luce Hill Road, then turn left onto Barrows Road. Bike 1.8 miles, down the length of Barrows, until you reach Moscow Road. Turn left and continue 1.5 miles. At the intersection of Moscow Road and Rte. 100, turn left onto Rte. 100 and pedal 2.2 miles into the village of Stowe. At the 3-way stop, turn left onto Rte. 108. Bike 0.5 miles, taking the first right-hand turn onto Weeks Hill Road. Proceed 0.4 miles, then turn left onto Cape Cod Road. Continue 1.2 miles. Upon reaching Rte. 108, turn right and pedal 2.6 miles. Just past the Nordic Barn and Topnotch Fields, turn left onto Brook Road. Right before the covered bridge, turn left onto the Stowe Rec Path and finish off your ride with a picturesque 4 mile ride through the woods, on Stowe's famous paved recreation path, which will bring you full circle back to the parking lot.

INTERMEDIATE & ADVANCED RIDES

12. CADY HILL – MOUNTAIN

Distance: 11 miles

Time: 1 to 3 hours

Climb: About 300 feet

To trailhead: From Stowe Village, head west on Main Street to the 3-way stop. Turn right onto Rte. 108 and continue 0.8 miles. The parking lot is on the left, across from the Town & Country Motor Inn. This trail network contains Squirrel Land, Green Chair, Bridgey, Charlie's, Arynn's Loop, Zog's, and Schween Haus Loop. The yellow and blue trails contain the traditional rocky, rooty single-track with narrow curves and steep chutes. Zog's and Schween Haus contain more technical, old school single-track trails with more climbs.

13. PERRY HILL – MOUNTAIN

Distance: 15 miles

Time: 1 to 3 hours

Climb: 2,400 feet

To trailhead: From Stowe Village, take Rte. 100 south 10.1 miles, just past the interstate entrances. Turn left onto Rte. 2 (N Main Street) and then take the first right onto Winooski Street. Continue 0.4 miles then turn right onto River Road. Drive 0.25 miles. Park by the dirt jumps. This trail network contains a double-track Main Climb that provides access to single-track Rastaman, Campfire, first born, Scotch Tape, Joe's, Permission, and Burning Spear. As you can judge by the names, these trails are narrow, steep, rocky, twisted, and rooty. Don't miss it if you're up for the challenge!

| *Perry Hill CLOSED November 1st – May 30th*

14. THE FIFTEEN HUNDRED-ER LOOP – ROAD

Distance: 42.9 miles

Time: 5 hours

Climb: About 3,000 feet

To parking: From Stowe Village, head east on Main Street to the white steeple Church. Turn left into the driveway on the right side of the church and continue down the hill to the Recreation Path parking. *On your bike:* Turn right onto Main Street. At the 3-way stop, turn right onto Rte. 108 and continue 17.6 miles over the mountain[!] and into Jeffersonville. At the intersection of 108 and Rte. 15, turn right onto Rte. 15 and bike 15.3 miles. This will take you through Johnson and into Morrisville. Just past the Maplefields gas station in Morrisville, turn right at the 3-way stop light onto Rte. 100 (Brooklyn St.). Continue following Rte. 100, turning left onto Bridge Street and right onto Lower Main Street/Rte. 100 at the 4-way stop. Proceed 8.7 miles on Rte. 100. This will bring you back to the village of Stowe.

| *This loop is lovely in reverse if you prefer a steady, gradual climb up Mt. Mansfield from the Jeffersonville side*

15. THE CAPITOL LOOP – ROAD

Distance: 58.2 miles

Time: About 6 hours and 15 minutes

Climb: N/A

To parking: From Stowe Village, head east on Main Street to the white steeple Church. Turn left into the driveway on the right side of the church and continue down the hill to the Recreation Path parking. *On your bike:* Turn left onto Main Street/Rte. 100 N. Continue 2.9 miles then veer right onto Randolph Road. Continue following Randolph Road for 6.5 miles. Merge right onto Lower Main Street/Rte. 100 N in Morrisville. At the 4-way stop, continue straight then veer right at the fork following Upper Main Street onto Rte. 12. Proceed 25.9 miles on Rte. 12 [through moose country into the Vermont state capitol: Montpelier]. At the intersection of Elm & Spring, stay straight following Elm Street to its end. Turn right onto State Street. Take a rest in front of our State House then pedal 12.5 miles on State Street/Rte. 2 West into Waterbury. At the 3-way stop [next to The Reservoir Restaurant] turn right onto Stowe Street and bike 0.8 miles. At the 4-way stop, turn right onto Rte. 100 and proceed 9.5 miles back to the Rec Path parking area.

| *This ride takes you past the State House, Green Mountain Coffee, Ben & Jerry's, the Cabot Cheese & Lake Champlain Chocolates Annex, and Cold Hollow Cider Mill ☺*