



## Hike / Bike Adventure Trail 101

**Class 1**  
**2.7 miles**  
**370' vertical**  
**1.8 hours**  
**80% bike trail**

It is called the Adventure Trail 101 because 1.2 miles of this trail is not marked with any trail signs or markers. You have to focus on following the most well used path. Your eyes and ears for route 69 and Whigville Brook will also help to keep you on track. You will discover the skills that Daniel Boone had to learn in the 1700's.

This Adventure Trail should be easy to follow most of the year, except during fall leaf season and after a fresh snowfall.

The hike begins at the flagpole for Sessions Woods ( 41.732830, -72.955389 ) Hike past the north gate and turn right to follow the Blue/Yellow (B/Y) trail north. At 0.2 miles cross route 69 and 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 avoiding an unmarked trail that goes toward route 69 and another one that goes to Whigville Brook. At 1.2 miles cross a quality 3 foot wide bridge over Whigville Brook. 50 feet after this bridge, turn right at a trail junction. At 1.5 miles this unmarked trail reaches a "T" junction with 3 white signs. Continue straight, heading to the Ball Fields, as shown on the sign. You will be hiking on the first mountain bike trail in Burlington. It was created in 2013 to connect Sessions Woods and the Nassahegon Ballfield At 1.55 miles you will see a painted white blaze that marks this trail, which is followed by 9 other blazes including the new white plastic diamond blazes. At 2.0 miles turn right onto the very well marked B/Y trail. At 2.1 miles, you cross an earthen dam built in the 1800's that provided water power for the mills in Whigville to the south. At 2.2 miles you reach Burlington's Big Bridge (BBB) which was built in 2022. Take time to discover the substructure and marvel how they were able to construct it without bringing it in by helicopter. On the west side of the bridge observe the historic power canal that carried water power to Whigville. Continue following the B/Y trail across route 69 at 2.5 miles, and return to your car at 2.7 miles.