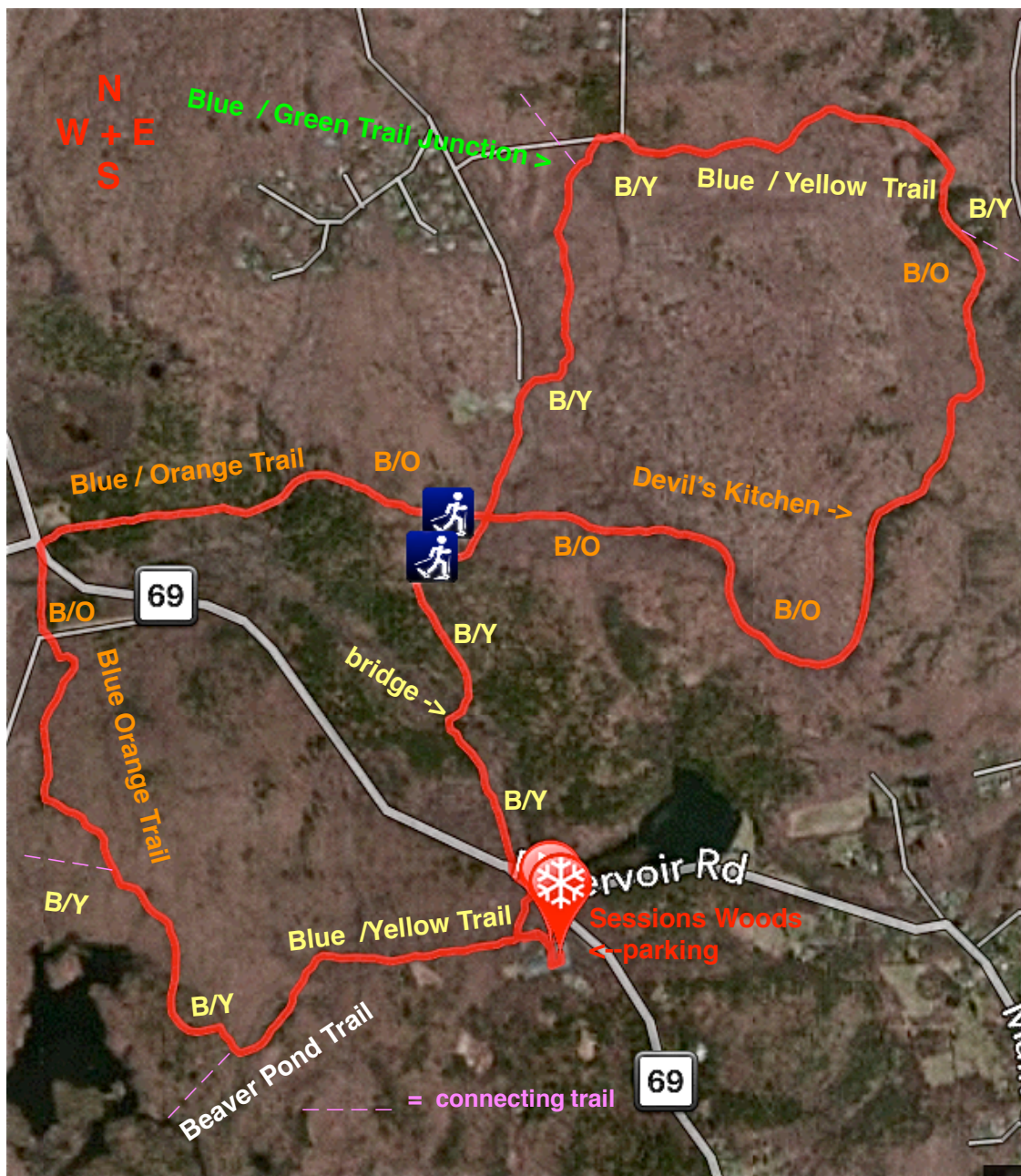


**Figure 8 Loop:  
Class 1  
6.4 miles  
1,660' vertical  
3.3 hours**



**Devil's Kitchen**

Mileage summary  
hike B/Y north to bridge at 0.5 >  
turn right on B/O at 0.9 >  
turn left onto B/Y at 2.5 >  
turn right onto B/O at 3.9 >  
cross route 69 at 4.7 >  
turn left onto B/Y at 5.4 >  
return to your car at 6.4.

The hike begins at the Sessions Woods flagpole ( 41.732830, -72.955389 ). Walk northwest through the parking lot to the gate at the start of the Beaver Pond Trail. 50 feet past the gate is the junction with the Blue / Yellow Trail (B/Y). Turn right onto the B/Y trail, crossing route 69 to reach the new bridge across Whigville Brook at 0.5 mile. Cross the bridge and 150 feet of an old earthen dam. At 0.6 miles turn left on a dirt road section of the B/Y. At 0.9 miles turn right onto the Blue / Orange Trail (B/O). At 1.6 miles you will hike up through a box ravine known as Devil's Kitchen. The name was created to describe the "devilish" steep boulder hop that lasts for about a half mile. It will get your heart pumping. At 2.5 miles turn left & ascend on the B/Y trail. You will soon be hiking by one of the deepest kettle holes in Burlington. At 3.2 miles continue straight past the junction sign for the Blue / Green Trail and begin to descend. At 3.9 miles turn right at the 4 way junction with the B/O trail. Cross route 69 at 4.7 miles and left at the junction with the B/Y trail at 5.4 miles. The B/Y trail merges onto the Beaver Pond Trail of Sessions Woods at 5.8 miles. You will return to your car at 6.4 miles.