



Hike / Bike Adventure Trail 105

Class 1
3.0 miles
850' vertical
1.7 hours
60% bike trail
100% combo loop



The White Diamond and Blue/Yellow trail markers

This loop hike is called the Adventure Trail 105 because 0.65 miles of this trail is unmarked and has a more narrow tread than the wide White Diamond bike trail (W). This narrow trail section would be easier to follow for the first time in the late spring & summer. It would be a good idea to complete Adventure Trails 101-104 before hiking this one.

The hike begins at the information kiosk near the flagpole for Sessions Woods (41.732830 -72.955389). Hike along the south side of the Sessions Woods building, turning north to pass the large picnic pavilion onto an unmarked short trail. Turn left at the "T" junction with the Blue/Yellow Trail (B/Y) and the White Diamond bike trail (W). As you reach the first highpoint (0.2 miles), turn right onto the wide White Diamond bike trail (W) as the B/Y continues straight. This trail also has the original painted white rectangles as trail markers. At 0.4 miles make a 90° right turn, which is well marked, to stay on the W trail as an unmarked trail goes straight. At 1.1 miles turn 45° left onto a 2 foot wide unmarked trail while the W continues straight. At 1.3 miles bear 20° left at a "Y" junction to continue on this unmarked trail, while another trail connects on the right. At 1.5 miles turn 90° left at a "T" junction to continue on this unmarked trail, while another trail connects on the right. The trail then makes a large switchback before reaching another "T" junction at 1.7 miles with another unmarked trail. Turn 90° left, and in about 100 feet, you reached another "T" junction, but with the very well marked and used Blue/Orange trail (B/O). Turn 90° left and follow the B/O trail to the "T" junction with the Blue/Yellow trail (B/Y) at 2.0 miles. Turn left onto the B/Y and reach a "T" junction with gravel Beaver Pond Trail (BPT) at 2.4 miles. Turn left and follow the B/Y trail and the BPT back to Sessions Woods. At 2.9 miles make the 90° right turn onto the short unmarked trail you used at the start of your hike. Return to your car near the flagpole at 3.0 miles.