



Hike / Bike Adventure Trail 103 Class 1 3.4 miles 710' vertical 1.9 hours 90% bike trail 100% combo loop

The White Trail (W) was the first well engineered mountain bike trail in Burlington formed in 2013 going from Sessions Woods to the Nassahegon Ballfield. The early painted white rectangles are now being replaced with white plastic diamonds, some with direction arrows. (note photo) Hikers should respect this trail by stepping aside to allow any bikers to pass. Bikers should also respect hikers, by avoiding most hiking trails. This hike has 2 short sections where they merge.

← Examples of both trail markers

The hike begins at the flagpole for Sessions Woods (41.732830, -72.955389) It is called Adventure Trail 102 because 1.2 miles are an unmarked bike trail and 2 miles have bike trail blazes that are very far apart . You have to focus on following the most well used path. Your eyes and ears for route 69 and Whigville Brook also help to keep you on track. The skills you develop here, will help you in the last 2.0 miles when there are many unmarked bike trails crossings of the marked W trail.

Start at the north gate of Sessions Woods and follow the Blue/Yellow (B/Y) trail north. At 0.2 mile you will cross route 69 & 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 located between route 69 and Whigville Brook. Do not cross this brook until 1.3 miles when you reach a quality 3 foot wide wooden bridge about 50 feet east of route 69. Just past this bridge is a junction with another unmarked bike trail. Continue straight, staying parallel with route 69. At 1.5 miles turn left on the well marked Blue/Orange (B/O) trail and cross route 69 going west. Follow the B/O trail south from Scoville Road. At 1.7 miles, the White bike trail (W) merges with the B/O as you cross a narrow wooden bridge. 50 feet past this bridge the B/O continues straight and the W trail bears right to parallel the B/O trail. At 1.8 the W trail turns 90° left passing a bike map kiosk and crosses East Chippens Hill Road at 2.0 miles. The W trail soon crosses a small 2 foot wide bridge as it begins to wind up a slope. Follow the tread of the most heavily used trail while always looking for the white painted blazes or white diamonds about every 50-200 yards. Also look behind you, on the back side of a tree. There are many unmarked cross trails which you need to ignore. Major turns are identified. Always search for the next W blaze. On the satellite map notice the trail has a number of major 180 degree switchback turns on the W trail. At 3.3 miles you will reconnect with the B/Y trail on the Beaver Pond Trail in Sessions Woods. Turn left to return to your car.