Several nice views can be found along the way, as well as remnants of ALPINE TRAIL: 1.7 miles, Difficult. Hump summit across an old beaver pond. The southern end of the trail ends at Glen Lodge at 10.6 miles, and junctions with the Beane, Hedgehog Gap. Along the way you will pass over five mountain peaks, Birch summit from the parking area on Route 17 at the top of Appalachian Mountains. The trail joins with the Alpine, Burrows and Monroe Trails as you pass over Gleason Brook at 0.6 mile, a spur trail to use the parking lot on Duxbury Road near the Winooski River. It is 0.3 miles, right, to the summit.

ALPINE TUNDRA

This lightly used trail starts out from side of Carse Road outside of Hanksville village in Huntington. The trail passes through a former maple sugaring area on its way to Birch Glen Camp.

POPEK HIKING ROUTES

Summit via the Burrows Trail, Burrows-Forest City Connector, Forest City Trail, LT and Burrows Trail. 5.8 miles, Difficult. Hiking this loop in a counterclockwise direction takes advantage of spectacular views along the LT approaching the summit. To start, hike about 100 feet and turn right onto the Connector Trail just before the large bulletin board. At the end of the Connector Trail turn left onto the LT up to the summit. Continue north 0.3 mile on the LT down to Hut Clearing; turn left onto the Burrows Trail and descend to the start.

Summit via the Monroe Trail, Alpine Trail, LT and Monroe Trail. 6.6 miles, Difficult. Take the Monroe Trail to the junction with the Alpine Trail, turn left onto the LT, proceed 0.2 miles south to the Forest City Trail and descend to the parking lot.

Camel's Hump south flank via the Forest City and Allis Trails with segments of the LT. 6.7 miles, Moderate. Proceed all the way up Forest City Trail then right (south) on the LT. Continue past Montclair Glen Lodge, (south on the LT) to the southern junction with the Allis Trail and turn left onto the Allis Trail, and go 0.3 miles to the northern junction with the LT at Wind Gap. Turn left onto the LT, proceed 0.2 miles south to the Forest City Trail and turn right onto the Forest City Trail to descend.

Mt. Ethan Allen via Forest City and LT. 5.1 miles, Moderate. Proceed all the way up Forest City Trail then right (south) on the LT. Follow the LT south past Montclair Glen Lodge and the southern junction with the Allis Trail to the summit of Mt Ethan Allen (0.8 mile past the Allis Trail jet). Return via the same route.

BE PREPARED FOR WEATHER EXTREMES

Mountain weather changes suddenly. Temperature and wind can be very different at the summit than at trailheads. Listen to a forecast before you go. Don't plan to hike during severe weather. Bring extra food, water and warm clothes. If the weather deteriorates, turn back.

Thunderstorms develop on warm afternoons in many summer days. Seek shelter long before a storm hits. Hike to a lower elevation before you get to cloud level. Lightning may strike anywhere from trees, mountains and balds. Crouch on loose rocks (don't stand on your pack and avoid standing water) and don't touch the ground with your hands.

The hike is a moderately strenuous walk. Wear appropriate clothing and sturdy hiking boots. Hiking trails are narrow, rugged and rocky. Carry a cell phone with you in case of emergency, but realize it may not work in all locations. Turn the ringer to "vibrate" to respect others on the trail. Make sure you are familiar with the event in the case of an emergency.

Pay attention to the route you hike; if you become lost, stop and look around for things you recognize like blazes or trail intersections.

CAMPING

Camping is permitted only in shelters, lodges, the Hemp Brook Tenting Area and the designated primitive camping area. Shelters and lodges are supervised by the GMC from May to October; fee charged; 2-night limit. Open fires are permitted only in tent platform fire rings. There are no wood stoves in shelters. Developed camping facilities are available mid-May-Columbus Day at Little River State Park (3444 Little River Road, Waterbury, VT 06706, (802) 244-7103). Primitive camping is allowed below 2,500 feet outside the Nature Areas and research area along the Burrows Trail at least 100 feet from trails and property lines and 1,000 feet from traveled roads, in accordance with Primitive Camping regulations and Leave No Trace Principles. Please visit http://www.vtstateparks.com/primitive.htm for more information.

REGULATIONS AND GUIDELINES

• Stay on marked trails. Hiking trails are marked with white (The Long Trail) or blue blazes (side trails; Alpine trail blazed with yellow).
• Staying from stray beds, especially above tree line, can cause permanent damage.
• Property boundaries are marked with orange blazes.
• Carry out your trash.
• Keep pets on a leash at all times above tree line, in parking areas and at shelters. Always pick up and pack out pet waste.
• Hiking trails are for foot travel only.
• ATV's and other motorized wheeled vehicles are not permitted.
• Leave all wildflowers and plants in their natural environment for others to enjoy.
• Rock climbing and hang gliding are not allowed.
• All trails are closed during mud season (snow melt to Memorial Day).
• Mountain snowmobiles are allowed November 1st through April 1st. Snowmobiles are open mid December through mid-March unless otherwise posted. Stay off closed trails.

ADDITIONAL INFORMATION

Vermont Department of Forests, Parks & Recreation 1 Life Drive, Montpelier, VT 05620-3801 parks@state.vt.us www.vtstateparks.com

Essex Regional Office 111 West Street, Essex Junction, VT 05452 (802) 876-6565

This document is available upon request in large print, Braille, and audio format. VT TDD Relay (800) 253-0191

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