

# Welcome to Franklin County! Traveling the Rail Trail

## Vital Trail Facts

**Overall Length** – 26.4 miles

**Allowed Uses** – For safety and maintenance reasons, only non-motorized uses are permitted with the exception of snowmobiles, motorized wheelchairs, and maintenance vehicles. Motorbikes, ATVs, and ORVs are not permitted on the Trail. Vermont law prohibits the operation of snowmobiles on streets and highways.

**Grade** – Maximum grade is 3%. Town road crossings may be greater. Steep side slopes (stay on trail).

**Trail Width** – Trail surface is 10 feet.



**Surface Type** – Crushed limestone for majority of trail. ½ mile asphalt pavement in Enosburg Falls. Asphalt pavement at most agricultural crossings.

**Speed Limit** – 35 mph in rural areas. 15 mph in village areas.

**End Points** – St. Albans & Richford



**Reporting Problems** – To report problems along the trail (downed trees, washouts, etc.), call the Vermont Agency of Transportation District 8 at (802) 524-5926. If you observe violations of the law while on the trail, we urge you to report them to the Vermont State Police by calling (802) 524-5993.



For more information on vacationing in Franklin County or Vermont, contact the organizations listed in Sources for Information.



## Vermont's True Treasure

Welcome to Franklin County, Vermont's True Treasure. Within the County's borders lies a wealth of culture, natural resources, and recreation opportunities.



Explore our working landscapes and discover the faces and places that make agriculture a continued success.

Experience rural life with a walking tour of our historic homes and villages, an afternoon shopping expedition in our vibrant downtowns, and an evening concert on our village greens.

Hear the rush of the Missisquoi River while sampling the products of our local orchards, farms, and craftsmen.

Discover the warmth and hospitality of our residents. We're ready to make you feel right at home whether you're seeking a change for your business or family, or simply for relaxation.

Join the celebration at our fairs, festivals, and parades. There is something to do in every season.

Travel to nearby attractions without packing your bags. Take a train; ride your bicycle; board the bus; paddle a canoe; clip on your skis. We're just a short trip from European Montreal, metropolitan Burlington, the beautiful Lake Champlain Islands, Lake Memphremagog, President Chester Arthur Historic Site, and several major ski areas.

For more information on vacationing in Franklin County or Vermont, contact the organizations listed in Sources for Information.

## Safety First – Yours and Ours!

Whether you walk, ski, or ride, a trip on the Missisquoi Valley Rail Trail takes you into the heart of Northern Vermont's agricultural open lands. The Trail wanders through the farms, forests, fields, and wetlands of Franklin County at a railroad's pace – slow, steady grades with sweeping bends. For the full length of the Trail, you'll see the postcard images of Vermont you've grown to love. You'll also see the families and working landscapes that created and support this spectacular scenery. Please respect the privacy and property of the Trail's neighbors at all times and keep the Trail free of trash and debris.

The Missisquoi Valley Rail Trail is a public resource. Keeping each other safe is everyone's responsibility. Good rules of thumb include yielding to the slowest user and yielding to livestock and other animals.

Agricultural crossings are an historic part of the Trail's rural experience – watch your step or walk your bicycle at these crossings to avoid mud splatters.

Horses are permitted on the Trail but must travel near the shoulder whenever possible. Horse and pet owners should remove animal waste from the trail surface. Pet owners must have control of their animals at all times.

## Guidelines to Bicycle By

A variety of warm-weather users travel the Missisquoi Valley Rail Trail. They walk, run, ride horses, bicycle, observe wildlife, exercise, and just visit. Cyclists sharing the path with other users may have to slow down or stop. Despite the pleasant setting, bicycle collisions can happen on paths just as they do on streets. Bicycles are considered vehicles by Vermont law and must follow traffic laws. Ride in a safe and controlled manner. You are ultimately responsible for operating your bicycle under all conditions. Below are guidelines to cycling the trail:

- WEAR A HELMET.**
- Be courteous.
- Ride predictably – straight and at a steady speed. Stay right, except to pass.
- Call out to others before passing to avoid startling them. Yell "on your left/right."
- Yield to slower users.
- If you ride at night, use lights and reflectors.
- Ride defensively – be aware of motorists' actions at crossings.
- Be aware of potential changes in trail conditions, especially at intersections and crossings and after rainstorms.
- Ride single file.
- Carry items in panniers or a handlebar pack.
- Wear cycling gloves.

Source: Adapted from information provided by the *Chicagoland Bicycle Federation*

## Service Information

### St. Albans – The Rail City (Mile 0)

The City of St. Albans has an excellent variety of services. Visit the Franklin County Regional Chamber web site for more information on lodging and other services.

### A Feast of Farmland (Miles 0-3)

**Parking** – The trailhead parking area is on the old railroad bed located at the intersection of US 7/Main Street and VT 105, just north of the St. Albans Messenger building. Trailer parking and picnic tables are available. Parking is also located at the reststop before mile 1 on Franklin Park West Road.

**Information, Bench, Picnic Table, Bicycle Rack** – Benches, picnic tables, a bicycle rack, and trail information are located at the trailhead parking area in St. Albans. Picnic tables are also located at Zippy's and the reststop before mile 1.



**Restaurants** – Nana's Restaurant and Zippy's Snack Bar are on US 7 near the parking area entrance. Back Inn Time is located on Fairfield Street (call beforehand).

**Convenience Store, Deli, Ice Cream** – Go-Go Mart, south of the parking entrance on US 7, sells deli sandwiches, convenience items, and ice cream products. Toby's Treats, at Duke's Fitness Center on US 7 near the parking area entrance, and Zippy's sell ice cream.

**Restroom, Water, Phone** – Go-Go Mart, Nana's Restaurant, Zippy's Snack Bar, The Magic Closet (located beside Zippy's) and Toby's Treats make their restrooms and water available to trail users. Go-Go Mart has a public telephone; Nana's and The Magic Closet allow use of their private line. Restrooms are available during summer daylight hours at the reststop before mile 1.

**Gas, Maps, Air, ATM** – Gas, travel maps, an air pump, and ATM machine are available at Go-Go-Mart.

### Swanton Wetlands (Miles 3-5)

**Parking** – An informal parking area is located on state-owned property across from the cemetery on VT 105.

**Information, Picnic Table** – Trail information is available in the sign-in box at the cemetery near mile 3.3. A picnic table is located near mile 4.5.

### Historic Sheldon (Miles 5-9)

#### Sheldon Springs (Mile 7.5)

**Restaurant** – Devyn's Restaurant & Creemee Stand is on VT 105.

**Convenience Store, Deli, Ice Cream** – The Sheldon Mini Mart and Pauline's Quick Stop sell convenience items. Pauline's and Devyn's make deli sandwiches and sell ice cream.

**Restrooms, Phone, Water** – Pauline's makes its restrooms, public telephone, and water available to trail users. The Sheldon Mini Mart will fill water bottles and allows trail users access to its restrooms. Devyn's will fill water bottles and make its restrooms available to trail users.

**Bicycle Rack, Picnic Table** – The Sheldon Mini Mart has a bicycle rack. Devyn's has picnic tables.

**Gas, Maps, Air, ATM** – Gas and travel maps are available at Pauline's and the Sheldon Mini Mart. Pauline's has an air pump. The Sheldon Mini Mart and Pauline's Quick Stop have ATM banking.

#### Sheldon Junction (Mile 9.0)

**Parking** – A trail parking area is located at mile marker 9; please do not block traffic to adjacent businesses.

**Convenience Store, Deli, Ice Cream** – Mrs. Bubba's Quick Stop on VT 105 makes deli sandwiches and sells convenience items and creemees.

**Snowmobile Repair, Bicycle Repair Supplies** – Bruce King's Auto Sales sells small repair items for snowmobiles.

**Restrooms, Information, Water, Picnic Table** – Mrs. Bubba's offers water for filling bottles, makes their restrooms available to trail users, and permits trail users to use its picnic tables. A picnic table is located on the west side of the bridge at approximately mile 8.75. Mrs. Bubba's has travel information.

**Air, Maps, ATM** – Bruce King's has an air pump available during business hours. Mrs. Bubba's has travel maps for purchase and an ATM.

**Restaurant** – The Sheldon Casino is next to the trail on Casino Road and is open for Sunday brunch.

**River Access** – Mrs. Bubba's has access to the Missisquoi River.

### River Rapids (Miles 9-12)

**Parking** – The Abbey Restaurant permits trail users to park in their lot (accommodates trailers). For courtesy, please park off to the side. Parking is also available off Kane Road next to the trail. State-owned parking areas are available ¼-mile east of the trail on VT 105 (trailers) and off Kane Road across the Missisquoi River (trailers).

**Information, Picnic Table, Bicycle Rack, Bench** – The Kane Road parking area has an information kiosk, bench, picnic table, and bicycle rack. The Abbey Restaurant has a bicycle rack and picnic table.

**Restaurant** – The Abbey Restaurant is between VT 105 and the trail near mile 10.75.

**Restrooms, Phone, Water** – The Abbey Restaurant offers water for filling bottles and makes its restrooms and telephone available to trail users.

### Corn Alley (Miles 12-16)

**Picnic Table** – A picnic table is located near mile 12.5.

### Enosburg Falls (Miles 16-17)

**Parking** – Enosburg Rentals (Pleasant Street) and the Somerset Inn have opened their parking areas to trail users. Parking is available along the trail on Depot Street. The Enosburg Rentals' lot accommodates trailers.

**Information, Bench** – During warm weather, you can enjoy seeing beautiful flower gardens at a house west of the village. Trail information is located in the sign-in box at the driveway. A bench is located near mile 16.4. A picnic table is located near mile 16.6.

**Restaurant** – Downtown: Park Side Grill, Enosburg House of Pizza, Mandarin Garden, Leon's Café, Halvy's Café, and the Somerset Inn on Depot Street. The Enosburg Country Club is north of downtown on VT 105.

**Convenience Store, Deli, Ice Cream** – Park Side Grill has deli items. Uncle Floyd's sells convenience items and ice cream. Halvy's and Park Side Grill make sandwiches to go; Halvy's sells ice cream in bowls. The Udder Delight on Main Street sells ice cream and creemees during the summer. Enosburg Mobil has convenience items and ice cream.

**Restrooms, Phone, Water** – Enosburg Mobil makes its restrooms and water available to trail users and has a public telephone. The Enosburg Country Club, Larose's, Halvy's Café, Mandarin Gardens, Enosburg House of Pizza, Leon's Cafe, Somerset Inn, and Enosburg Rentals (on Pleasant Street) make their restrooms and water available. Park Side Grill and Uncle Floyd's will fill water bottles. A public telephone is located on Main Street in front of the Enosburg House of Pizza, and at the Enosburg Country Club. Enosburg Rentals allows trail users access to their business phone.

**Gas, Maps, Air** – Gas, travel maps, and an air pump are available at Larose's and Uncle Floyd's. Enosburg Rentals has an air pump. Enosburg Mobil has travel maps for sale, gas, and an air pump.

**Lodging** – The Somerset Inn is located on Depot Street. Berkson Farms is a Bed and Breakfast located on VT 108, north of downtown.

**Snowmobile Repair** – Enosburg Rentals on Pleasant Street repairs snowmobiles.

### Postcard Perfect (Miles 17-22)

**Parking, Restrooms, Phone, Water** – The Dairy Center and Rail Trail Sales & Service are located on VT 105 east of mile 19. Check with businesses before parking your car.

**Bench, Bicycle Rack** – Benches are located near mile 18.5 and just after mile 20. The Dairy Center has a bicycle rack.

**Restaurant, Lodging** – Restaurant and lodging are available at The Dairy Center.

**Air, Snowmobile Repair, Bicycle Repair Supplies** – Rail Trail Sales & Service has air and equipment to make repairs.

### East Berkshire (Mile 21.75)

**Parking, Picnic Table, Bicycle Rack, Information** – A parking area is currently under development in East Berkshire along the trail near Victorian Touch. The expected date of construction is 2008. When completed, it will have a picnic table, bicycle rack, and trail information. Dick & Pam's Market, the Pond Country Store (on VT 118), Saint's Quick Stop, and JD's Pub have opened their parking for trail users.

**Restaurant** – JD's Pub serves lunch and dinner.

**Convenience Store, Deli, Ice Cream, Bicycle and Snowmobile Repair Supplies** – Dick & Pam's Market and Saint's Quick Stop make deli sandwiches and sell convenience items. The Pond Country Store (summer only) sells snacks and beverages. Saint's Quick Stop sells small repair items for bicycles and snowmobiles.

**Restrooms, Phone, Water** – Saint's Quick Stop and JD's Pub have opened their restrooms to trail users and fill water bottles. Saint's Quick Stop and JD's Pub have a public telephone. The Pond Country Store, Saint's Quick Stop, and Victorian Touch will fill water bottles.

**Gas, Maps, ATM** – Gas, travel maps, and an ATM are available at Dick & Pam's Market and at Saint's Quick Stop. Both have access to the Missisquoi River.

### Birder's Pleasure (Miles 22-25)

**Parking, Restaurant, Ice Cream, Restrooms, Water** – Open in summer only, the Pine Cone Snack Bar has opened its parking and restrooms to trail users, fills water bottles, and sells ice cream and creemees.

**Bench** – Benches are located near mile 22.4, 22.7 and 24.4.

### Richford (Mile 25 to Trail End at Troy Street)

**Parking** – A municipal lot on the street behind Mayhew's Corner Store accommodates trailers. Wetherby's Quick Stop on Main Street and the Pinnacle Peddler (trailers) on VT 105 will share their parking (please don't block store customers).

**Picnic Table, Bench** – The Pinnacle Peddler, Wetherby's, the Pink Lady, and Mayhew's have picnic tables. A bench is located near mile 25.3.

**Restaurant** – Claude's Riverside Pub, River Street House of Pizza, and The Crossing on VT 139. Golden Wok on Main Street.

**Convenience Store, Deli, Ice Cream** – Mayhew's Corner Store on VT 139, Wetherby's Quick Stop on Main Street, and the Pinnacle Peddler on VT 105 sell convenience items and make deli sandwiches. South Main Quick Stop sells convenience items. Mayhew's sells creemees. The Pinnacle Peddler has hard ice cream. The Peddler also has health foods and a country store.

**Restrooms, Phone, Water** – Wetherby's Quick Stop, South Main Quick Stop, and Claude's Pub make their restrooms, telephone, and water available. Mayhew's on VT 139 fills water bottles and has telephones. The Crossing, House of Pizza, and the Pinnacle Peddler fill water bottles and have restrooms. The Pink Lady on Main Street has restrooms.

**Gas, Air, Maps, ATM, Snowmobile and Bicycle Repair Supplies** – Gas, air, and travel maps are available at Wetherby's Quick Stop, South Main Quick Stop, and the Pinnacle Peddler. Mayhew's Corner Store on VT 139 has travel maps. Wetherby's and Mayhew's have an in-store ATM. Wetherby's has a small selection of accessories for snowmobiles and bicycle repair.

**Lodging** – The Crossing on VT 139 as well as Grey Gables Mansion, a bed-and-breakfast on River Street

**River Access** – Behind Wetherby's Quick Stop, and across the street from Grey Gables in Davis Park.



# Make A Connection!



## Franklin County Bicycling and Walking Guide

Visitors to the Rail Trail can explore Franklin County's other walking and cycling opportunities. A guide to bicycling and walking opportunities in the County is available through the Northwest Regional Planning Commission and Lake Champlain Bikeways. This double-sided guide includes a highway-style map that shows the location of walking tours, trails, and on-road cycling routes and descriptions of each route. Cyclists can explore themed routes, such as "International Affairs," "Covered Bridges," and "Ship to Shore." Walkers and hikers can explore

Contact: Northwest Regional Planning Commission, 155 Lake Street, St. Albans, VT 05478, Phone: (802) 524-5958, Fax: (802) 527-2948, Email: nrpvc@nrpvcvt.com, Web: http://www.nrpvcvt.com.



## Northwest Vermont Rail Trail Council

Volunteer enthusiasm is the hallmark of the Northwest Vermont Rail Trail Council, a non-profit organization that represents communities along the trail, trail users, and local businesses. The Council advises the State on trail issues, assists trail users, and helps make trail improvements. It also raises funds for small maintenance projects and amenities, like benches and picnic tables. Please help us ensure the Trail's future by becoming a trail volunteer or making a contribution to trail projects. Visit our web site at [www.mvtrail.org](http://www.mvtrail.org) or contact us at: Northwest Vermont Rail Trail Council, c/o NW Regional Planning Commission, 155 Lake Street, St. Albans, VT 05478. Contributions are tax deductible under Section 501(a) of the Internal Revenue Code.

## About This Guide

This guide was funded by the member municipalities of the Northwest Regional Planning Commission with grants from the Vermont Agency of Transportation and Vermont Department of Forests, Parks, and Recreation. The Northwest Vermont Rail Trail Council provided local assistance. The guide is distributed free of charge.

For additional copies, contact:

Northwest Regional Planning Commission  
155 Lake Street  
St. Albans, VT 05478  
Phone: (802) 524-5958  
Email: mrvt@nrpvcvt.com  
Web: www.mvtrail.com

## BICYCLING AND WALKING OPPORTUNITIES

### Lake Champlain Bikeways

As part of a larger bicycle network known as Lake Champlain Bikeways, the Missisquoi Valley Rail Trail is linked to a 350-mile route around Lake Champlain in Vermont, New York, and Quebec. Lake Champlain Bikeways has developed theme tours on existing roads and paths based on local history and natural resources. We support Lake Champlain Bikeways.

MVRT cyclists can connect to Bikeways from the St. Albans parking area.

Mile	Travel Directions (R=Right, L=Left)
0.0	Begin at trail entry gates. Facing the parking area, turn R on Seymour St.
0.15	Turn L on US 7
0.65	Turn R on Lower Newton St. (traffic light)
0.12	Turn L on Federal St. (before RR tracks)
0.6	Turn R on Lake St./VT 36
0.85	Intersection with Georgia Shore Rd./VT 36 in St. Albans Bay. This is the Lake Champlain Bikeways route.

Contact: Lake Champlain Bikeways Clearinghouse, c/o Local Motion Trailside Center, 1 Steele Street #103, Burlington, VT 05401, Phone/Fax: (802) 652-2453, Email: [lou@champlainbikeways.org](mailto:lou@champlainbikeways.org), Web: <http://www.champlainbikeways.org>.

A map of the route is available for a charge from Northern Cartographics, 4050 Williston Rd., South Burlington, VT 05403, Phone: (802) 860-2886, Email: [ncarto@together.net](mailto:ncarto@together.net).

## SNOWMOBILE LINKS

### Vermont Association of Snow Travelers (VAST)

Snowmobile riders on the MVRT can link to a 5,000-mile state-wide snowmobile network developed and maintained by the local clubs of the Vermont Association of Snow Travelers (VAST). VAST's system links to trails in Canada, New Hampshire, New York, and Massachusetts. The Missisquoi Valley Rail Trail forms the spine of the Franklin County network.

To snowmobile in Vermont, riders must purchase a trail pass for their legally registered snowmobile through a local club. Vermont recognizes all valid state and provincial snowmobile registrations. The trail pass system (adopted in 1998) is called a TMA or Trail

## Sources for Information

### Visitor Information

Franklin County Regional Chamber of Commerce  
2 North Main Street, Suite 101  
St. Albans, VT 05478  
Phone: (802) 524-2444  
E-mail: [frccr@verizon.net](mailto:frccr@verizon.net)  
Web: <http://www.stalbanschamber.com>

### St. Albans for the Future (SAFF)

City Hall, 100 North Main Street  
St. Albans, VT 05478  
Phone: (802) 524-1500  
Email: [karen@StAlbansVT.info](mailto:karen@StAlbansVT.info)  
Web: <http://www.stalbansvt.info>

### Vermont Dept. of Tourism and Marketing

6 Baldwin Street  
Montpelier, VT 05633-1301  
Phone: 800-Vermont or 800-837-6668  
Email: [touwebmaster@cda.state.vt.us](mailto:touwebmaster@cda.state.vt.us)  
Web: <http://www.travel-vermont.com>

### Rails-to-Trails Conservancy

1100 17th Street, NW, 10th Floor  
Washington, DC 20036  
Phone: (202) 331-9696  
Web: <http://www.railtrails.org>

### Transportation

Northwest Vermont Public Transit Network  
319 South Main Street  
St. Albans, VT 05478  
Phone: (802) 527-2181

### La Route Verte

MVRT bicycle riders can also connect to La Route verte, a 3,400-kilometer bicycle network which winds its way throughout the Province of Québec, Canada. Through the efforts of Vélo Québec and the Québec government, La Route verte (the green route) uses separated paths, paved shoulders, and quiet country roads to link the province's regions and municipalities.

MVRT cyclists can connect with La Route verte at the Canadian custom's station on VT 139 in Richford.

Mile	Travel Directions (R=Right, L=Left)
0.0	Begin at the trail entry gates. Facing the street, turn L on Troy St./VT 105
0.45	Intersection with VT 105 & VT 139. Turn R on VT 139 (Catholic Church is on L)
0.65	Bridge over Missisquoi River
0.75	Intersection with River St./Province St./VT 139. Turn R on VT 139/ Province St.
1.3	Blue Seal Feed Plant on L
2.0	US Customs station on L
2.1	Canadian Customs station. Continue on 139 and look for La Route verte signs.

Contact: Vélo Québec, 1251 Rachel Street East, Montréal (Québec), Canada H2J 2J9, Phone: (514) 521-8356 or 1-800-567-8356, E-mail: [route\\_verte@velo.qc.ca](mailto:route_verte@velo.qc.ca). (English and French languages), Web: <http://www.velo/qc.ca>.

Maintenance Assessment. The TMA includes membership in VAST and a local club. Getting a TMA is usually best done in the area where you intend to do your trail riding. VAST can provide you with local club information. Snowmobiles are not permitted on streets and highways in Vermont.

VAST snowmobile trail locations may change. Call VAST for current information at (802) 229-0005.

Contact: Vermont Association of Snow Travelers, P.O. Box 839, Montpelier, VT 05601, Phone: (802) 229-0005, Web: <http://www.vtvast.org>.

## Amtrak

Phone: 800-USA-RAIL  
Email: [service@sales.amtrak.com](mailto:service@sales.amtrak.com)  
Web: <http://www.amtrak.com>

## Greyhound

Phone: 800-231-2222  
Web: <http://www.greyhound.com>

## Vermont Transit

106 Main Street, Burlington, VT 05401  
Phone: (802) 862-9671  
Web: [www.vermonttransit.com](http://www.vermonttransit.com)

## Disclaimer

Users assume all risks, inherent and not inherent, in the use of this Guide. The Vermont Agency of Transportation, Vermont Department of Forests, Parks and Recreation, Northwest Regional Planning Commission, its member municipalities, Northwest Vermont Rail Trail Council, and other affiliated organizations and individuals disclaim any and all liability on their part for damages or injuries to persons or property should they occur.

# Guide to the Missisquoi Valley Rail Trail

All Aboard the Milk Train!

## SEGMENT DESCRIPTIONS

### St. Albans to Sheldon Junction

Open, quiet farmland from St. Albans to Green's Corners. Beautiful wetlands and pines with some residential areas from Green's Corners to Sheldon Springs. Few road crossings, mostly of gravel roads.

### Sheldon Junction to Enosburg Falls

The trail parallels the Missisquoi River offering scenic views of river rapids, quiet pools, working farms, and Jay Peak. Look for fox, deer, and other wildlife. Three crossings of VT 105.

### Enosburg Falls to Richford

The trail parallels the Missisquoi River with outstanding views. The landscape offers a nice mix of sunny farmland, shaded forests, and quiet wetlands. Good segment for bird watchers. Multiple crossings of VT 105.

Please thank our local business owners for their generosity in providing restrooms, water, and other services that benefit trail users!

The St. Albans parking area is on the old railroad bed located at the intersection of US 7/Main Street and VT 105, just north of the St. Albans Messenger building. This is a busy intersection, and trail users are advised to use caution as they approach. The parking area entrance is marked with a green and yellow MVRT sign. A bicycle is mounted on a post near the sign. Trailer parking is available.

The trail travels through cultivated fields and pasture land in this segment. Farm crossings are an historic part of the trail's rural experience – watch your step or walk your bicycle at these crossings to avoid mud splatters and cow plops. At Green's Corners, trail users must cross VT 105. A creamery was once located on the land across from the cemetery, which you can explore to find hidden pieces of Vermont history.

### Swanton Wetlands

Trees, hills, and wetlands fill the landscape on this section of the trail. Always stay on the trail and respect the privacy of trail neighbors. Snowmobiles can travel to Highgate using VAST 207 near mile 5. This is a beautiful segment for viewing fall foliage.

**Wetlands** (Swamps, Marshes, Bogs, etc.) – Wetlands refer to areas where water is a controlling factor in the development of plant and animal communities. Franklin County is full of wetlands. In the past, some were modified to increase agricultural productivity. Now, farms rely on wetlands to filter runoff and maintain local water quality.

**A Working Wildlife Habitat** – Wetlands are great places for converting sunshine into food. They support a wide variety of plants that sustain wildlife. Acre for acre, wetlands produce more wildlife – in numbers and variety – and more plant growth than any other habitat. Wildlife, like the Canada goose, wood duck, great blue heron, muskrat, beaver, and bullfrog, depend on the dense vegetation in wetlands to build homes and hide from predators. Other wildlife, like black bear, moose, deer, and marsh hawks, use wetlands for a part of their life cycle or during certain times of the year.

**Share the Trail with Wildlife** – Listen for the musical sounds of songbirds in the forest and frogs in the wetlands along this section of the trail. Watch for chipmunks darting across the trail and turtles warming themselves on rocks. Small snakes enjoy sunning themselves on the trail in open areas. They are not poisonous. We hope you'll quietly enjoy their company and share the trail with all wildlife.

### Historic Sheldon

The trail parallels Sweet Hollow Road and travels through the village of Sheldon Springs. South of the village, trail users must cross VT 105. Always use extra caution on VT 105. Snowmobiles are not permitted on Vermont roadways. North of the village, the trail ducks into a sweet-smelling pine forest.

Sheldon acquired considerable importance as a summer resort in the 1800s due to the town's abundance of mineral springs. Springwater was bottled for distribution and was marketed as a remedy for cancer, scrofula, and other diseases of the blood. Large hotels, some containing up to 100 private rooms, were erected throughout the town and "furnished in a style of first class city hotels." (Vermont Historical Magazine). Sheldon Springs became a mill town in 1894 when Joseph Shipley began producing ground wood pulp at the Missisquoi Mill. The ownership of the mill has changed throughout the years, but the mill itself remains a stable employer for the community. Housing originally built for mill workers is readily identifiable in Sheldon Springs along VT 105 due to its repetition of design.

After Sheldon Springs, the landscape is filled with cultivated fields and pastureland. Enjoy a scenic view of the Missisquoi River from the historic railroad bridge in Sheldon Junction or a rest stop at the picnic table. Hidden in the grass east of the railroad bridge and across from Bourdeau Brothers business is the railroad junction for which this small village was named.

The Central Vermont Railway (the Rail Trail) transported milk and other agricultural products from Richford to St. Albans. In Sheldon Junction, it crossed the St. Johnsbury and Lake Champlain Railway, which extended from Swanton to New Hampshire. The State of Vermont and its partners are currently working to convert the abandoned St. Johnsbury line into a rail trail as well (future Lamoille Valley Rail Trail).

### River Rapids

The trail hugs the Missisquoi River. VT 105 can be a noisy neighbor at times, but scenic views of the Missisquoi River rapids and Jay Peak make you forget the noise. Artists often use this segment of the trail to paint landscapes. In June, colorful wildflowers line the trail.

Private homes abut the trail near mile 10. Please stay on the trail and respect the privacy and property of trail neighbors. Use extra caution when crossing VT 105. Snowmobiles can connect to the VAST system near mile 11.3.

### Corn Alley

In summers, this segment can be described as "corn alley" because the trail is lined by rows of corn on both sides. Franklin County farmers grow corn and other grains for silage to feed cattle. Silage is any variety of fermented, coarsely chopped grain. It provides a nutritious feed for livestock. Silage is stored in concrete-lined bins or in fields under long, plastic-tarped rows.

This sunny section provides a relaxed ride. During haying, generally early July, you may be lucky enough to see the hay baler at work around mile 15.5. This dynamic machine spins and rotates large round hay bales while encasing them in white plastic. The plastic protects the bales from winter weather for outside storage. Be sure to stay on the trail, especially if the baler is at work. Safety first! Use extra caution when crossing VT 105 west of Enosburg Falls.

### Postcard Perfect

The landscape returns to postcard-perfect views of Missisquoi River rapids, Jay Peak, and adjacent farms. This is a relaxed and spectacular section for those who like a varied landscape, and a beautiful segment for fall foliage viewing. Use caution when crossing VT 105.

While the trail grade is minimal, you may notice its effects if you are cycling easily. Although the trail looks flat, this section requires steady pedaling to keep you moving. For cyclists heading west, you'll have a nice coasting ride into Enosburg Falls.

Travelers heading north have a spectacular view of Jay Peak, an historic iron bridge, and adjacent farmland. Northbound users can also see the foundation of a former power station dam in the Missisquoi River near Samsomville. The dam once powered several mills and an electric plant. Its breached remains offer challenging rapids for experienced river paddlers along the Northern Forest Canoe Trail, a 740-mile water trail tracing historic Native American travel routes across New York, Vermont, Québec, New Hampshire, and Maine. The Missisquoi Valley Rail Trail parallels the Canoe Trail along the Missisquoi River through Franklin County.

In the 1900s and continuing today, the dairy industry became very important. Enosburg became known as the "Dairy Capital of the World" with a bustling and vibrant downtown known as Enosburg Falls. Since 1956, the annual "June Dairy Days" festival has celebrated Enosburg's agricultural heritage. Held the first weekend in June, the festival provides activities for all ages, including live music, cow paddy bingo, garden tractor pulls, the "Milk Run" footrace, and a parade.

### Birder's Pleasure

The first part of this section provides a relaxed ride through an agricultural landscape. Use extra caution when crossing VT 105 on the east side of East Berkshire. Cyclists who want to extend their trip can leave the trail with a choice of on-road loops to Montgomery and Montgomery Center.

### Richford

Early settlers in Richford were wilderness pioneers who smuggled products to Canada as their principal livelihood in the early 1800s. The arrival of the railroad in the late 1800s opened world markets for the sale of virgin mountain timber and local produce. Social and economic ties to Canada continue today as Richford's residents strive to create a community with economic opportunities and strong local pride.

The Town hosts concerts and festivals, such as Old Home Days and Hometown Harvest. The Town is currently working to extend the trail into the village, and eventually to the Canadian border. For now, cyclists can make an on-road connection to Canada following directions to la Route verte.

### St. Albans – The Rail City

Known as "Rail City," St. Albans has been home to the New England Central Railroad for more than 100 years.

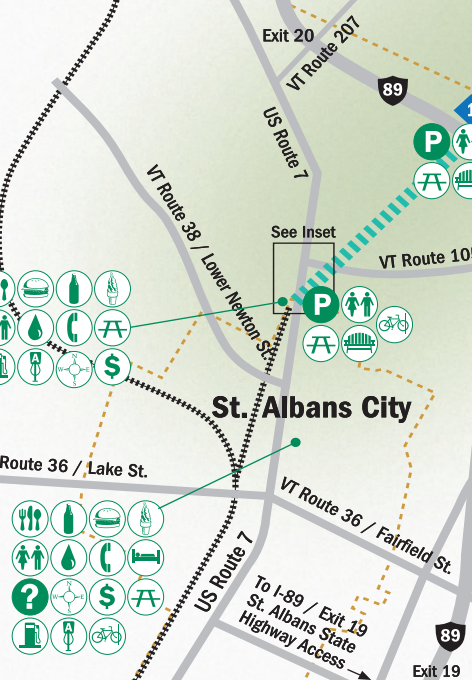
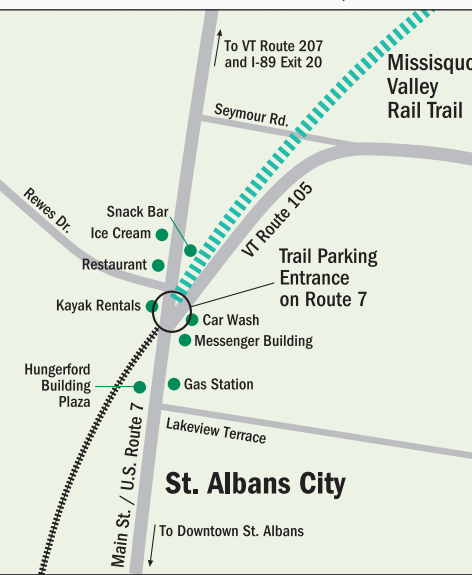
It has a vibrant downtown that reflects the railroad's influence. Visit downtown to shop at local businesses, tour Taylor Park or the St. Albans Historical Museum, and take a self-guided walk. The city hosts frequent festivals and special events, including the Vermont Maple Festival in April, Christmas in Taylor Park, and a Saturday farmer's market (May-Oct.) in Taylor Park.

### A Feast of Farmland

Standing in the former tracks of the Central Vermont Railway, the Missisquoi Valley Rail Trail continues an historic link between St. Albans, Sheldon, Enosburg, East Berkshire, and Richford. Farm-to-village commerce and international trade flowed through the corridor along a plank road in the late 1800s. It continued by rail until a derailment permanently closed the route in 1984.

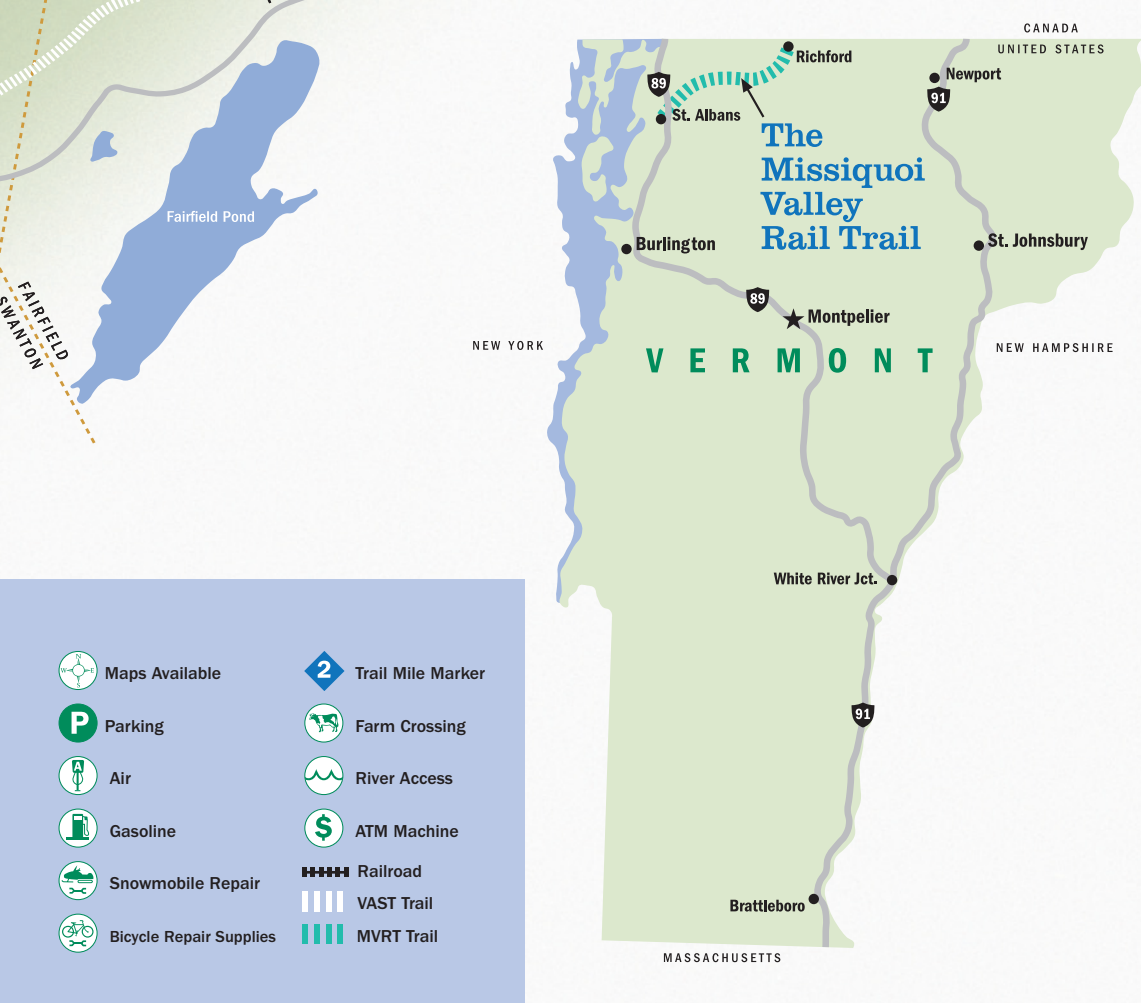
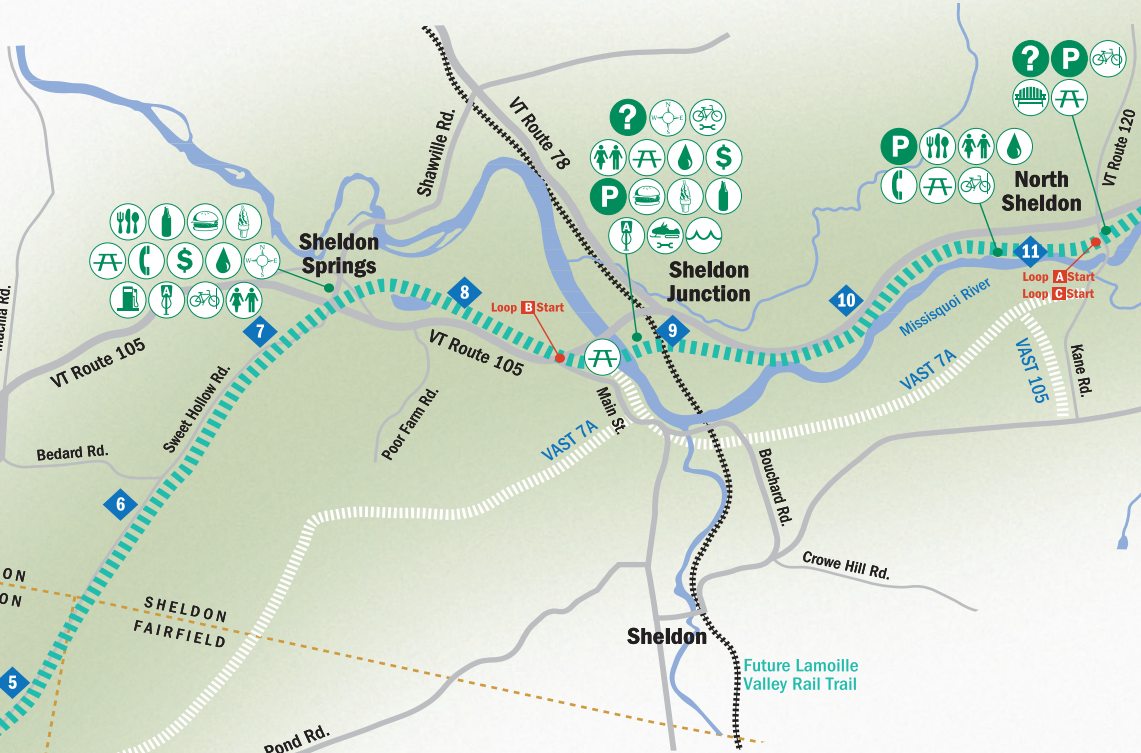
The State of Vermont and local citizens began converting the corridor to a multi-use trail in the early 1990s. Many traces of the railroad "Milk Run" days still exist along the trail for you to discover, including train stations, rail sidings, and creamery foundations.

### St. Albans Inset Scale 1 inch = 1/4 mile



### Share the Trail with Wildlife

Listen for the musical sounds of songbirds in the forest and frogs in the wetlands along this section of the trail. Watch for chipmunks darting across the trail and turtles warming themselves on rocks. Small snakes enjoy sunning themselves on the trail in open areas. They are not poisonous. We hope you'll quietly enjoy their company and share the trail with all wildlife.



### Civil War Invades Vermont

On October 19, 1864, 22 Confederate agents, dressed in civilian clothes, robbed three banks in St. Albans. Their take was \$200,000. They fled across the border to Montreal on stolen horses. The Canadian government arrested the raiders and returned the money, but their actions did not calm the fears or reduce the anger of the northern states. American troops were ordered to pursue the raiders into Canada and wipe them out. This would have violated Canadian neutrality and possibly started a war. President Lincoln revoked the order, realizing that a Canadian-American conflict would only serve to help the South.

### On-Road Loops

Mile	Travel Directions (R=Right, L=Left)
0.0	Begin at MVRT parking area on Kane Rd. in North Sheldon (approximately mile 11.3). Facing Kane Rd., turn R (heading N) on Kane Rd., cross Rt. 105 (Kane Rd. becomes Rt. 120)
5.5	L on Morses Line Rd. (Rt. 235 N.)
9.4	L on Gore Rd./Rt. 207 S.
13.0	L on Cassidy Rd.
14.3	R on Franklin Rd.
16.1	R on Rt. 78
17.8	L on Rt. 207 S.
19.1	L on Cook Rd.
23.1	L on Viens Rd.
24.1	R on Rt. 105
24.2	MVRT at Green's Corners. Turn L onto trail.
32.2	North Sheldon parking area.

### Loop East Sheldon – 23.2 miles

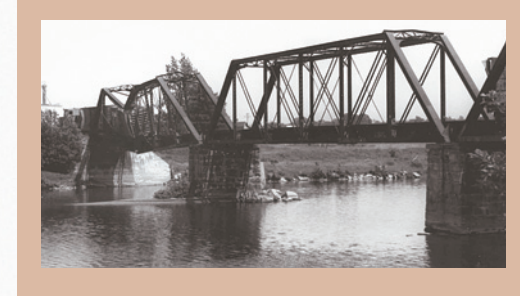
East Sheldon loop is mostly paved with great views of the Missisquoi River, surrounding farm land, and Jay Peak. It also passes several areas of historic significance. At 1.4 miles is a marker dedicated to Colonel Elisha Sheldon (1741-1805) for whom the town of Sheldon is named. Col. Sheldon was commissioned by General George Washington in 1776 to raise a regiment of cavalry (the 2nd Continental Light Dragoons) which served during the Revolutionary War. His house still stands on the hill above the marker.

At mile 1.7 is a marker commemorating the site of Civil War action on October 19, 1864, involving a 22-man Confederate detachment on their retreat to Canada after an attack on St. Albans (referred to as the St. Albans Raid). Also at this site, a covered bridge was set on fire but saved by alert citizens.

Mile	Travel Directions (R=Right, L=Left)
0.0	Begin at MVRT intersection with VT 105 just west of VT 105 bridge over the Missisquoi River in Sheldon Junction (approximately mile 8.5). Facing towards St. Albans (away from river), turn L onto VT 105
0.1	L on Main St. and head up the hill
1.6	L on Bridge St.
10.1	L on W. Enosburg Rd./Rt. 108 N.
10.6	R on Howrigan Rd.
12.1	L on Stonehouse Rd.
12.9	L on Hayes Farm Rd.
13.5	R on W. Enosburg Rd./Rt. 108 N.
13.8	R on Main St., Enosburg Falls
14.2	L on MVRT near Depot St.
23.2	MVRT at VT 105 in Sheldon Junction

### Train Derailment Closes Track!

The Central Vermont Railway (now New England Central Railroad) has had its headquarters in St. Albans for over 100 years. The Richford Branch of the railway (the Trail) connected to Canada, shipping boxcars of Blue Seal feed and farm-fresh milk in both directions. In June 1984, a derailment on the trestle in Sheldon Junction left a locomotive dangling over water and severely damaged one trestle span. The derailment, combined with declining rail traffic, contributed to the permanent closure of the railway.



### Loop Lake Carmi – 15.3 miles

Lake Carmi loop is mostly paved and passes through beautiful countryside with wonderful views of Lake Carmi and Jay Peak. The many hills are easy and gradual. At mile 2.0 the Lake comes into view with the Jay Peak ski area tram house visible to the east about 20 miles away. The route passes Lake Carmi's public access area at mile 6.8. Lake Carmi State Park offers seasonal camping and a beach; its entrance is located at mile 10.5.

Mile	Travel Directions (R=Right, L=Left)
0.0	Begin at MVRT parking area on Kane Rd. in North Sheldon (approximately mile 11.3). Facing Kane Rd., turn R (heading N) on Kane Rd., cross Rt. 105 (Kane Rd. becomes Rt. 120)
3.7	R on Riley Rd.
5.8	R on Lake Rd./Rt. 120
7.5	R on Dewing Rd.
8.4	R on State Park Rd./Rt. 236
13.3	R on MVRT
15.3	MVRT parking area on Kane Rd. in North Sheldon

### Fenian Raids

After the Civil War in 1866 and again in 1870, Irish patriots attempted to invade Canada and force Britain to negotiate the independence of Ireland. In 1870, they were repulsed between Franklin and Cook's Corners. Fenians gathered in St. Albans and marched via Sheldon to the border. Fenian is a term used since the 1850s for Irish nationalists who opposed British rule in Ireland. They were stopped by Canadian arms and U.S. authorities. The threat of the Fenians encouraged support for the Confederation Movement in Canada. A plaque on the VT 105 bridge in Sheldon Junction notes the Raids' place in Vermont history.

### Loop Mineral Brook – 17.7 miles

Mineral Brook loop travels over mostly unpaved roads, past active farms in northern Franklin County and the beautiful Mineral Brook area with its woods, fields, and marshes. There are wonderful views of Lake Carmi and Jay Peak. The Vaillancourt Orchard, located at mile 1.7, has a farm stand and picnic area. The route also passes the South Franklin Cemetery with gravestones dating back as early as 1813 and maple trees easily measuring three feet in diameter.

Mile	Travel Directions (R=Right, L=Left)
0.0	MVRT at intersection with State Park Rd./Rt. 236 (approximately mile 13.5). Head north on State Park Rd./Rt. 236.
0.1	R on Gilman Rd.
5.5	L on Rt 108 N.
6.1	R on Berkshire Center Rd.
6.4	R on Mineral Brook Rd.
8.6	L on Water Tower Rd.
9.2	R on Reservoir Rd.
11.6	R on Reservoir Rd.
12.9	L on Lake Rd./Rt. 120
14.3	R on Rt. 105
14.4	L on Pleasant St.
14.7	R on MVRT near Depot St.
17.7	MVRT at intersection with State Park Rd./Rt. 236

### Lake Carmi State Park

Lake Carmi is the fourth largest natural lake entirely within Vermont. It is 7.5 miles around, averages about 20 feet deep, and is 33 feet at its deepest point. Water from the lake drains north into Quebec's Pike River, then south into Lake Champlain. The 588-acre State Park includes more than two miles of lake frontage on Lake Carmi. Facilities include boat rentals, boating, camping, fishing, hiking, picnicking, playground, and swimming. Vermont State Parks offers a one-night reservation policy for cyclists by advanced registration only. For more information, contact them at (802) 879-5674.

**Lake Carmi Bog Natural Area**  
This large, 140-acre peat bog dominated by black spruce and tamarack has an understory of typical bog plants. There is a nearby cattail marsh, meadow, and forest. Lake Carmi Bog is a designated State Natural Area.

### Loop North Branch – 7.1 miles

North Branch loop is an easy ride on both paved and unpaved surfaces. There are wonderful views of the North Branch of the Missisquoi River and the mountains in the area. The route passes through Richford's village center, over some moderate hills, and follows the river (on your left) along Marvin Rd. where great blue herons and the occasional kingfisher can be seen.

Mile	Travel Directions (R=Right, L=Left)
0.0	MVRT trailhead on Troy St., Richford. Facing Troy St., turn L on Troy St. heading towards the village center
0.4	R on Main St./Rt. 139
0.7	L on River St.
1.1	L on North Branch Rd.
2.1	L on Marvin Rd.
4.7	Cross Rt. 105 (road now called River Rd.)
4.7	L on MVRT
7.1	MVRT trailhead on Troy St. in Richford

