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SLACKPACKING VERMONT

Trip Summary

HIGHLIGHTS

- Hiking both the Appalachian Trail and the Long Trail in Vermont
- Walking through beautiful and historic Vermont in fabulous autumn weather
- Standing atop Killington Mountain where the state was christened 'Verd-Mont' in 1763
- Hiking the Clarenton Gorge, swimming in a high mountain lake, enjoying spectacular vistas
- Returning to a comfortable bed and hot shower at the end of every day
- Earning your trail name and learning the lore of the Appalachian Trail
- Carrying only what you need for the day on your back

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TRIP AT A GLANCE

- Location:** Rutland, VT
- Activities:** Hiking
- Arrive:** Plan to arrive in Rutland, VT airport (RUT) by 4PM on Day 1
- Depart:** Rutland Airport has 3 departures per day. We will have you back at the Rutland airport in time for the first flight out, approximately 10AM.

Trip Overview

Vermont's mountains aren't called the Green Mountains for nothing! This section of the Appalachian Trail is characterized by dense and verdant forests, offering great autumn foliage and a chance to get away from the crowds. In Vermont, the AT also coincides with the Long Trail beginning at the Massachusetts border, just north of Mount Greylock. The two trails share a footpath for 100 miles through southern Vermont, crossing notable peaks such as Stratton and Bromley. Killington Mountain in central Vermont marks the first time the AT reaches an elevation of 4,000 feet since Tennessee. We'll cover approximately 50 miles of the Appalachian Trail in Vermont. You'll hike significant mileage on this trip - between 7.5 - 12.2 miles each day, which requires being in excellent physical condition. Maximum group size: 12

Rating

This trip involves hiking from 7.5 to 12 miles a day (see the itinerary for daily mileage) with significant elevation changes and footing that is rocky, muddy, and uneven at times. It requires being in excellent physical condition. While you can always choose to stay at the house for the day, there are no options for shortening the daily hikes. This trip is rated a 4/5 due to the muddy and slippery conditions often found in Vermont at this time of year. Prior to beginning the trip, participants should be engaged in aerobic conditioning for at least 40-50 minutes 4-5 times a week. Additional endurance exercise (e.g., going for a 2-hour hike once a week) and/or strength training are required to fully enjoy the trip. Please do not underestimate the fitness needed to hike the Appalachian Trail in Vermont; the trail is rugged and full of exposed tree roots and rocks and steep in many places. **Rating:** 1 2 3 **4** 5.

What's Included

- 2-3 experienced AGC guides based on group size
- Six nights lodging
- All meals from dinner on Sunday through breakfast the following Saturday
- Daily shuttles back and forth to the trailhead

What's not included: Airfare/travel to/from Rutland, VT (RUT), alcoholic beverages, guide gratuities, and travel insurance.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Meet at 4PM at the Rutland, VT airport (RUT). From the airport we'll shuttle approximately 30 minutes to our lodging for the week. After settling in a bit and exploring the lodge, we'll gather for introductions and go over the information you need for a week of happy and healthy hiking! After introductions, we'll enjoy the first of many home-cooked meals by your fabulous guides! (D)

DAY 2

Our first day on the trail and what a day it's going to be! After breakfast, we will shuttle to our put-in point at Cold River Road. One of the nice aspects of the AT is that it crisscrosses several country roads providing easy access to the trail. Hiking south we summit the modest peak of Beacon Hill and continue to the Clarendon Gorge. Clarendon Gorge is a lovely, rock-strewn gorge along with a suspension bridge over the Mill River - a wonderful AT surprise in the middle of nowhere! We continue past Minerva Hinchey Shelter (named for the Green Mountain Club's long-time secretary) and on to Patch Hollow (at the base of Bear Mountain). After summiting Bear Mountain we have a bit of downhill to VT 140 where our van will be a welcome sight! Now on to a warm shower and a great dinner! A wonderful first day! Mileage: 10.2. Biggest overall elevation gain: 1368 feet (B,L,D)

DAY 3

Here we go - off for another day. We start right where we left off yesterday at VT 140 and continue our journey south. True to AT lore - all days begin uphill and our day holds true to this tradition. We begin hiking up to the junction of the AT and the White Rocks Cliff trail. At this point you enter a cairn field with dozens of cairns randomly placed, making this spot an interesting place for a break and contemplation. Do save some energy for the next beautiful spot on the trail - Little Rock Pond Shelter and Campsites, complete with a sandy beach and gorgeous pristine high mountain pond - is anyone up for a swim? Our takeout point today is the Danby-Landgrove Road where once again our lovely van will be patiently waiting for us to bear us back to those nice showers and great dinner! Mileage: 8.5 Biggest overall elevation gain: 1054 feet (B, L, D)

DAY 4

Wonder what today will bring? More picturesque high mountain ponds, streams, and summiting more peaks, what else! Today we have some excellent opportunities for picture-taking of beautiful forest streams and ponds as well as views from the top of both Peru Peak and Styles Peak. We end our day at the interestingly named Mad Tom Notch - an excellent beginning for an AT story! Mileage: 12.1. Biggest overall elevation gain: 1,877 feet (B, L, D)

DAY 5

Today we head back to Mad Tom Notch and turn south! Our first peak will be Bromley Peak - part of the Bromley Ski Resort which gives us a beautiful 360-degree view of the surrounding area. After enjoying this perfect vista, we head to Spruce Peak and then onto Prospect Rock - each offering its own beauty and vista. Compared to our previous days with some steep ups and downs, today is a welcome respite with comfortable hiking and great picture opportunities. Enjoy! Mileage: 10.4. Biggest overall elevation gain: 600 feet (B, L, D)

DAY 6

Our last day on the trail, and what a good day this will be. Today will be just a bit of a later start since we will be taking the Killington gondola to the top of the mountain. Once there, we hike up to the summit where we can look over the trail to the south that we have traveled all week. Killington offers a beautiful 360 degree view into Vermont and New Hampshire! Returning to the gondola, we test those downhill muscles once again as we hike down to join the AT and, head south. Summiting Shrewsbury Peak we continue to our very first put-in spot at Cold River Road, completing our week on the AT. And what a week it has been! Tonight, we celebrate our accomplishment, share our trail names and most likely, start making plans to come back! Mileage: 7.5. Biggest overall elevation loss: 1523 feet (B, L, D)

DAY 7

After sharing one final breakfast together, we must leave our vacation home and head back to the airport for those flying out. But we leave with wonderful memories and plans to continue our quest to hike the Appalachian Trail. (B)

ADDITIONAL TRIP INFORMATION

Getting There

The trip officially starts on Day 1 at 3pm at the Rutland, VT airport. There are only 3 flights into RUT per day. Flights originate from Boston International Airport (BOS). Arrival times (as of 2020) are , 11:12am, 2:44pm and 6:45pm. AGC will meet those flying in at the RUT airport arrival/departure hall. If you are driving, you can drive directly to the lodging. Plan to arrive by 4:00pm

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exito charges a one-time, non-refundable processing fees of \$50 per passenger.

Accommodations

We will be spending 6 nights at a large vacation home in Ludlow, VT. Our wonderful home for the week is a large, 3 story, vacation rental home that sleeps up to 24 guests. It has 11 bedrooms, 7 full bathrooms, good gathering space, a spacious kitchen plus another on the 3rd floor, WIFI, television, fireplace, linens, hair dryer, hot tub, 2 sets of washer/dryer and many other amenities.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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