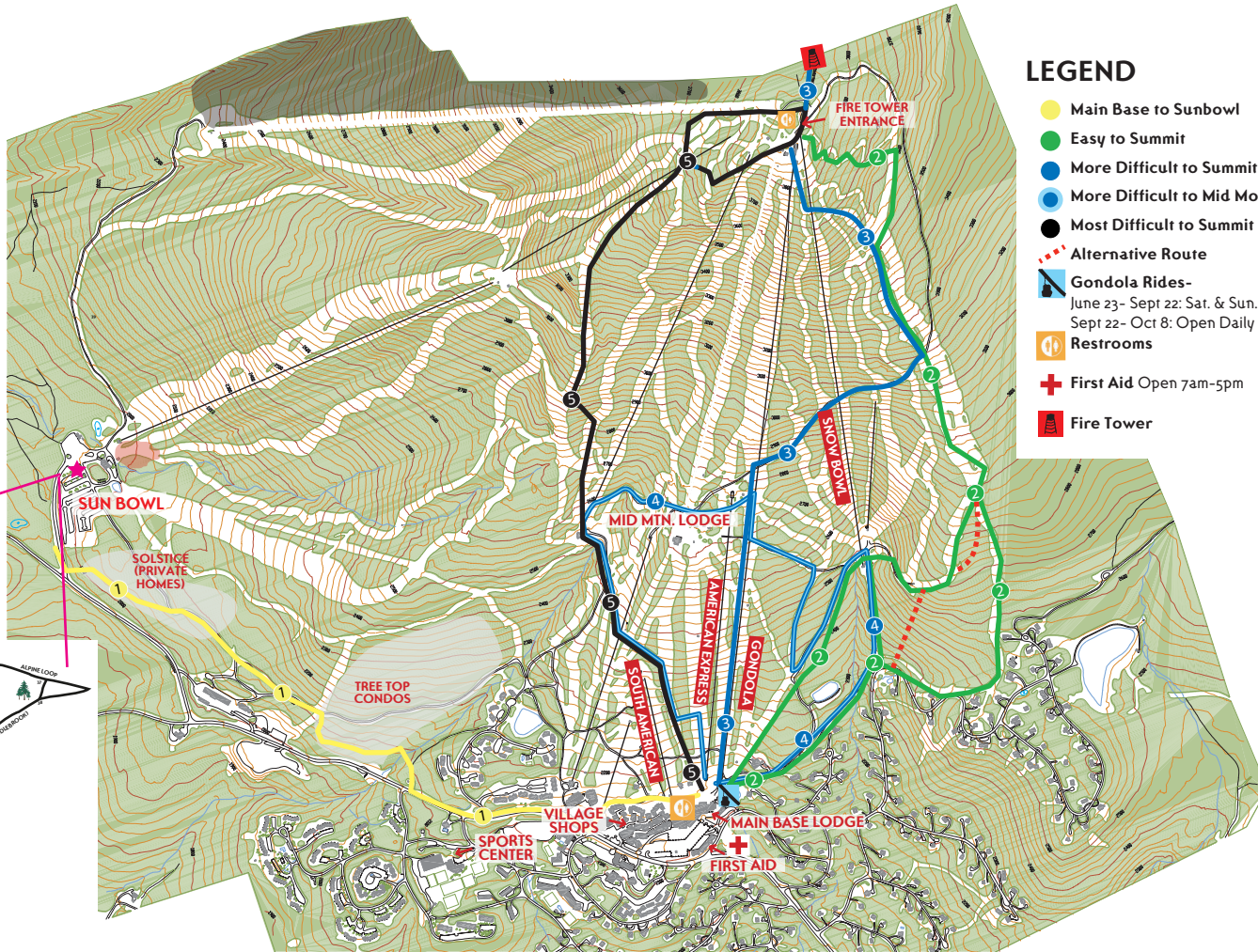
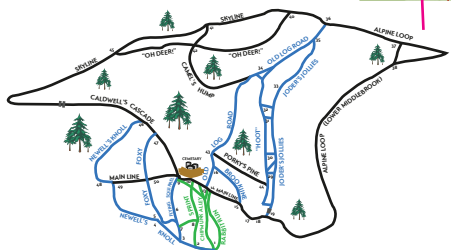


- DRIVING directions to Sunbowl from Welcome Center Parking Lot:**
- o Make right on Stratton Access Rd. (towards Lot 1)
  - o In 1 mile make right onto Mountain Rd.
  - o In 0.4 miles, make right into Sunbowl Rd.
  - o Nordic Center is red building on left, Sunbowl Base Lodge will be straight ahead.

See reverse side for Nordic Trail Map



## LEGEND

- Main Base to Sunbowl
- Easy to Summit
- More Difficult to Summit
- More Difficult to Mid Mountain
- Most Difficult to Summit
- Alternative Route
- Gondola Rides-  
June 23- Sept 22: Sat. & Sun. 10am- 5pm  
Sept 22- Oct 8: Open Daily 10am- 5pm
- Restrooms
- First Aid Open 7am-5pm
- Fire Tower

## MAIN MOUNTAIN TRAIL DESCRIPTIONS

- 1 Main Base/Sun Bowl Connector: Yellow – 1.87 miles one way – avg. 3.3% grade, max 30% grade on paved road\***  
**Maintenance Road – Sidewalk – Wooded Trail – Paved Roads “Juniper Lane”, “Treetop Way” and “Sun Bowl Ridge Rd”**  
Combination of gravel work road, paved sidewalk, wooded trails and roads. Traverse across the main base area towards the Village Lift. Bear left towards main Access Road and follow sidewalk along access road until it ends at wooded trail on right. Turn right up trail, cross bridge on left over the Styles Brook out to “Juniper Lane” to “Treetop Way” and turn right, uphill. Turn left at top of wooden guard rail on “Treetop Way” onto gravel maintenance road. Continue straight to Sun Bowl Ridge Rd., through development, and turn right onto Sun Bowl Access Rd. towards Nordic Center & Sun Bowl base lodge. Note: Beware of motor traffic on maintenance & main roads. Homes & condominiums are private property.
  - 2 Wanderer Summit Ascent: Dark Green – approx. 2.5 miles one way –avg. 13% grade, max 25% grade on Lower Wanderer**  
**Lower Wanderer – Lower & Upper East Meadow – Mike’s Way - Upper Wanderer**  
Combination of wooded trails, mowed surface and gravel work road. From the Main Base area, follow Lower Wanderer all the way to West/East Meadow and be sure to turn around for the picturesque views once you get there. From the top of the Meadows, take Mike’s Way—trail farthest right when facing up hill— to Upper Wanderer on your left for a final ascent.  
Alternative routes: You may also start this route on Old Log Rd. to the Snow Bowl Lift, to Drifter Link on a maintenance road to the Meadows.  
Uphill from covered bridge on Lower Wanderer: Look for red arrow on left after the Covered Bridge for a sustained ~36% grade wooded hike through Cabin Fever to Drifter Link to the Meadows. Another red arrow on right of Drifter Link leads to a wooded route running parallel to Drifter Link to East Meadows.
  - 3 “Hubert’s Hike” Summit Ascent: Solid Blue – 1.68 miles one way– avg. 9% grade, max 37% grade on Janeway Junction**  
**Lower Standard – Interstate – East Meadows – Janeway Junction – Upper Standard**  
Mostly gravel work road, ski trail for final climb through East Meadow to Janeway Junction to summit. Start on maintenance road underneath gondola to mid-mountain. Continue uphill to the right on the work road from mid-mountain to cross under gondola, up Interstate to East Meadow. Turn left up East Meadow to short, steep section up Janeway Junction then left, through gondola wind-screen fencing and underneath gondola to the summit. The steep climb up Janeway Junction is rewarded with spectacular views. Get up early enough and you may even run into the man whom this route is named for!
  - 4 Lower Mountain Loop: Blue with Light Blue Center – 2.75 miles one way, max 23% grade**  
**Lower Wanderer – Cabot’s Run – Old Log Rd. – Flukey’s Run – Hemlock – Lower Standard – Underpass - Ursa Access – Runaway – Yodeler Express – Yodeler – Suntanner**  
This loop features moderate climbs and downhill on ski trails. Catch beautiful views of the valley, Gale Meadows & Bromley from Lower Standard and easterly views from top of South American lift at Mid-Mountain Lodge between Underpass & Ursa Access.  
Alternative Route: Start on Old Log Road from base area and go directly to Flukey’s Run for a shorter, 2-mile hike.  
Note: average grade is ~3.7% due to combination of climbing & descending.
  - 5 Summit Black Bear Ascent: Black – 1.86 miles one way - avg. 10% grade with 30% sustained grade from mid-mountain to summit**  
**Yodeler – Yodeler Express – Runaway – Old No. 8 – Black Bear**  
Mainly gravel work road. Black Bear vistas deliver excellent easterly views across the valley. Enjoy the flats at mid-mountain across Runaway before the main ascent. The pitch kicks up a notch as you climb past the Ursa chairlift up Old No. 8 and Black Bear. Approaching the summit on Black Bear, signs will direct you through a wooded trail to the lookout tower, an ideal vantage point. Catch your breath, enjoy a sandwich on top of the world and be sure to snap a picture.
- Fire Tower from Summit: Unmarked on map – 0.7 miles one way - avg. 3% grade first 0.5 miles, avg. 20% grade last 0.2 miles.**  
The trailhead of this short traverse to the “true” summit of Southern Vermont’s tallest peak, Stratton Mountain at 3,936’, is marked approximately 100 feet down Mike’s Way on your left. This easy hike through thick alpine forest is an offshoot of the famous Appalachian Trail/Long Trail (AT/LT) to one of the few remaining fire towers. Built in 1921, this tower offers 3600 views to 4 states (Vermont, New Hampshire to the east, Massachusetts to the south and the Taconic/Adirondack mountains of New York to the west) and to Somerset Reservoir to the southeast, Stratton Pond to the south and Gale Meadows to the north. Truly worth the 40 minute round-trip walk and great for all ability levels & ages!

## STRATTON SUMMER SAFETY TIPS

Here are a few guidelines to help you enjoy a safe, challenging and environmentally sustainable time:

**-Proper footwear is essential.**  
Make sure that your shoes are comfortable and stable. Hiking boots are recommended.

**-Warm up your muscles** before your hike and cool down afterwards. Stretch!

**-Bring plenty of water** and hydrate yourself before you start on a hike. There are no potable water sources on the mountain so you will want to bring enough to get you (and your pets) through your hike.

**-Pack it in, pack it out!** Please pack out all trash, leftover food and litter. Leave the mountain as you found it.

**-Respect the wildlife.** Observe wild animals from a distance and do not follow, approach or attempt to feed.

**- Pets are welcome on the mountain.** We recommend that you keep pets on a leash at all times. Work vehicles, other guests, other pets and wild animals may be encountered at any time.

**-Check the weather forecast before you go.** Summer thunderstorms can roll in quickly. In the event of a sudden storm be sure to stay low and move away from open fields and tall trees or objects (especially lift towers).

**- Don’t underestimate the mountain’s terrain.** Know your limits. Always tell someone your route and destination and expected return time. Don’t hike alone.

**-No camp fires.** No overnight camping. Please plan to be off the mountain before dark.

**-The mountain is not routinely patrolled in the summer.** Summer patrol and rescue is available 7am-5pm daily at First Aid (located behind the base of the gondola). There will be delayed response to emergencies due to the mountain’s terrain. For emergencies dial 911. Be sure to know your location - you assume the risks.

**-Cellular phone service is unpredictable.** There are several locations on the mountain that you will not have cell service- please plan accordingly.

**-The Gondola may shut down at any time due to impending weather.**



# NORDIC TRAIL MAP

