

News from the Northwest Vermont Rail Trail Council

TRAIL TRACKS



Spring, 2011

Important Dates

Mid-April to mid-May: Sheldon Junction Bridge closed

Sat., June 11: guided paddle

Sat., July 16: Fit Family Day

Fri., Aug. 5: guided bicycle ride

Sat., Aug. 6: guided bicycle ride

Sat., Sept. 10: guided hike

**Fri., Oct. 28: photo contest,
deadline for entries**

- Read on for full details -

Warning: Partial Trail Closure! Bridge in Sheldon Temporarily Closed April-May

The Town of Sheldon will be working on water line repairs which will involve closing the MVRT bridge over the Missisquoi River (located in Sheldon Junction between MVRT mile markers 8.5 and 9) to Trail users. The work is expected to start in mid-April and last about a month.



Trail users will have to cross the Missisquoi River on Route 105. Extreme caution should be exercised! This is a heavily travelled road with very narrow shoulders.

Guided Recreational Outings for National Trails Day

The Northwest Vermont Rail Trail Council again invites bicyclists, paddlers and hikers to celebrate National Trails Day 2011 by experiencing the natural history and beauty of Northwestern Vermont on informal guided bicycle,

canoe/kayak, and hiking outings, led by experienced Council member volunteers.

Participants will provide their own equipment (bicycle/helmet, canoe/kayak/paddle/PFD) and picnic lunch/refreshments. These outings are free of charge and suitable for experienced bicyclists, paddlers and hikers who would like to become more familiar with the local natural history and scenic beauty.

Saturday, June 11

Paddle Arrowhead Lake in Fairfax

Join avid paddler Dave Stanley to explore this beautiful lake in your canoe or kayak. Meet at 9 am at the State boat launch on Route 104A in Fairfax. Duration: flexible; participants can return to the boat launch at their leisure. Level of difficulty: beginner to intermediate. Bring your own canoe/kayak, paddle, PFD, lunch/refreshments. Please let us know if you plan to attend so that we can contact you if there are any last minute changes.

Friday, August 5 & Saturday, August 6

Bicycle the Missisquoi Valley Rail Trail

Join Phyllis Tiffany and Don Mueller in bicycling the Rail Trail from The Abbey Restaurant in Sheldon to St. Albans and return on Friday, Aug. 5. Distance: 22 miles round trip. Duration: approx. 4 hours.

On Saturday, Aug. 6, the trip will be from The Abbey Restaurant in Sheldon to Richford and back. Distance: 30 miles round trip. Duration: approx. 4.5 hours.

Level of difficulty: easy. Trail surface: crushed stone (not suitable for narrow or racing tires). Bring your own bicycle/helmet, lunch/refreshments. For both outings, meet at The Abbey parking area on Route 105 in Sheldon. Leaving promptly at 9 am. Rain dates Fri., Aug. 19 and Sat., Aug. 20.

Saturday, September 10

Hike Burnt Mountain in Montgomery Center

Jane Williams will lead participants in a hike up Burnt Mountain (elevation 2,600'), part of the Green Mountain Range, offering fabulous views of Jay Peak, Trout River valley, and Quebec. Meet at 9 am at the end of Rossier Rd (from

Route 118 in Montgomery Center, take Route 58/Hazen's Notch Rd. about 2 miles, turn right on Rossier Rd.). Duration: approx. 3 hrs round trip. Level of difficulty: moderate to strenuous. Participation limited to 10 people. Bring your own lunch/refreshments. No dogs allowed.

For more information and to RSVP for any of the above outings, contact Cynthia Scott at (802) 933-8851 or cynthiascott@myfairpoint.net

Fit Family Day on the Rail Trail Saturday, July 16, 9-11 a.m



Activities for families with children ages 0-10. Park at the Franklin Park West parking area for scavenger hunt (ages 3 and under *walk*) or prizes for distance (ages 4-10 *bike, walk or run*).

Parents with strollers please park at the St. Albans parking area and meet us at the registration table at the Franklin Park West parking area (1 mile from St. Albans parking area).

We will have healthy snacks, a water bottle filling station BYOWB (bring your own water bottle) and helpful tips on healthy eating and exercise for the whole family. Each family member who attends can enter to win a \$100 Kevin Smith Sports Gift Certificate!

For more information contact Alisha Sawyer at alisha.sawyer@gmail.com or 527-0191.

This event is sponsored by the Northwest Vermont Rail Trail Council – please visit www.mvrailtrail.org for full guidelines on trail use and trail disclaimer, as well as a downloadable trail map. **Rain Date Sunday, July 17.**

Volunteers Needed!

If you would like to staff a similar 'Fit Family' event in Sheldon, Enosburgh, or Richford, please contact Alisha (alisha.sawyer@gmail.com or 527-0191).

The Council

The Rail Trail Council presently has openings for a representative from both St. Albans Town and Sheldon. Give these municipalities a voice on issues affecting the MVRT by becoming a municipal representative – speak with your Selectboard or Board of Trustees to be appointed.



2011 Photo Contest

The Council will again hold its annual photo contest! So, don't forget to bring your camera with you when you go out on the MVRT this summer. We love seeing the MVRT and its surroundings through your eyes!

Photos taken on, of or from the MVRT are eligible and must be submitted by Friday, October 28, 2011.

See our website www.mvrailtrail.com for contest guidelines and entry form, or contact us at (802) 524-5958 for more information.

Friends of the MVRT

Sincere thanks to our many Friends of the Trail who continue their expression of support for the MVRT by renewing their membership as Friends of the Trail:

<i>Don Mueller</i>	<i>Ann & Earl Sanft</i>
<i>Jeff & Jan Young</i>	<i>Michael LaFontaine</i>
<i>Lawrence & Gayle Logan</i>	<i>T.W. Smith & A.P. McMenamain</i>
<i>Martha Smith</i>	<i>C. Baird Morgan</i>
<i>Abe & Jean Brown</i>	<i>Mr. & Mrs. John Martin</i>
<i>John Chicoine</i>	<i>Gary & Cindy Rutkowski</i>
<i>Frances Casey</i>	<i>Marian Fritz</i>
<i>Dolly MacNeil</i>	<i>Peter Backman & Annie Christopher</i>
<i>Jane Williams</i>	<i>Linda Lothian</i>
<i>Bill & Judy Zimmerman</i>	

And we're thrilled to *Welcome!* our new Friend:

H. Wells French

We appreciate your enthusiasm for the MVRT. Your Friendship represents a valid investment in the future of our families, our businesses, and our communities. Thanks to all of you!

Northwest Vermont Rail Trail Council
c/o Northwest Regional Planning Commission
155 Lake Street
St. Albans, VT 05478

The Missisquoi Valley Rail Trail

Farms, Forests, Fields, and Communities: Come Harvest Our Agricultural Heritage!