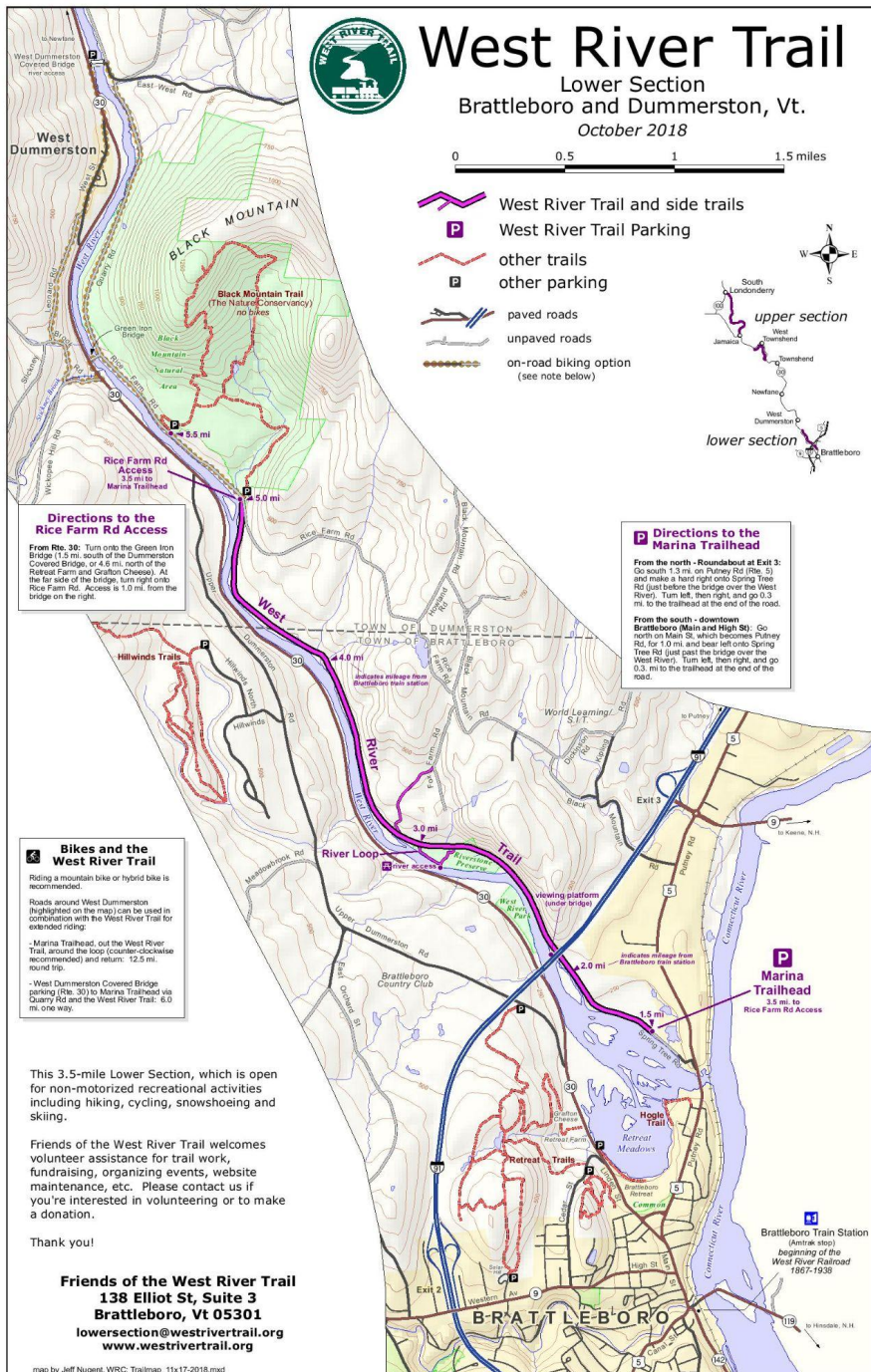


# 9th Annual Green Street School Tulip Trot



## Family Friendly Walking Spots and Ideas to Get You Moving

### The Lower West River Trail

A great spot to walk, run, bike, swim, and bring your family dog (on a leash!).

Park at the Marina Restaurant. Head north, along the West River. It's mostly flat, and a very convenient place to get some exercise with your family and friends!

You'll easily get to the viewing platform under the new-ish Route 91 bridge. Go farther, and see if you can find the stone stairs down to a great swimming spot. A bit farther on, the woods open to lovely trails of the Riverstone Preserve.

This trail is lovingly maintained by the Friends of the West River Trail. Check out their website at <https://westrivertrail.org/lower-section/lower-section-map/>



## RETREAT TRAILS

Brattleboro, VT

- Information
- Parking
- Retreat Trail System
- Other Trails
- Access Road or Lane
- Woodlands
- Agricultural Fields
- Old Fields and Brush

1/4 mile



Brattleboro Retreat

April 2018 - Version 1.3  
Cartography: Jeff Nugent, Windham Regional Commission

## TRAIL RULES AND COURTESIES

The Retreat Trails are a community resource. Please help us keep them clean.

Leave no trace.

Stay on designated trails.

No camping, fires, or dumping.

Respect private property and other postings.

Ensure pets are leashed at all times and remove waste.

Motorized vehicles, alcoholic beverages, and smoking are prohibited.

Bow hunting is permitted in accordance with Vermont Fish & Wildlife regulations. During the fall, we recommend wearing orange or red while on the trails.

Please note: The Retreat Trails are not staffed and are made available to the general public for recreational use. Under state law, 12 V.S.A. Section 5793, the owners of the Retreat Trails—Retreat Farm, Ltd. and the Brattleboro Retreat—shall not be liable for property damage or personal injury sustained unless the damage or injury is the result of willful or wanton misconduct of the owner.

## SHOW YOUR SUPPORT

These trails wind through land owned by Retreat Farm and the Brattleboro Retreat and protected by the Vermont Land Trust and Vermont Housing and Conservation Board. We invite you to become a member or make a donation to help Retreat Farm maintain the trail network for public recreational use by visiting [retreatfarm.org](http://retreatfarm.org).

### Retreat Farm

Retreat Farm, Ltd., a 501(c)(3) public charity, was formed in 2015 to restore and conserve the historic Retreat Farm and establish an essential public place to help ensure a healthy future for the region. A fixture of the town's landscape for 180 years, Retreat Farm encompasses 600 acres of conserved forests, farmlands, trails, waterways, and the iconic farmstead. For more information, visit [retreatfarm.org](http://retreatfarm.org).

### Brattleboro Retreat

The Brattleboro Retreat is a not-for-profit, regional specialty mental health and addiction treatment center providing a full range of diagnostic and rehabilitation services for individuals and families of all ages. Recognized as a leader in mental health care, the Brattleboro Retreat offers high quality, individualized and comprehensive inpatient, partial hospital, residential, and outpatient treatment services. For more information visit [brattlebororetreat.org](http://brattlebororetreat.org).

## RETREAT FARM HISTORY

Establishment of Retreat Farm and the Retreat Trails followed soon after the opening of the Brattleboro Retreat in 1834. The Retreat was one of the first psychiatric hospitals in America to offer "moral" treatment, providing patients with meaningful work and access to nature as primary therapies. The Retreat Farm, along with the hospital's forests and trails provided food, fuel, and a principal venue for patient therapy.

In 2001, with support from the Vermont Land Trust, Preservation Trust of Vermont, Vermont Housing and Conservation Board, and leading local citizens, the Windham Foundation acquired the Farm from the Brattleboro Retreat. In 2006, the two institutions revitalized the trail network for the community. In 2016, the Windham Foundation donated the Farm property to Retreat Farm, Ltd., a nonprofit organization formed to restore and maintain the historic Retreat Farm, its forests and its trails.vv

To continue this work, Retreat Farm, Ltd. relies on the generosity of locals and visitors to support ongoing land preservation and trail maintenance. Please consider becoming a Retreat Farm member or making a tax-deductible contribution at [retreatfarm.org](http://retreatfarm.org).



**The original Tulip Trot 5K trail is marked out by Geckos on the map.**

**Starting from the parking lot at GSS, make your way up to Cedar street, then down to the ski jump at Harris Hill.**

**Climb the path instead of the steps and follow the Ice Pond Trail past the ice pond and up to the wide meadow.**

**The original run turned back at the edge of the meadow and went back to the ice pond with a turn towards the main trail, heading uphill to the Upper Woodlands trail.**

**This exits at Solar Hill on Western Avenue, and the original 5K ends back down the road at the GSS parking lot.**

## Wantastiquet!

Some folks feel a bit intimidated by this hike. But no need! If you aren't a strong hiker, just take it easy, take your time, enjoy the beautiful scenery, and make a day of it. Wear decent shoes or boots because it's rocky and wet in some parts. But all in all, you got this. It's totally worth it.

**Getting there:** Take the Brattleboro Road toward Hinsdale. Right after the 2nd bridge, just as you're entering NH, take that little left turn onto Mountain Road.

You'll see a small parking area up at the trailhead — park carefully, it's a popular spot and that little parking lot fills up!

### Wear:

Sturdy walking or hiking shoes or boots  
Layers! It's hot, it's cold, it's hot again!  
A backpack

### Bring:

A water bottle  
Snacks  
A camera  
Binoculars, if ya have 'em



There is also a relatively flat trail there, too. Just bear left at the trailhead. That's a lovely path, as well.

### Try This?

Pick up 10 tiny pebbles as you begin the hike up the mountain. Toss away one pebble at each "switch." (As you can see on the map, you switch directions 9 times as you criss-cross up this trail. When you have one pebble left, you are on the last leg of the trail! You can leave that little pebble at the top, or toss it over the tree tops below!



Have Fun!

