



2026

TrailLink Unlimited



Guides



**Lamoille
Valley Rail
Trail**
Vermont



Lamoille Valley Rail Trail

Vermont

Closure Notice: Portions of the Lamoille Valley Rail Trail (LVRT) are closed due to flood damage. Please refer to the Vermont Rail



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The Lamoille Valley Rail Trail (LVRT) is a rail trail (open year-round), located in northern Vermont that stretches 93 miles between St. Johnsbury and Swanton. The trail passes through the spine of Vermont's Green Mountain Range, from the Connecticut River to Lake Champlain. Covering five counties and 18 towns, the LVRT is the longest rail trail in New England.

About the Route

Starting from the trail's southern endpoint in St.

Johnsbury, the route offers a variety of scenic landscapes, including gorgeous wetlands and Joe's Pond, a locally popular fishing, boating, and residential area. Heading north, the trail first parallels both US 5 and the Passumpsic River before turning west to run along Whiteman Brook. Tunnels help trail users avoid road crossings at US 5 and I-91 and also provide a cool spot in the warmer months. After heading under I-91 and reaching Mt. Vernon Street, trail users will enter a 1.5-mile section of the trail, also known as the Three Rivers Bike Path, which heads to the southern edge of St. Johnsbury, where there is also a small parking lot.

Beginning at Vermont Route 15 (VT-15), the trail heads northeast along Joe's Pond, a gorgeous lake with a variety of activities available. Take a break at the Joe's Pond Trailhead and enjoy the scenic views over the water. This trailhead has restrooms, picnic tables a pavilion, benches, and a large sandy parking lot. Flanked by trees for most of the route, the trail passes through a small residential area near the intersection of VT-15 and US 2, just before the trail begins to run along the shore of Joe's Pond. Heading towards Danville, the trail snakes in and out of wooded areas and farm fields and crosses over a few local roads. Here, trail users will encounter dramatic outcrops of bedrock—ledge cuts left over from the time of the railroad—as well as densely shaded forests and ferns in the warmer months.

Continuing northwest through West Danville and Walden, the trail starts to parallel the Lamoille River as it winds its way through Greensboro Bend and East Hardwick. The trail continues along the Lamoille River in the woods. The closest access is from Elmore Pond Road, just south of its intersection with VT-15 (Grand Army of the Republic Highway). The trail continues to follow the river and VT-15 through Morrisville to Cambridge. The quiet route passes through a wide range of landscapes—from small towns to agricultural areas, meadows, and forests.

Heading northwest, the trail cuts through Morrisville only a



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States: Vermont

Counties: Caledonia, Franklin, Lamoille

Length: 94.3miles

Trail end points: Robin Hood Dr. (Swanton) to
543 Main St (St. Johnsbury)

Trail surfaces: Crushed Stone, Dirt, Gravel

Trail category: Rail-Trail

Trail activities: Bike, Horseback

Riding, Mountain

Biking, Snowmobiling, Walking, Cross Country

Skiing

Parking & Trail Access

The Lamoille Valley Rail Trail runs through Robin Hood Dr. (Swanton) and 543 Main St (St. Johnsbury), where parking is available.

Parking is available at:

- Highgate Recreation Facility, 243 Gore Rd. (Highgate Center)
- 5464 VT-15 (Jeffersonville)
- Oxbow Riverfront Park, 257 Portland St. (Morrisville)

The Green Mountain Transit (GMT) system provides access to the trail. It serves the communities of Burlington, Essex, South Burlington, Shelburne, Williston, Winooski, Milton, Hinesburg, and part of Colchester. Visit the GMT Website to plan your adventure.

Rural Community Transportation (RCT) serves the counties of Caledonia, Orleans, Essex, and Lamoille, providing fare-free shuttle and commuter bus routes. In the bus stop, head northwest on Harrel Street. Turn south to follow Historic VT-100 until it intersects with the trail.

RCT buses are equipped with a bike rack on the outside. However, riders are responsible for safely securing their own bikes.

Please see [TrailLink map](#) for all parking options and detailed directions.



Lamoille Valley Rail Trail

Vermont



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)