



2025

TrailLink Unlimited 

Guides



**Island Line
Trail**
Vermont



Island Line Trail

Vermont

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Lake Champlain virtually laps at your feet for long sections of the 13.4-mile Island Line Rail Trail. Rolling through waterfront parks in Burlington and Colchester, the trail crosses the lake on a spectacular 3-mile causeway that requires a ferry ride to cross a 200-foot gap to destinations on South Hero Island.

About the Route

The trail's northern endpoint is located at Martin Rd and starts off as a fishing access rd. for 0.8 miles before reaching the causeway, which many consider to be the highlight of the route.

Trail users can ride the causeway for 1 mile before reaching The Cut, which separates the two sections of

trail in order to allow boats to pass the trail. Trail users can ride a bike ferry on weekends and holidays in the spring and fall and all week in the summer. (Find rates and hours at localmotion.org.)

South of The Cut, the scenic causeway continues for 2.7 miles before reaching the shores of the lake, giving users splendid views of both the Adirondack Mountains of New York and the Green Mountains of Vermont. This section of trail is also often called the Colchester Bike Path and Causeway.

2.4 miles after the end of the Causeway, the trail crosses a 600-ft pedestrian bridge over the mouth of the Winooski River.

While the northern section of the trail is entirely hard-packed crushed limestone, and the remaining 8 miles of trail through Burlington are paved. Burlington's Section of the trail is often called the Burlington Greenway.

Along the route, you'll pass some industrial sites and a rail yard for the Vermont Railway, a short line railroad. Just before passing the ferry docks on King Street, you'll see Union Station, built from brick, limestone, and granite in 1916.

The southern terminus at Oakledge Park in Burlington has plentiful parking and restrooms. Along the sandy beach located within the park, you'll get your first view of New York's Adirondack Mountains across the lake. At the park's north end, 14 granite boulders in Burlington's Earth Clock create a calendar, clock, and compass—an example of this town's artistic reputation.

Connections

9 miles from the northern endpoint, the Island Line Trail connects with the [Arms Park Trail](#).

Trail History



Island Line Trail

Vermont

States: Vermont

Counties: Chittenden, Grand Isle

Length: 13.4 miles

Trail end points: 36 Martin Rd. (South Hero) to
72 Austin Dr. (Burlington)

Trail surfaces: Asphalt, Gravel

Trail category: Rail-Trail

Trail activities: Bike, Fishing, Inline

Skating, Walking, Wheelchair Accessible, Cross
Country Skiing

Parking & Trail Access

The Island Line Trail runs between 36 Martin Rd. (South Hero), where parking is available, and 72 Austin Dr. (Burlington)

Parking is also available at:

- Causeway Park, 781 Blakely Rd. (Colchester)
- North Beach Park, 62 Institute Rd. (Burlington)
- Oakledge Park, 1 Flynn Ave. (Burlington)

See [TrailLink Map](#) for all parking options and detailed directions.



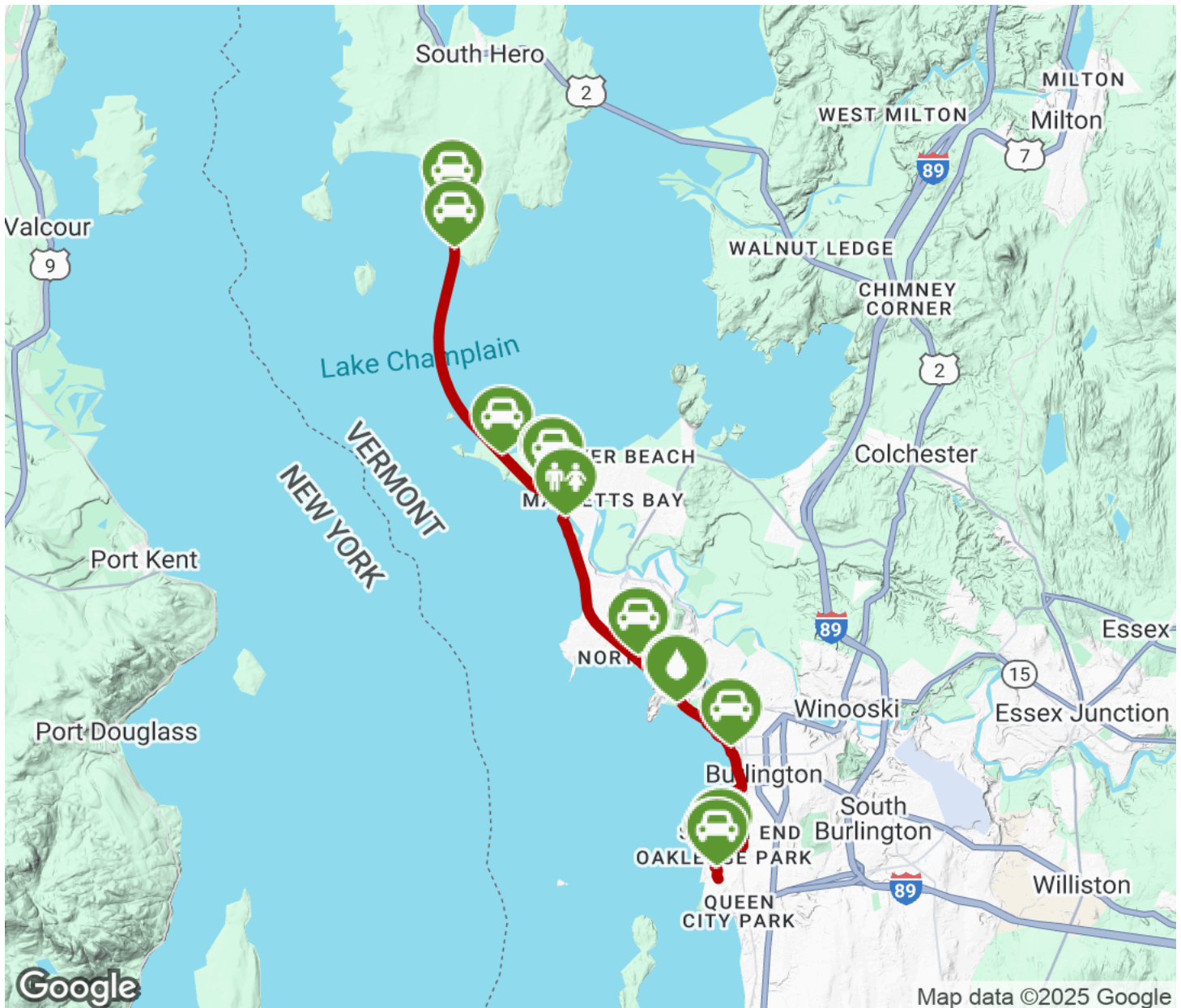
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Island Line Trail

Vermont



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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