



2026

TrailLink Unlimited



Guides



# Arms Park Trail

*Vermont*



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Vermont

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The Arms Park Trails are a network of woodland paths in the park behind Burlington High School and the surrounding properties of Rock Point School and Vermont's Episcopal Diocese offices. Some of the trails are hilly and the trail behind the diocese office is for foot traffic only. All the trails are dirt surface. At the northwest end of the park, you can jump on the [Island Line Rail Trail](#).



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Vermont

**States:** Vermont

**Counties:** Chittenden

Length: 1.4miles

**Trail end points:** North Ave. at Burlington High School to Island Line Trail near Killarney Dr.

**Trail surfaces:** Dirt

**Trail category:** Greenway/Non-RT

**Trail activities:** Mountain

Biking, Walking, Cross Country Skiing

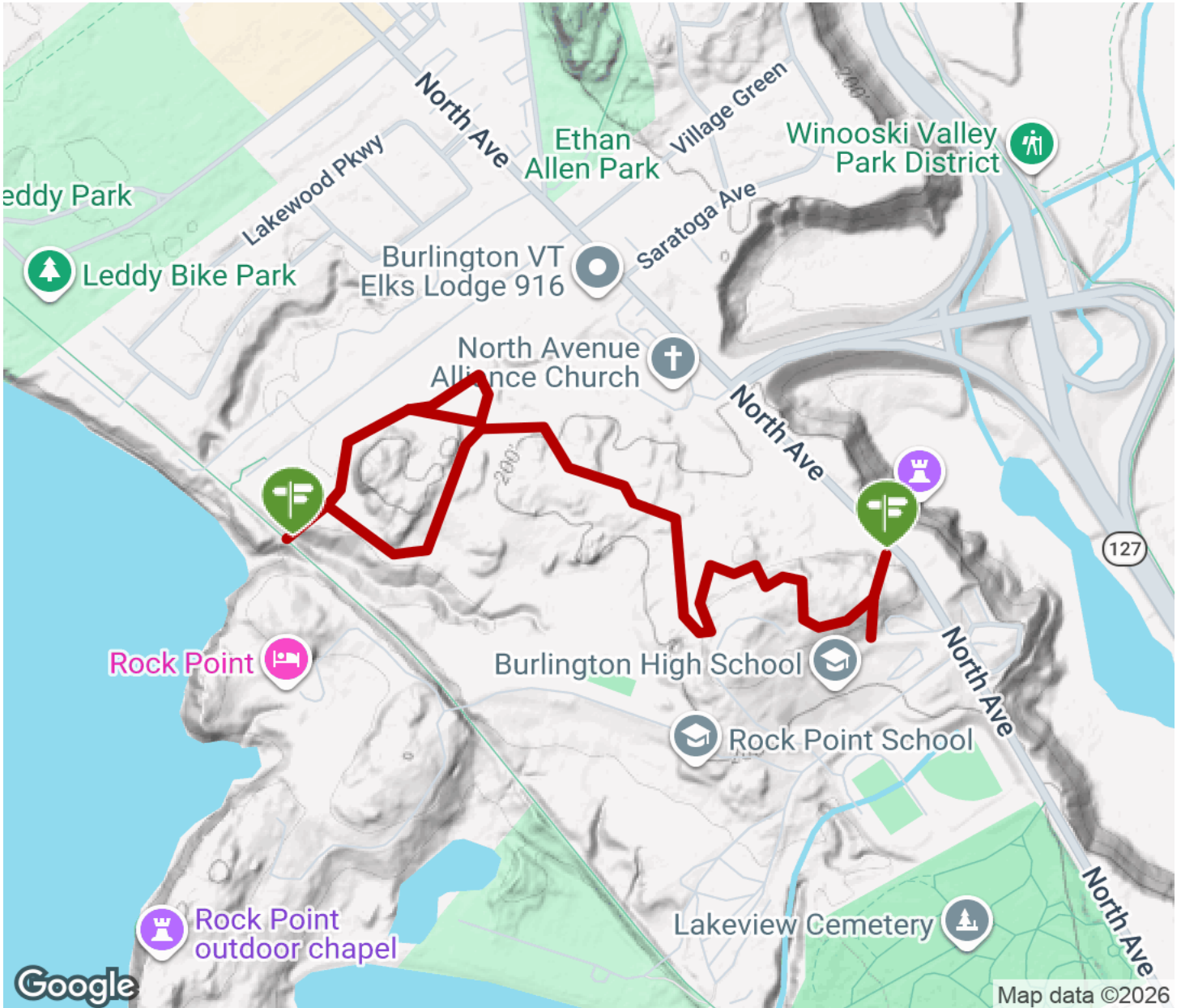
## Parking & Trail Access

There is no official parking for the trail but you can access it from the Island Line Rail Trail near where the latter crosses Rock Point Road. You may be able to park at Burlington High School (52 Institute Rd.) but heed all parking restrictions.



# Arms Park Trail

Vermont



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**