



2025

TrailLink Unlimited 

Guides



Montpelier Recreation Path (Winooski Path)

Vermont



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The Montpelier Recreation Path, which follows the Winooski River in downtown Montpelier, is currently divided into two paved



continue on the path on Stone Cutters Way). The path continues over a mile to end along Route 2 after crossing the Winooski River over a new pedestrian bridge.

The Montpelier Recreation Path, which follows the Winooski River in downtown Montpelier, is currently divided into two paved pathways: Winooski West and Winooski East on either side of Main Street. Collectively, they're part of the Central Vermont Path, a proposed multi-town trail network from Montpelier to Graniteville, which is part of the larger [Cross Vermont Trail](#).

The western segment begins in the Dog River Recreation Area, a perfect place for a picnic with tables and grills near the water. It continues for just over a mile to end at Main Street. Along the way, it passes Montpelier High School, providing a safe off-road travel route for students. The eastern segment begins a block from Main Street, at the Montpelier Recreation Center on Barre Street (follow the Cross Vermont Trail sign to the back of the center to



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States: Vermont

Counties: Washington

Length: 1.94 miles

Trail end points: Granite Street to Dog River
Recreation Area

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Walking

Parking & Trail Access

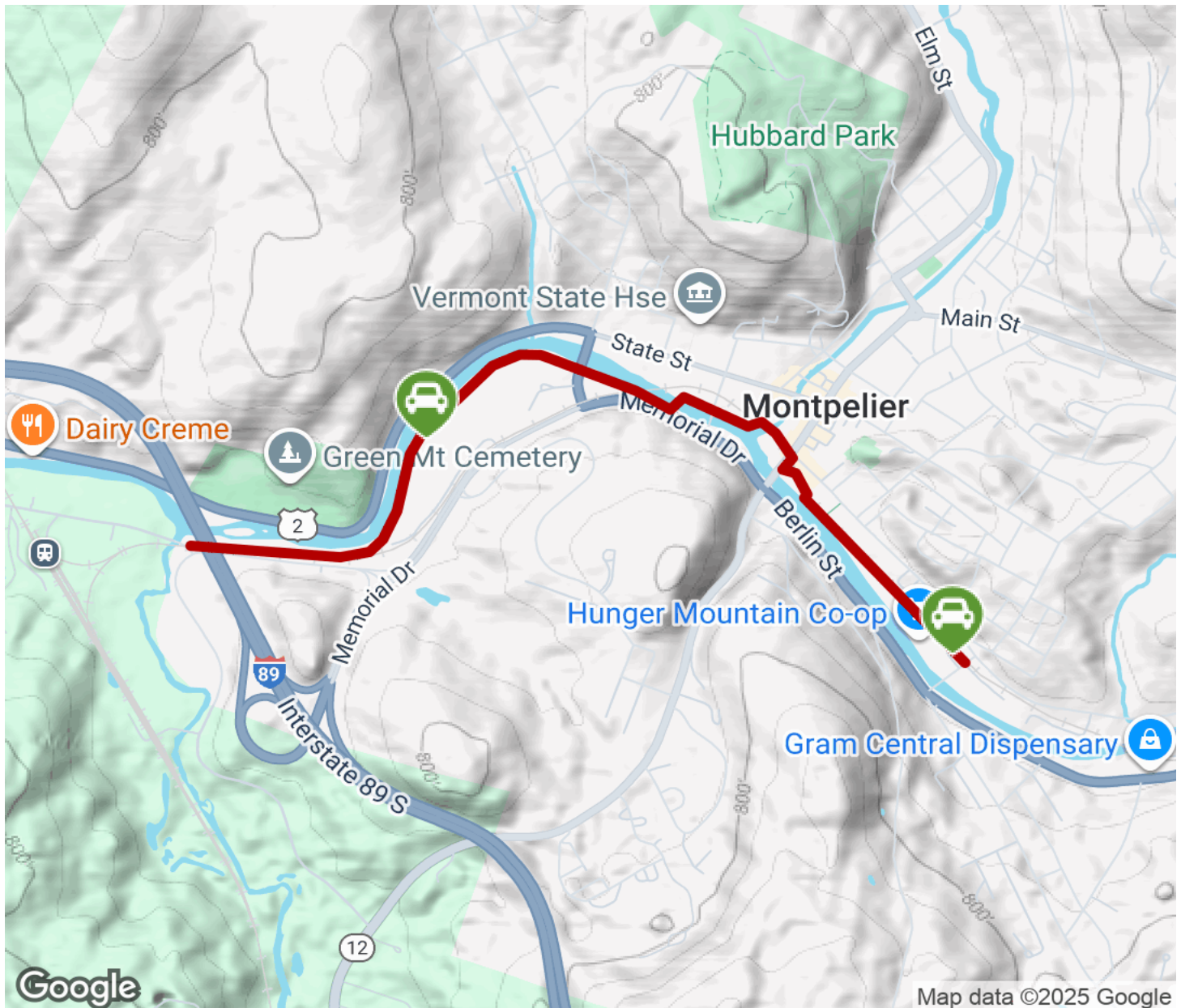
Parking is available at Montpelier High School (5 High School Drive) and the Montpelier Recreation Center (55 Barre Street).

See [TrailLink Map](#) for more detailed directions.



Montpelier Recreation Path (Winooski Path)

Vermont



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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