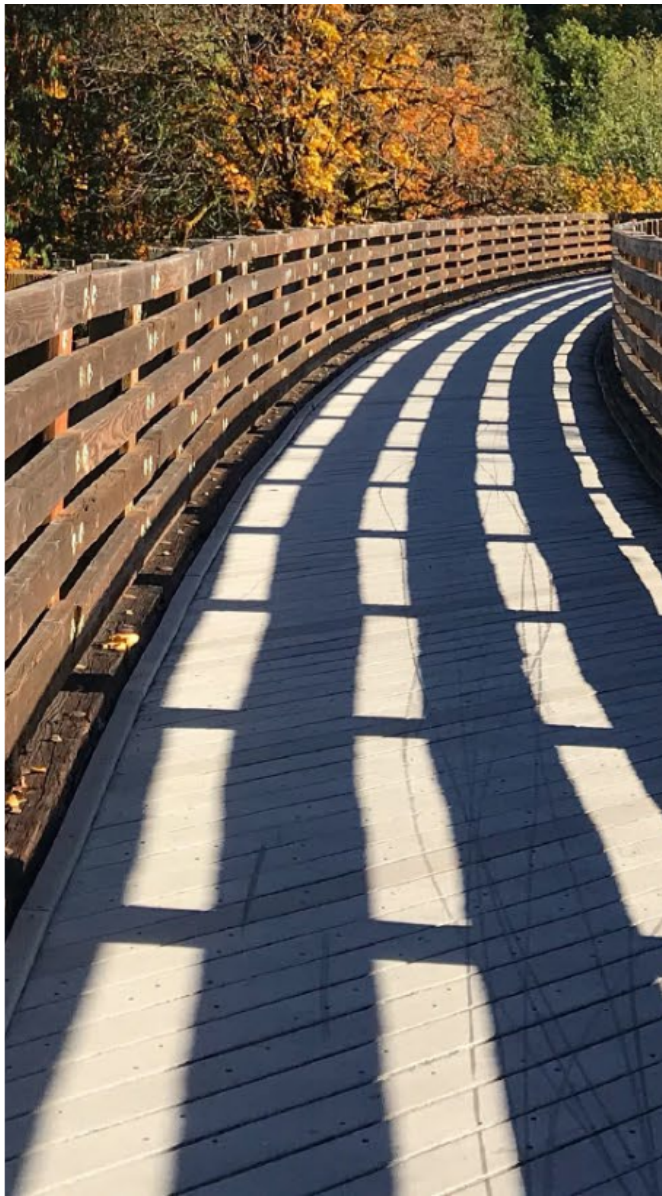




2026

TrailLink Unlimited 

Guides



Montpelier Recreation Path (Winooski Path)

Vermont



Montpelier Recreation Path (Winooski Path)

Vermont

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



Montpelier Recreation Path (Winooski Path)

Vermont

States: Vermont

Counties: Washington

Length: 1.94miles

Trail end points: Granite Street to Dog River
Recreation Area

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Walking

Parking & Trail Access

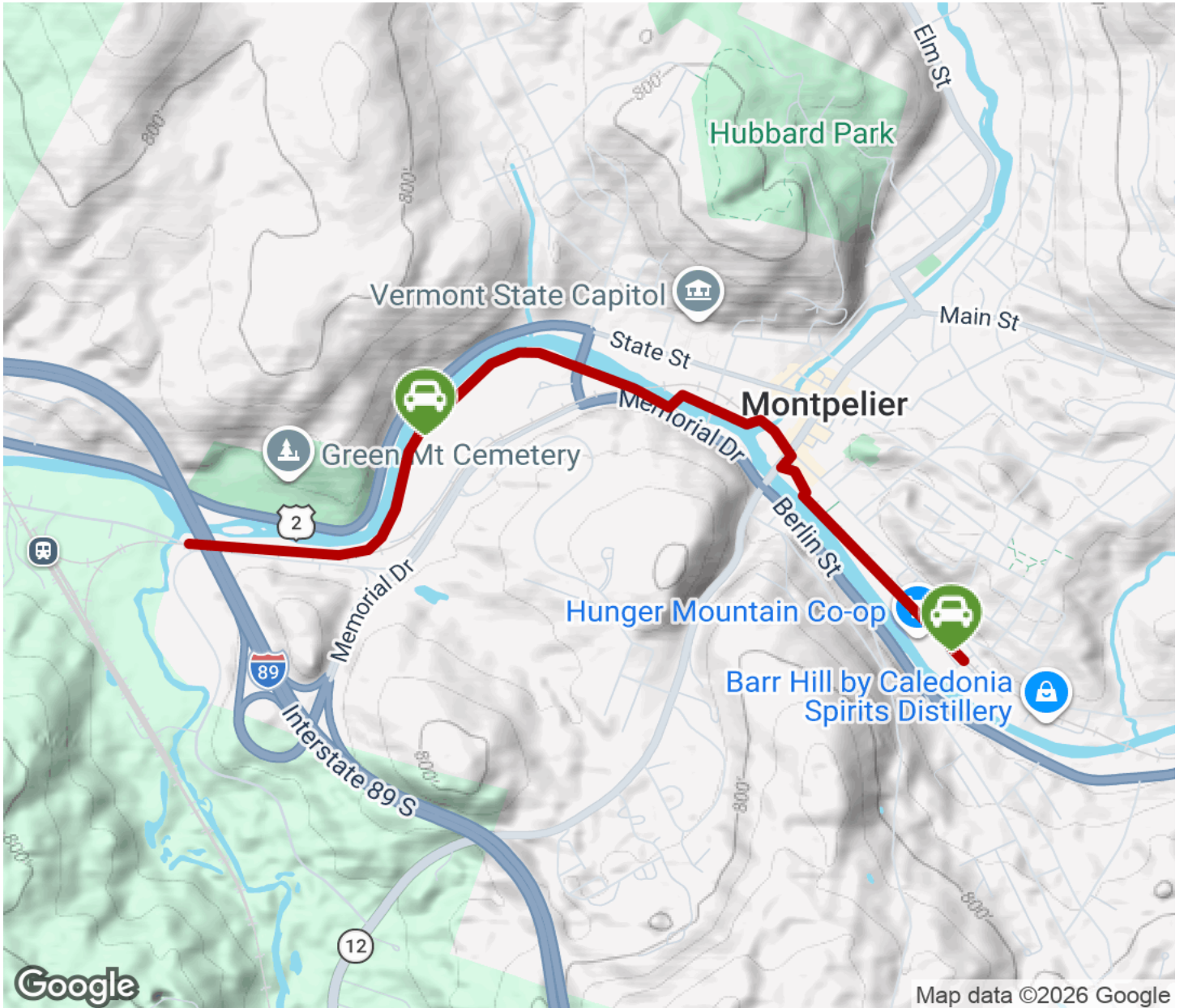
Parking is available at Montpelier High School (5 High School Drive) and the Montpelier Recreation Center (55 Barre Street).

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



Montpelier Recreation Path (Winooski Path)

Vermont



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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