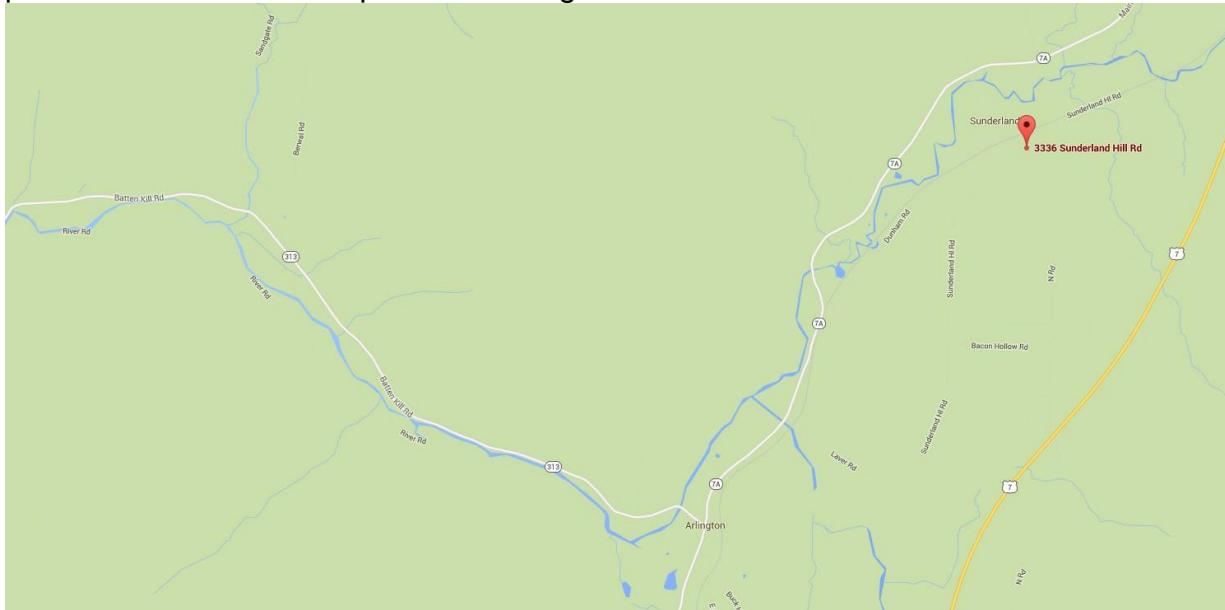


Battenkill River Fishing Holes

The Battenkill River has some awesome trout fishing. There are a few good fishing holes to try. Basically, just drive along the river, find a place to park, and put in. There are access points all along the river.



Directions

Turn left out of the driveway on Sunderland Hill Road.

Turn Right on Hill Farm Road - There's a river crossing right before 7A.

Then go left on 7A and you'll see a few bridges where you can fish.

When you get to Arlington, go right on 313 - There are loads of fishing holes and pull offs. The very first river crossing is where this fish was caught - right under the bridge - on a worm.



Worms and Beer - If you need to pick up some worms, fishing supplies, get beer or liquor - Stop at Paulin's in Arlington. Just stay on 7A and pass 313(don't turn) - it's about a half mile more on the right.

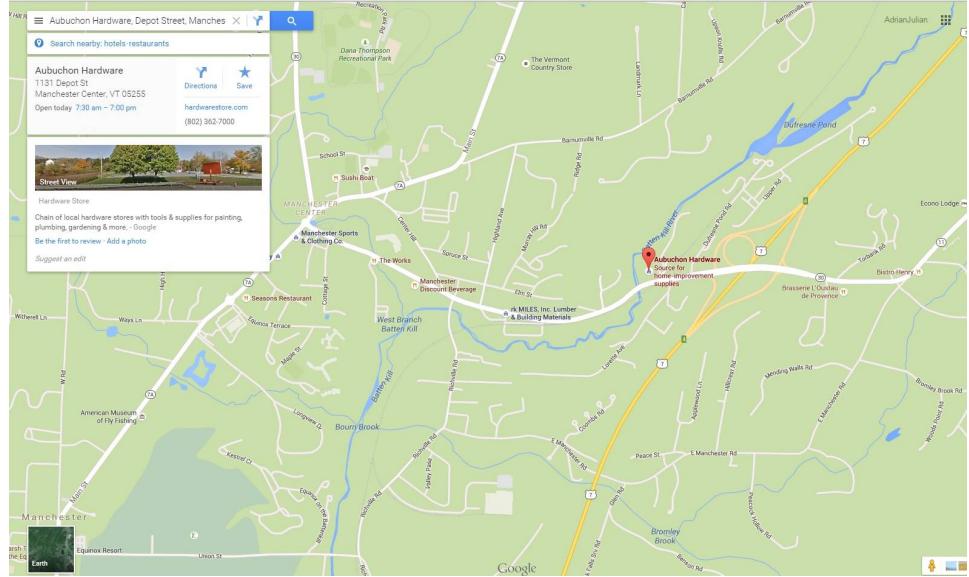
Tubing and Rafting the Battenkill

Grab a raft and float the Battenkill River. There are 2 bridges - one a mile north, and the other, a mile south. Park a car at the south bridge and hitch a ride to the north bridge where you can "put in" for a really relaxing 2 hour float.

Where to get blow-up rafts:

Take a quick drive up to Manchester to Aubuchon's Hardware Store to get some rafts.

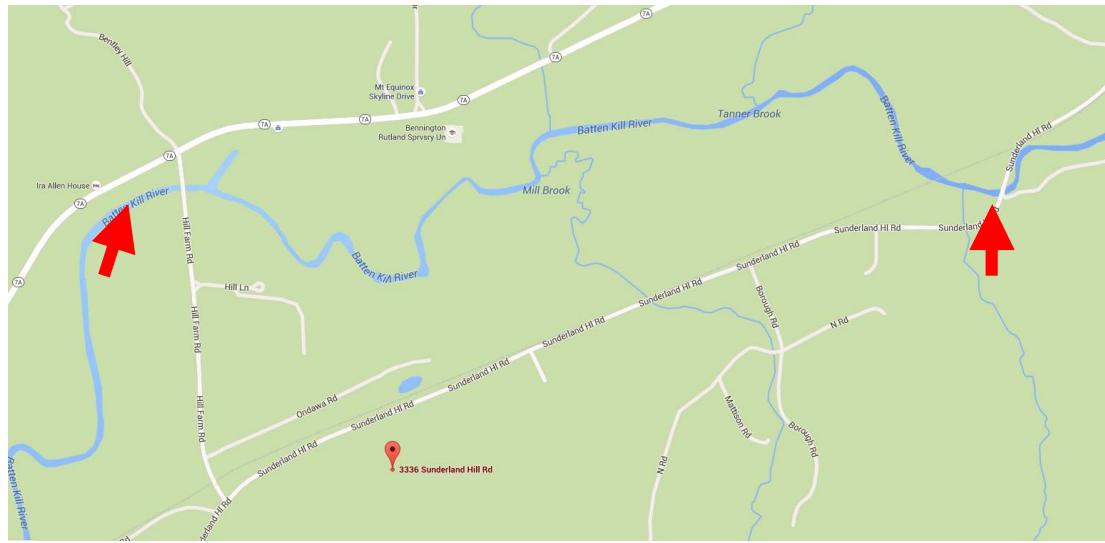
Turn right out of the driveway on Sunderland Hill Road. Go 2.5 miles.
Turn Right on Richville Road. 2 miles to the light
Go right at the light on Depot street (11/30) and Aubuchons is about a mile up on the left.



Where to put in:

You can walk or drive. Just turn right out of the driveway and put in at the first bridge.

Park on the road - not in the turnaround. The Battenkill Canoe company sometimes uses the turnaround for their trailers.



Where to Take Out: The first bridge you float to will be the Hill Farm Road Bridge. You can just walk home with your rafts - or leave a car there. It's about a mile. If the river is running slow - it will take about 2 hours to tube. If it's fast - keep going and you'll end up in Arlington where you can call for a rescue, or hitch a ride home with a local. If you have Kayaks - you can paddle to NY!

Emerald Lake

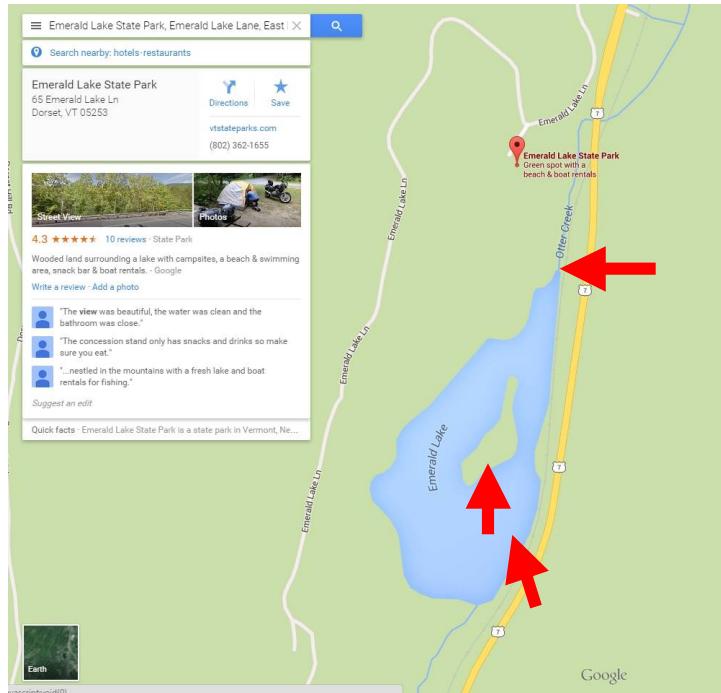
This is the best lake around.
Just watch the video:
<https://youtu.be/v1T4mfY5lcl>

Directions:

Turn right out of the driveway on Sunderland Hill Road, go to the end.

Turn right on 7A all the way through Manchester, until it merges back onto Rt 7 (about 8 miles).

Go left on Rt 7 North for about 5 minutes until you see the lake on the left. You can't miss it.



Stop for Supplies:

A half mile after you turn on Rt 7 North, the East Dorset General Store is where you can get worms and junk food. They make a mean Italian sub - don't get it out of the cooler - ask them to make it for you fresh!



How to Sneak in for Free: If you are adventurous, or just want to be cool like the locals - then as you are traveling north on Rt 7, park in the trucker's pull-off on the left alongside the lake. Hike down the steep hill and walk the train tracks north along the lake. The beach is on the other side, so you have to hike to the north end and wade across Otter Creek - Voila! You're in. Don't try it unless you are brave enough to bush-whack down the hill! There's a pay station about a mile up - but it's a hike to the beach so make sure you have wheels on that beach bag!

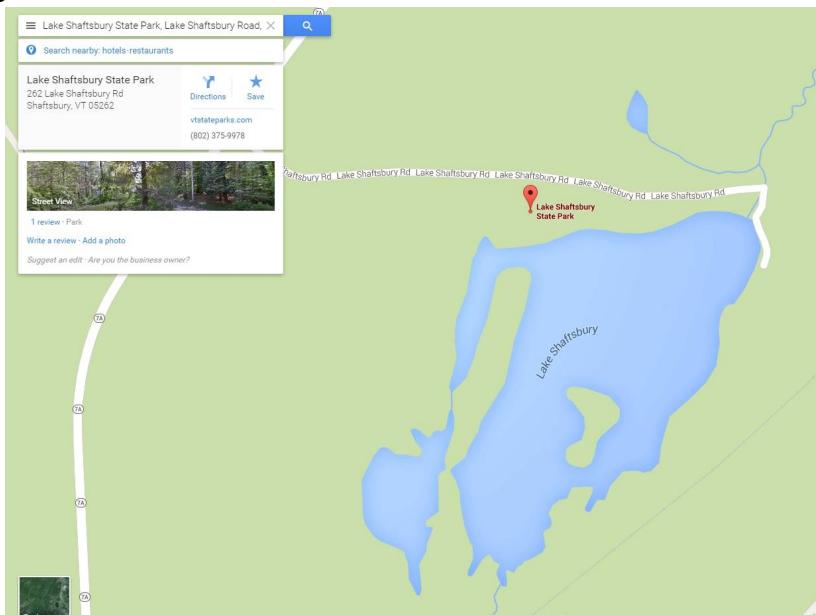


Secret Rope Swings: There are 2 awesome rope swings. If you hike South on the train tracks you'll get to one. If you take your blow-up raft to the island, there's an even bigger one, on the east side.

Fishing and Boat Rental: In the summer they run an ice cream stand on the beach, and you can rent canoes and paddle boats. Largemouth bass and Bluegill live here.

Lake Shaftsbury

Lake Shaftsbury is a smaller version of Emerald Lake. But it's a little closer, not so rustic, and it's got this awesome easy hiking trail around the lake - 1-2 miles. You can rent canoes in the summer or hang out on the beach, or fish. They have a great picnic area and huge grassy meadows for frisbee.



Directions:

Turn left out of the driveway on Sunderland Hill Road.

Turn Right on Hill Farm Road

-
Then go left on 7A for about 7-8 miles. You'll see the Lake Shaftsbury sign on the left.



Stop for Worms and Beer -

If you need to pick up some worms, fishing supplies, get beer or liquor - Stop at Paulin's in Arlington. It's about a half mile past 313 on the right.

Stop at Snow's Dairy: One mile south of Arlington on 7A - there's an old fashioned dairy. Get the fish fry with red sauce. It's a local obsession...so don't be surprised about the hot dog roll! You can also get soft-serve magic shell ice cream cones...or if you need a purge, go for a double order of the Jalepeno poppers. It's only open in the summer.



Caves and Rock Quarries

On Green Peak mountain, just a few miles north of Manchester, there are bat caves and rock quarries.

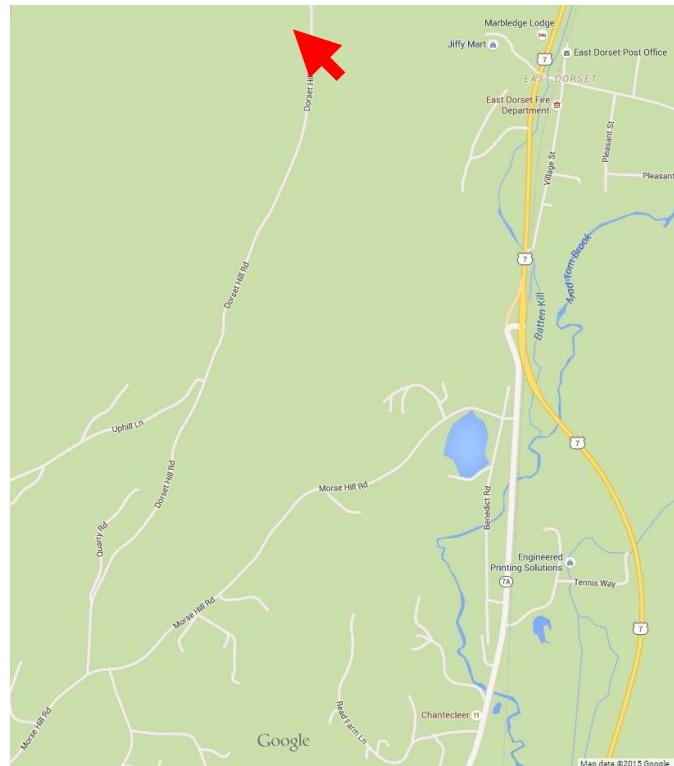
Directions:

Turn right out of the driveway on Sunderland Hill Road, go to the end. Turn right on 7A all the way through Manchester, (about 7 miles). If you get to the Rt 7 merge, you went about a half mile too far.

Go left on Morse Hill Road to the top of the mountain.

Go right on Dorset Hill (dirt) Road for 2 miles.

Park on the left where you see the quarry road splitting off up the mountain. If you get to the brown turret house, you went one driveway too far. Time to hike up the quarry road - in about a quarter mile the trail splits - choose your adventure!



Right Split to Caves - 1 mile up the mountain.

The 1.5 mile hike up the mountain will lead to mysterious underground caverns and a wide chimney face that many rock climbers enjoy. Hike up and **ALWAYS TAKE THE RIGHT FORK**. When you get near the top of the mountain, you'll feel the cool blast of air.

- The caves are on the left. They are awesome and there's an underground lake that stays frozen until late June.
- On the right side of the trail, there's an awesome view of the valley. You need a good bottle of wine to properly enjoy the view.
- Take the quarry challenge and see if you can find the second quarry further on, on the right side of the trail.
- Keep hiking up the main trail - it swings around to the top of the chimney where you can get an awesome view from above.
- Explore the woods, anywhere along the trail and you'll find old house foundations where the Freedlyville quarry miners lived. You'll see them as you hike up.



Left Split to Outdoor Cathedral Quarry - 2 miles up Mountain.

This quarry is every bit as impressive as the caves - but these are more like an outdoor cathedral, and bigger. The hike is a little tougher and steeper - but not treacherous. After you take the left split, you'll hike up for over a mile. It gets progressively steeper as you go. You'll see a trail split off to the left. DON'T TAKE THE FIRST LEFT TRAIL (this trail circles around the mountain and you'll end up in Dorset). Rather, you want to TAKE THE SECOND LEFT TRAIL. If you get to the cell phone tower you went about a quarter mile too far and missed your turn off.

Keep going for another half mile and you'll stumble into to the cathedral on the right. You'll know you are close when the forest opens up and you start to get incredible views of the entire valley from Manchester to Bennington. It's an awesome place for climbing around.

Bat Caves - 3 miles up the Mountain

If you are really in for an extreme adventure - you can hike all the way up to the bat caves. They are about one mile past the cathedral quarry, further up the mountain. The Bats are endangered and they contracted some sort of White Nose Syndrome virus a few years ago that wiped out 80% of the population.

They are starting to rebound now, and we're seeing them flying around again. The bat caves are on the left side of the trail. Unfortunately the park service puts a grate up at the front of the cave at certain times of the year to keep tourists from



disturbing their nesting grounds because the population took such a big hit -- but it's still fun to check it out. You'll hike 3 miles straight uphill to see a big cave hole in the ground with a grate over it and you can tell people "I hiked to the bat caves!" while your friends "Oooh" and "Aaaah" over your Vermont stories. Then you have to hike 3 miles back. Or...if you are in for a punishing climb, just keep going. The trail seems to never stop going up.

- Later - if you want to see the bats back at the house - just throw a tennis ball up in the air repeatedly at sunset. Sometimes they'll follow it almost to the ground. If bats are around, you'll draw them in.

Tips:

- You will be hiking in the forest - so take bug spray!
- Bring extra water and food.

Lye Brook Falls

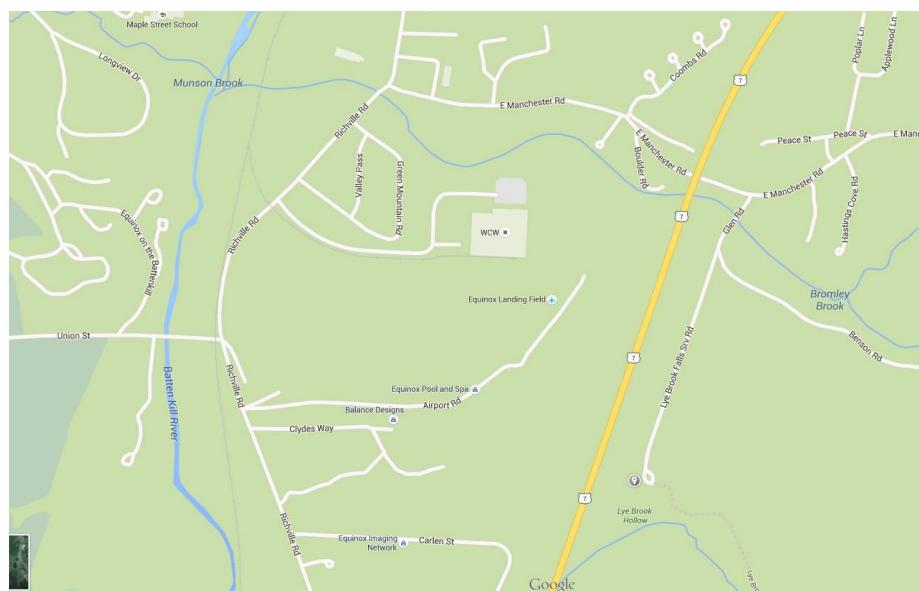
If you are looking for a 2.5 mile easy mountain hike (each way), to some very cool waterfalls - this is your adventure. Lye Brooks Falls is one of the tallest waterfalls in Vermont. Fed by Lye Brook, it was once called the Trestle Cascade as a testament to a trestle that spanned near the falls during a time when logging and railroads ruled Manchester. The trailhead is just a few miles from the house, and there's no getting lost.



Directions:

Turn right out of the driveway on Sunderland Hill Road. Go 2.5 miles. Turn Right on Richville Road for 2 miles (if you get to the light, you went about a half mile too far)

Turn Right on East Manchester Rd, it's right before the post office. Drive under Rt 7 and take your first right on the Lye Brook Service road. Park and then just start hiking.



Can you find the Geocache?

Once you get to the falls, there used to be a geocache hidden on the other side. See if you can find it! Cross over at the bottom of the falls. There's a mini cave on the other side and somewhere in the rocks is a military geocache box. Bring something to leave in the box or write a story on the pad inside.



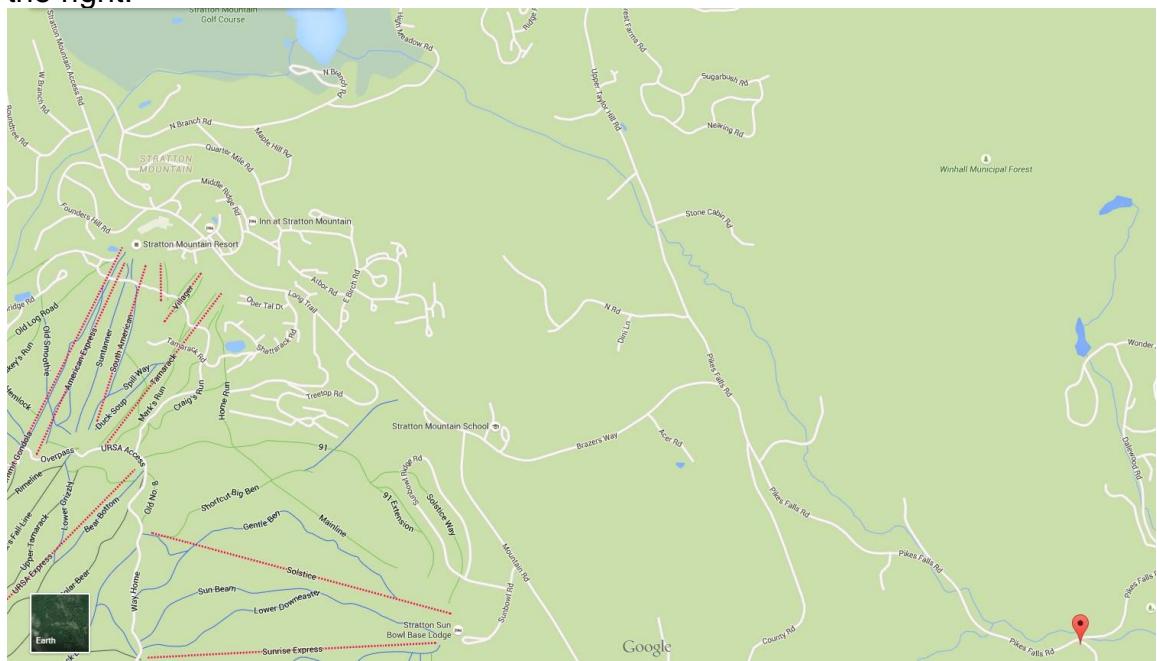
Pikes Falls

If you want to see some waterfalls, but you're not down for the 2.5 mile hike to Lye Brook Falls - Then go hunting for Pikes Falls in Stratton. They are fairly close to the road, equally impressive, and there's a great swimming hole at the bottom.



Directions:

Turn right out of the driveway on Sunderland Hill Road. Go 2.5 miles. Turn Right on Richville Road for 2 miles until you get to the light. Turn right at the Light on 11/30 At the top of the mountain, take a right on Route 30. In about 7 minutes, turn right on the Stratton Mountain access road. Take it all the way to the end, and turn right at the "T" on Pikes Falls Road. A mile or so down, you'll see all the cars. Just park and hike to the waterfalls on the right.



Dorset Quarry Swimming Hole

This is the best swimming hole in town. It's absolutely beautiful and loads of people gather to jump off the cliffs or just swim across the quarry lake. Bring a picnic. Hike around the quarry, or test your nerve by jumping off the highest rock face.

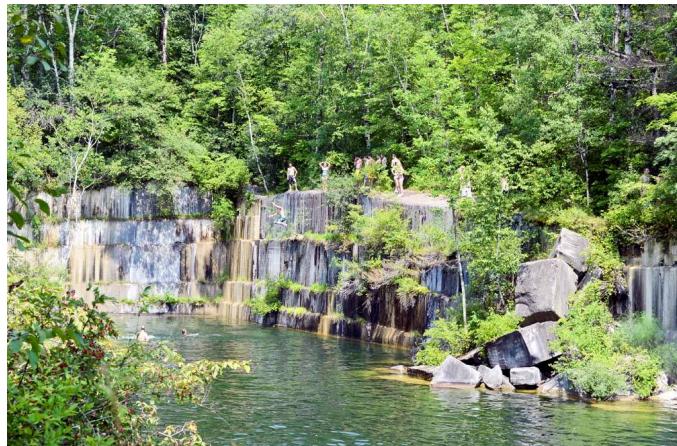
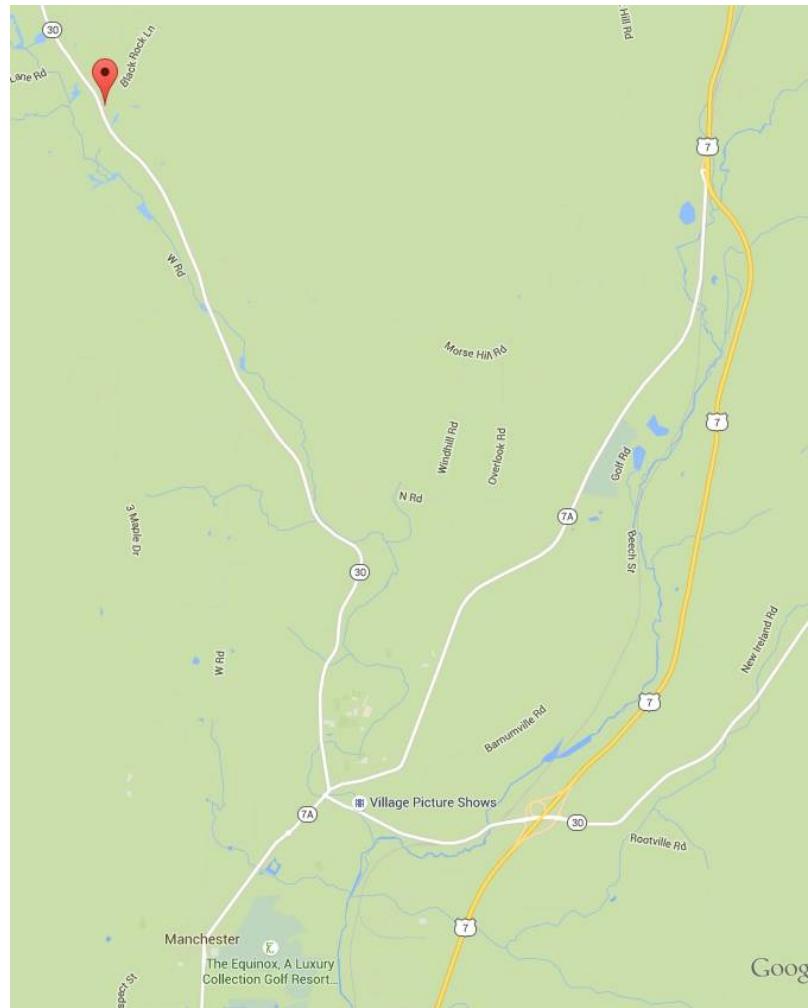
Directions:

Turn right out of the driveway on Sunderland Hill Road, go to the end.

Turn right on 7A into the center of Manchester.

At the third circle take Rt 30 West to Dorset.

The quarry is about 6-7 miles up on the right side. You can't miss it. Park on that little side road - Kelly road - on the right.

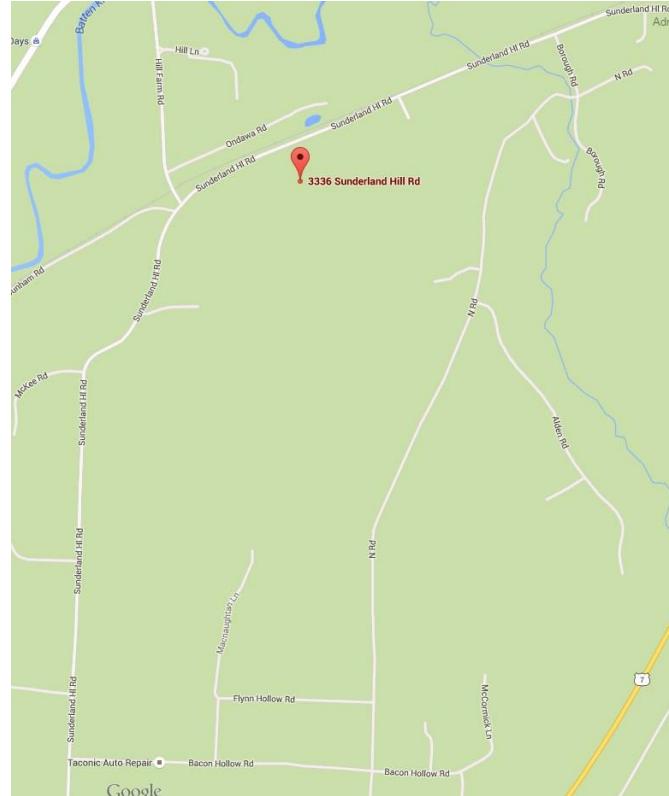


5-Mile Jogging Loop

There's a 5-mile jogging loop around the local roads - most of them dirt. Just leave the driveway, start running and just keep turning right until you get back to the house. It's 1 flat warm-up mile, then 1 hard mile uphill on North Road, then 3 glorious slow sloping downhill miles. It's not nearly as fun in reverse.

Directions:

- Right on Sunderland Hill Road
- Right on Borough Road
- Right on North Road
- Right on Bacon Hollow Road
- Right on Sunderland Hill Road

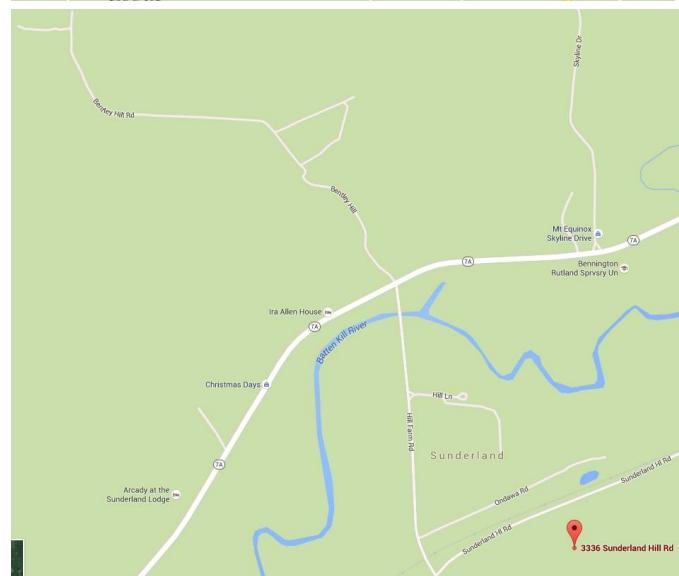


3.8 Mile Sheep Farm Hike

You can also walk across the valley and straight up the other side to the incredibly scenic, high-elevation sheep farm. If you want, you can hike all the way over the mountain to Sandgate.

Directions:

- Left on Sunderland Hill Road
- Right on Hill Farm and just keep going until you get tired. It turns into a dirt road, then a logging trail, then a snow mobile trail.



Can you find Ira Allen's Grave?

If you want some extra fun, stop in the graveyard on Hill Farm Road, and read all the gravestones. Apparently Ira Allen of the famed Green Mountain Boys is buried there. Can you find his gravestone? We've never been able to find it, but it's there somewhere!

River Diversion

If you want a quick hike along the river, they mow a short hiking path along the river. Just cut left into the bushes right before you get to the river and you can hike for quite a ways. There are beaver that occasionally move into the Battenkill. Keep an eye out for dams.

The Spa Day

Raining? Stuck inside? Don't fret. Treat yourself to a spa day.

Go Local – Equinox Spa

802-362-4700

<http://equinoxresort.com/spa/>

The Equinox is largely held to be the best spa in town. They have all the "Treatments" you could possibly want, plus a gym, pool, and afterwards – The Marsh Tavern is a nice place to enjoy a glass of wine.



Directions - Turn right out of the driveway and head 5 miles to town. Turn right at the stop sign and it's a quarter mile up on the left.

Do it Yourself Spa Day

If you lack the small fortune required to visit the Equinox, simply go in the master bathroom and look under the right side of the sink. There are 3 different facial masks, a big box of make-up, 2 boxes of nail polish, perfumes to try. You'll find everything you need to make your own fun, if you are stuck inside.

The Facial Mask

If you feel the call of nature - there are tons of facial mask recipes on the internet - or you can try this one.

Yogurt Facial Mask

Get out the Magic Bullet and add:

- Spoonful of plain yogurt
- A spoonful of oatmeal
- A squirt of honey
- A spoonful of avocado
- Squeeze a slice of lemon



Slather this mysterious green mixture all over your face and let it dry. Scrub it in so the oatmeal exfoliates your skin. Don't let the concoction sit too long before using it– otherwise the oatmeal gets soft. After about 10 minutes, wash it off and prance around acting fabulous. If you really want drama, put cucumbers over your eyes while it dries, and discuss world cultural issues while drinking wine.

“Crack” Cookies

Still snowing? Still stuck inside? It's time to bake. Don't question this recipe or change it. Just make these cookies.

Preheat oven to 350 degrees.

Get out the big Kitchen Aid mixer – it's in the dining room cupboards.

Combine

4 TBLSP Sweetened Condensed Milk
1 C Brown Sugar
1 C White Sugar
1 C Shortening or Margarine
2 Eggs
1 TBLSP Vanilla

Beat it all together in the mixer.

Add

2 C Flour
1 TSP Baking Soda
1 TSP Baking Powder
1 TSP Salt

If you really want to get crazy, you can sift together all the dry ingredients before adding them. After combining the wet and dry ingredients, transfer everything to the biggest bowl you can find, get a sturdy wooden spoon, and use your muscles to mix everything together.

Hand Stir In:

2 C Oatmeal
2 C Rice Krispies
1 C Coconut

Bake 10-15 minutes – Grease the

Sheet

Spoon globs of the batter on a greased cookie sheet about an inch apart. Flatten a little. The oven will spread them out further as they cook. Bake at 350 degrees until brown.



Note - You want them crunchy - doughy cookies aren't as good, and these are best after they cool.

Leave them on the counter, and after your seventh trip for, "...just one more cookie..." you can swear them off forever.