



UPPER VALLEY TRAILS ALLIANCE

MUD, SWEAT & TEARS

TIPS AND RECOMMENDATIONS FOR
HIKING DURING MUD SEASON





ALL OF THESE TRAILS AND MORE CAN
BE FOUND ON



These trails were selected because they are flat, paved or elevated surfaces less likely to be wet and muddy.

Mascoma River Greenway in Lebanon, NH

<https://www.trailfinder.info/trails/trail/mascoma-river-greenway>

Quechee Green Trail in Quechee, VT

<https://www.trailfinder.info/trails/trail/quechee-green-trail>

Cole Pond in Enfield, NH

<https://www.trailfinder.info/trails/trail/cole-pond-trail>

Faulkner Trail in Woodstock, VT

<https://www.trailfinder.info/trails/trail/faulkner-trail>

Hypertherm Trails in Hanover, NH

<https://www.trailfinder.info/trails/trail/hypertherm-trails>

Mt. Ascutney State Park in West Windsor, VT

<https://www.trailfinder.info/trails/trail/mt-ascutney-state-park>

Northern Rail Trail

<https://www.trailfinder.info/trails/trail/northern-rail-trail>

Eshqua Bog Natural Area in Hartland, VT

<https://www.trailfinder.info/trails/trail/eshqua-bog-natural-area>

Tips for Mud Season Hiking

Trails and surrounding Eco-systems are very vulnerable during mud season. As trail users, we can be respectful and responsible in the following ways...

- Walk through the mud, not around it. Walking around muddy patches causes erosion.
- If the trail is so muddy it cannot be avoided, turn around and find an alternative hike.
- Be mindful of trail closures as damage done during mud season can take months to repair.

To read more about what we can do during mud season, click [HERE](#).