A Guide to Walking Routes in Randolph & Brookfield, Vermont

Randolph Walk Index

Walk 1: Windover Road
Length—2.1 miles
This walk is on the outskirts of town, and runs past farm fields with nice views. Mostly flat, with some sidewalks and little traffic on Windover and Forest Roads. There is a short, steep incline on Route 66 from the golf course to the flashing light.

Walk 2: Beanville Road
Length—3.0 miles
Walk along the sidewalks of South Pleasant Street from the Gazebo in the town center. Up the hill, the sidewalk ends as the road flattens out near Pleasant View Cemetery. Then the road widens into an industrial area with limited traffic and wide shoulders to walk, jog or bike. Here the road becomes Beanville Road. Traffic is more pronounced on Route 12, with narrow, flat shoulders to travel on. Sidewalks begin at Gifford Hospital and continue downhill into town and back to the Gazebo.

Walk 3: Field Loop
Length—.5 miles
This loop runs around the athletic field at Randolph Union high school. It is a flat, mowed grass surface, open to dog walking, and accessible 24/7. Open to snowshoeing and cross-country skiing in the winter.

Walk 4: South Main/ Park/ School Streets
Length—1.7 miles
Walk along the sidewalks of South Main Street and Park Street and then turn left to cross over the pedestrian bridge. Continue through the playing fields to School Street.

Walk 5: White River Loop
Length—2 miles
Take this quiet woodland path along the White River toward Thayer Brook. This walk is relatively flat and passes behind the public pool.

Walk 6: Weston/School Street
Length—1.4 miles
Walk through residential area on nice flat walk—paved sidewalks along Main and School Streets. Weston has no sidewalks, but little traffic. Great for strollers.

Walk 7: The Cemetery Loop
Length—2.3 miles
Walk from the Gazebo in town, on flat sidewalks up a short hill on South Pleasant street to a flat road leading through Pleasant View Cemetery then down hill to a cleared, wooded trail loop around the cemetery, back out to the road and down South Pleasant Street to complete the loop.

Walk 8: Maple Street and Highland Avenue
Length—.7 miles
This is an easy, short, flat walk in a quiet hospital/residential area. Sidewalks all the way around, great for strollers.

Walk 9: Maple/Main Street
Length—1.1 miles
Walk through the hospital/residential area with some short, steep inclines on sidewalks. The walk is mainly along flat, paved sidewalks.

Walk 10: Tatro Hill Forest
Length—.43 mile
Walk around a cleared woodlands path in the town forest off Tatro Hill Road. Loop is slight uphill, very scenic. Stroller or walker accessible.

Brookfield (Pond Village) Walk Index

Walk 1: Ralph Road/East Street
Length—5.0 miles
This trail travels up 480 vertical feet from Route 65 on dirt roads.

Walk 2: Stone Road/East Street
Length—6.2 miles
This walk travels 550 vertical feet on dirt roads for terrific views along family farms and wooded homesteads. Very hilly terrain, no sidewalks along paved Route 65. Be careful, very muddy in the Spring.

Walk 3: West Street/ Crossover Road/Ridge Road
Length—4.7 miles
Follow this walk along mostly flat, rural back roads around and over Sunset Pond by way of the Floating Bridge. Nice, quiet walk with little traffic.

Walk 4: Ridge Road/ Blodgett Street
Length—5.7 miles
This walk takes you along mostly flat, rural back roads with slight hills. Quiet, wooded farm area with low traffic, except on the Ridge Road, which is busier.

Randolph Center Walk Index

Walk 1: Curtis/Chase/ Bedor Roads
Length—1.4 miles
Quiet, rural loop runs up and down wooded hills on dirt roads with exceptional views. Stop at Dimmick’s Farm and Cheese Store for a quick snack. You will also find the Springer family farm and trails along this walk.

Walk 2: Hebard Hill
Length—8.3 miles
This is a long, uphill loop encircling Interstate 89. Ridge Road and Route 66 are paved and well traveled by car traffic. Hebard Hill Road is not paved and lightly traveled by cars. This route is not for the faint of heart. Some steep grades on Hebard Hill and Route 66. Ridge Road is mostly flat.

Walk 3: Furnace Road
Length—1.6 miles
Walk up paved Furnace Road, slightly uphill to the entrance of the Veteran's Cemetery and back to the beginning of Furnace Road. Gorgeous views, very little traffic, easy walk.

Walk 4: VTC Perimeter
Length—1.0 mile
This walk takes you around Vermont Technical College. Follow flat, paved roads and add a bit of distance by walking along sidewalks throughout the campus. The public is welcome to stroll or jog.
3 Quick Steps to Fitness!

Start Walking This Week!
You don’t eat the same thing for dinner every night, so why do the same walk everyday? Just like different foods provide different nutrients, a varied walking program challenges your body in different ways. What’s more, change prevents boredom so you are likely to stick with it! Vary your walks between long and short and slow and fast. Also vary your speed. On some days walk as fast as you can (ensuring that you do not sacrifice form!), on other days walk more slowly, but for a longer distance.

Just Get Walking!

1. Walk With Style!
   - Stand tall, lifting your chest and shoulders.
   - Gently pull in your abdominal muscles to prevent your lower back from arching.
   - Don’t take longer steps to walk faster. Focus on quicker steps instead.
   - Let your foot roll smoothly from heel to toe pushing off strongly with your toes.
   - Don’t pump your arms forcefully. Let them bend at the elbow, and trace an arc from your waistband to the center of your chest.

2. Get Motivated!
   - Walk every day—even if just for 10 minutes.
   - Record your walking time every day.

3. Wear Comfortable, Supportive Shoes!
   - Wear comfortable, supportive shoes that fit well. They should be neither too small nor too loose, and the ball of your foot should not touch the shoe at all. Choose a shoe that is up to 1 inch smaller than your largest foot.
   - Listen to your body. If you’re sore, back off for a day.
   - Reward yourself for big and little achievements.

Walk Checklist
Check a box each time you take one of the routes.

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Get out and walk
The most important thing to do is get out and move around. The following tips are important, but don’t let them slow you down. Most of us can get out for a short walk without too much extra effort.

Wear layers:
- Don’t like the weather? Wait a few minutes. Vermonters’ weather can change quickly, so be prepared when you go out walking or hiking.
- Layered clothing is essential to comfort and warmth, and helps you look more visible.

Socks:
- Wear socks made of fibers such as CoolMax, polypropylene, silk, wool, or cotton synthetic blend that will work away sweat. Cotton will hold moisture, and increase the chance of getting blisters. Look for padded socks, which cushion the bottoms of your feet, but make sure they fit well inside your shoes.

Hats:
- A hat keeps you warm in inclement weather and shades your head and face from the sun throughout the year. In warm weather, try a visor which will let the heat escape while shading your eyes.

Packs:
- On short walks, products will probably suffice for carrying the minimum essentials. However, for longer walks and hikes, it’s important to distribute the weight of your keys, wallet, etc. evenly. Backpacks, waist packs, or wrist/ankle wallets are great for this purpose.

Water:
- Drink water before, during, and after walking. You need to drink every half hour while walking at a moderate pace and more often if you are sweating.

Sun protection:
- Never leave home without sunscreen, even on cloudy days. Your skin needs protection against skin cancer, wrinkles, and sunburn. A sunscreen with an SPF of 15 is highly recommended. Don’t forget your ears and that bald spot!

Identification:
- Don’t leave home without carrying some type of identification. If you have any significant allergies or a serious medical condition, be sure to wear your medical bracelet or necklace on your walks. These things can save you a lot of grief in the case of an emergency.