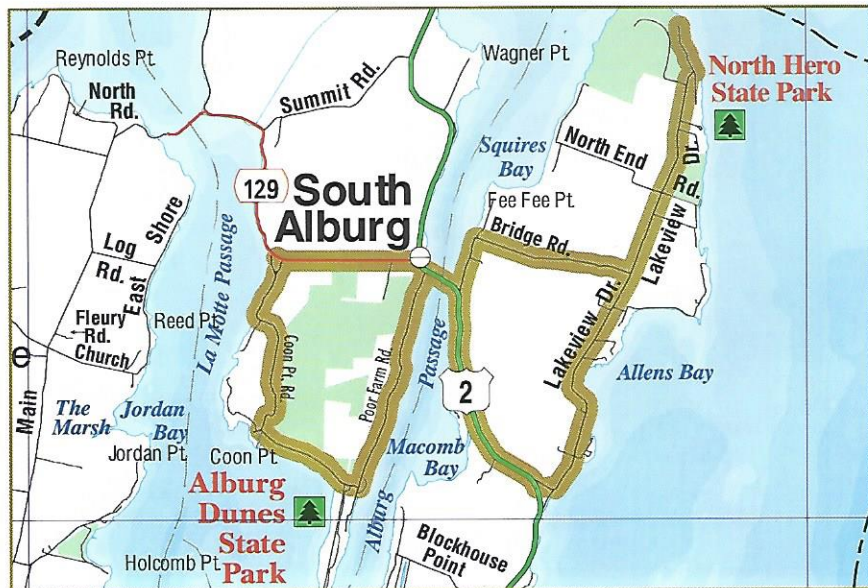
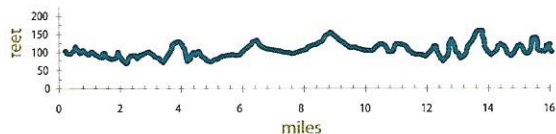


# a trail to two beaches - 17.5 miles

10

easy  
mile

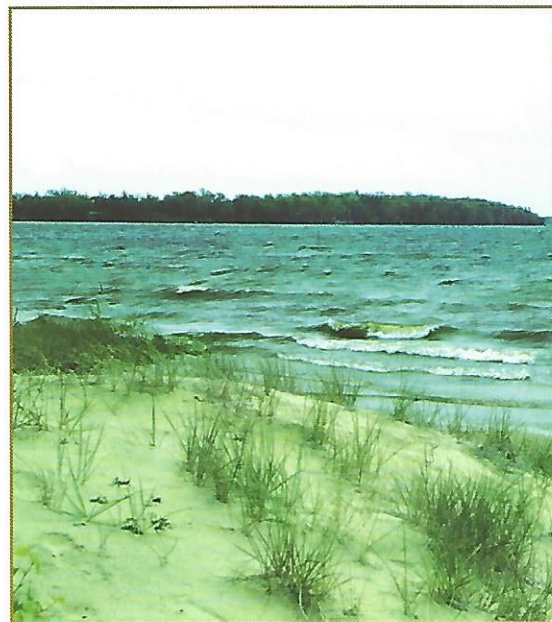
- 0.0 Alburg Dunes State Park parking lot.
- 0.2 Exit park past gate on Beach Rd. (unpaved).
- 0.9 Cross road, down hill, left on Poor Farm Rd.
- 2.7 R on US 2, cross bridge and continue south.
- 4.8 L onto Jerusalem Place as US 2 bears right.
- 5.1 L onto Lakeview Dr.
- 8.7 L into North Hero State Park.
- 9.8 State Park Beach, turn around point.
- 10.9 Exit park, right onto Lakeview Dr.
- 12.6 R onto Bridge Rd.
- 14.3 R onto US 2, cross bridge and continue N.
- 14.7 L onto VT Route 129.
- 15.8 L onto Route 129 ext (0.6 to end unpaved).
- 16.0 Road becomes Coon Point Rd.
- 17.5 Enter Alburg Dunes State Park.



## route description

Alburg Dunes is a 625-acre natural history showcase. It provides the nicest sand beach in the state. The park's dune system acts as a barrier island. Sand erodes from low bluffs, and lake currents transport it to the beach area. When seasonal lake levels are low, wind blows the sand back from shore, forming the dunes. The area is also the largest deer wintering area in the islands. Notice the lack of low vegetation and cedar limbs clipped up to the browse line in the forest. Core samples from the black spruce bog along Rt. 129 show peat to depths of 26 feet. These bogs are typical of colder, more northern climates.

North Hero State Park may be the state's oldest campsite. Prehistoric stone projectile points discovered and on display in the park are more than 5,000 years old! Seasonal fluctuations in the Lake's water level subject the park to spring flooding, burying the park road under water. It is not uncommon to see fish swim across it, en route to spawning beds in the forest.



Alburg Dunes State Park/VT Department of Forests, Parks and Recreation

11