

# The Robert Frost Trail

*Welcome to The Robert Frost Trail. This two-mile footpath runs from Lake Paran in North Bennington to The Robert Frost Stone House Museum in Shaftsbury.*

Almost half of the trail passes through woods on the farm once owned by Robert Frost, and where in 1923 he wrote “Stopping by Woods on a Snowy Evening.” Robert Frost lived on the property from 1920 to 1928.

Most of the route is gently sloped or flat, although there are two short, steep grades on the east end of the lake. The trail is marked throughout its length by blue painted blazes.

There are sweeping views from the trail south to Mount Greylock in the Berkshires, west to the hills of Hoosick, N.Y., and east to the Green Mountains. The trail also threads through deep woods, skirts several waterways, and passes through the remnants of an orchard and a red pine stand planted by Robert Frost.

A footbridge -- the mid-point of the trail -- provides benches for resting and affords lovely views up and down Paran Creek. The trail also features a vantage point for looking over Lake Paran to the Village of North Bennington -- and beyond to The Mile-Around Woods and other conserved land.

The principal entrance to the trail is from Lake Paran in North Bennington. The map can be followed from The Robert Frost Museum, at the trail's eastern terminus, by starting at the trail entrance there (Point # 14 on the map) and then reading the map descriptions in reverse sequence.

**Access and parking:** The trail can be accessed from the west end at the Lake Paran recreation area, and from the east end from a parking lot south of the Stone House Museum. **No bicycles are permitted on the trail.**

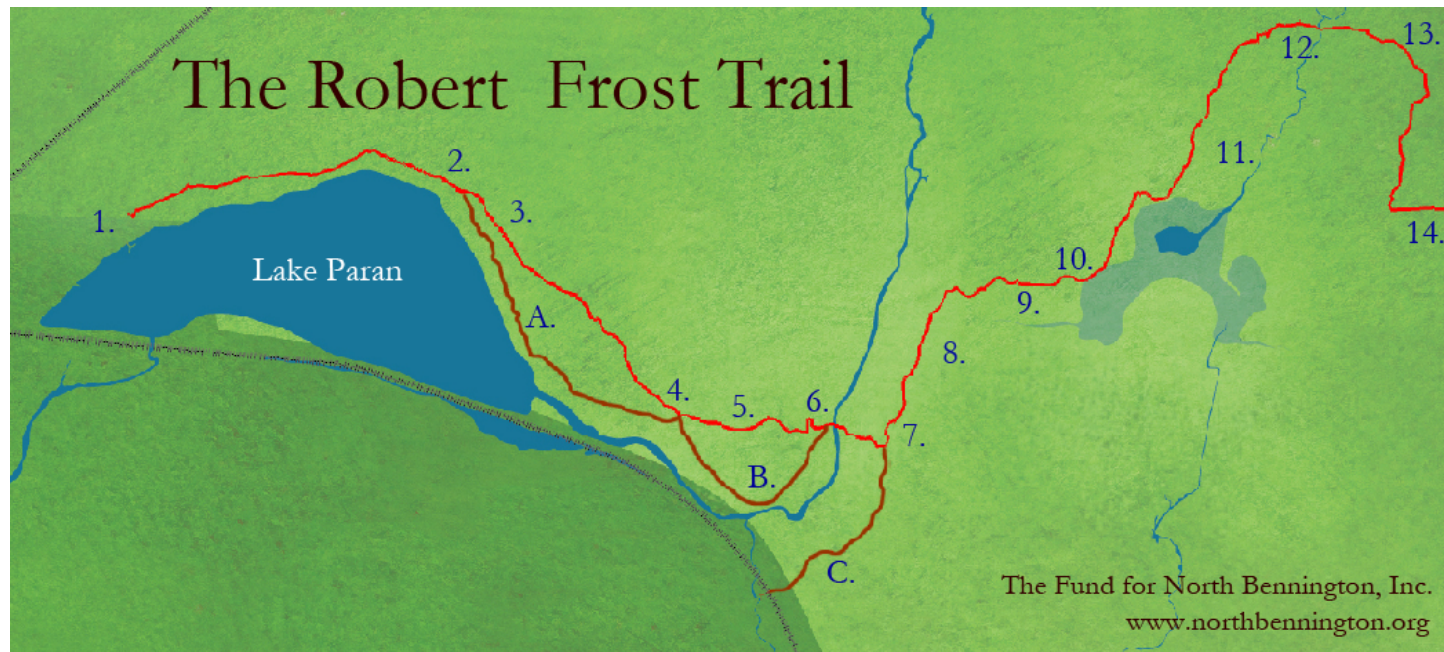
**Beware of ticks:** Tick-borne Lyme Disease is increasingly being reported in Vermont, and Bennington County leads the state in incidents. To protect against ticks, walkers are advised to wear long sleeves and trousers, and to avoid high grass and leaf litter. Hats and Deet-based insect repellents also help to prevent contact with ticks.

**Maps and more information:** There are maps, photographs and much more information about the trail available at [www.northbennington.org/frost/html](http://www.northbennington.org/frost/html).

**Supporting conservation and trails:** The trail corridor is protected by a conservation easement stewarded by the Vermont Land Trust, Inc. Acquisition of the Frost Property and other sections of the trail was underwritten by two generous grants from the Vermont Housing and Conservation Board. A donation of land by Sage City Syndicate, Incorporated was decisive in creation of this trail. A grant by the Windham Foundation supported trail construction. The former owner of the Frost farm made a generous charitable gift in support of the project. These and many other gifts made this trail possible.

We would welcome your donations to help us maintain the trail and continue our conservation work:

*The Fund for North Bennington, Inc.*  
*[www.northbennington.org](http://www.northbennington.org)*



1. Swimming area at Paran Recreations. The trail commences from the sidewalk below the bathhouse. A sign at the edge of the woods marks the trail.

2. A stretch of boardwalk provides open views of the lake. At the east end of the lake there is a bench and viewing area. The Shore Trail (A&B) goes off to the right about 100 feet beyond the bench.

3. The trail rises to viewpoints of the lake.

4. At this dip in the trail there is an intersection with The Shore Trail. The Robert Frost Trail turns left up a small hill to an open field. The Shore Trail provides an alternative route back to the swimming area or ahead to the Paran Creek bridge.

5. An open field provides expansive views south to the Berkshires and east to the Green Mountains.

6. The bridge over Paran Creek is the mid-point of the trail. Benches provide a place for rest and water views of the narrow Paran Creek valley. The Shore Trail provides an alternative route back to the beach.

7. A new side trail (C) is planned to intersect here and connect to the railroad track. Once completed, this will allow a walk around the lake.

8. This section passes under stone cliffs in the narrow valley of Paran Creek.

9. This stretch features an open meadow and old farm boundary line of mature maple trees.

10. When the trail turns into the woods here, the hiker is entering Robert Frost's former farm property.

11. To the east of the trail through the trees can be seen the expansive wetland once owned by Robert Frost.

12. Cows once crossed this "causeway" across the wetlands heading west to pasture.

13. Robert Frost planted these red pine trees in the 1920s.

14. The eastern end of the trail starts at a parking lot south of the Stone House Museum.