

Trek to Taste



on the Trails of
Woodstock, Vermont

NATIONAL TRAILS DAY
Saturday, June 5, 2010
10 AM to 3 PM

**WALKS
FOR ALL
AGES &
ABILITIES**

**Healthy
Eating
Active
Living**



LOCAL FARM-FRESH TREATS
in Vermont's National Park and
Woodstock's Town Parks

Visit www.walkwoodstock.com
for more local healthy living trail events.

Trek to Taste

Walking is a great way to stay fit, meet friends, and enjoy the outdoors! On June 5, join us for guided walks starting at 10:30 AM and Noon or grab a map and venture out on your own—along the way sample delicious, heart-healthy foods from local producers. Dogs on leashes are welcome to join the fun!



Begin at the Forest Center

After parking at the Billings Farm & Museum (overflow parking across the street), join us at the national park's Forest Center to start your journey. Enjoy trail treats prepared by Upper Valley students who have been studying local food and farms.

Walk to Purple Crayon & Mt. Tom Farmer's Market

1 mile EASY!

This family-focused walk features nature activities, trail games, creative crafts, a visit with farm animals and a chance to buy some of the freshest food in Woodstock.

Hike to the Nordic Ski Cabin

2 miles MODERATE!

Follow the historic Mount Tom carriage roads through the heart of the national park to the Youth Base for Trek to Taste. Join Woodstock Union Middle/High School Farm to School team and other youth groups for local farm treats, music and merriment.

Trek to South Peak

4.5 miles HEARTY!

It's the best view around! At the top, you will be rewarded with gourmet tastings of food from local farmers and food producers provided by members of Sustainable Woodstock and Woodstock Trails Partnership.

Return for an Ice Cream Celebration

RELAX!

Choose one, two or all three of these enjoyable walks. Then reward your efforts with a natural treat back at the Forest Center.

**For more information about the event,
visit www.walkwoodstock.com or
email info@walkwoodstock.com**

**Trek to Taste is a project of many partners
dedicated to local trails and local foods, including:**

Billings Farm & Museum • Billings Park Commission, Town of Woodstock
Eco Foods • Farm to School Teams in WCSU • Green Mountain Club
Hand-to-Hand • **Marsh-Billings-Rockefeller National Historical Park**
Mount Tom Road to the Pogue Race • Mount Tom Farmers Market
National Park Foundation • Northeast Organic Food Association -VT
Ottawaquechee Health Center • **Ottawaquechee Health Foundation**
Ottawaquechee Community Partnership • **Purple Crayon Productions**
Sustainable Woodstock • Upper Valley Healthy Eating Active Living
Upper Valley Farm to School Network • Upper Valley Slow Food
Movement Upper Valley Trails Alliance • **Vermont Agency of Agriculture**
Vermont Department of Health • Vermont Youth Conservation Corps
Vital Communities • **Wellborn Ecology Fund** • Woodstock Area Chamber of
Commerce • Woodstock Historical Society • Woodstock Inn & Resort Nordic
Center • Woodstock Trails Partnership • Woodstock Recreation Center

*This event is free and open to the public thanks to our Funding Partners
who are highlighted in **bold**.*