

# Vroman's Nose Loop Trail



Easy 3 mile loop hike with spectacular views from many rock ledges on the top of steep cliffs.

The main trailhead for Vroman's Nose is a large grassy parking area off West Middleburgh Road. There is a sign for the parking area.

From the parking area, follow the old woods road toward the right and immediately begin to climb. The overall elevation gain for this hike is 485 feet, but the grade is gentle enough with some steep sections. After 0.25 miles the trail leaves the old woods road to the left (reroute in 2012) and still climbs. At 0.4 miles reach the junction of another trail on your left. This is a newer loop trail that this loop hike follows and will be your return trip.

Soon the blue blazed Long Path comes in from the right to join the main Vroman's Nose Trail. There is a campsite for Long Path backpackers near this junction. Now you've reached the top, or as it is sometimes called "The Dance Floor". Enjoy your walk along the edge and at 0.9 miles reach the last outcrop before the trail begins a quick steep descent. Some people turn around here and return the same way, which allows you the opportunity to enjoy all the views again.

At 1.0 miles reach a trail junction on your left. The main loop and Long Path continue straight, steeply descending. However, turn left and follow this new level trail. At 1.4 miles reach the junction of the main Vroman's Nose Trail and turn right. This was the trail you took up the hill. Now descend down the hill. Follow the well maintained and well used trail back to the parking area.

Directions to Vroman's Nose Hiking Trail, 264 Mill Valley Rd, Middleburgh, NY 12122:

<https://goo.gl/maps/Q7YiiaUyWqQ1yvoda>