

**Starve Hollow Volkswalk – 5 or 10K**

1. Start at Beach House West Shelter House.
2. Walk East the length of parking lot and take the sidewalk to the campground following the camp-ground loop along the lake to the shower house. At shower house turn left toward the cabins. **1K**
3. At the cabins follow the circle road, taking the left fork around the circle, then staying left back along the lake to the end of the road where Trail 1 takes off into the woods. Follow Trail 1. There’s a wet portion where you will be directed out to the county road for a short section to avoid the wettest section. You will be directed back to rejoin Trail 1 and continue east. **2K**
4. Continue to the old iron footbridge over the creek. *This is 2.6K. If you only wish to do a 5K at this point, turn around and walk back the along Trail 1 to the shower house then follow directions from #10 to return to start point.* For those doing the 10K, cross the bridge and at this point you have two choices. Either take Trail 2 (Lakeside Loop) - which is just past the bridge on the right or go up the hill to the road and walk the road to the bench. Trail 2 is more scenic and follows along the lake but it is more challenging with a few steep sections as it climbs in and out of small ravines. The distance is slightly longer on Trail 2. Part way up the trail is **3K**. When you reach the bench at the intersection of Trails 1,2,3, and 4 you will be at 3.3K. Sit down and take a break!
5. From there start down the road heading south, which parallels and later intersects Trail 4 but provides better views. Trail 4 winds around and then leaves the lakeshore. You will come to a field of daffodils which may or may not still be blooming but the woods and trailside was full of blooming daffodils April 1. This is **4K.**
6. Continue to the junction of the blue trail and turn right. The trail is now more narrow but follow the trail up and down through the woods at an incline you’ll see **5K** and then as you are ascending a very long steep hill you’ll come to the **6K** mark. Use caution on these steep ascents and descents not to slip. At the top of that hill are several good sitting rocks to take a break and enjoy a breeze, a drink of water and the view!
7. Follow the ridge line and more outstanding views for a ways, then a steep descent down the hill and around to return to the junction with the bench which is **7K.** Again, take a break!
8. This time from the bench follow the road back down the hill to the Iron bridge. Turn left down to the bridge and take Trail 1 back toward the recreation Area. Along the way where you’ll see a break in an old damn and the remains of a pier on the right is **8K**.
9. Once you’re back to the cabins, go straight to the junction with the shower house. **9K**. Turn right. And go along next to the service building, around the gate, and through the other campground staying to the left. Leaving the campground, cross the entrance road and continue straight ahead. You’ll come back to the parking lot by the lake next to the nature center. Turn right and return to the start point. **10K**

Thank you for walking the Starve Hollow Volkswalk!

 Bedford Hiking Club