

THE DEERFIELD VALLEY PILGRIMAGE WALK
September 20-21, 2025, in Vermont

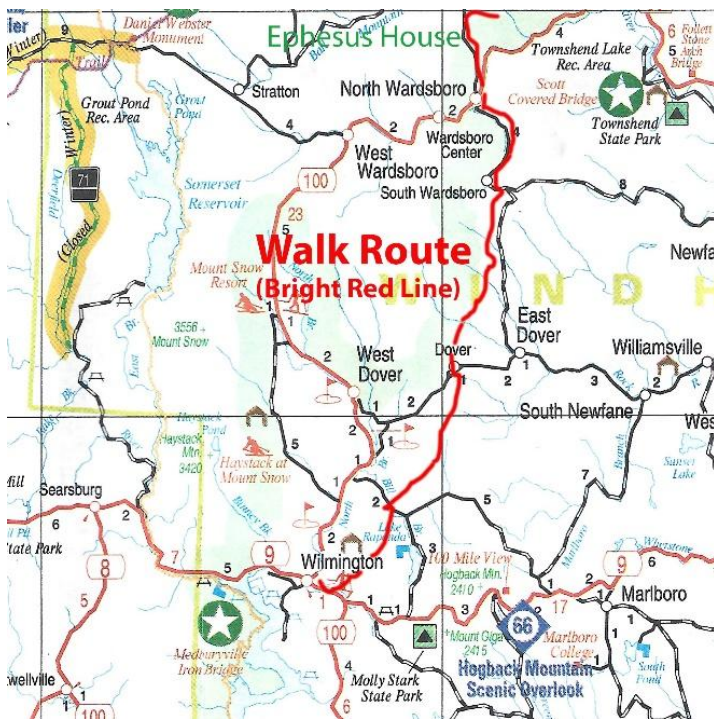
FACT SHEET

I. The Purpose of The Walk

The Walk was established to promote health, both physical and spiritual, through contemplative walking in a natural setting of great beauty. All people, both secular and religious, are welcome to join us. Begin or continue your transformation.

II. The Route

About 25 miles (2-day walk) in the Deerfield Valley.
Map below shows the route from Wilmington to the Ephesus House.



The Deerfield Valley runs north-south and hosts the southern end of Vermont Route 100, which is considered one of the most scenic routes in Vermont.

III. Walking Options and Other Ways to Participate

The walk consists of two days of about 10-12 miles each. Each day is divided into several segments. You may walk a couple of miles or all, and transportation is provided among the segments. Non-walkers can also participate in the ceremonies, the dinner, and other events and are invited to volunteer as drivers, water stop attendants, and in organization and publicity.

IV. Overnight Accommodations

The Valley hosts ski resorts and abounds in lodging options which tend to be underutilized in late September and available at reasonable rates. Camp sites are available at Molly Stark Park and elsewhere. (see "Local Accommodations" guide on the website)

V. Check Out Our Youtube Video!

<https://youtu.be/85nJXDGNsM>



To find the video use the link above or search Youtube for "Deerfield Valley Pilgrimage."

I. Registration Fee

The Walk is sponsored by The Deerfield Pilgrimage, Inc., an independent non-profit organization. The Walk registration fee is \$15. Please let us know of your intention to participate as early as possible so we can plan appropriately.

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