Vermonters are active and athletic, and find ways to enjoy sports regardless of the weather. In the mountains and in the valleys, inside and out, over the decades the thrill of victory and the agony of defeat has been part of life in the Green Mountain State. From skiing in the winter, baseball in the spring, swimming in the summer and hikes in the fall, the state’s natural beauty and outdoor appeal draw its inhabitants out to enjoy themselves.

Some New England states have made a name for themselves in professional team sports, but Vermont is usually better known for its winter recreation, particularly skiing and snowboarding. While this is certainly a significant part of Vermont’s sporting appeal, locals have made many other significant contributions to the world of sports.
As the snow and ice melt away into longer, sunnier days, Vermonters venture out into the fresh sunshine of spring. Neighboring towns rival against each other on the baseball diamond while onlookers cheer for their preferred team. Local families and travelers from out of state gather together picnics and gear and head for a relaxing day of fishing and boating on the nearby lake.

Baseball is the archetypal all-American sport and an annual sign of spring. In the late 19th century, baseball became a very popular recreational activity across the United States and many small towns, businesses, and fraternal organizations throughout Vermont formed their own teams. Many Vermonters moved on from town teams to professional careers in baseball, including four-time World Series Champion and third baseman for the Boston Red Sox Larry Gardner and George Robert “Birdie” Tebbetts of the Chicago Tigers.

Outdoor recreation has a special appeal during the warm months of spring. Notably, Vermont is the birthplace of fly fishing and home to the American Museum of Fly Fishing. Founded in 1968 by a dedicated group of anglers, this museum seeks to preserve the history of angling through the world’s largest collection of angling items and the oldest documented flies in the world. Spring also brings the start of work of maintenance and preservation for the various hiking trails throughout the state, though trails are often too muddy for serious hiking.
SUMMER SPORTS

The natural beauty and pleasant weather of summer brings a host of athletic endeavors and sporting opportunities - fishing excursions, swimming at local state parks, cruising down bike paths, and more. With a well-established reputation for its natural beauty, summer in Vermont is an ideal season to explore the lakes, mountains, and backwoods of the Green Mountain State through sports and other recreational activities.

Summer recreation in Vermont can also be a time of tranquility and refuge from the fast pace of city life. Many of the state’s lakes and islands have hosted celebrities and everyday Americans alike at both high-end resorts and rustic summer camps. In the nineteenth and early twentieth centuries, many farmers opened up their homes to tourists for a taste of supposedly wholesome country life, a precursor to today’s locavore bed & breakfasts.

Vermont is famous as the home of the Morgan horse, the Vermont Summer Festival in East Dorset, and the Green Mountain Horse Association in Woodstock. Both events draw thousands of equestrians every year for top-level competition. Various trails and dirt paths wind for miles throughout the state, perfect for riding horses and mountain bikes.

Though it may not be obvious at first glance, automobile racing has also been an important summer pastime for many Vermonters. The first racing began in 1903 at country fairs, and the state has been home to over fifty different short tracks. Waterbury’s Ken Squier began calling races as a teenager at state fairs, and has made an international career as a sports announcer.
The cool of autumn combined with the vibrant foliage makes fall in Vermont an especially beautiful time to participate in sports and outdoor recreational opportunities. As the school year commences, athletes at local high schools and colleges begin gearing up for football, lacrosse, and soccer season.

Fall is a great time to enjoy the vivid autumn foliage in the mountains and on the hiking trails of Vermont. Hikers and mountain enthusiasts don packs and binoculars to study the foliage more closely as they embark upon the famed 272-mile Long Trail. Beyond the Long Trail, the state boasts hundreds of miles of trails from rail trails to challenging climbs, with opportunities for hikers of all abilities.

Hunting is a year-round endeavor, but the autumn change of weather brings deer season, among other opportunities. Some of the state’s earliest laws concern game animals and date restrictions on hunting seasons, and certainly hunting for food was a necessity for most of Vermont’s history. Today, thousands of people take to the woods each fall to watch and wait – and enjoy the camaraderie of a good deer camp.
Despite the freezing temperatures and frequent storms, winter in Vermont ushers in a variety of beloved sports that have made the state famous. The same snow and ice that make life more difficult also make Vermont what one advertisement called the “winter playground of America.”

For most, skiing is the first sport that comes to mind when thinking about winter recreation in Vermont. Though many locals had been skiing for decades, the sport became an economic and cultural backbone of the state in the middle of the 20th century with the development of Mansfield, Killington, and other peaks – and the proliferation of ski tows to make the whole endeavor easier. In 1922, the Harris Hill Ski Jump was built in Brattleboro, and it still draws professional skiers from around the world to attempt the 295-foot slope.

Snowshoeing is also a popular winter activity. This sport finds its roots in practical use: the original snowshoe design, a tear-drop-shaped implement made of ash timber and untanned rawhide webbing, was also used by the Abenaki people for the purpose of traversing through deep snow for winter hunting and ice-fishing. Today, snowshoeing is more recreational, allowing access to the wilderness that would otherwise be impossible, and providing a good workout at the same time.

Hockey is another important sport in Vermont. The first recorded international hockey game in history was held during the Burlington winter carnival of 1886, when locals faced off against a Montreal club team. Many local players such as John LeClair, Martin St. Louis, and others have gone on to success at the national and international levels, and Vermont native Charles Adams founded the Boston Bruins.