Both Paths are:
Paved
Handicapped Accessible
10 feet wide

Winooski West Path:
Length: 6,900 feet or 1.3 miles
Elevation: east end = 525 feet
west end = 520 feet

Winooski East Path:
Length: 2,500 feet or .47 miles
Elevation: 530 feet

Montpelier Downtown Recreation Paths
http://www.montpelier-vt.org/wip/bikepaths