

# HeartCycle Bicycle Touring Club Over Hill and Dale in Northwest VT

<b>Dates:</b>	August 17, 18 - 24, 2024
<b>Leaders:</b>	Jim Bethell and Gail Golderman
<b>SAGs:</b>	Kathleen Schindler & Mayoma Pendergast
<b>Rating:</b>	Intermediate, 336 miles
<b>Riders:</b>	28
<b>Price:</b>	\$1700 double occupancy, single supplement \$2550, deposit \$425, balance due May 17, 2024
<b>Cancellation:</b>	<a href="#">Standard cancellation policy</a> . <b>Travel insurance is strongly recommended</b>

## OVERVIEW

A seven day fully supported and guided tour, consisting of six riding days. The route begins and ends in Burlington VT, a small but culturally rich city located on the eastern shoreline of Lake Champlain. Our tour takes us from the shores of the largest lake in Vermont (120 miles long by 13 miles wide) to the peaks of the Green Mountains. Vermont is known for its natural landscape, which is primarily forested. Part of the New England region, it's also known for being home to more than 100 19th-century covered wooden bridges, and is a major producer of maple syrup.

Detailed route maps, cue sheets and GPS files will be provided to tour participants. The cost of the tour includes six nights of lodging, sag support with lunches and water stops, and a group dinner in Brandon, VT.

## GETTING THERE

Burlington, VT is located 300 miles north of New York City. It is easily accessible through the Burlington International Airport – BTV using one of the following Airlines, American, Delta, or United. Our start hotel, the Best Western [Windjamer](#), provides shuttle from BTV for when you arrive. Please contact them for shuttle reservations.

**Note:** There will be no Sprinter or bike transportation from Denver for this tour. Bike rentals in the area are available, but are limited. We can provide contact information if you are interested in rentals.

## ITINERARY

### Saturday August 17 - Tour Orientation

We will gather at the Best Western in South Burlington, VT. There will be a tour debriefing at 8:00pm unless otherwise notified.

**Day 1: Sunday August 18 - 46.7 miles 1998 ft.**

Day 1 will take us on a scenic loop from Burlington along the Lake Champlain Causeway (Island Line Rail trail) around South Hero Island and back, with spectacular views of the Adirondack Mountains in NY looking across Lake Champlain. A lot of wildlife make their home in the area, including herons, hawks and eagles. Grand Isle, also known as South Hero Island, is the largest island in Lake Champlain, Vermont, United States.



The island comprises the two towns of Grand Isle and South Hero, Vermont. We will return via Rt. 2, passing Sand Bar State Park - heading through parts of the Lamoille River Valley and then south through the town of Colchester before returning back to Burlington.

**Day 2: Monday August 19 - 56.4 miles, 4254 ft.**

Day 2 will have us leaving Burlington, passing through the towns of Jericho and Cambridge, before beginning our first real climb of the tour over Smugglers Notch, ending our day in Waterbury. Jericho has Vermont's oldest continuously running general store and is also famous as the birthplace and home of Wilson "Snowflake" Bentley (1865–1931), an American farmer who photographed over five thousand snow crystals. Smuggler's Notch got its name because smugglers used the rugged path through the mountains to move supplies to and from Canada during the War of 1812. The boulders provided a good place to hide. Lodging will be at the Best Western in Waterbury.



**Day 3: Tuesday, August 20 – 45.2 miles, 3807 ft.**

Day 3 we leave Waterbury and continue south along VT100 with the Mad River off to our left and views of Camel's Hump to our right. Once in Irasville we turn onto VT17 and start our ascent up the second big climb of the tour, through Mad River Glen and over Appalachian Gap. After a brief SAG STOP at the top it's all downhill to our 2 night stay at the Middlebury Inn in Middlebury, a wonderful college town with great restaurants, shops and history to explore.



**Day 4: Wednesday, August 21 - Rest day**

Middlebury, VT, with its stately brick and stone buildings along the gently sloping town green and cascading falls of the Otter Creek, is a must-see destination for culture, shopping, recreation and overnight stays. Those with a passion for history and literature will find their hearts' home here, where Robert Frost lived and where writers still gather at the Middlebury College Bread Loaf Campus.

**Day 5: Thursday August 22nd – 44.6 miles, 3645 ft.**

We leave Middlebury and head for a two-night stay in Brandon, climbing over both Middlebury and Brandon Gaps. Any Robert Frost aficionados? We will pass by the Robert Frost Wayside area where we can stop for a short walk to read posted Frost poems. Lodging is at the historic Brandon Inn. Established in 1786, the Inn is included on the National Register of Historic Places and is one of Vermont's oldest, continuously operating hospitality businesses.



**Day 6: Friday August 23rd - Option Day in Brandon VT – 35.7 miles, 2027 ft.**

You have the option to ride a short loop to the south of Brandon through Rutland and back on this day if you like. Want to sightsee instead? Brandon is a walkable town, boasting 246 buildings on the National Register, a variety of artist galleries and shops, brewery tours, and great places to eat.

**Day 7: Saturday August 24th - 54.2 miles, 2418 ft.**

On the final day of our tour we leave Brandon and head north, returning to Burlington. The route takes us along the west side of the Green Mountain National Forest, passing Lake Dunmore and the small towns of Bristol, Mockton and Hinesburg, before arriving back where we started.

**Special Note:** The tour ends in Burlington on the 24th. Lodging on the final night is not included. If you wish to stay in Burlington, please check availability at the Best Western, our start hotel.

For more information contact:

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