

## Vermont: Middlebury & Idyllic Countryside

### Bike Vacation Only

Sweeping mountain vistas, rolling farmlands, tranquil roads... each day of your Vermont bike tour offers new panoramic views to gape at. Explore some of the state's most charming towns in Middlebury, Vergennes, and Bristol, where you'll find friendly locals, pretty galleries, and charming small-town shops. Along the way, enjoy stunning views of Lake Champlain, the Adirondacks, and the Green Mountains. Wake up in cozy accommodations to bird song, and enjoy unique activities that round out this one-of-a-kind Vermont sojourn. Kayak into a wildlife preserve, pause to explore a historic tavern that hosted Thomas Jefferson, cycle through state forests, swim in shimmering lakes, visit a stable of majestic Morgan horses, and much more.

### Cultural Highlights

Relax amidst the comfort of an historic inn and a lakeside resort  
Enjoy a reel on quiet country roads to Branbury State Park  
Picnic alongside Lake Dunmore and go in for a swim  
Explore the inimitable New England charms of Middlebury  
Cycle alongside scenic views of Hogback Mountain Ridge  
Reel along the gently rolling farmlands of the Champlain Valley  
Kayak the picturesque Dead Creek Wildlife Management Area, a haven for birdlife and river creatures  
Marvel at views of the Green Mountains as you cycle through Panton village  
Enjoy fine food and browse quaint shops in Bristol, gateway to the Green Mountains  
Trace the banks of Otter Creek to Kingsland Bay State Park  
Stop by the Morgan Horse Farm for a tour and meet its magnificent residents

### What to Expect

This tour offers the full range of easy terrain mixed with moderate hills and is ideal for both beginning and experienced cyclists. Our VBT van support shuttle is always available for those who would like assistance with the hills.

**Tour Duration:** 6 Days

**Average Daily Mileage:** 15 - 35

**Average Cycling Time:** 01:00 - 04:15

## Climate Information

### Average High/Low Temperature (°F)

Jun 76°/54°, Jul 81°/59°, Aug 79°/57°, Sep 69°/49°, Oct 57°/39°

### Average Rainfall (in.)

Jun 3.0, Jul 4.0, Aug 3.6, Sep 3.0, Oct 3.0

## DAY 1: VBT Bicycle Vacation begins / Arrive in Middlebury

Your bike tour in Vermont begins and ends at Burlington International Airport (airport code: BTV). Please plan to have lunch before leaving the airport or bring a packed lunch with you. VBT will offer a shuttle to the award-winning Swift House Inn in Middlebury, departing from Burlington International Airport at 2:00 p.m. The shuttle works on a “show and go” basis. Reservations are not required or available. Meet your trip leader outside the main exit door from baggage claim and across the road in the shuttle pickup area. Your trip leader will be wearing VBT staff garments and holding a VBT sign; the van will have a VBT sign on it.

If your flight arrives after this time, or you are delayed, you will need to arrange your own transportation to the Swift House Inn at your own expense. Please take any cab available at the Burlington airport or call one of the following taxi companies: Jessica's Vital Transit (telephone 802-349-8833), Green Mountain Taxi (telephone 802-503-3096) or Burlington Airport Taxi (telephone 802-239-1515). Travel time from the Burlington airport is approximately 60 minutes.

Guests driving to the tour should meet the group at Burlington International Airport (BTV) and park your cars here for the week. Parking rates are approximately \$12.00 USD per day. Burlington International Airport offers both short and long-term parking in their newly expanded, multi-level, covered parking garage. The main parking entrance is located just past the terminal building on the left. Credit cards and cash are acceptable payment methods. Alternatively, you may park at the Swift House Inn in Middlebury for the first two days of your tour. Then your trip leaders will escort you to Vermont Sun Fitness Centers in Middlebury, Vermont, to park for the remainder of your tour.

Meet your VBT trip leaders at 3:30 p.m. in your cycling clothes for a bike fitting and brief cycling-skills clinic. This will be immediately followed by a short warm-up ride. Then gather at 6:00 p.m. for an orientation meeting and welcome cocktail. You will enjoy a candlelit dinner at the inn at 7:00 p.m.

Hotel: Swift House Inn

Meals: Dinner

Today's Ride Choice:

Warm-Up Middlebury: 8 miles

What to Expect: Your warm-up spin gives you the opportunity to fit your bike, shift the gears and practice riding. Cycle through Middlebury's charming downtown and then continue along residential roads around the edge of town and cross the Pulp Mill Covered Bridge before heading back to the inn.

## DAY 2: Cycle through Salisbury and along Lake Dunmore

The first full-day of your Vermont bike tour starts with a journey through the quiet town of Salisbury, where you'll traverse tranquil roads past antique stores, weeping willows, and stone walls. Your destination is Lake Dunmore and Branbury State Park (whose name is a marriage of the towns of Brandon and Salisbury). After a picnic lunch, enjoy a cool swim in serene Lake Dunmore. Refreshed and renewed, climb back on your bicycle and follow more scenic roads back to Middlebury.

This afternoon, explore the college town of Middlebury, with its Main Street full of shops, restaurants, and galleries. Visit Cannon Park and view the historic marker commemorating John Deere and his invention of "the plow that broke the plains." From 1821 to 1825, Deere apprenticed at an area blacksmith shop before moving to Illinois, where he built the world's first steel moldboard plow. Tonight, your trip leaders can direct you to one of the town's fine restaurants, which are all within walking distance of our inn.

Hotel: Swift House Inn

Meals: Breakfast, Lunch

Today's Ride Choices:

Cumulative Distance Range: 15 – 37 miles

Morning

Lake Dunmore: 19 miles

Branbury Park: 3 miles

Afternoon

Swift House: 15 miles

What to Expect: Ride out of Middlebury on moderately hilly roads into Vermont's farm country to Lake Dunmore, located in Branbury State Park (15 mile ride will access Branbury State park from the north end

of the lake; 19 +3 mile rides will both access Branbury State Park from the south end of the lake). If you wish, you may take a short there-and-back ride to pretty Forestdale before enjoying a picnic lunch back in the park. After lunch and time to enjoy the lake, cycle back to the inn.

## DAY 3: Cycle north to Bristol and Basin Harbor

Today you cycle along Middlebury's peaceful back roads and beside the scenic Hogback Mountain Ridge, a major foothill of the Green Mountains. Continue north to Bristol village, gateway to the Green Mountains. By Vermont standards, the village is amazingly flat due to ancient geologic events that deposited a level "fan" of gravel at the New Haven River "water gap" through the mountain ridge. Bristol has many interesting shops, including Vermont Honey Lights and Art on Main. After lunch on your own, cycle to Vergennes, passing picturesque Cedar Lake and rolling farm fields. Take in spectacular views of the Champlain Valley, the Adirondacks, and Otter Creek as you make your way to Basin Harbor. Dinner tonight is in Basin Harbor's Red Mill Restaurant.

Hotel: Basin Harbor

Meals: Breakfast, Dinner

Today's Ride Choices:

Cumulative Distance Range: 16 – 52 miles

Morning

Bristol: 16 miles

Lincoln: 10 miles

Afternoon

Basin Harbor Club: 26 miles

What to Expect: Cycle peaceful back roads over Hogback Ridge, a major foothill of the Green Mountains, to Bristol village, with its dramatic backdrop of Deerleap and South Mountains. After lunch, you may add a moderate ride to Lincoln along the New Haven River. Then cycle through rolling farmlands to Vergennes, enjoying spectacular views of the Adirondacks and Otter Creek.

## DAY 4: West Addison and Chimney Point / Kayaking on Dead Creek

After breakfast, choose from one of three loop rides through Vermont's scenic countryside. First, you may cycle through a scenic valley and along the gently rolling farm fields to the quaint village of Panton, with panoramic views of the Green Mountains to the east and the Adirondacks to the west. If you wish,

ride a little further to the town of West Addison. Today's longer option takes you to Chimney Point Historic Site, home to the 1785 tavern that once served Thomas Jefferson and James Madison and the setting of countless stories of Native American, French colonial and early American history. Enjoy views of the Champlain Bridge, half a mile long and one of the few bridges that spans Lake Champlain. After time here, return to your hotel, riding past farmland, and lake and mountainside vistas.

After lunch at Basin Harbor, head to the shore for your private, guided kayaking excursion through the Dead Creek Wildlife Management Area, a tranquil haven for birdlife and river creatures. Dinner is on your own tonight.

Hotel: Basin Harbor

Meals: Breakfast, Lunch

Today's Ride Choices:

Cumulative Distance Range: 18 – 30 miles

Morning

Panton: 18 miles

OR

Addison: 23 miles

OR

Champlain Bridge: 30 miles

What to Expect: On your choice of three successively longer loop rides, cycle along Lake Champlain and into gently rolling farmland, the Green Mountains of Vermont and Adirondacks of New York across the lake always in sight. The longest option traverses the flat terrain of the Great Plains of Vermont.

## **DAY 5: Cycle to Vergennes and Kingsland Bay / Farewell dinner**

This morning, ride into Vergennes along the Otter Creek River. Dubbed the "smallest city in America," it's an ideal spot for shopping and great food. Be sure to check out all the nooks and crannies, as some of the shops in Vergennes are located below street level. After lunch on your own, continue along Otter Creek River to Kingsland Bay, one of Vermont's newest state parks. Follow our route through gently rolling farmland of the beautiful Champlain Valley to Ferrisburgh, adding to your daily dose of gorgeous

views.

You have many options this afternoon. You may walk some of the area's nature trails, swim in the lake, or golf. You could also relax on the beautiful Basin Harbor grounds. Gather this evening to share stories about your bike tour in Vermont over a festive farewell dinner celebration in a private room off the club's main dining room.

Hotel: Basin Harbor

Meals: Breakfast, Dinner

Today's Ride Choices:

Cumulative Distance Range: 7 – 41 miles

Morning

Kingsland Bay and Vergennes: 20 miles

Afternoon

Vergennes to Basin Harbor: 7 miles

Ferrisburg: 14 miles

What to Expect: Follow the Otter Creek River into Vergennes, where you may pause for shopping and lunch. Ride or shuttle back to the hotel. Today's longer option delivers you to more majestic Champlain Valley vistas as you cycle gentle terrain to Ferrisburgh.

## **DAY 6: Explore Morgan Horse Farm and Middlebury / VBT Bicycle Vacation ends**

This morning, leave Lake Champlain behind as you cycle to the quiet town of Weybridge, where you can admire fanciful Victorian farmhouses and westerly views across the Lemon Fair River. There'll be time to explore before continuing to the University of Vermont Morgan Horse Farm, dedicated to the preservation and improvement of the Morgan horse through careful breeding and selection. Designated as a National Historic site, the farm is a significant chapter in the history of the Morgan breed. After your enriching and educational visit, pedal into Middlebury and enjoy lunch on your own.

The tour concludes at Vermont Sun Fitness Centers on Exchange Street, where showers are available. VBT has made arrangements for a shuttle from Vermont Sun Fitness Centers in Middlebury back to Burlington International Airport, departing at 2:00 p.m. (travel time is approximately 60 minutes). We recommend flights out of Burlington no earlier than 4:00 p.m. If you need to get back to the airport prior

to that time, the transfer back to Burlington will be at your own expense.

Meals: Breakfast

Today's Ride Choice:

Middlebury: 24 miles

What to Expect: Today's ride follows quiet roads past Victorian farmhouses with views of the Green Mountains into Weybridge. After visiting the Morgan Horse Farm, ride into Middlebury for lunch on your own. The tour concludes at Vermont Sun Fitness Centers, where showers will be available.

## Accommodations

May vary depending on departure date.

### Basin Harbor (Days: 3,4,5)

Basin Harbor is a peaceful lakeside inn surrounded by spectacular lake and mountain views. For more than a century, the resort has delivered authentic Vermont hospitality, and is the first heritage accommodation in the state to receive a Certified Audubon Cooperative Sanctuary designation. Enjoy modern comforts like air conditioning and native touches like locally quarried marble fireplaces and custom mill-work. Relax in the beautiful gardens, swim in the lake, or head to the golf course. The 700-acre resort, operated by fourth-generation innkeepers, is a wonderful place to relax after a day of exploring.

### Swift House Inn (Days: 1,2)

Just outside Middlebury's downtown center, the Swift House offers luxurious, air-conditioned accommodations within walking distance of the town's many excellent restaurants and shops. Relax in this cozy 1814 inn—a former governor's mansion—while you enjoy its lovely gardens, exquisite dining in Jessica's Restaurant, a cozy bar, and fireplaces.