

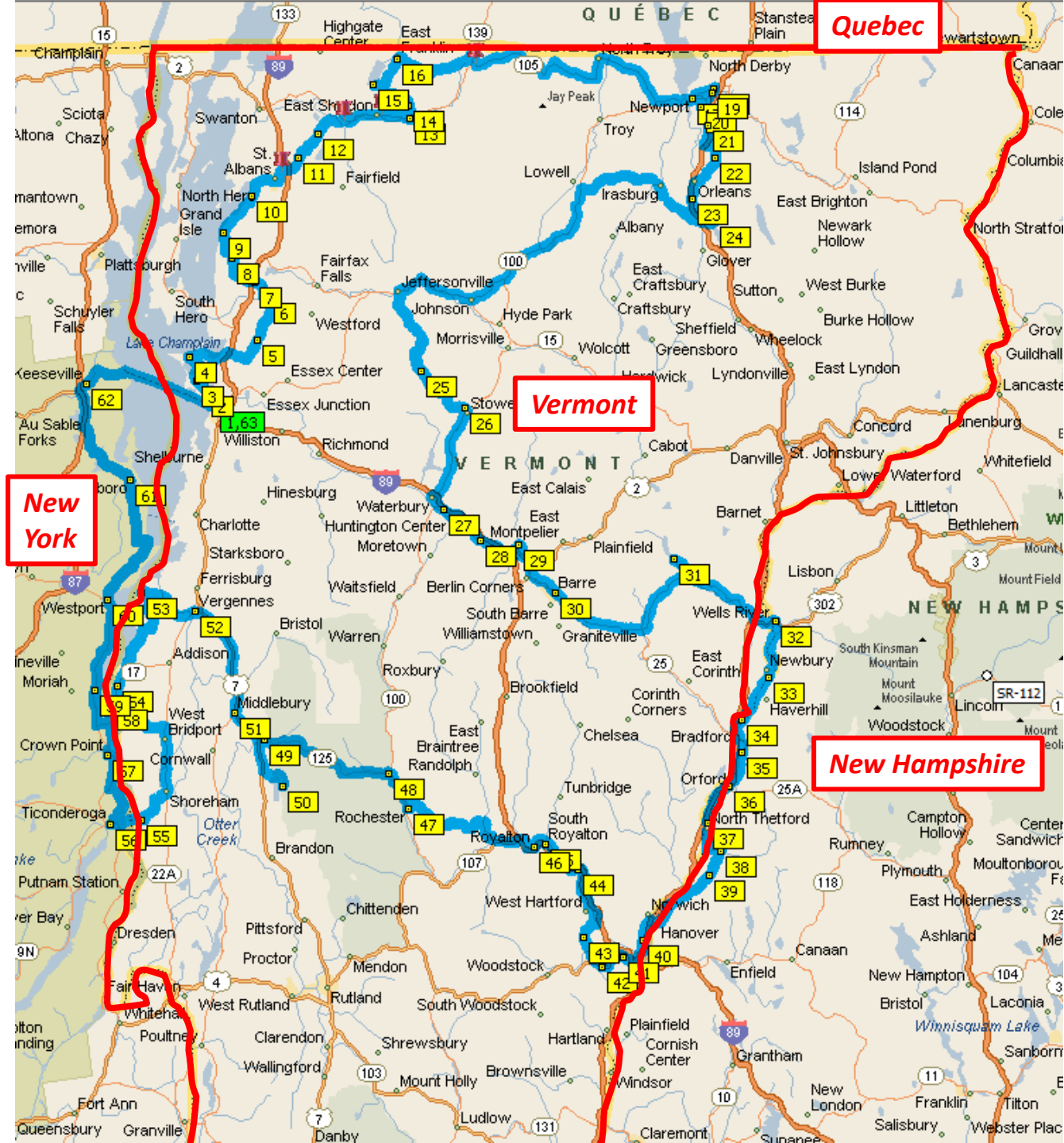


# Vermont Green Mountains Loop

August 8-16, 2014







Trip Day	Day of Week	Date	Starting Location	Ending Location	Miles	Climbing (ft)
0	Fri	8-Aug	Motel 6 Colchester Burlington	Motel 6 Colchester Burlington	57.4	1749
1	Sat	9-Aug	Motel 6 Colchester Burlington	Lake Carmi State Park Campground	69.6	2759
2	Sun	10-Aug	Lake Carmi State Park Campground	Bellview Campground	74.8	5597
3	Mon	11-Aug	Bellview Campground	Smugglers Notch State Park Campground	78.9	5925
4	Tue	12-Aug	Smugglers Notch State Park Campground	Lazy Lions Campground	54.6	2907
5	We	13-Aug	Lazy Lions Campground	Queche Gorge State Park-Campground Quality Inn	67.8	3419
6	Thu	14-Aug	Queche Gorge State Park Campground	Branbury State Park Campground	67.5	5030
7	Fri	15-Aug	Branbury State Park Campground	Crowne Point State Park Campground	60.5	2273
8	Sat	16-Aug	Crowne Point State Park Campground	Motel 6 Colchester Burlington	78.1	5154
				Total:	609.2	34813
				Average:	67.7	3868.1
Note: Paul's stats (varies by cyclist)						



**Our group of 9 cyclists. From left to right:**

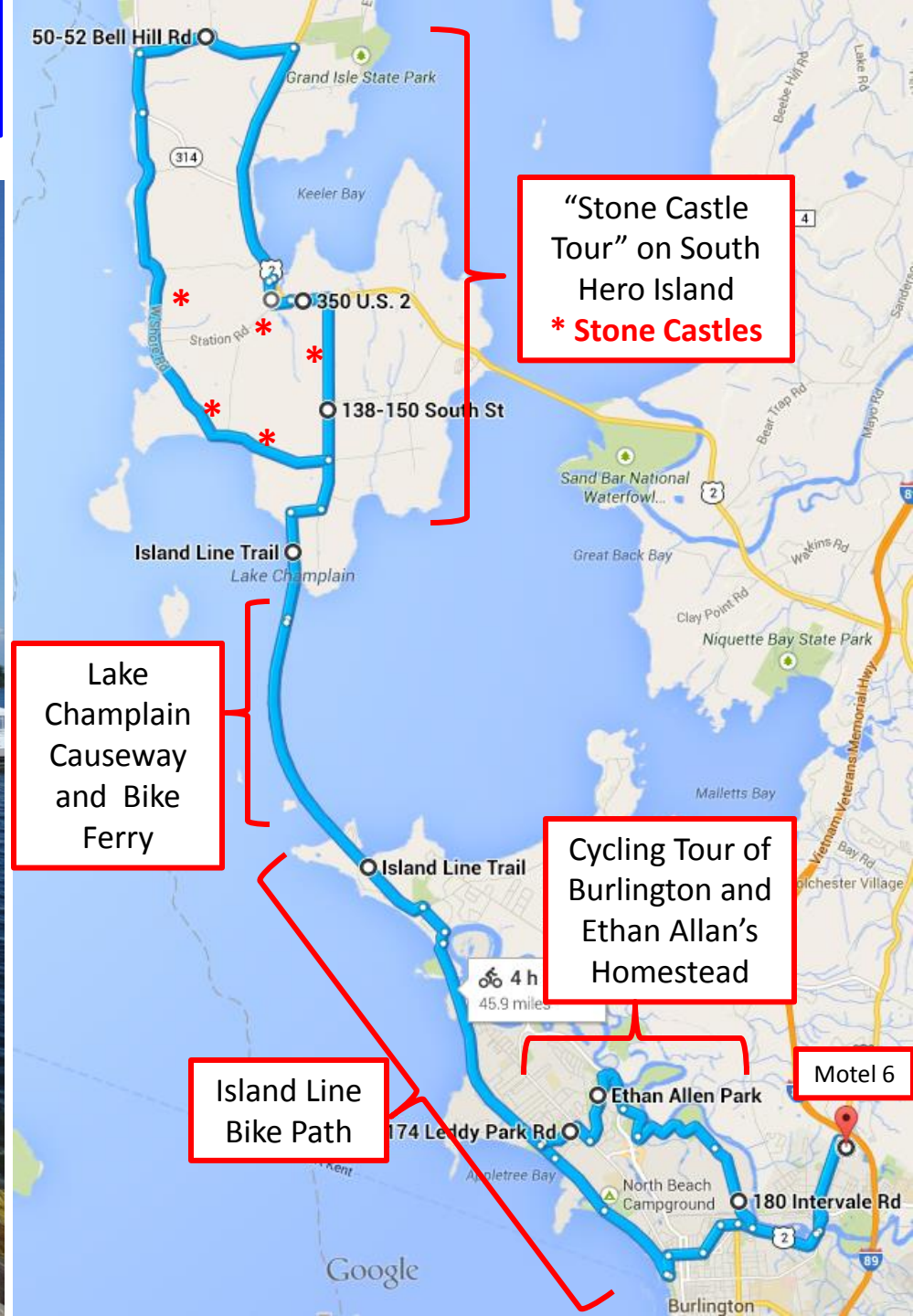
- **Dennis – Chesapeake, VA**
- **Joe – Charlottesville, VA**
- **Beth – Boone, NC**
- **Dean – Bar Harbor, ME**
- **Paul – Virginia Beach, VA**
- **Robert – Virginia Beach, VA**
- **John – Boone, NC**
- **Tom – Chattanooga, TN**
- **Mike – Virginia Beach, VA**



Day 0 (Fri, Aug 8) - 57.5 miles  
(unloaded) Start and end in Burlington.



- Toilets 0.5 mi/0.8 km
- Food/Drink 3-4 mi/5-7 km
- Ferry to NY 9 mi/14 km
- North Hero 14 mi/22 km
- Alburgh 30 mi/48 km
- Montreal 87 mi/140 km



“Stone Castle Tour” on South Hero Island  
\* Stone Castles

Lake Champlain Causeway and Bike Ferry

Cycling Tour of Burlington and Ethan Allan’s Homestead

Island Line Bike Path

Motel 6





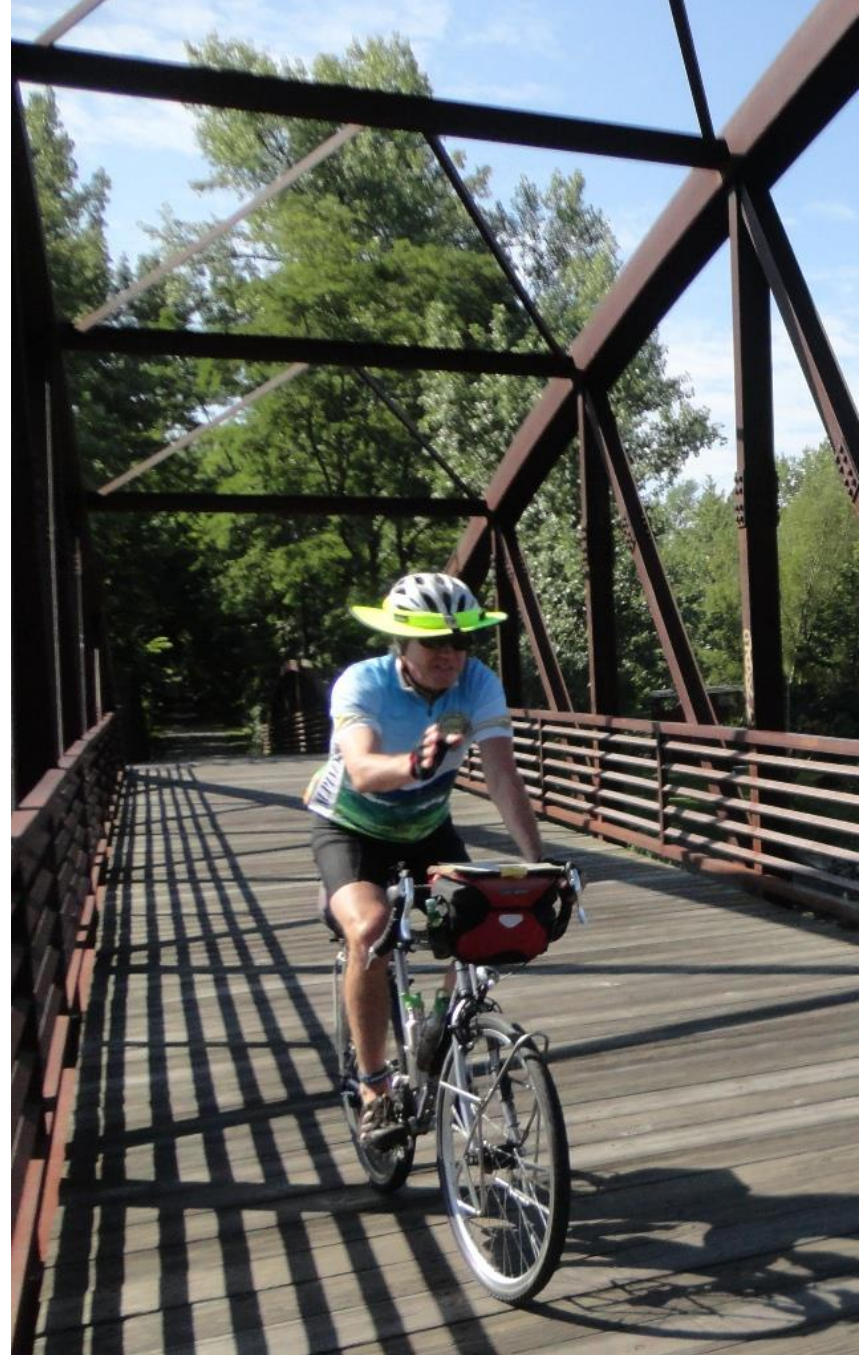
Day 0 – Breakfast in Burlington, VT (a very bike-friendly city).





Day 0 – Lake Champlain seen from the [Island Line Bike Trail](#) near Burlington, VT.





Day 0 – The Island Line Bike Trail





**Day 0 – Robert crosses a bridge on the [Island Line Bike Trail](#) near Burlington, VT.**



**Day 0 – The Island Line Bike Trail follows the shore of Lake Champlain. The Adirondack mountains in NY are visible across the lake.**





**Day 0 – The Island Line Bike Trail includes a causeway that was once used by railroads to cross Lake Champlain from Burlington to Grand Isle (South Hero Island).**





**The Island Line  
Bike Ferry**

Service resumes this summer on  
the newly resurfaced marble causeway!

**LOCAL  
MOTION**  
www.localmotion.org

Offering service between South Hero and Colchester on  
the beautiful "Island Line Trail." Every Friday, Saturday &  
Sunday, June 14th through Labor Day. Weekends through  
Columbus Day. Operating: 10am-6pm, weather permitting.

Questions: 802-861-2700

**www.localmotion.org**

**Day 0 – The Island Line Bike Trail miles includes a bike ferry that takes  
10,000 bikes per year across the 200 yd gap in the causeway.**





**Day 0 – Cycling past the farms on South Hero Island was delightful.**





**Day 0 – Paul read online about the “Stone Castles Tour” on South Hero Island. The castles were built by a man from Scotland and are supposed to be replicas of castles in Scotland. We were expecting something bigger!**





**Day 0 – Paul cycles along the South Hero Island shoreline, with Lake Champlain and the NY Adirondack mountains in the background.**





**Day 0 – A few birdhouses on South Hero Island!**





**Day 0 – Joe didn't join us on Day 0 as he and Amy spent several days in Burlington before our trip. We ran into them on the bike trail.**





Velocipede - La Compagnie  
Parisienne 1870



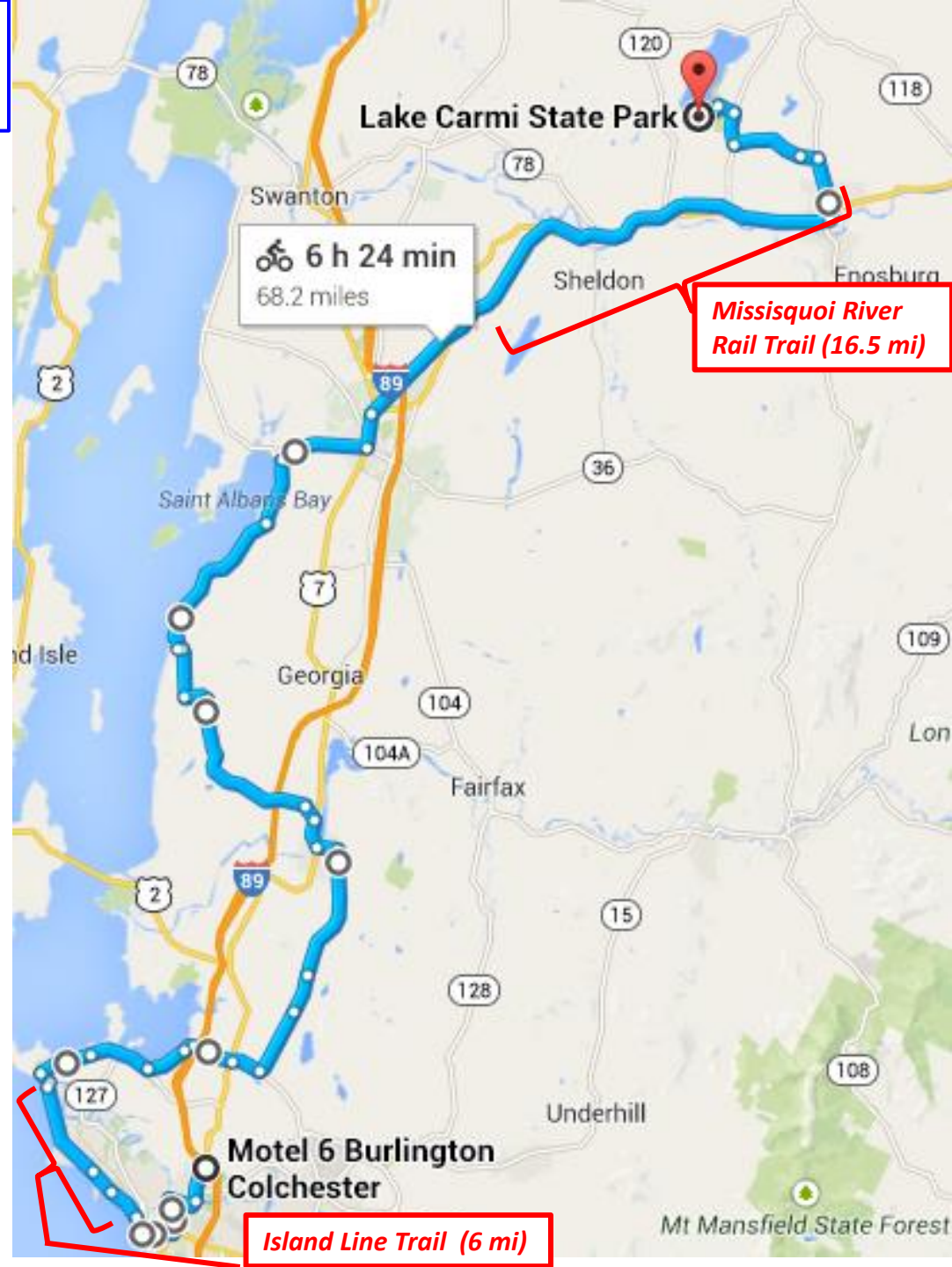
D.H.F. Premier by Hillman Herbert  
Cooper 1883



Day 0 – We visited a bike shop in Burlington that includes The Old Spokes Home, a small museum with 19<sup>th</sup> century bikes.



**Day 1 (Sat, Aug 9) Burlington to  
Lake Carmi State Park – 69.6 miles**







**Day 1 – We cycled for miles along Lake Champlain.**





**Day 1 – For some folks, the Vermont snowfalls just can't get here soon enough!  
Yep – they're cross-country skiing on pavement (roller skiing) – up a steep hill!**





Day 1 – We used bike trails on occasion during the trip. We followed this rail trail for 16 miles.





**Day 1 – Missisquoi Valley Rail Trail**





**Day 1 – More views along the Missisquoi Valley Rail Trail.**



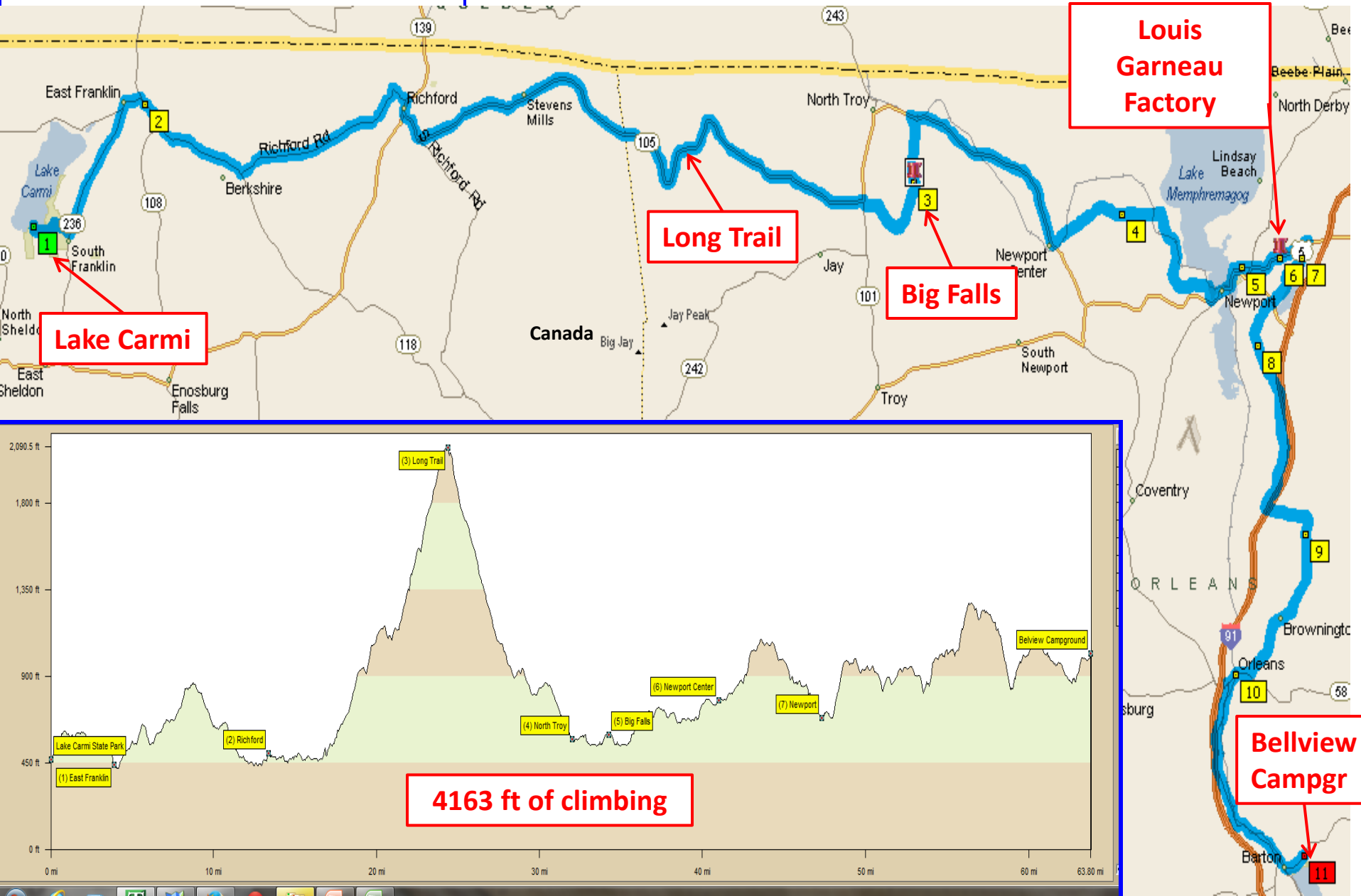


**Day 1 – A beautiful day of cycling was capped off with this beautiful sunset on Lake Carmi.**

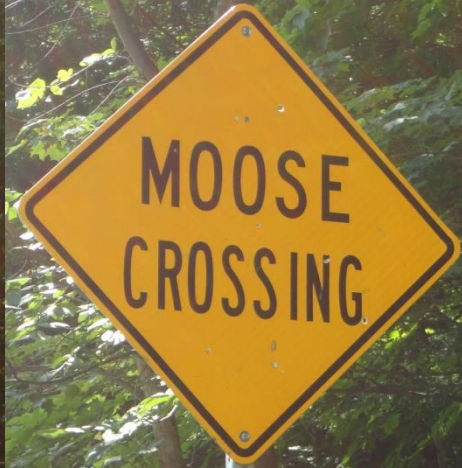


**Day 2 (Sun, Aug 10)**  
**Lake Carmi to Bellview**  
**Campground – 74.8 miles**

**Day 2 – We cycled through the scenic “Northern Kingdom” of Vermont along the Canadian border.**







**Day 2 – Trouble in the distance. We are heading west and will soon cross ridges of the Green Mountains that run north-south.**





Day 2 – So many beautiful views





**Day 2 – Did we make a wrong turn? No, but we ran into a surprising number of (unexpected) gravel roads on the trip!**





**Day 2 – We crossed many covered bridges in Vermont.**



**The horses are well prepared for the infamous black flies!**





**Day 2 – Paul at Big Falls**



**Day 2 – Big Falls... swimming anyone?**

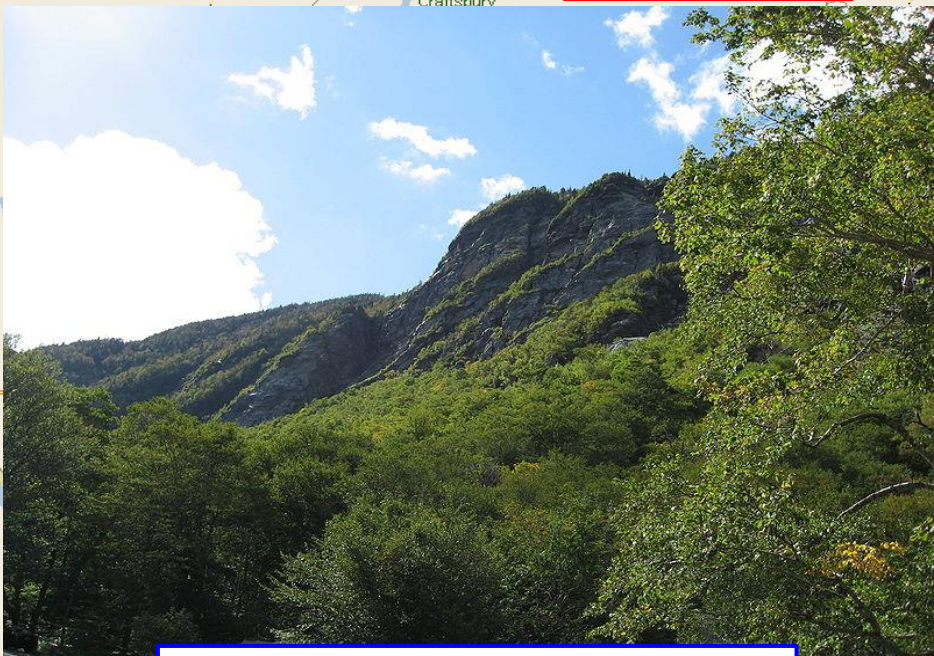
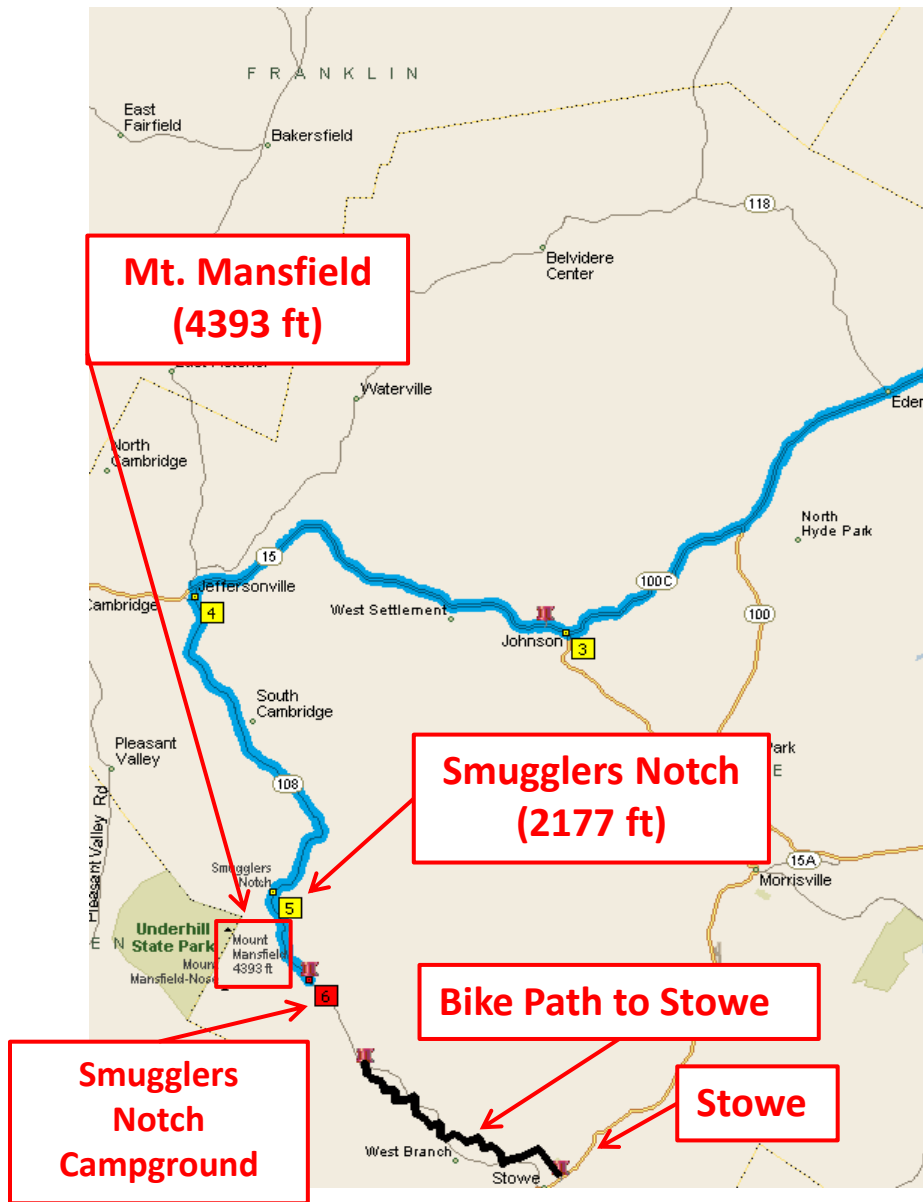
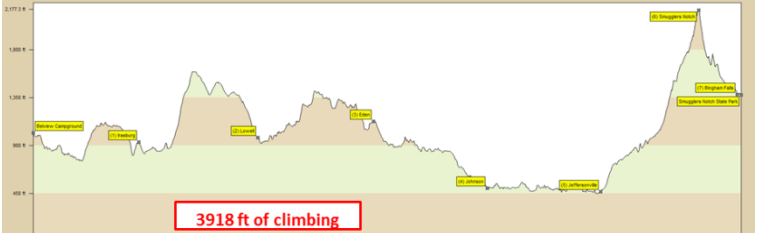




**Day 2 – Up-close encounters with beautiful horses like this were quite common.**



**Day 3 (Monday, Aug 11) Bellview  
Campground to Smugglers Notch State  
Park Campground – 78.9 miles**



**View from Smugglers Notch**





\*Southwest  
Potato Cakes w/  
Chili, Sour Cream  
2 Eggs & Toast  
\*Maine Lobster  
Salad Roll w/FF &  
Cole Slaw

Day 3 – We ate most meals out. This is a great way to meet local people. The food in Vermont was excellent! When people would ask Dennis where we were going, he would typically reply “to lunch!”





**Day 3 – Power House Covered Bridge near Eden, VT.**





Day 3 - Joe and Tom (and Paul) made the tough climb together to Smuggler's Notch.







**Day 3 – Robert follows Dennis up the very steep, winding climb to Smuggler's Notch.**



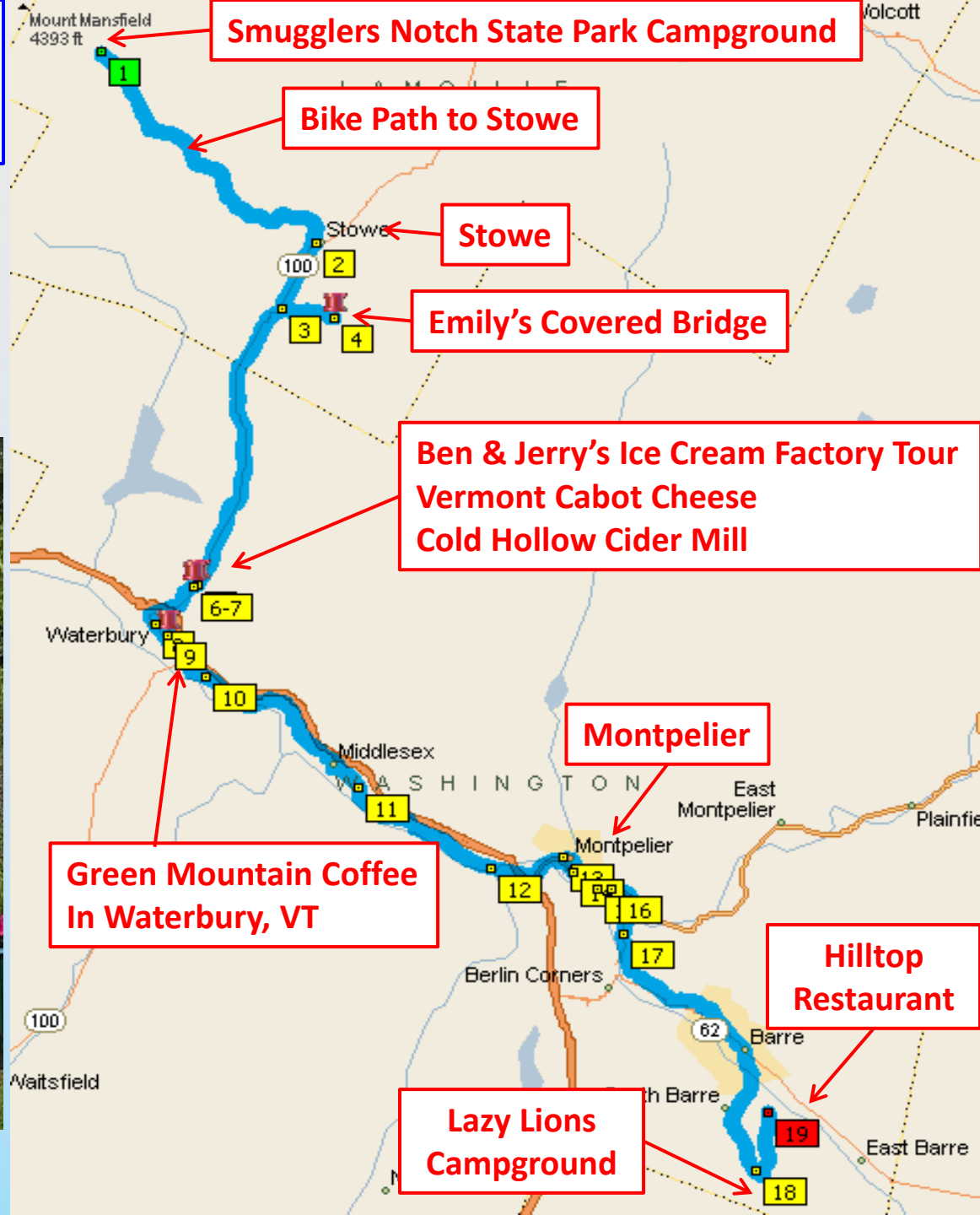


**Day 3 – At the top of Smuggler's Notch, the road got very steep, narrow and winding, making for extremely tight quarters when vehicles approached from opposing directions.**



**Day 4 (Tue, Aug 12) Smugglers  
Notch State Park to Lazy Lions  
Campground – 54.6 miles**

**This was our shortest day and it  
included opportunities to visit  
many fun places.**







**Day 4 – We started the day by cycling the 8-mile Stowe Bike Path to breakfast.**





**Day 4 - Emily's Covered Bridge near Stowe is famous for stories of Emily's demise at the bridge over a lost love.**





Day 4 - You can't tour Vermont without a trip to Ben and Jerry's Ice Cream Factory!









Day 4 - Taking a break at the [Green Mountain Coffee Shop](#). It is located with an Amtrak station in a historic train station in Waterbury, VT.





**Day 4 – Crossing the Mad River a few miles after Waterbury.  
“Paul, is this the right bridge?” (Yes!)**





**Day 4 – Robert couldn't help but find a little irony in the juxtaposition of these two signs.**





**Day 4 – Visiting Montpelier (including the state capitol and pumping up tires at a bike shop).**



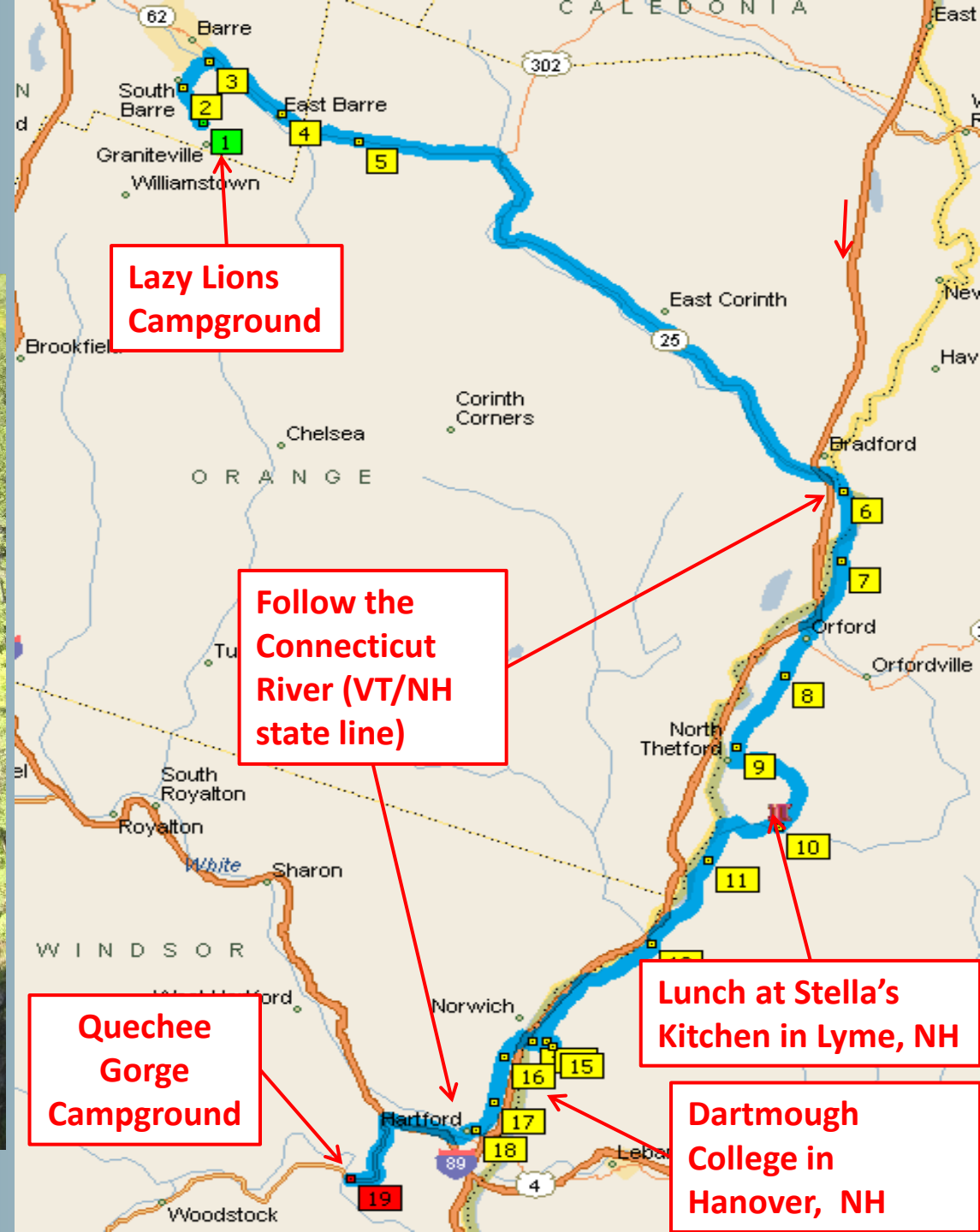
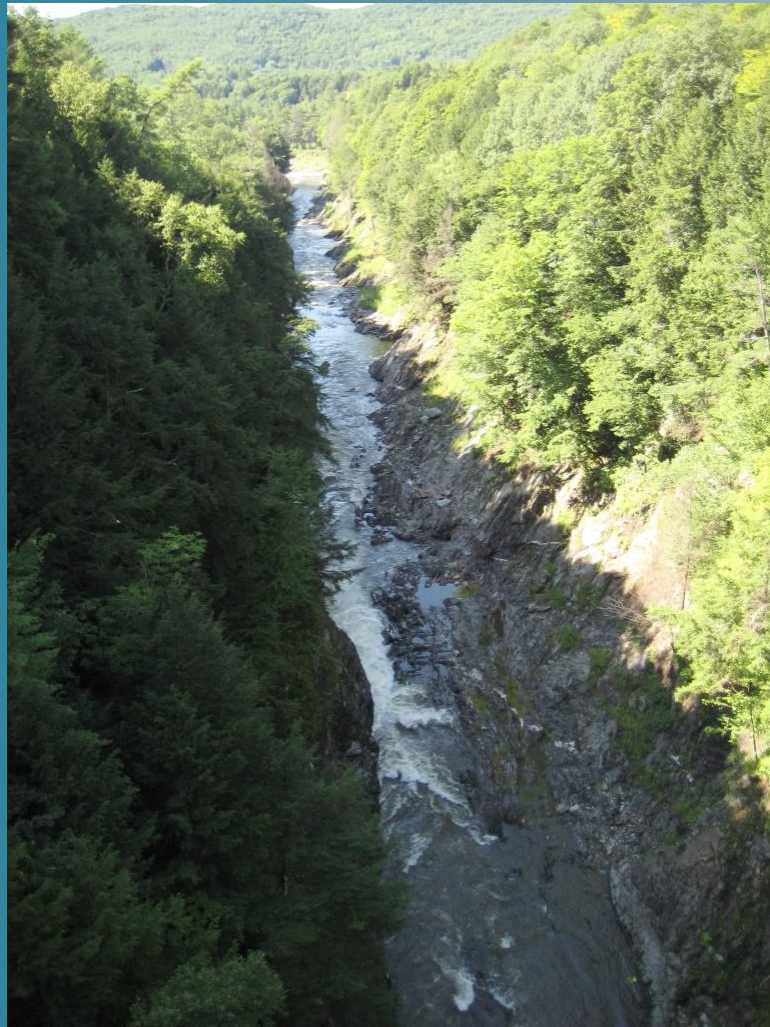


**Day 4 – Some of us visited a maple syrup farm (a steep 3-mile climb from Montpelier). Mike enjoys tasting the syrup and then relaxes!**





**Day 5 (Wed, Aug 13) Lazy Lions  
Campground to Quechee Gorge  
State Park – 67.8 miles**



**Lazy Lions  
Campground**

**Follow the  
Connecticut  
River (VT/NH  
state line)**

**Quechee  
Gorge  
Campground**

**Lunch at Stella's  
Kitchen in Lyme, NH**

**Dartmouth  
College in  
Hanover, NH**





**Day 5 – A rare picture on a rainy day. We only had rain 1 day out of 9.**





**Day 5 – We stopped at Chapman's Country Store in Fairlee before crossing into NH.**





Day 5 – An extensive fly fishing collection in Chapman's Country Store.





Day 5 – Bridge from Fairlee, VT to Orford, NH over the Connecticut River.





**Day 5 – We had many beautiful views of the Connecticut River (even in the rain!)**





Day 5 – A good day for a covered bridge! River Rd. crossed over this bridge as it meandered alongside the Connecticut River (*border between NH & VT*), offering many picturesque views.





Day 5 – Just beyond the covered bridge on River Rd., Paul, Tom & Joe came across a blueberry farm. Joe stopped to pick enough blueberries to fill a water bottle – I think it made his day!





**Day 5 – Getting ready to ride after a nice lunch at Stella’s Italian Kitchen in Lyme, NH.  
Do we have to?**



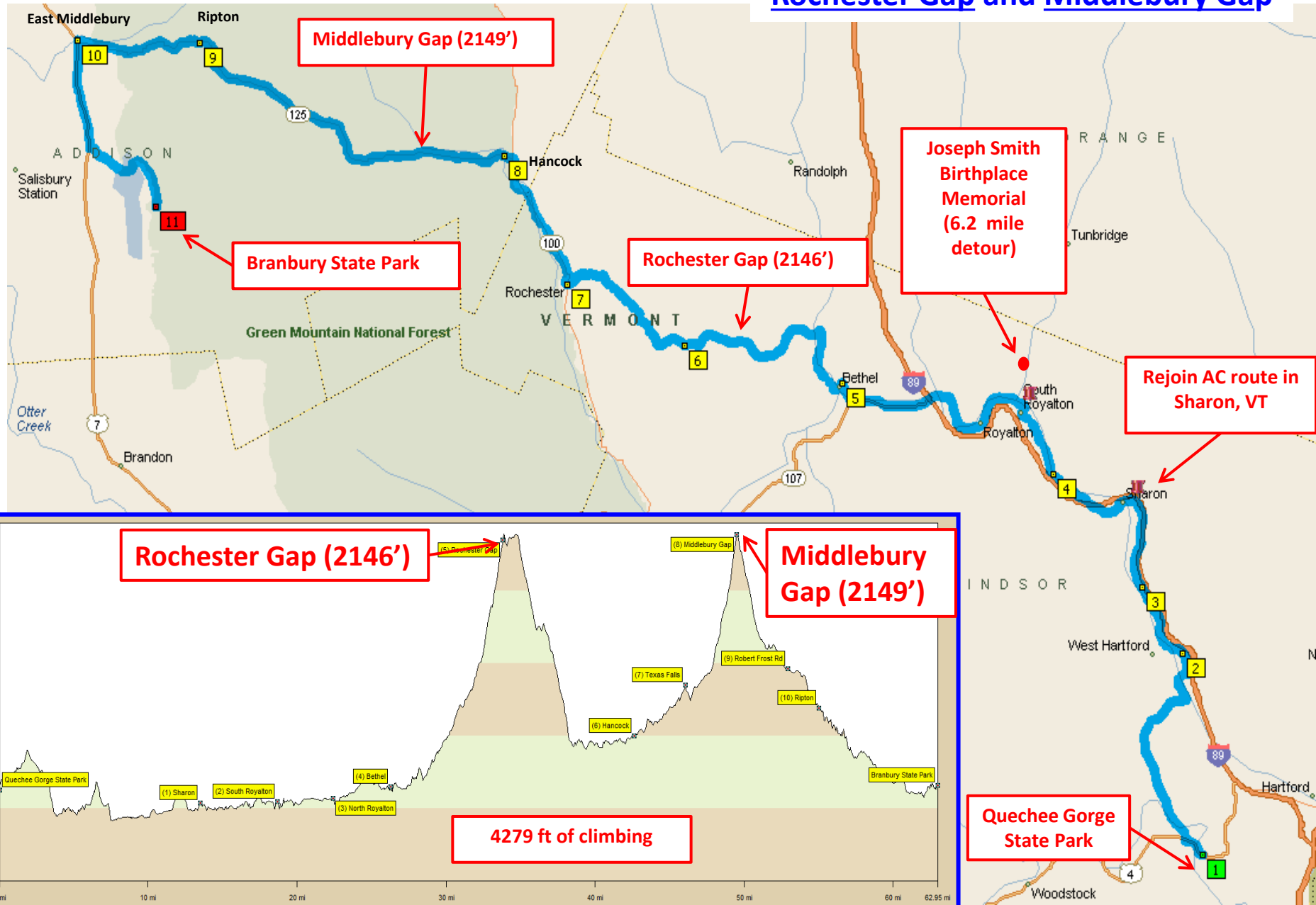


**Day 5 – After cycling all day in the rain, we opted to stay in the Quechee Gorge Quality Inn. We ate in the “Shepard’s Pie Restaurant” next door. Most of us ate shepherd’s pie for dinner. It was excellent!**

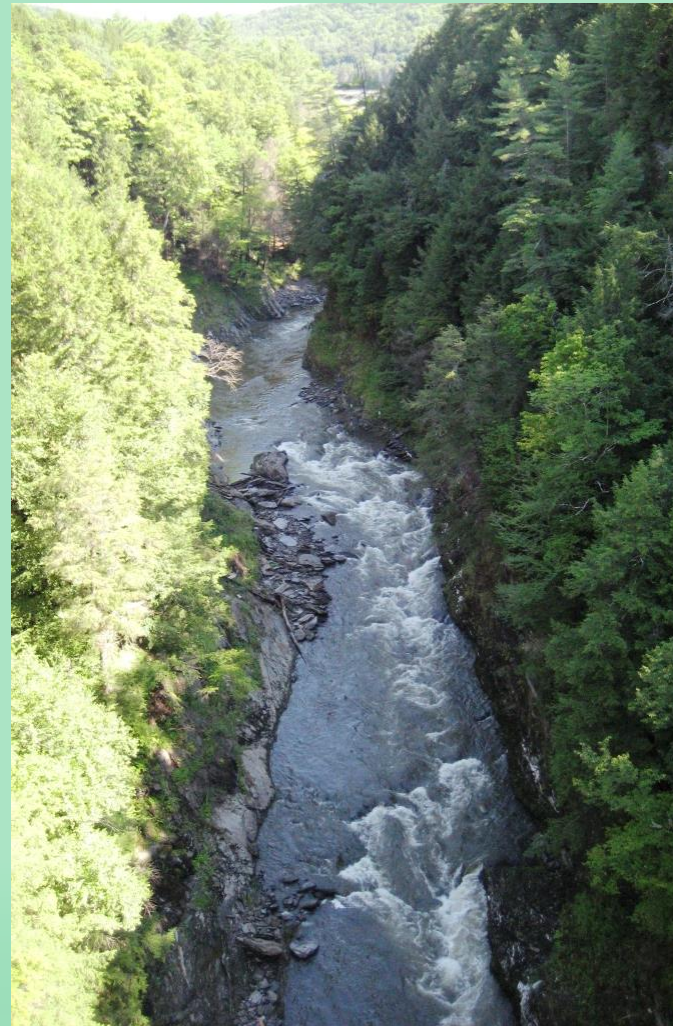


**Day 6 (Thur, Aug 14) Quechee Gorge Quality Inn  
to Branbury State Park Campground – 67.5 miles**

**This promised to be one of our  
tougher days with climbs over  
Rochester Gap and Middlebury Gap**







**Day 6 – We hiked a trail along the Quechee Gorge after breakfast.**





**Day 6 – Mike shows what happens on a rainy day when you don't laminate your cue sheets!**





Day 6 – This trip could have been called the ‘covered bridge’ tour! This one was in Quechee.





**Day 6 – View of the Ottawaquechee River, looking left from inside the Quechee Covered Bridge.**





**Day 6 – Dean pauses on a bridge over the White River.**





Day 6 – Wow! Hurricane Irene gets ‘high marks’.





**Day 6 – A corn crib?**





**Day 6 – Nearing the top of Rochester Gap. This tough 5-6 mile climb had grades of up to 15%!**





Day 6 – A welcome lunch break in Rochester between Rochester Gap and Middlebury Gap.





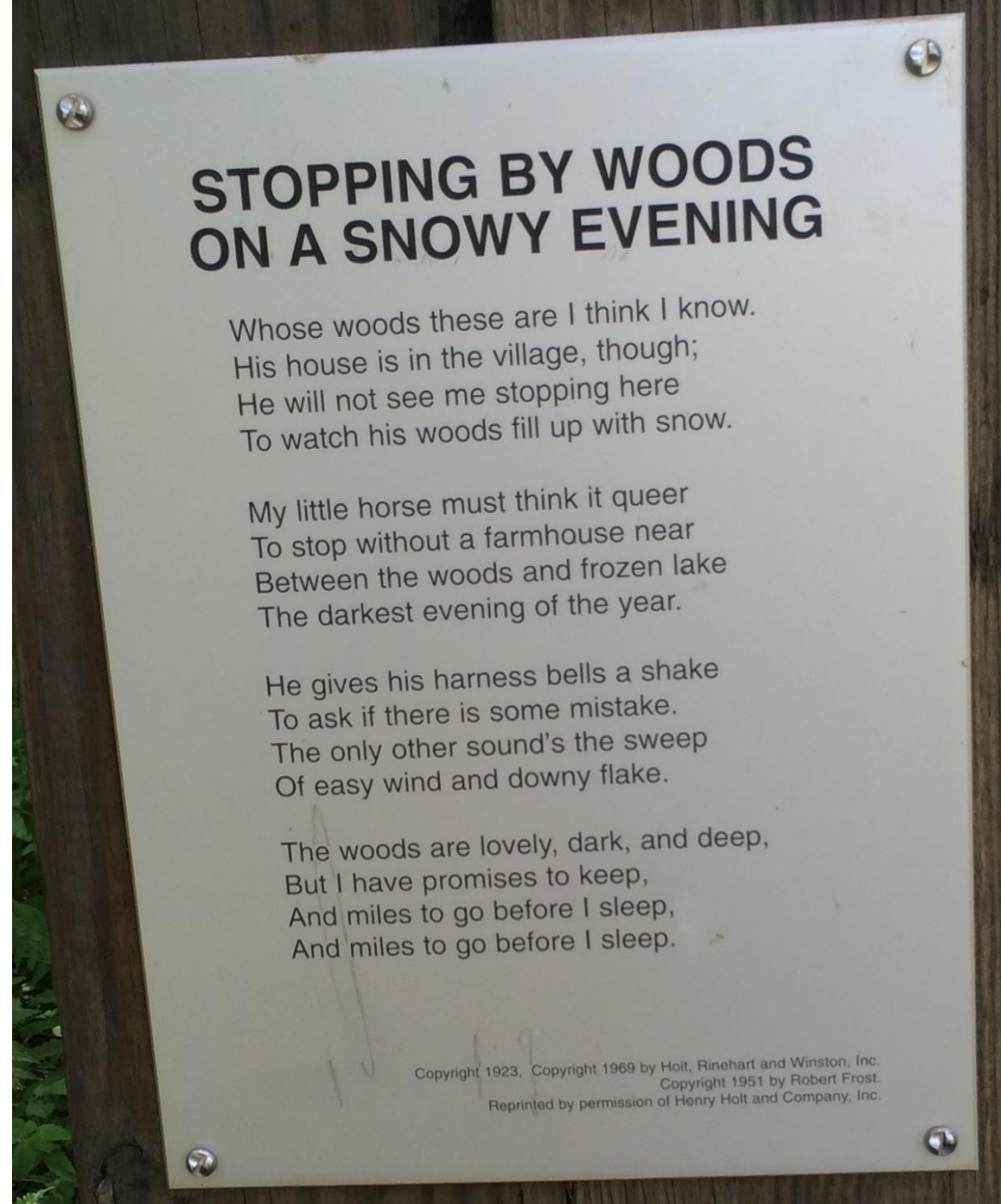
**Day 6 – Joe and Tom enjoy a meal at the Rochester Café with a woman who cycled cross country a few years earlier.**





Day 6 – Bakery/Bookstore in Rochester, VT.





## STOPPING BY WOODS ON A SNOWY EVENING

Whose woods these are I think I know.  
His house is in the village, though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark, and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.

Copyright 1923, Copyright 1969 by Holt, Rinehart and Winston, Inc.  
Copyright 1951 by Robert Frost.  
Reprinted by permission of Henry Holt and Company, Inc.

**Day 6 – Robert Frost spent time writing near Middlebury Gap. A commemorative trail included several of his poems to enjoy as you walked.**





**Day 6 – Poetry in  
scenic spots on  
the Robert Frost  
Trail.**





**Day 6 – We stopped at the Waybury Inn a few miles before camp  
– famous for its use in *The Bob Newhart Show*.**



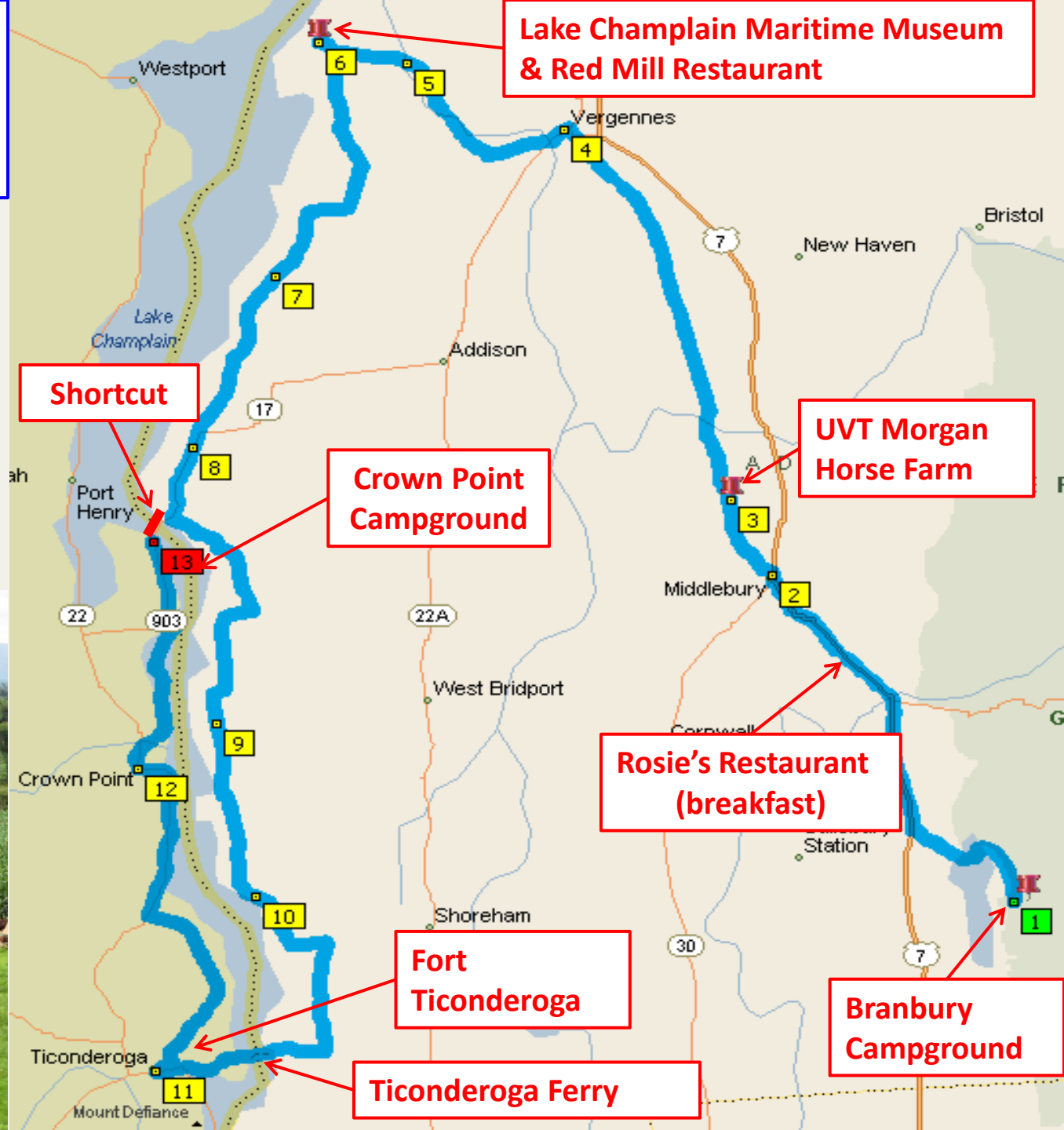


**Day 6 – This was a very difficult day for Robert, who struggled to reach camp before dark. The silver lining was enjoying this awesome sunset on Lake Dunmore on the final stretch to camp.**



**Day 7 (Friday, Aug 15) –  
Branbury State Park (VT)  
to Crown Point State Park  
(NY) – 60.5 miles**

**We spent so much time  
at the Morgan Horse  
Farm and the Lake  
Champlain Maritime  
Museum that we took  
the shortcut and skipped  
the Ticonderoga Ferry.**







**Day 7 – We had an outstanding tour of a Morgan Horse Farm owned by the University of Vermont.**





**Day 7 – Our young guide showed us the fancy shoes put on show horses and introduced us to a young colt.**





Day 7 – More images from around the [Morgan Horse Farm](#).





Day 7 – We visited the impressive Lake Champlain Maritime Museum (and wished that we had more time).







**Day 7 – After several days cycling around VT, it was nice to see Lake Champlain again.**





**Day 7 – Curb appeal!**





**Day 7 – All of the  
fire hydrants  
around Vermont  
had these tall flags  
attached to them.**

**Maybe so that  
firefighters can find  
them when they're  
buried under 5 ft.  
of snow?**





**Day 7 – We crossed a new arch bridge from VT to Crown Point, NY at the end of the day.**





Day 7 – Robert and Mike near the top of the bridge from VT to NY at Crown Point





**Day 7 – We entered New York and camped close to the bridge. We actually cycled back across the bridge for dinner (which is why Mike is unloaded).**





**Day 7 – This is the Champlain Memorial & Lighthouse, which was within the Crown Point State Park campground, along the lakeside.**

**You could see it from the bridge as you cycled across Lake Champlain into New York.**





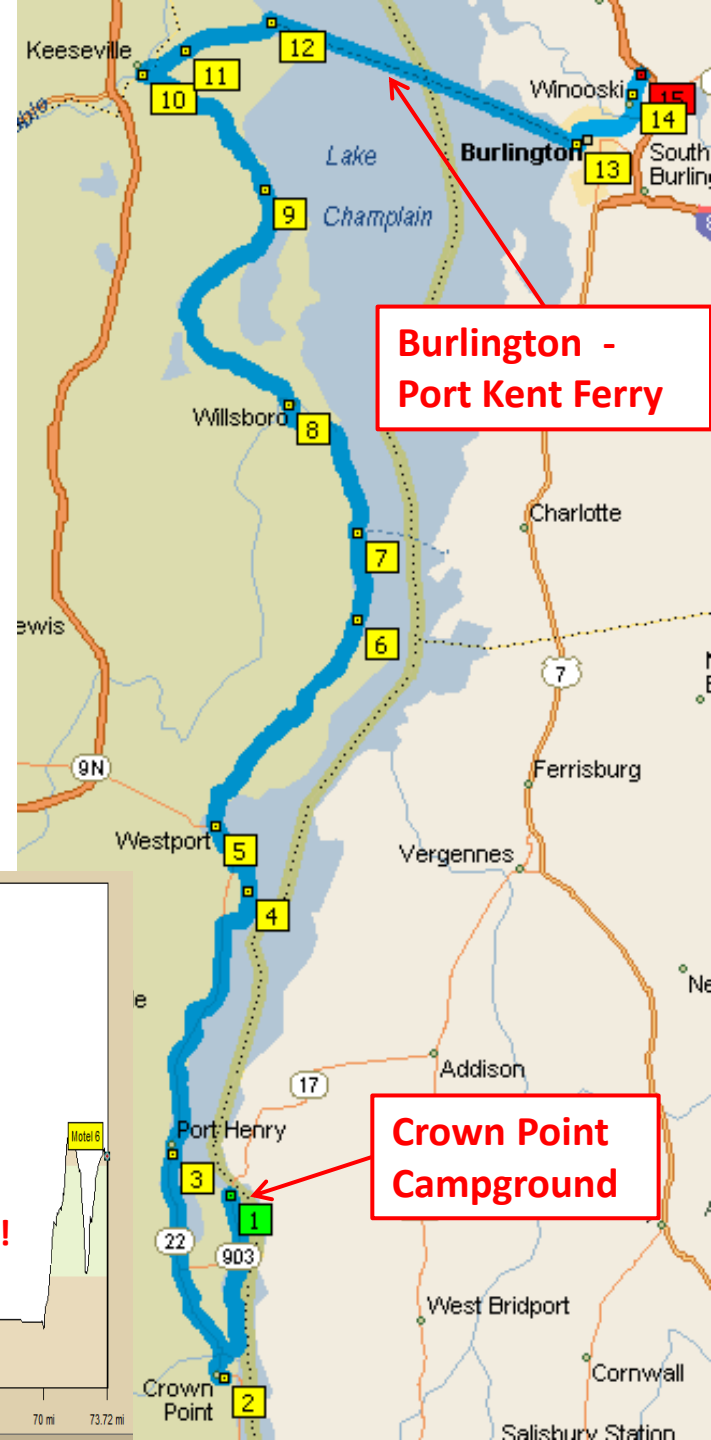
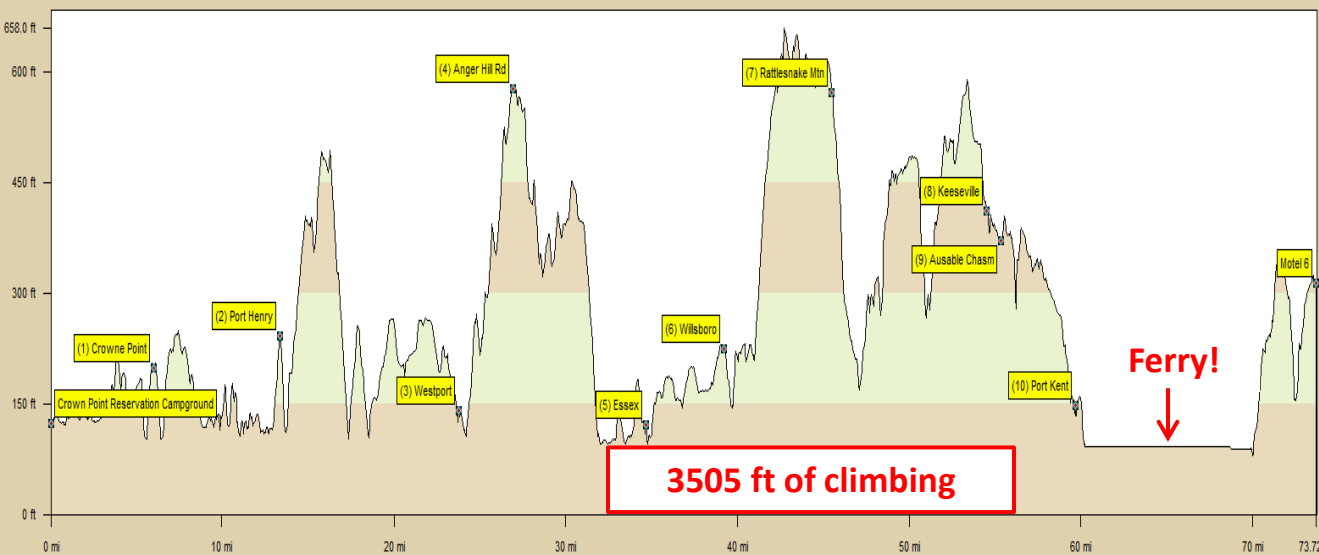
**Day 7 – Camping at Crown Point Campground in NY**



## Day 8 (Sat, Aug 16) – Crown Point State Park (NY) to Burlington, VT - 78.1 miles

You might think that cycling along a lake would be flat, but it isn't always so!

Paul and Robert started about 1 hour behind the group and pushed hard for about 55 miles along the NY side of Lake Champlain to make the 2:50 ferry.  
8-12% grades on those climbs didn't help.







**Day 8 – An early morning view of the Lake Champlain Bridge  
on the way out of camp.**





**Day 8 – Paul sets the pace as he and Robert push to make the 2:50 ferry.  
Paul is one tough act to follow – literally!**





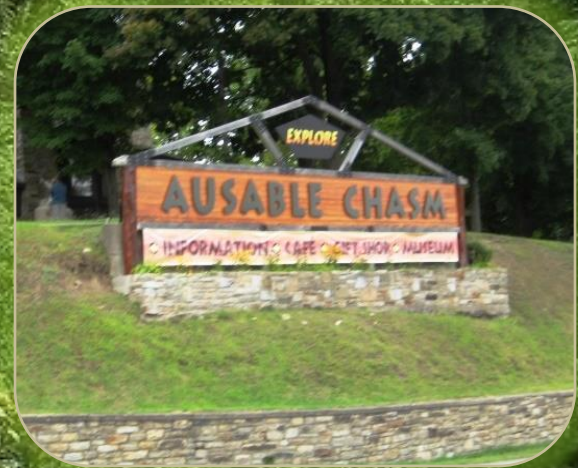
**Day 8 – One of the numerous ferry landings along the way. I think Dennis may have crossed Lake Champlain from here, so he could visit the Vermont Teddy Bear factory.**





**Day 8 – A quick - but peaceful - lunch stop along the roadside. We were fortunate to find these picnic tables in a wooded area next to a market.**





**Day 8 – Ausable Chasm: We cycled across this bridge, high above the Ausable River. Though we flew by it (going 27mph!), we still got a nice glimpse of the stunning falls.**





**Day 8 – Robert races downhill toward the ferry to Burlington. Will we make it?**





Day 8 – We made it!





**Day 8 – We looked forward to relaxing on the 1 hour-15 minute ferry ride to VT.  
The rest of the group made the earlier 1:30 ferry.**





**Day 8 – On the ferry to Burlington.**





**Day 8 – A last look at Lake Champlain from the ferry.**





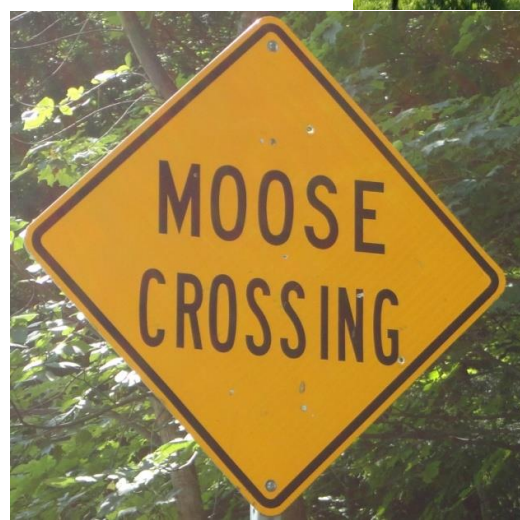
**Day 8 – A small lighthouse greets us just offshore from Burlington, VT.**





**Day 8 – Vermont was a green state in more ways than one.**





## Signs of the Vermont Tour







## More signs of the Vermont Tour

