



Vermont Bike Tour *Andean Health*

June 23 – June 28, 2024

Fly Into: Burlington International Airport (BTV)

Meeting Location: [Hotel Vermont](#), Burlington, Vermont

Your Trek Travel guides will meet you at Hotel Vermont (41 Cherry Street, Burlington VT 05401) at 10:30 AM on the first day of the trip.

Sunday, June 23

After a brief shuttle, we'll kick off our Vermont bike tour with a delicious picnic style lunch at a community farm. Afterwards, your guides will familiarize you with your Trek bicycle and make sure you have a comfortable fit before setting off on your first ride. You'll pedal past Philo Ridge Farm and Market, where you might be tempted to stop in for a mid-ride treat. Continue on to the shoreline of Lake Champlain, passing through one of Vermont's many covered bridges along the way before making your way back north to Burlington. You'll stay at the hip, award-winning Hotel Vermont where we will gather for social hour this evening before strolling to dinner at a local farm-to-table restaurant.

Today's Ride: South Burlington to Burlington - Approximately 24 mi | 39 km and 1,151 ft | 351 m

Hotel: [Hotel Vermont](#)

Meals Included: Lunch | Social Hour | Dinner

Monday, June 24

Today's ride starts off on a bike path as we depart Burlington. A few miles in, you are in for a treat as we will pedal on the causeway that connects mainland Vermont with the Champlain Islands. This abandoned rail line makes for a scenic and serene ride across this expansive lake. There is a 200 foot gap in the causeway to allow boats to pass through, a distance we will cover via the local bike ferry. After crossing the lake, we'll continue our cruise on South Hero Island and enjoy a casual lunch at a local winery. Those who want more miles can continue farther north to Grand Isle before making their way to lunch. At our lunch stop, you can learn about Vermont's first commercial grape vineyard and winery at Snow Farm. The winery's unique location enjoys the micro-climate created by the sixth largest lake in the U.S. The winery uses grape varietals not grown in other areas of the northeast. You will have an option to taste some local wines if you choose. Afterwards, we shuttle back to Burlington. Tonight Burlington is yours to explore. Be sure to take a stroll down Church Street, a vibrant pedestrian-only street line with shops and restaurants.

Today's Ride: Burlington to South Hero with Grand Isle - Approximately 38 mi | 61 km and 1,389 ft | 423 m

Short Option: Burlington to South Hero - Approximately 26 mi | 42 km and 898 ft | 274 m

Avid Option: Grand Isle Loop Hero - Approximately 55.5 mi | 89 km and 1988 ft | 606 m

Hotel: [Hotel Vermont](#)

Meals Included: Breakfast | Lunch | Dinner

Tuesday, June 25

Today you journey eastward across Vermont to uncover more stunning foliage. Bike paths will give way to quiet roads and miles of pristine countryside as you ride along the banks of the beautiful Winooski River. For those who want an extra challenge this morning, make the turn on Wes White Hill Road for a short but punchy climb topping out at 15% before returning to the river. We hope you have worked up an appetite because you have many options to choose from when you reach the quaint town of Waterbury. You may also choose to browse local boutiques and gift shops like Green Mountain Coffee Roasters or the Craft Beer Cellar. After lunch, the group will gather for a shuttle to Ben & Jerry's for dessert. Choose from many interesting flavors for your afternoon treat! From there, it is a short drive to Stowe, where you'll get settled at the Green Mountain Inn for the rest of the week. Afterwards, we'll enjoy dinner at Idletyme, where you can sample a flight of their microbrews with your meal.

Today's Ride: Burlington to Waterbury - Approximately 33 mi | 53 km and 2,000 ft | 609 m

Short Option: Burlington to Richmond - Approximately 20 mi | 32 km and 1,517 ft | 462 m

Avid Option: Burlington to Waterbury with Wes White Hill Road - Approximately 55 mi | 88 km and 2,885 ft | 879 m

Hotel: [Green Mountain Inn](#)

Meals Included: Breakfast | Dinner

3-Day Guests:

You will say farewell to your guides and fellow guests (who are continuing on the 6-Day version of the trip) this morning around 9:00 AM, as they depart for their ride. Savor the rest of your morning with a stroll around town. Be sure to pick up some of that delicious Vermont maple syrup before heading home. A private shuttle will take you to the Burlington Airport at 11:00 AM. Expect to arrive at the airport by 12:00 PM and please do not schedule a flight out before 2:00 PM on this day.

6-Day Guests:

Start with a hearty breakfast to prepare you for the day's activities. Your morning ride will take you past the site of the original settlement of Stowe, which dates to the late 1700s. Enjoy a fantastic loop through lush Vermont farmland that passes through the village of Morrisville. Then tackle the beautiful rolling hills on Stagecoach Road before returning to Stowe for a guest choice lunch. Late this afternoon, you'll head to a local sugarhouse for a private tour and maple syrup tasting—you'll come away with a newfound appreciation for the art and science of "sugaring." Tonight, Stowe is yours to explore for dinner, however your guides will arm you with a list of their favorite local establishments.

Wednesday, June 26

Today's Ride: Morrisville Loop with Garfield Road - Approximately 30 mi | 48 km and 2,100 ft | 640 m

Short Option: Morrisville Loop - Approximately 20 mi | 32 km and 1,300 ft | 396 m

Avid Option: Morrisville Loop with Weeks Hill - Approximately 46 mi | 74 km and 3,903 ft | 1,190 m

Hotel: [Green Mountain Inn](#)

Meals Included: Breakfast

Thursday, June 27

Continue exploring today by heading north on Route 100 for another spectacular ride through the colorful landscape decorated with white church steeples, bright red barns, and fields of lazily grazing cows. Pedal into the town of Johnson, a charming village nestled in the mountains, and take some time to explore its unique shops and boutiques, including the Johnson Woolen Mills factory with its iconic selection of signature woolen goods. After lunch, decide whether you'll shuttle in the van or hunker down for the climb up the west side of Mount Mansfield to Smuggler's Notch and the rewarding descent back to Stowe. This evening you and your traveling companions will gather for a round of drinks at the Inn before heading out for our final dinner. We'll toast to new friends, great adventures, and your week experiencing quintessential New England culture and the autumnal landscapes.

Today's Ride: Stowe to Jeffersonville - Approximately 33 mi | 53 km and 2,000 ft | 609 m

Short Option: Stowe to Johnson - Approximately 22 mi | 35 km and 1,600 ft | 487 m

Avid Option: Smuggler's Notch Loop - Approximately 51 mi | 82 km and 3,800 ft | 1,148 m

Hotel: [Green Mountain Inn](#)

Meals Included: Breakfast | Lunch | Social Hour | Dinner

Friday, June 28

This morning's loop is the perfect final ride and farewell to Vermont's beautiful fall foliage as you cycle the quiet roads surrounding Stowe, past the Gold Brook Bridge—one of the oldest and most storied (and allegedly haunted) covered bridges in Vermont. Soak in the New England countryside one last time and ride up to the Trapp Family Lodge, a reconstructed version of the grand lodge once home to the family whose story inspired "The Sound of Music." If you'd rather skip the ride, you can sleep in, have a leisurely breakfast, and then enjoy a final stroll through the streets of Stowe to savor a few last moments of your week and maybe pick up some souvenirs and gifts. A private Trek Travel shuttle will depart from the Inn at 11:00 AM to take you to Burlington.

Today's Ride: Von Trapp Loop - Approximately 14 mi | 22 km and 1,325 ft | 403 m

Meals Included: Breakfast

Fly Out of: Burlington International Airport (BTV)

Departure Information:

You will say farewell to your guides at 12:00 PM at the Burlington International Airport (BTV). Please do not schedule a flight out of Burlington International Airport before 2:00 PM on the last day of the trip to allow plenty of time for any unforeseen delays. Alternatively, your guides can drop you off at the Hilton Burlington (60 Battery Street, Burlington VT 05401) around 12:30 PM.

Cost:

June 23 – June 26, 2024 | 4 days, 3 nights

\$2599 per person, double occupancy + 1.45% Vermont Tax

Single Occupancy: \$599

June 23 – June 28, 2024 | 6 days, 5 nights

\$4599 per person, double occupancy + 1.45% Vermont Tax

Single Occupancy: \$1099