There’s no better place to celebrate the brilliance of summer or the beauty of changing seasons than Vermont’s Champlain Valley and Green Mountains. On our Vermont bike tour, enjoy unforgettable rides along the shore of Lake Champlain, past hillside farms, across covered bridges, and up into the forested slopes of the pristine Green Mountains. Stay in historic inns, explore the charm of quaint town squares, and sample regional specialties from golden maple syrup to smooth Vermont cheddar and rich, velvety ice cream. Refuel with farm-fresh meals and some of those famous Vermont craft brews along the way.

See the self-guided version of this trip »

TRIP WOWS

Celebrate Vermont’s artisan food scene by enjoying lunch at a local farm
Ride quiet winding roads from Lake Champlain to the verdant forests of the Green Mountains
Explore quaint, historic towns of Vergennes, Middlebury, and Stowe filled with wonderful galleries, shops and cafes
Enjoy time on Lake Champlain including an evening cruise and an afternoon of swimming, kayaking, or stand up paddle boarding
Day 1

TODAY’S RIDE:
South Burlington to Vergennes
Approximately 33 miles with 1,300 feet of climbing

DESCRIPTION:
After a brief shuttle, you'll arrive at a community farm where we'll kick off our Vermont bike tour with lunch featuring locally grown food. 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 through the countryside as you make your way to Basin Harbor on the shore of Lake Champlain. Explore the resort and get settled into your room before joining the group for social hour on the lawn. We'll enjoy a delicious dinner featuring local Vermont fare and your guides will fill you in on the details of the week to come!

HOTEL:
Basin Harbor

INCLUDED MEALS:
Lunch | Social Hour | Dinner
Day 2

TODAY'S RIDE:
Middlebury Loop
Approximately 41 miles with 2,300 feet of climbing

SHORT OPTION:
Basin Harbor to Middlebury
Approximately 22 miles with 1,300 feet of climbing

AVID OPTION:
Middlebury Loop with Middlebury Gap
Approximately 74 miles with 4,900 feet of climbing

DESCRIPTION:
This morning we pedal southeast through rolling farmland to the historic town of Middlebury. You'll have some time to explore the art galleries, antique shops, and bookstores as well as lunch at a cafe of your choosing. When you're ready, saddle up and continue on the loop back to Basin Harbor or, if you're up for a big challenge, tackle the tough but rewarding climb up Middlebury Gap. This evening, enjoy a social hour cruise on the Lake - be sure to ask your captain about the famous shipwrecks that have occurred nearby. After we dock, you'll be treated to dinner at Basin Harbor's own Ardelia's overlooking Lake Champlain.

HOTEL:
Basin Harbor
VISIT WEBSITE

INCLUDED MEALS:
Breakfast | Social Hour | Dinner

Day 3

TODAY'S RIDE:
Chimney Point Loop
Approximately 32 miles with 1,100 feet of climbing

SHORT OPTION:
West Addison Loop
Approximately 22 miles with 800 feet of climbing

AFTERNOON ACTIVITY:
Kayak or Paddle Board on Lake Champlain

DESCRIPTION:
Today's ride is a relaxing spin to the south following the contour of the lake. Take some time to enjoy the scenery once again as you make your way to Chimney Point. After a casual lunch, choose a kayak or paddle board, and we'll head out for an afternoon paddle on Lake Champlain. If the weather is not cooperating, your guides will offer an alternative afternoon activity. Tonight, we'll head into Vergennes to sample craft brews and enjoy another farm fresh dinner at Bar Antidote. It doesn't get more local than this!

HOTEL:
Basin Harbor
VISIT WEBSITE

INCLUDED MEALS:
Breakfast | Lunch | Dinner

Day 4

TODAY'S RIDE:
Vergennes to Waterbury with Shuttle
Approximately 48 miles with 2,600 feet of climbing

SHORT OPTION:
Richmond to Waterbury with Shuttle
Approximately 14 miles with 600 feet of climbing

DESCRIPTION:
Today you'll say goodbye to the Champlain Valley and continue exploring Vermont by following the Winooski River towards Waterbury. Here you can browse local boutiques and gift shops like Green Mountain Coffee Roasters or the Craft Beer Cellar and enjoy lunch at a cafe of your choosing. After lunch, we'll gather for a short shuttle to visit Ben & Jerry's Ice Cream Factory, where the company motto decrees, "Life is short; eat dessert first." Choose from many interesting flavors for your afternoon treat! Afterwards, we will shuttle to the historic Green Mountain Inn in the heart of Stowe. You'll have a chance to get settled in before we head out to visit a sugarhouse and learn how maple syrup is made. Tonight you're on your own for dinner in Stowe. Your guides, however, will have lots of great recommendations!

HOTEL:
Green Mountain Inn
VISIT WEBSITE

INCLUDED MEALS:
Breakfast
Day 5

**TODAY'S RIDE:**
Morrisville Loop with Garfield Rd
Approximately 30 miles with 2,100 feet of climbing

**SHORT OPTION:**
Morrisville Loop
Approximately 20 miles with 1,300 feet of climbing

**AVID OPTION:**
Morrisville Loop with Garfield Rd & Smugglers’ Notch
Approximately 49 miles with 3,700 feet of climbing

**DESCRIPTION:**
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 Garfield Rd before turning back toward Stowe. Lunch is on your own today, and the options are plentiful. If you want to tackle the climb to Smugglers’ Notch, you’ll start from the center of Stowe and wind your way into the heart of the Green Mountains over the next 10 miles before turning around and enjoying a nice long descent. This evening you and your traveling companions will gather for one last round before heading out to dinner at one of our local favorite restaurants to cap off a fabulous week of experiencing quintessential New England culture.

**INCLUDED MEALS:**
Breakfast | Social Hour | Dinner

**HOTEL:**
Green Mountain Inn
VISIT WEBSITE

Day 6

**TODAY'S RIDE:**
Von Trapp Loop
Approximately 14 miles with 1,400 feet of climbing

This morning's loop is the perfect final ride and farewell to Vermont 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 to close out our Vermont cycling tour.

**INCLUDED MEALS:**
Breakfast

Day 1

**TODAY'S RIDE:**
South Burlington to Vergennes
Approximately 33 miles with 1,300 feet of climbing

**DESCRIPTION:**
After a brief shuttle, you’ll arrive at a community farm where we’ll kick off our Vermont bike tour with lunch featuring locally grown food. 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 through the countryside as you make your way to Basin Harbor on the shore of Lake Champlain. Explore the resort and get settled into your room before joining the group for social hour on the lawn. We’ll enjoy a delicious dinner featuring local Vermont fare and your guides will fill you in on the details of the week to come!

**HOTEL:**
Basin Harbor
VISIT WEBSITE

**INCLUDED MEALS:**
Lunch | Social Hour | Dinner
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**HOTEL:**
Basin Harbor

**INCLUDED MEALS:**
Breakfast | Social Hour | Dinner

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**HOTEL:**
Basin Harbor

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner

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**HOTEL:**
Green Mountain Inn

**INCLUDED MEALS:**
Breakfast
**Day 5**

**TODAY’S RIDE:**
Morrisville Loop with Garfield Rd
Approximately 30 miles with 2,100 feet of climbing

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**HOTEL:**
Green Mountain Inn

**INCLUDED MEALS:**
Breakfast | Social Hour | Dinner

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**Day 6**

**TODAY’S RIDE:**
Von Trapp Loop
Approximately 14 miles with 1,400 feet of climbing

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**INCLUDED MEALS:**
Breakfast

---

**WHAT’S INCLUDED**

For us, the details matter most
Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It’s the little additions to every Trek Travel cycling vacation that make it truly special. And that’s how we help you create more memories.

**What’s Included**

- 5 nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, 2 lunches and 4 dinners
- 3 social hours of drinks and hors d’oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Snacks and drinks for each day’s ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip
- Entrance fees for all activities, private tours, and events

**Gear**
• Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
• Upgrade your bike to a Trek Electric-Assist Domane+ LT carbon road bike with Shimano Di2 electronic shifting
• Trek Travel Bontrager cycling jersey to keep
• Trek Travel water bottles to keep
• Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
• Bontrager WaveCel helmet
• Bontrager men’s and women’s specific saddles
• Bontrager front and rear Flare R lights and a flat pack
• Garmin Edge 1030 GPS computer
• Cinch sack day bag to keep
• Upgrade your bike to include carbon wheels (+$200)
• Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
• For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What’s Not Included

• Airfare and transportation to and from the trip pick-up/drop-off locations
• Lodging before and after the trip
• Personal items purchased during the trip
• Optional activities not scheduled by Trek Travel
• On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS

BASIN HARBOR
VERGENNES, VERMONT
Basin Harbor is quintessential Vermont. Managed by the Beach family for five generations, you'll feel right at home as soon as you arrive. Take advantage of the many amenities by day (golf, day spa, lawn games, and kayaking to name a few) and watch the sun go down over Lake Champlain as night falls. The resort has a mixture of charming guest rooms and lakeside cottages all decorated to reflect the casual lakeside theme.

GREEN MOUNTAIN INN
STOWE, VERMONT
Situated in the center of the village of Stowe, the Green Mountain Inn has a rich and interesting history. The property, listed on the National Register of Historic Places, has been welcoming guests (including former U.S. Presidents) since the mid-1800s, when it served as a stagecoach stop, and has operated under its current name for 122 years. Over the generations, the Inn has been transformed into the beautiful property that it is today through upgrades designed to retain and blend the Inn’s historic charm and traditional feel with the very best amenities and comfortable accommodations.
How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays.

For our Vermont bike tour, we recommend that you fly into Burlington International Airport (BTV). From the airport, you can call or hail a taxi to take you downtown. It is approximately 4 miles from the airport to the meeting day hotel in downtown Burlington and a taxi ride should take about 10-15 minutes and cost $20-$25.

Meeting Time And Location

Your Trek Travel guides will meet you at Hilton Burlington (60 Battery Street, Burlington VT 05401) at 10:30 AM on the first day of the trip. You and your traveling companions will shuttle 20-minutes to South Burlington for lunch and a bike fitting session before beginning the first ride of the week. Please have your first day’s riding gear handy and separate from your other luggage to facilitate the bike fitting and ride.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Basin Harbor (802-475-2311), and leave a message with your expected arrival time and contact details. A taxi from Burlington to the first night’s hotel is available from Green Cab for approximately $75, plus gratuity. Call 802-864-2424 to make arrangements.

Departing Time And Location

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.

Before & After: Burlington, Vermont

Burlington is a vibrant and beautiful college town on Lake Champlain, with a great variety of leisure and outdoor adventure activities at your fingertips. Not to be missed are the shopping and dining opportunities along Church Street, Burlington’s pedestrian mall. Rent a kayak or sailboat and set out to enjoy Lake Champlain from Burlington Harbor. Visit the Shelburne Museum, one of the finest museums in New England, highlighting the history and the culture of the region, or maybe stop by the Magic Hat Brewery and sample one of their many exceptional seasonal brews. We recommend the following accommodations for your pre and post-trip hotel:

HOTEL VERMONT

Hotel Vermont is a distinctive, stylish, and ideally located property which prides itself on offering “room to yourself and space to be inspired.” Drawing inspiration from the culture and natural beauty of Vermont, the hotel is an excellent place to refresh and relax! With in-house yoga classes and complimentary 2-hour bike rentals, whether you want to stay in or venture forth—Hotel Vermont has it all!

www.HotelVT.com | ~$330

COURTYARD BY MARRIOTT BURLINGTON HARBOR

The Courtyard by Marriott Burlington Harbor is conveniently located just a few short steps away from Lake Champlain, Burlington Town Center, and the Church Street Marketplace. It has spacious, well-designed guest rooms, hot buffet breakfast, indoor pool, whirlpool, fitness facility, high-speed internet, flat screen HD TVs, and a business center.

www.marriott.com/hotels/travel/btvdt-courtyard-burlington-harbor/ | ~$300

HILTON BURLINGTON

The largest hotel in downtown Burlington, this elegant property is located right on the lakefront and pedestrian path. Amenities are extensive and include a workout room, swimming pool, and business facilities.


* Hotels listed above are local properties we love. We do not have special rates available.
What Are The Daily Rides Like?

- Rider Type | 2/3 - Recreational/Active
- Average Daily Mileage | 33
- Terrain | Flat to Hilly
- Average Daily Elevation | 1,800 feet
- Total Miles | 198
- Total Elevation | 10,800 feet

Averages and totals are calculated from our Today’s Ride options.

The terrain near Lake Champlain is flat to rolling hills, with rides along the lakeshore to wide valleys of rolling farmland. The hills pick up as we head toward Stowe and the Green Mountains. All of the rides are highlighted by rewarding vistas and winding roads, thanks to the beautiful scenery. Please be aware that you will encounter sections of dirt and gravel roads on a daily basis. As always, if you wish to skip these sections you are welcome to shuttle in the support van. Vermont is best suited for our Type 2 and 3 Riders. Our Trek Travel guides can also easily accommodate Type 1 and 2 Riders, who seek less mileage or fewer uphills, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 3+ Riders will enjoy the extra mileage and climbs the avid route options offer during our Vermont bike trip.

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Take advantage of Basin Harbor’s many amenities, including the day spa, golf, lawn games, kayaking or paddle boarding, tennis, or relax at the pool or beach
- Visit the Lake Champlain Maritime Museum, the Shelburne Museum, or Shelburne Farms
- Visit Stowe Craft Gallery, which houses an extensive collection of local artists’ work
- Stroll on the Stowe Recreation Path
- Shop at boutiques in Middlebury, Waterbury, Vergennes, and Stowe
- Take a yoga class
- Hike to Mt. Philo for expansive views of Lake Champlain and Stowe Pinnacle for views of the Green Mountains
- Enjoy a voyage to total relaxation at one of the spas near Stowe

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.