

VERMONT SELF-GUIDED BIKE TOUR

NEW ENGLAND'S CHAMPLAIN VALLEY AND GREEN MOUNTAIN FOOTHILLS

There's no better place to celebrate the brilliance of summer or the beauty of changing seasons than Vermont's Champlain Valley and the foothills of the Green Mountains. On our Vermont Self-Guided Bike Tour, enjoy unforgettable rides along the shore of Lake Champlain, past hillside farms, and across covered bridges. Stay in a historic lakeside inn, 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. [Book your trip with confidence »](#)

[Learn more about Self-Guided trips and if they're right for you »](#)

From
\$1899

Rider Type
Active

Hotel Style
Explorer

Duration
5 days | 4 nights

Start | End
Vergennes, Vermont

Dates
Dates Coming Soon

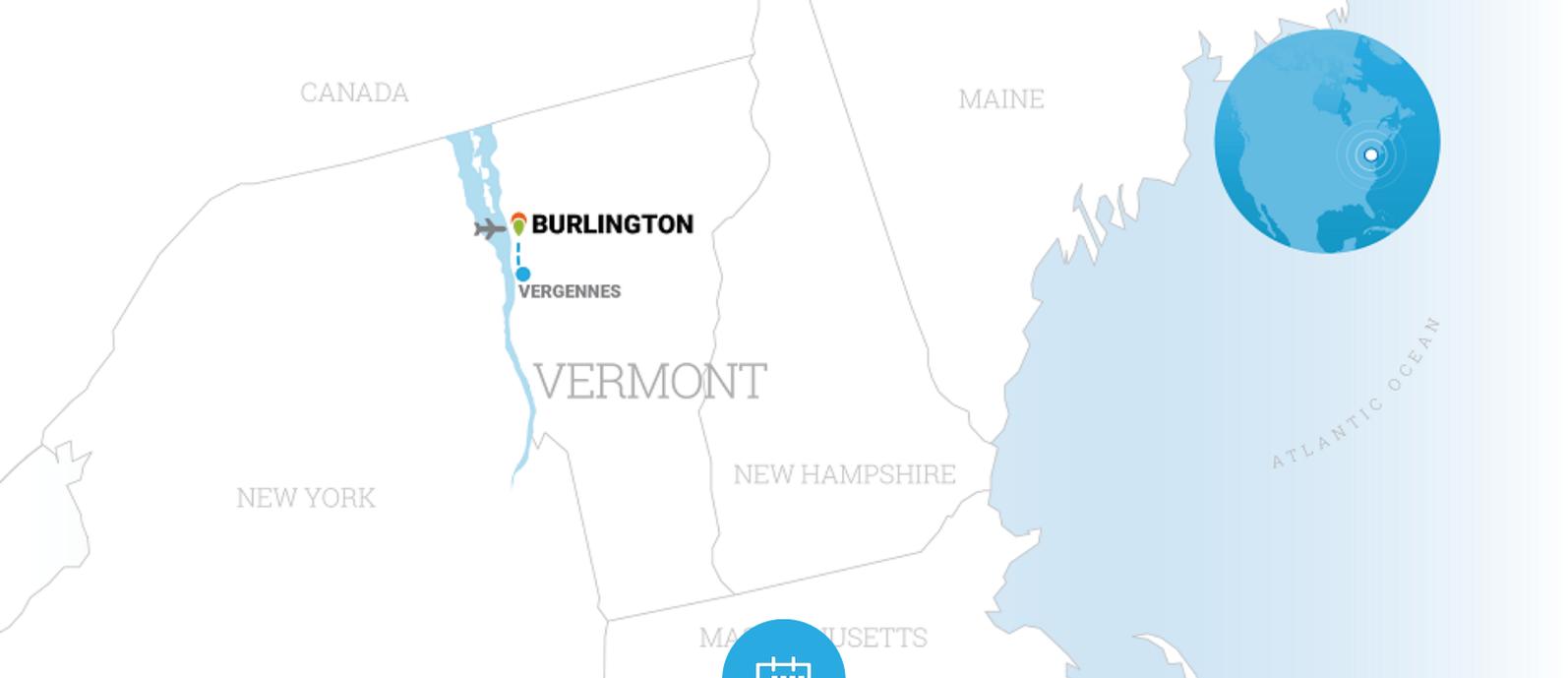
TRIP WOWS

Celebrate Vermont's artisanal food scene by enjoying lunch at a local brewery

Ride quiet winding roads from Lake Champlain to the foothills of the Green Mountains at your own pace

Explore quaint, historic towns of Vergennes and Middlebury filled with wonderful galleries, shops, and cafes

Enjoy time on Lake Champlain, including an evening cruise or an afternoon of kayaking, water skiing, or many other activities



DAILY ITINERARY

2021

Day

1

TODAY'S RIDE:

Burlington to Basin Harbor

Approximately 36 miles with 1,845 feet of climbing

DESCRIPTION:

Welcome to the first day of your Vermont self-guided bike tour! Your guide will meet you at 11:00 AM in the lobby of the Hilton Burlington. Please arrive dressed in your cycling clothes and bring along anything you will need for the day's ride. You are free to bring along a day bag for the first portion of the day, as your guide can drop this off for you at the hotel after lunch (the remainder of your luggage will be transferred to your first hotel). From the Hilton Burlington, you will walk to a local brewery where you will enjoy a welcome lunch with your guide as you discuss the week ahead. Afterwards, your guide will familiarize you with your Trek bicycle and make sure you have a comfortable fit before setting off on your first ride. Today, you'll pedal along the Island Line Trail through Burlington, taking in views of Lake Champlain as you transition from city riding to rolling countryside. Upon arrival at Basin Harbor, explore the resort before sitting down to a dinner of your choosing this evening.

HOTEL:

Basin Harbor

[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch

Day

2

TODAY'S RIDE:

Middlebury Loop

Approximately 41 miles with 2,300 feet of climbing

AVID OPTION:

Middlebury Loop with Middlebury Gap

Approximately 75 miles with 5,000 feet of climbing

DESCRIPTION:

This morning, you'll pedal southeast through rolling farmland to the historic town of Middlebury. Explore the art galleries, antique shops, and bookstores before having 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, opt for a cruise on the lake or simply relax at the resort. Tonight, you are free to choose from three different fantastic experiences for dinner at Basin Harbor.

HOTEL:

Basin Harbor

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

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 840 feet of climbing

DESCRIPTION:

Today's ride is a relaxing spin to the south following the contour of the lake. Enjoy the waterfront scenery as you make your way to Chimney Point. Take a peak at the arched Lake Champlain Bridge that connects New York state to Vermont before returning to Basin Harbor. Following your ride, find the perfect spot to enjoy lunch back at the resort. In the afternoon, choose from one of Basin Harbor's many activities, such as water skiing, kayaking, or tennis. If you're feeling adventurous this evening, head into Vergennes for a dinner in the Champlain Valley. We'll be sure to offer you lots of suggestions!

HOTEL:

Basin Harbor

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

4

TODAY'S RIDE:

Hinesburg Loop

Approximately 49 miles with 3,200 feet of climbing

SHORT OPTION:

Monkton Ridge Loop

Approximately 38 miles with 2,200 feet of climbing

DESCRIPTION:

Take in the fresh air as you ride the rolling foothills of the Green Mountains today. Your route will take you over flowing creeks and babbling brooks, and past Cedar Lake before you ride through the quaint town of Hinesburg. Stop here for a bite to eat, or continue on to Mount Philo State Park. If you choose to explore the park (entrance fee not included), challenge yourself with a ride or hike to the summit for views of the Adirondack Mountains and Lake Champlain. Your ride will bring you back to Basin Harbor, where you can celebrate lakeside with a toast to a wonderful week in Vermont's Champlain Valley.

HOTEL:

Basin Harbor

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

5

TODAY'S RIDE:

Panton Loop

Approximately 13 miles with 540 feet of climbing

This morning's loop is the perfect final ride and farewell to Vermont as you cycle the quiet roads Vergennes' neighborhoods. If you'd rather skip the ride, you can sleep in, have a leisurely breakfast, and then enjoy a final morning lakeside to savor a few last moments of your week and maybe pick up some souvenirs and gifts. Your guide will meet you at 11:00 AM at Basin Harbor to collect your bike and gear. From here, choose to extend your stay in the area, or secure a taxi back to Burlington. We recommend contacting Green Cab at 802-864-2424 for your transportation needs.

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel self-guided 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

- Four nights of accommodation at a handpicked hotel
- Daily breakfast
- Day 1 lunch with the guide
- Daily lunch and dinner recommendations
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Trek Travel water bottles to keep
- Each bike is equipped with a flat pack, frame pump, phone mount, front and rear lights
- Bontrager helmet (optional if you do not bring your own)
- Bontrager saddle (we suggest you bring your own for the most comfortable fit)
- Shimano clipless pedals or flat pedals (optional if you do not bring your own)
- All luggage transfers during your trip
- A bike lock, all necessary chargers and a floor pump
- Bike fit on the first day to help you find your optimal position for comfort, with recreational or avid set-up along with saddle preference
- Ride With GPS app on your phone to navigate and get all the information you need on your self-guided adventure
- Optional daily phone or video call with the guide to prep you for the next day's adventure
- Support on the ground in case of emergency

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, or flat pedals (optional if you do not bring your own)
- Bontrager helmet (optional if you do not bring your own)
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights
- Each bike is equipped with a flat pack, frame pump and phone mount
- A bike lock, all necessary chargers, and a floor pump
- 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 guide are not included in your trip price. We recommend tipping 7.5-10% of your trip price, preferably in the local currency. Please tip your guide 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 meeting/departing locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- While we provide daily breakfast and one lunch, the other meals are not included. On self-guided trips, Trek Travel provides restaurant recommendations and invites you to explore the local cuisine at your leisure.

HOTELS



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.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the start of your Vermont Self-Guided Bike Tour, 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 Self-Guided 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 four 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.

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

Meeting Time And Location

Your Trek Travel guide will meet you at Hilton Burlington (60 Battery Street, Burlington VT 05401) at 11:00 AM on the first day of the trip. From there, you will walk to a local brewery where you will enjoy a welcome lunch with your guide as you discuss the week ahead. Afterwards, your guide will familiarize you with your Trek bicycle and make sure you have a comfortable fit before setting off on your first ride. Please arrive dressed in your cycling clothes and bring along anything you will need for the day's ride. You are free to bring along a day bag for the first portion of the day, as your guide can drop this off for you at the hotel after lunch (the remainder of your luggage will be transferred to your first hotel).

If you will be late for the pick-up or are going to miss it altogether, please inform your guide. You will receive an email a week before the trip start with their name and contact details. If you cannot reach them, please call our first hotel, Basin Harbor, 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

Your guide will meet you at 11:00 AM at Basin Harbor to collect your bike and gear. From here, choose to extend your stay in the area, or secure a taxi back to Burlington. We recommend contacting Green Cab at 802-864-2424 for your transportation needs.

HOTEL VERMONT

Hotel Vermont is a distinctive, stylish, and ideally located property that 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 two-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

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:

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.

www.hilton.com/en/ | ~\$350

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 34
- Terrain | Hilly
- Average Daily Elevation | 1,800 feet
- Total Miles | 171
- Total Elevation | 8,985 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 broad valleys of rolling farmland. The hills pick up as we head toward the foothills of the Green Mountains. All of the rides on our Vermont Self-Guided Bike Tour 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 daily. Vermont Self-Guided is best suited for our Type 3 Riders. Those who want 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.

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

There are a variety of non-riding options on this trip 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. Except as specified in the itinerary, expenses and transportation to these activities are not 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, paddle boarding, or tennis
- Relax at the pool or beach
- Visit the Lake Champlain Maritime Museum, the Shelburne Museum, or Shelburne Farms
- Shop at boutiques in Middlebury and Vergennes
- Take a yoga class
- Hike to Mt. Philo for expansive views of Lake Champlain

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks 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.