

## 2014 TASTE OF VERMONT TOUR ITINERARY

*Vermont is home to some of the best cycling in the country. Meandering country roads, rolling hills, pristine lakes, lush green mountains, quaint villages, country stores – all so beautifully preserved – harken back to a simpler way of life. The Green Mountain State prides itself on the healthy existence of sustainable, locally owned businesses, especially when it comes to the palate. Entrepreneurs are converting old family dairy farms into organic cheese making operations, breweries, and community supported agriculture that connects small farmers directly to local people. “Taste of Vermont” features an introduction to a select group of Vermont’s finest producers of organic milk, cider, cheese, wine, beer, and maple syrup. As you traverse the winding roads of the Green Mountain State, you will meet the visionary folks who have taken Vermont to the forefront of the sustainable, locally made product movement. Around every bend and over every hill you will find gastronomic treasures. You might even find yourself in a country store where you can pick-up a signature “Vermont Ain’t Flat!” t-shirt.*

**Sunday – Day 1: The Lake Champlain Valley to Middlebury** – Meet your tour leaders at Hotel Vermont, for the twenty-minute transfer to the Sojourn office in Charlotte. Following a brief bike fitting and route review, ride south along a lightly traveled route through the Champlain Valley. Admire the herd of 200 Jersey and Holstein cows while chatting with 3<sup>rd</sup> generation farmers at their picturesque organic dairy farm. View the waterfalls and enjoy a signature Sojourn picnic on the town green in Vergennes. Continue through rolling farmland featuring beautiful views of New York’s Adirondack Mountains to the west and Vermont’s Green Mountains to the east. Pass through Vermont’s only two-lane covered bridge – one of only six remaining in the entire US. Learn more about the country’s preeminent hard cider maker during a tour and tasting at Woodchuck Hard Cider. After quenching your thirst, settle into the Swift House Inn, a former governor’s mansion in the heart of Middlebury. This evening, the owner and winemaker of nearby Lincoln Peak Vineyards will share the history of the vineyard with you over dinner which will feature ingredients from area farms and a menu specially crafted to complement a selection of Lincoln Peak’s finest wines.

**Lodging:** The Swift House

Middlebury, VT

866-388-9925

[www.swifthouseinn.com](http://www.swifthouseinn.com)

**Cycling Option:** 38 miles

**Monday – Day 2: Middlebury Gap & The Mad River Valley** – Today’s ride crosses the spine of the Green Mountains. Pass the historic buildings of Middlebury College’s stunning Breadloaf Campus, where Robert Frost spent many years writing and teaching poetry. With his inspiration in mind, continue the 1300’ climb up Middlebury Gap, known by area cyclists as the least difficult of the four local gaps. Soak in the views to the west before the winding descent into the Mad River Valley. You may be fortunate

enough to spot a moose while spinning through a span of pristine wilderness near beautiful Moss Glen Falls. Visit an authentic Vermont country store where you can enjoy a relaxing lunch on their perfectly situated deck overlooking the swimming hole that beckons cyclists on hot summer days. Continue to Three Shepard's Farm for a tour and tasting of their farm and their artisanal cheese making facility where you will come to better understand the marriage of art and science that's behind the creation of Ricotta, Feta, Trappist, and Gouda cheeses. Follow the river to Montpelier, the nation's smallest capital city, and the Inn at Montpelier which is a beautifully restored, historic inn dating to the mid-19<sup>th</sup> Century. This evening choose from a variety of fine and casual dining options in the home city of the New England Culinary Institute. Beer enthusiasts may appreciate the Three Penny Tap room, recently coined a "Craft Beer Mecca" by the Boston Globe.

**Lodging:** *The Inn at Montpelier* Montpelier, VT 802-388-4015 [www.innatmontpelier.com](http://www.innatmontpelier.com)

**Cycling Option:** 61 miles

**Tuesday – Day 3: *The Northeast Kingdom*** – Following another savory Vermont country breakfast, spin out of Montpelier to Vermont's iconic Northeast Kingdom. "The Kingdom" epitomizes Vermont and its rural agricultural heritage. Country roads wind through sprawling green fields of picturesque farmland. Ride past the sparkling waters of several ponds where you might stop to cool off along the gradual climb east to The Kingdom. Vermont's signature sugar maples are abundant along country roads and provide welcome shade on a warm summer's day. Visit a maple farm and sugarhouse run by eighth generation of family who still use traditional sap buckets and wood fires to make maple syrup. Your lodging this evening is in a stunning ridge top setting on a peaceful country road surrounded by farm fields. The aptly named Inn at Mountain View Farm features expansive views both to the east and the west, and on clear summer evenings stargazing is a favorite pastime around the fire pit. Dinner this evening features a specially created menu of the freshest ingredients from the inn's gardens and area farms.

**Lodging:** *Inn at Mountain View Farm* East Burke, VT 800-572-4509 [www.innmtnview.com](http://www.innmtnview.com)

**Cycling:** 50 miles

**Wednesday – Day 4: *East Burke to Stowe*** – Early risers may be fortunate enough to catch one of Vermont's most beautiful sunrises. Fresh Vermont air is sure to invigorate you as you ride west on a lightly traveled route this morning en route to esteemed Hill Farmstead Brewery. The Boston Globe calls Brewmaster, Shaun Hill "the brewing world's whiz kid." Oak barrels and hops characterize the selection of craft beers which are named after generations of Hill farmsteaders. A special guest from nearby Jasper Hill Farms will join the group for a gourmet picnic lunch that includes an array of artisanal cheeses. Learn the story of Jasper Hill while you savor their rich Baily Hazen Blue, smooth Constant Bliss, or coveted Harbison. Visit Willey's Store, one of Vermont's classic general stores. Those who have something left in their tank can tackle the final climb to Trapp Family Lodge where you can luxuriate in country life Austrian-style for the next two days. This 2,500 acre mountainside resort was created by the von Trapp family whose history was depicted in *The Sound of Music*. Trapp's, as it is known by locals, features stunning views, a swimming pool and spa, as well as hiking and mountain bike trails.

**Lodging:** *Trapp Family Lodge* Stowe, VT 800-826-7000 [www.trappfamily.com](http://www.trappfamily.com)

**Cycling Options:** 58 or 70 miles

**Thursday – Day 5: Smuggler’s Notch & Stowe** – Today’s ride is an area classic featuring a loop through Smuggler’s Notch, a historic passageway through which alcohol was smuggled south from Canada during Prohibition. Catch a lift to the top or grind your way up 1500’ of narrow switchbacks and into The Notch which is carved between rock boulders and towering cliffs. An almost continuous seven-mile descent into the town of Jeffersonville provides a just reward for your efforts. Visit Smuggler’s Notch Distillery which utilizes water from a nearby spring to make their vodka. Follow a beautiful route along the Lamoille River into the college town of Johnson where you can visit family owned and operated Johnson Woolen Mills before looping back to Stowe. Those who want a day off from strenuous riding can follow the bike path into the village of Stowe to explore the artisan shops and galleries, or to visit the Vermont Ski & Snowboard Museum. Others may prefer to walk the trails or relax by the pool at Trapp’s, or indulge in a massage. This evening, Sam von Trapp, grandson of Maria and the Baron von Trapp, will entertain the group during a reception on the terrace of Trapp’s own brewery. Your final dinner together features a selection of signature dishes created by the Lodge’s chef.

**Lodging:** Trapp Family Lodge                      Stowe, VT      800-826-7000                      [www.trappfamily.com](http://www.trappfamily.com)  
**Cycling Options:** 42 or 55 miles

**Friday – Day 6: The Last Hurrah** – Give the road bike and slick tires a break today and head for the fields and woods on knobbies. Trapp’s has been developing a fantastic network of mountain bike trails that traverse fields and woods throughout the property. This morning, your guides will lead you along twenty miles of trails. Choose from easy-going terrain to advanced single track and whoop it up on either. For those preferring to stick to the road, enjoy a loop on country roads around Stowe. This afternoon, you will have the opportunity visit classic regional venues such as Cold Hollow Cider Mill, The Alchemist Brewery (famed for their Heady Topper Double IPA), and Peter Miller’s Studio which features stunning photography of Vermont’s landscapes and people. Enjoy a final lunch at a popular café featuring regional products. You will be transported to the airport in Burlington or to Hotel Vermont (post-tour hotel) at the conclusion of the trip.

**Cycling Options:** Easy to intermediate mountain bike trails, or a 14 or 27-mile road ride option.

## TRAVEL & TOUR QUICK FACTS

<b>Tour Start</b>	9:00am – Group pick-up at Hotel Vermont for transfer to Sojourn office. Those driving to tour can meet at the Sojourn office at 9:30am.
<b>Tour Conclusion</b>	3:30pm – Group return to Burlington International Airport. Departing flights should not be scheduled prior to 5:00pm.
<b>Travel To/From Tour</b>	Fly into Burlington International Airport ( <a href="#">BTV</a> ). <a href="#">Parking</a> available at BTV, <a href="#">Hotel Vermont</a> , or the Sojourn office.
<b>Pre/Post Tour Lodging</b>	Reserve through Sojourn at <a href="#">Hotel Vermont</a> .* <i>*Limited rooms available until 30 days prior to tour start.</i>
<b>Days/Nights</b>	6 days/5 nights
<b>Included Meals</b>	All meals included except for three lunches and one dinner.
<b>Rating</b>	Avid. 55+ miles/day over rolling and hilly terrain.
<b>Activities</b>	Road cycling, mountain biking, hiking, golf nearby.

## STANDARD INCLUDED ASPECTS

<b>Equipment</b>	Computer-equipped road or hybrid bike, helmet, rear rack bag, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for custom fit.
<b>Van Support</b>	Rides supported by a Sojourn van as well as a tour leader on a bicycle.
<b>Tour Leaders</b>	Two experienced tour leaders guide each trip from start to finish.
<b>Ride Nourishment</b>	A selection of snacks and refreshments are supplied throughout all rides.
<b>Ride Information</b>	Detailed route directions, maps, and a daily briefing are provided.
<b>Office Support</b>	At your service 9AM – 6PM EST, Monday – Friday. 800-730-4771
<b>Detailed Information</b>	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

## DATES & PRICING

Taste of Vermont 2014 Tour Dates	Per Person DBL Occupancy	Single Room Supplement	Optional Pre/Post Tour Lodging - Per Room SGL/DBL Occupancy
July 13-18	\$2,195.00	\$595.00	\$250 SGL / \$270 DBL room
August 10-15	\$2,195.00	\$595.00	\$250 SGL / \$270 DBL room

## WEATHER

Burlington	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg. High	28°	31°	42°	55°	68°	77°	82°	78°	71°	60°	45°	32°
Avg. Low	8°	10°	21°	34°	44°	54°	58°	56°	48°	42°	28°	15°
Avg. Precip.	4.0 in	4.5 in	4.3 in	2.6 in	3.2 in	3.1 in	3.2 in	3.2 in	3.3 in	2.9 in	3.3 in	3.7 in