

2014 VERMONTRÉAL TOUR ITINERARY

This one of a kind trip begins in Burlington, Vermont and concludes in Montréal, Québec with a festive 30th anniversary ride in the famed Tour de L'île – a recreational ride through Montréal on streets that are closed to traffic specifically for this event. Ride the Island Line Trail north from Burlington to the Lake Champlain Islands. This former rail line is a (mostly) paved trail that follows the Lake Champlain shoreline north to a bike ferry that carries cyclists across a narrow gap in the trail to the Islands. An opening reception and dinner overlooking Lake Champlain kicks off the fun at the conclusion of the first day's ride. En route to Montréal, rural roads, bike paths, and a choice of route options typify each day of cycling. Lodging ranges from lakeside inns in Vermont's Lake Champlain Islands, to a full-service hotel in Montréal. You will also enjoy the opportunity to meet the delightfully energetic and personable Madame Boutin – the major promoter of cycling in the region just north of Lake Champlain and the owner of a hotel where the group will stay. The Vermontréal trip is designed and operated by Sojourn and serves as an important fundraising event for Local Motion, Vermont's foremost bicycling and pedestrian organization. All proceeds from the trip will be donated to this non-profit organization devoted to developing regional trails, fostering walkable communities, and promoting healthy lifestyles.

Thursday, May 29 —Day 1: Burlington to North Hero – Ride north out of Burlington on the Island Line Trail. This former rail trail was heavily damaged by Hurricane Irene in 2011 however, led by Local Motion's impressive efforts to repair the trail, was fully restored in 2013 and now includes a much improved surface. The trail restoration now enables cyclists to cross from the trail's northern terminus to the Lake Champlain Islands via a bike ferry operated by Local Motion. The ferry crossing is necessary as the old railroad bridge that once spanned the short gap from the trail's causeway to the Islands was dismantled many years ago to allow the passage of pleasure boats between Mallett's Bay and the broad Lake. Enjoy a visit to Vermont's first vineyard and winery for a picnic lunch hosted by your tour leaders. Ride through the patchwork farmland of the Lake Champlain Islands which retain much of their agricultural heritage that is so firmly rooted in apples and dairy. After settling into your room at either Shore Acres Inn or the North Hero House, enjoy a swim in the lake or visit the tiny village of North Hero and its eclectic general store. This evening, the group will gather at Shore Acres Inn for a festive welcome reception and dinner overlooking Lake Champlain.

Lodging: Shore Acres Inn www.shoreacres.com or North Hero House www.northhero.com

Cycling Options: 33 miles

Friday, May 30—Day 2: Cross the Canadian Border – Enjoy a beautiful ride along the lakeshore of the Champlain Islands before crossing the border into Canada. Once across the border, the roads narrow and the landscape flattens as farmland dominates the scenery for much of the ride. Visit a strawberry farm tuned winery to learn more about the family that has been working the land here since 1955. The

Richelieu River, which flows north out of Lake Champlain on its way to rendezvous with the St-Lawrence, is never far from your route to St-Jean-sur-Richelieu. Break for lunch in the town of St. Paul de L'Île Aux Noix. The island and its fort at Ile aux Noix, Fort Lennox, was alternately occupied by the British, French and Americans during the French and Indian War, and the War of 1812. The British used the fort as an important shipbuilding site despite their loss to the Americans in the decisive battle of 1814 that would prove to be the final naval confrontation on Lake Champlain. History buffs might be interested in taking the short ferry trip to visit the site or enjoy a guided tour. Following lunch or a visit to the Fort, ride north to Saint-Jean-sur-Richelieu and your lodging at Auberge Harris owned by local legend and cycling promoter, Madame Boutin. Take a dip in the pool or a walk the path along the Chambly Canal National Historic Site into town for dinner at one of many restaurants or bistros. The historic canal and its nine locks was completed in 1843, finally allowing ships to pass between Lake Champlain and the St. Lawrence River without having to portage around the rapids. The 32-mile ride option includes a van or boat transfer from St. Paul de L'Île Aux Noix to Saint-Jean-sur-Richelieu.

Lodging: *Auberge Harris* Saint-Jean-sur-Richelieu, QC 450-348-3821 www.aubergeharris.com

Cycling Options: 32 and 53 miles

Saturday, May 31—Day 3: St-Jean-sur-Richelieu to Montréal – Choose between a shorter route to Montréal or a longer ride through the countryside. Those choosing the shorter ride will follow the Chambly Canal bike path north to the charming village of Chambly along an intricate series of locks. The locks enable boats to avoid the unnavigable rapids of the Richelieu River as they pass between Lake Champlain and the Saint Lawrence Seaway. Explore the shops in town or visit Fort Chambly which sits overlooking the rapids and a large basin in the river. The Fort serves as another reminder of the battles for control of strategic waterways during Colonial times. The shorter route continues from Chambly to Montréal following bike paths into the city. Early arrival provides the opportunity to explore the city from your hotel located conveniently on the edge of the Latin Quarter and the Quartier des Spectacles (show district), only a few blocks from Old Montréal. Those who choose the longer option will enjoy a full-day ride through the Québec countryside and the option to visit to a respected producer of still, sparkling, and ice cider before continuing to Montréal. This evening, the city of Montreal offers an array of dining options just a short walk from the hotel and the nearby Metro station. Montréal's fabulous subway system, offers plenty of options for venturing to other sections of the city.

Lodging: *Gouverneur Place Dupuis, Montréal*

www.gouverneur.com/en/hotel/placedupuis

Cycling Option: 28 and 80 miles

Sunday, June 1—Day 4: The Tour de L'Île – This morning join your fellow tour participants and 15,000 others for the 30th Anniversary of the Tour de L'Île. This annual ride is a festive event that follows different routes through the Montréal on streets closed to vehicular traffic for this event. The route is often lined with bystanders who cheer for cyclists young and old, slow and fast, those dressed in costume and those who are not. For most of us, it's as close to imagining that we're riding in the Tour de France as we'll ever get. Needless to say, it's an event that every cyclist should experience at least once in their lifetime and we're pretty certain that this 30th anniversary ride will be one to remember! There are rest stops along the route and a carnival-like atmosphere in a city park at the end of the ride. Following the conclusion of the ride and the opportunity to grab a bite for lunch, the group and their bicycles will be transported back to Burlington, Vermont with anticipated arrival during the late afternoon (4:30ish).

Cycling Option: 16-30 miles

TRAVEL & TOUR QUICK FACTS

Tour Start	10:00 am Thursday (Day 1) – Meet in Burlington at 175 Lakeside Ave, Burlington in the Champlain College parking lot behind the Miller building.
Tour Conclusion	5:00 pm – Group return to Burlington (start point, hotel, airport drop-offs). Departure flights should not be scheduled prior to 6:00pm.
Group Size	Limited to 80 participants.
Travel To/From Tour	Fly into Burlington International Airport (BTV). Parking is available at the tour start location.
Pre-Tour Lodging	Reserve through Sojourn for Hotel Vermont . \$270/room includes breakfast.
Rating	Intermediate, 28-80 miles/day over level to gently rolling terrain.
Weather	Temperatures typically range from 65-75 during the day to 45-55 at night.
Price	\$1095 per person double occupancy (trip proceeds to Local Motion). \$50 discount for use of your own bicycle and helmet.

WHAT'S INCLUDED

Equipment	Computer-equipped road or hybrid bike, helmet, map case, water bottle. Bring clipless pedals, seat, or helmet for custom fit.
Cycling Jersey	A commemorative cycling jersey will be provided to all participants.
Van Support	Rides supported by Sojourn vans as well as tour leaders on bicycles.
Tour Leaders	A group of experienced tour leaders will guide the trip from start to finish. The ratio of tour leaders to participants will be approximately 1:15.
Days/Nights/Meals	4 days cycling /3 nights lodging/all breakfasts, one picnic lunch, one dinner.
Ride Nourishment	A selection of snacks and refreshments are supplied throughout all rides.
Ride Information	Detailed route directions, maps, and a daily briefing are provided.
Office Support	At your service 9AM – 6PM EST, Monday – Friday. 800-730-4771.
Detailed Information	Provided upon confirmation of reservation (travel, parking, Burlington, etc).