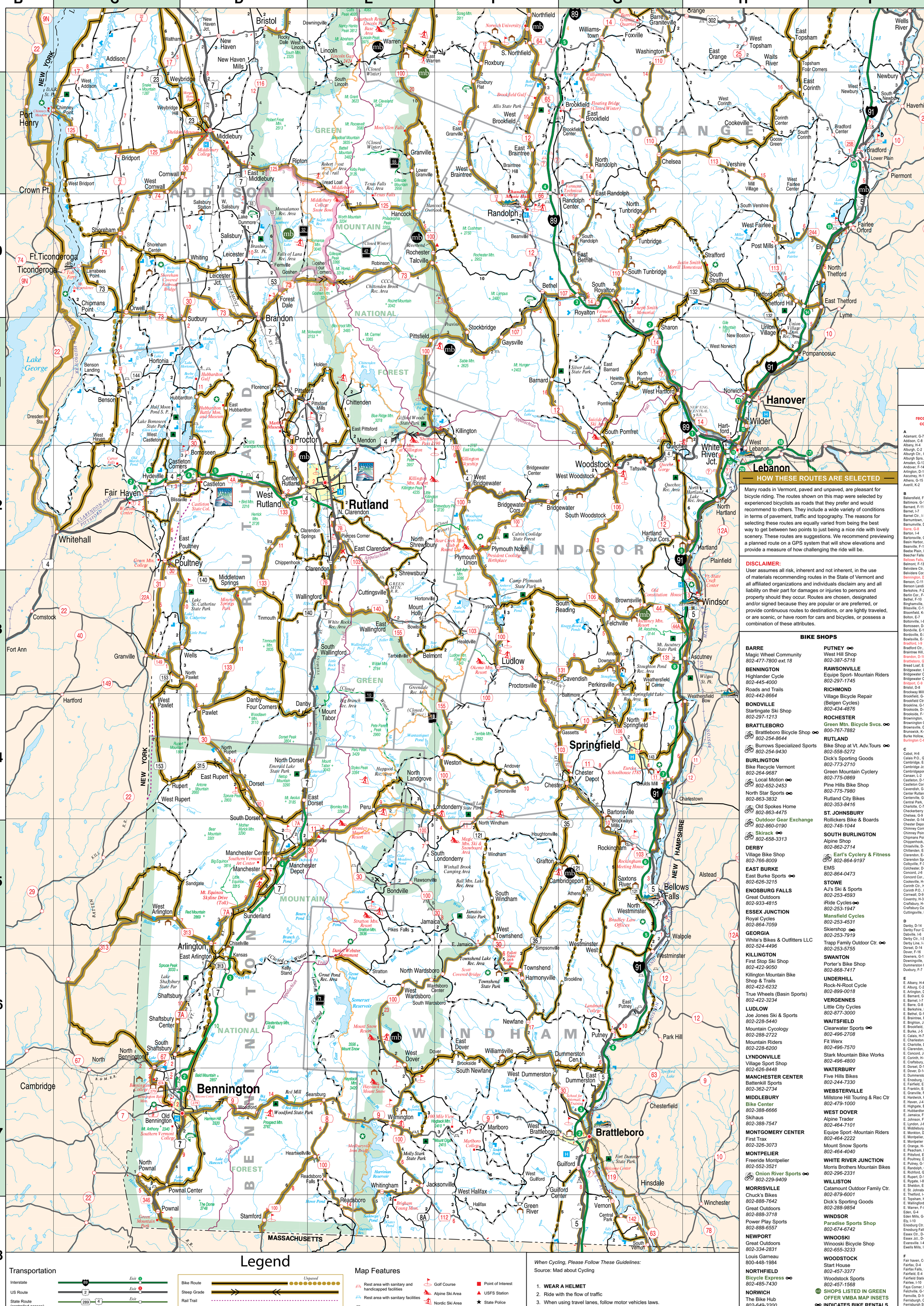


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## HOW THESE ROUTES ARE SELECTED

Many roads in Vermont, paved and unpaved, are pleasant for bicycle riding. The routes shown on this map were selected by experienced bicyclists as roads that they prefer and would recommend to others. They include a wide variety of conditions in terms of pavement, traffic and topography. The reasons for selecting these routes are equally varied from being the best way to get between two points to just being a nice ride with lovely scenery. These routes are suggestions. We recommend previewing a planned route on a GPS system that will show elevations and provide a measure of how challenging the ride will be.

**DISCLAIMER:**
User assumes all risk, inherent and not inherent, in the use of materials recommending routes in the State of Vermont and all affiliated organizations and individuals disclaim any and all liability on their part for damages or injuries to persons and property should they occur. Routes are chosen, designated and/or signed because they are popular or are preferred, or provide continuous routes to destinations, or are lightly traveled, or are scenic, or have room for cars and bicycles, or possess a combination of these attributes.

## BIKE SHOPS

**BARRE**
Magic Wheel Community
*802-477-7800 ext.18*

**BENNINGTON**
Highlander Cycle
*802-445-4000*
Roads and Trails
*802-442-8664*

**BONDVILLE**
Startingate Ski Shop
*802-297-1213*

**BRATTLEBORO**
Brattleboro Bicycle Shop
*802-254-8644*
Burrows Specialized Sports
*802-254-9430*

**BURLINGTON**
Bike Recycle Vermont
*802-264-9687*
Local Motion
*802-652-2453*
North Star Sports
*802-863-3832*
Old Spokes Home
*802-863-4475*
Outdoor Gear Exchange
*802-860-0190*
Skirack
*802-658-3313*

**DERBY**
Village Bike Shop
*802-766-8009*

**EAST BURKE**
East Burke Sports
*802-626-3215*

**ENOSBURG FALLS**
Great Outdoors
*802-933-4815*

**ESSEX JUNCTION**
Royal Cycles
*802-864-7059*

**GEORGIA**
White's Bikes & Outfitters LLC
*802-524-4496*

**KILLINGTON**
First Stop Ski Shop
*802-422-9050*
Killington Mountain Bike Shop & Trails
*802-422-6232*
True Wheels (Basin Sports)
*802-422-3234*

**LUDLOW**
Joe Jones Ski & Sports
*802-228-5440*
Mountain Cycology
*802-288-2722*
Mountain Riders
*802-228-6200*

**LYNDONVILLE**
Village Sport Shop
*802-626-8448*

**MANCHESTER CENTER**
Battenkill Sports
*802-362-2734*

**MIDDLEBURY**
Bike Center
*802-388-6666*
Skihaus
*802-388-7547*

**MONTGOMERY CENTER**
First Trax
*802-326-3073*

**MONTPELIER**
Freeride Montpelier
*802-552-3521*
Onion River Sports
*802-229-9409*

**MORRISVILLE**
Chuck's Bikes
*802-888-7642*
Great Outdoors
*802-888-3718*
Power Play Sports
*802-888-6557*

**NEWPORT**
Great Outdoors
*802-334-2831*
Louis Garneau
800-448-1984

**NORTHFIELD**
Bicycle Express
*802-485-7430*

**NORWICH**
The Bike Hub
*802-649-3200*

**PUTNEY**
West Hill Shop
*802-387-5718*

**RAWSONVILLE**
Equipe Sport- Mountain Riders
*802-297-1745*

**RICHMOND**
Village Bicycle Repair (Belgen Cycles)
*802-434-4876*

**ROCHESTER**
Green Mtn. Bicycle Svcs.
*800-767-7882*

**RUTLAND**
Bike Shop at Vt. Adv.Tours
*802-558-5272*
Dick's Sporting Goods
*802-773-2710*
Green Mountain Cyclery
*802-775-0869*
Pine Hills Bike Shop
*802-775-7980*
Rutland City Bikes
*802-353-8416*

**ST. JOHNSBURY**
Rollickers Bike & Boards
*802-748-1044*

**SOUTH BURLINGTON**
Alpine Shop
*802-862-2714*
Earl's Cyclery & Fitness
*802-864-9197*
EMS
*802-864-0473*

**STOWE**
AJ's Ski & Sports
*802-253-4593*
iRide Cycles
*802-253-1947*
Mansfield Cycles
*802-253-4531*
Skiershop
*802-253-7919*
Trapp Family Outdoor Ctr.
*802-253-5755*

**SWANTON**
Porter's Bike Shop
*802-868-7417*

**UNDERHILL**
Rock-N-Root Cycle
*802-899-0018*

**VERGENNES**
Little City Cycles
*802-877-3000*

**WAITSFIELD**
Clearwater Sports
*802-496-2708*
Fit Werx
*802-496-7570*
Stark Mountain Bike Works
*802-496-4800*

**WATERBURY**
Five Hills Bikes
*802-244-7330*

**WEBSTERVILLE**
Millstone Hill Touring & Rec Ctr
*802-479-1000*

**WEST DOVER**
Alpine Trader
*802-464-7101*
Equipe Sport -Mountain Riders
*802-464-2222*
Mount Snow Sports
*802-464-4040*

**WHITE RIVER JUNCTION**
Morris Brothers Mountain Bikes
*802-296-2331*

**WILLISTON**
Catamount Outdoor Family Ctr.
*802-879-6001*
Dick's Sporting Goods
*802-288-9854*

**WINDSOR**
Paradise Sports Shop
*802-674-6742*

**WINOOSKI**
Winooski Bicycle Shop
*802-655-3233*

**WOODSTOCK**
Start House
*802-457-3377*
Woodstock Sports
*802-457-1568*

SHOPS LISTED IN GREEN OFFER VMBA MAP INSETS
INDICATES BIKE RENTALS

**CLAREMONT, NH**
Claremont Cycle Depot
*603-542-2453*

**LEBANON, NH**
Omer and Bob's Sport Shop
*603-448-3522*

**WEST LEBANON, NH**
Eastern Mountain Sports, Inc.
*603-298-7716*

**LITTLETON, NH**
Littleton Bike Shop
*603-444-3437*

*Shops that participate in Bicycle Benefits offer incentives to those who arrive by bike.*

For specifics, go to:
**www.BicycleBenefits.org**

# Legend

## Transportation

Interstate — Exit
US Route — Exit
State Route (controlled access) — Exit
State Route — Unpaved
Town Highway — Unpaved
Recreational Highway — Unpaved
Mileage
Railroads — Amtrak Line
Catamount Ski Trail {open winter only for non-motorized use} — Unpaved
Toll Ferry — Toll Ferry — Hiking Trail

Bike Route — Unpaved
Steep Grade
Rail Trail
Paved Bike Path

## Municipal

International Boundary
State Boundary
County Boundary
Green Mountain National Forest Boundary
Moosalamoo National Recreation Boundary
National Wildlife Refuge Boundary

Population 10000 or Greater
Population 5000 to 10000
Population 2500 to 5000
Population 2500 or Under
State Capital (Montpelier)
Urban Area

## Map Features

Rest area with sanitary and handicapped facilities
Rest area with sanitary facilities
Rest area with no facilities
State Park
Covered Bridge
State-Owned Historic Sites
Airport
Bike Ferry
Golf Course
Alpine Ski Area
Nordic Ski Area
Public Fishing Access
Public Boat Access
Hospital
Mountain Bike Area
Mountain Bike Area Map Available
Airport with Commercial Jet Service
Point of Interest
USFS Station
State Police
Welcome Center
Customs Station
Amtrak Stop

Map Base by Cartographic Research Corp., S. Burlington, VT
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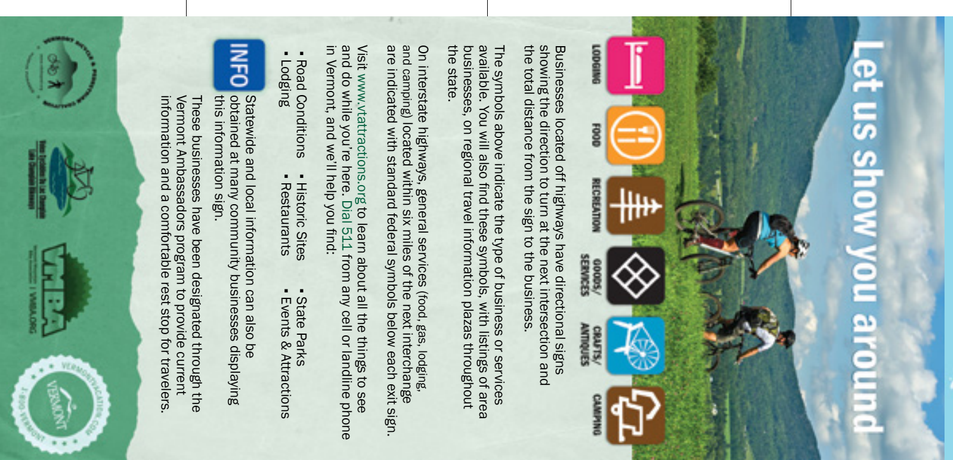
*When Cycling, Please Follow These Guidelines:*
Source: Mad about Cycling

1. **WEAR A HELMET**
2. Ride with the flow of traffic
3. When using travel lanes, follow motor vehicles laws. Obey all traffic signs and signals. Do not cut corners.
4. Use clear hand signals when making turns or stopping.
5. Ride in a straight line at least three ft. from parked cars or curbs.
6. When riding in low-light conditions, use appropriate lighting and reflective clothing.
7. Ride defensively! Be aware of motorists' actions.
8. Be aware of train tracks and other road conditions.
9. Ride single file.
10. Carry items in panniers or a handlebar pack.
11. Consider wearing cycling gloves for comfort and protection.




Businesses located off highways have directional signs showing the direction to turn at the next intersection and the total distance from the sign to the business.

The symbols above indicate the type of business or services available. You will also find these symbols, with listings of area businesses, on regional travel information plazas throughout the state.

On interstate highways, general services (food, gas, lodging, and camping) located within six miles of the next interchange are indicated with standard federal symbols below each exit sign.

Visit www.vtattractions.org to learn about all the things to see and do while you're here. Dial 511 from any cell or landline phone in Vermont, and we'll help you find:

- Road Conditions
- Lodging
- Historic Sites
- Restaurants
- State Parks
- Events & Attractions

**INFO**
Statewide and local information can also be obtained at many community businesses displaying this information sign.

These businesses have been designated through the Vermont Ambassadors program to provide current information and a comfortable rest stop for travelers.

**TOUR COMPANIES**

| | | |
|---|---|---|
| Adventure Cycling Association | 800-755-2453 | www.adventurecycling.org |
| Backroads | 800-462-2848 | www.backroads.com |
| Discovery Bicycle Tours | 802-457-3553 | dawn@discoverybicycletours.com |
| Diverse Driections Cycling Tours | 877 858 5965 | www.vtcycling.com |
| Country Inns Along the Trail | 800-838-3301 | www.inntoinn.com |
| Green Mountain Bicycle Service | 800-767-7882 | www.greenmountainbikes.com |
| POMG Bike Tours of VT | 888-635-2453 | www.pomgbike.com |
| Sojourn Bicycling & Active Vacations | 800-730-4771 | www.gosojourn.com |
| Vermont Adventure Tours | 802-558-5272 | www.vermontadventuretours.com |
| VBT Bicycling & Walking Vacations | 802-453-4814 | www.vbt.com |
| Vermont Outdoor Guide Association | 800-425-8747 | www.voga.org |
| Wilderness Trails | 802-295-7620 | www.wildernesstrailsvt.com |
| Wonder Walks | 802-453-2076 | www.wonderwalks.com |

**2015 VERMONT MOUNTAIN BIKE ASSOCIATION MEMBERS**

VMBA (Vermont Mountain Bike Association) | **www.vmba.org**

| | |
|---|---|
| Ascutney Trails | Brownsville |
| Bennington Bike Club | Bennington |
| Brewster River Mountain Bike Club | Jeffersonville |
| Fellowship of the Wheel | Chittenden County |
| Franklin County Mountain Bike Club | St. Albans |
| Greatful Treads Mountain Bike Club | Jay |
| Green Mountain Trails | Pittsfield |
| Hoot, Toot & Whislte | Marlboro |
| Killington Mountain Bike Club | Killington |
| Kingdom Trails | East Burke |
| Mad River Riders | Waitsfield |
| Manchester and the Mountains | Manchester |
| Melo Velo | Hyde Park |
| Middlebury Bike Club | Middlebury |
| Millstone Trails Association | Websterville |
| Montpelier Area Mountain Bikers | Montpelier |
| Riders in Plainfield and Marshfield | Plainfield |
| Rochester Area Sports trails Association | Rochester |
| Upper Valley Mountain Bike Association | Norwich |
| Vermont Bike Packers | State wide |
| Waterbury Area Trail Alliance | Waterbury |

mb Mountain Bike Area   mb VMBA Map Includes Trail Inset

**BIKE CLUBS AND ORGANIZATIONS**

| | | |
|---|---|---|
| Bennington Cycle Club | Bennington | www.benningtoncycleclub.com |
| Catamount Family Center | Williston | www.catamountoutdoor.com |
| Craftsbury Outdoor Center | Craftsbury | www.craftsbury.com |
| Dirt Divas / Girls Move Mountains | Multiple Locations | www.vtworksforwomen.org |
| Fellowship of the Wheel | Williston | www.fotwheel.org |
| Grafton Ponds | Grafton | www.graftonponds.com |
| Green Mountain National Forest | Rutland | www.fs.usda.gov/greenmountain |
| Jay Peak Resort | Jay Peak | www.jaypeakresort.com |
| Moosalamoo National Rec. Area | Brandon | www.moosalaloo.org |
| Mount Snow | West Dover | www.mountsnow.com |
| Pine Hill Park | Rutland | www.pinehillpark.org |
| Shaw Outdoor Rec. Center | Northfield | www.norwich.edu |
| Sleepy Hollow | Huntington | www.skisleepyhollow.com |
| Stowe Bike Club Time Trials | Stowe | onionriver.com/events/stowe-bike-club |
| Sugarbush Ski Resort | Warren | www.sugarbush.com |
| Trapp Family Lodge | Stowe | www.trappfamily.com |

**STATEWIDE RESOURCES**

| | |
|---|---|
| Local Motion | www.localmotion.org |
| Vermont Mountain Bike Association | www.VMBA.org |
| VBike | www.vbikesolutions.org |
| Vermont Trail Finder | www.trailfinder.info |