

Here's all the information you'll need to plan your cycling excursion in the Northeast Kingdom:



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Cycling in the Kingdom

Bicycling Loops and Links in Vermont's Northeast Kingdom



The Northeast Kingdom — the 2,000-square-mile real estate jewel that occupies the extreme northeast corner of Vermont — was lovingly nicknamed more than fifty years ago by a former Vermont governor and U.S.

senator for its stunning beauty, charm and independent spirit. It is without a doubt the Green Mountain state's most beautiful and undisturbed region. Comprised of Orleans, Essex and Caledonia counties, the Northeast Kingdom accounts for nearly one-fifth of the state's land area but only one-tenth of its population. For those who

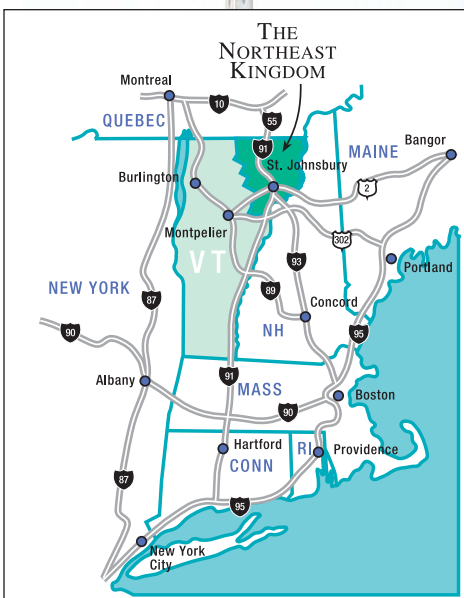


love bicycling this is an irresistible combination — and region — that compels exploration by bicycle!

The Vermonter's Vermont and great cycling

Vermont has long been recognized as an international cycling destination. Our scenery, quiet back roads, and hospitable accommodations have earned us this status. The Northeast Kingdom does not disappoint! Here, our scenery, roads and lodging are superlative. Here, too, you will find the Vermonter's Vermont and great cycling.

Everywhere you look scenery abounds! Expansive views of rolling fields, highlands and valleys, thick evergreen forests, and pristine glacial lakes predominate. Black and white cows dot green pastures.





Weathered covered bridges vault across rushing mountain streams. Crisp white church steeples accent maple-crested mountains, and quaint New England villages take you back in time.



Then there are our roads — ah, the roads. Whether paved or not, the roads here actually seem to beckon you, inviting you to see what's around the bend or over the next hill. Yes, there are hills, but with a multi-gear bicycle and time on your hands no

hill is insurmountable. With a little study, and the help of this guide, you'll soon discover you can choose a route that suits both your ability and your interest.

Add to this a good supply of hospitable country inns, bed and

breakfasts, and lakeside campgrounds and you have all the ingredients for an ideal cycling environment.

So come and discover what bicycle touring was meant to be and the way it still is — in the Northeast Kingdom of Vermont!

Cycling in the Kingdom: Bicycling Loops and Links in Vermont's Northeast Kingdom is a project of the Northeastern Vermont Development Association, with funding provided by the Vermont Transportation Planning Initiative. Project consultants include the Bicycle Federation of America, Wilbur Smith Associates, and Graphic Solutions. All photos by Bruce Burgess.

Information is accurate as of September 2000. Send suggestions, corrections and updates to NEKbike@nvda.net

NVDA

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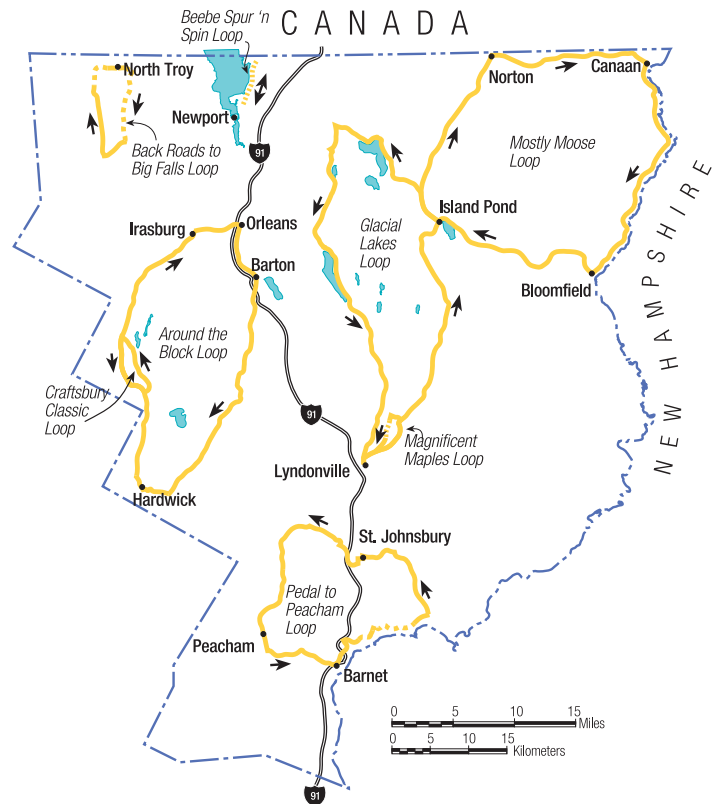
Loops and Links

To get you started, the Northeast Vermont Development Association (NVDA) has developed a network of bicycle “loops” and “links” offering energetic beginner through experienced cyclists a range of distances, challenges and pavement options. Use the loop routes to plan a ride for a single or multi-day excursion. Use the links for north-south and east-west travel or to connect the loops for longer tours according to your own interest, time, and imagination.

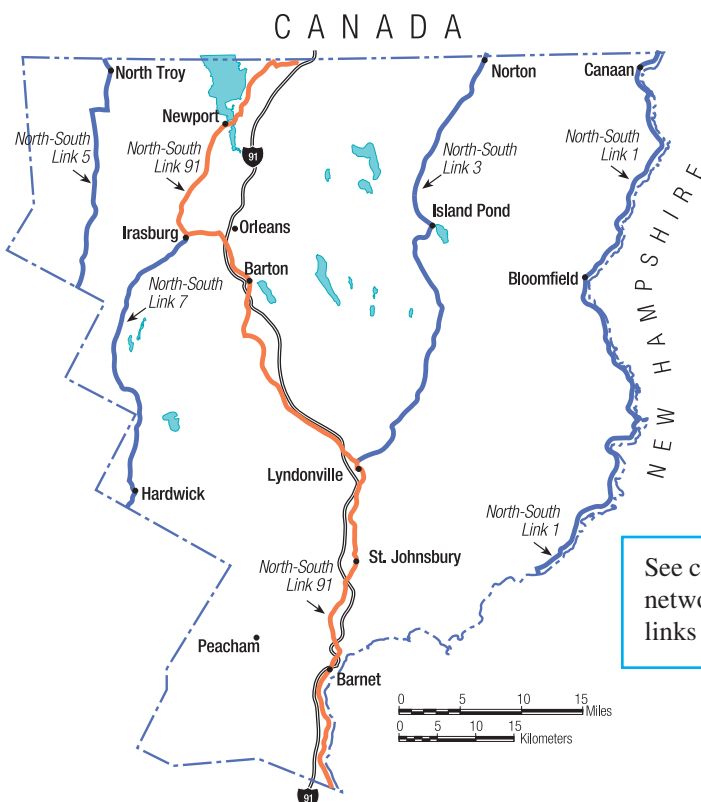
Whatever route or routes you choose, you’ll find the Northeast Kingdom will hold your interest for a day or for an entire vacation.

Also, the routes in this guide have been designed to supplement, not replace, the treasury of information and services that already exists for bicyclists touring the Northeast Kingdom, so be sure to see the resource section on page 24.

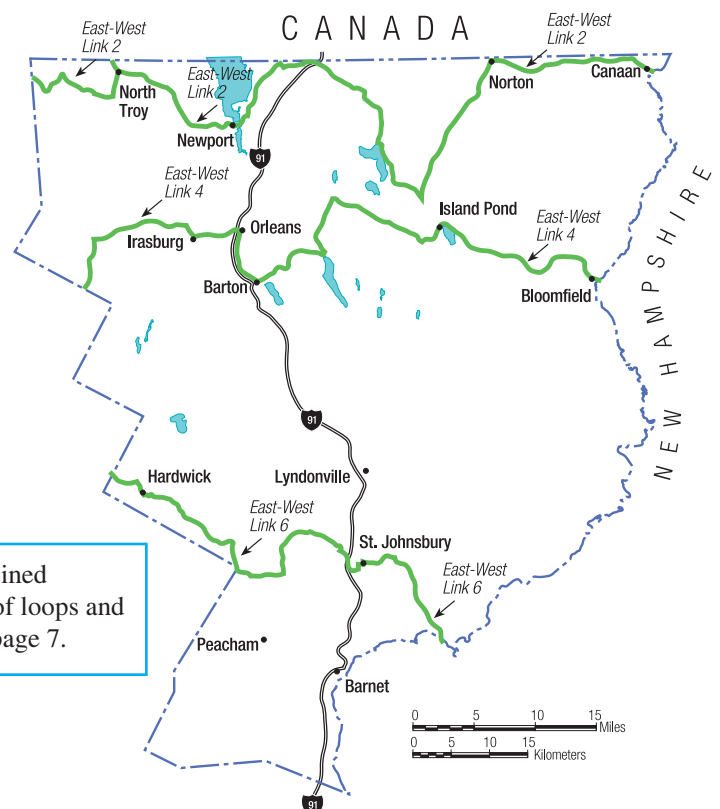
Loops



North-South Links



East-West Links



See combined network of loops and links on page 7.



How Our Routes Were Selected

The routes in this guide were researched and selected by experienced cyclists who have been planning bicycle tours in Vermont for nearly two decades. As such, the routes were chosen because they are popular or are preferred by local cyclists, or provide continuous routes to destinations, or are lightly traveled, or are scenic, or have more room for cars and bikes, or possess a combination of these attributes.



The routes in this guide utilize existing local, state and national roadway systems where a range of motor vehicle volumes, speeds and types (including automobiles trucks, buses, motorcycles and farm machinery) may be expected. With the exception of the Beebe Spur 'n Spin loop, where motor vehicles are prohibited from using the Beebe Spur rail trail, special provisions for bicycles should *not* be expected. Also, the routes are not signed.

Bicyclists contemplating the use of these materials should have several years of cycling experience; be able to understand, appreciate and obey the traffic laws of Vermont; and be capable of operating their bicycles prudently, with common sense and reasonable care in shared bicycle/motor vehicle situations.

Using Our Maps and Route Directions

Use this key to match our routes to your ability:

Energetic beginner bicyclist(s). Able to comfortably ride 20 to 30 miles or 3-4 hours a day and prefer level to gently rolling terrain.

Intermediate cyclist(s). Get regular physical exercise and recently enjoyed bicycling 30 to 40 miles (4-6 hours) in a day and can handle most terrain.

Advanced cyclist(s). Cycle vigorously when you ride and regularly enjoy riding 40 to 50 miles or more in 4 to 6 hours over all types of terrain.

Level terrain. Mostly flat terrain averaging less than 4 percent grades. Remember, Vermont is not flat and even where the terrain is gentle, you are likely to encounter minor hills and short climbs.

Rolling terrain. Undulating, varied terrain with grades ranging from 4 to 10 percent. Characterized by frequent short climbs and descents.

Hilly terrain. Steep grades in excess of 10 percent and/or extended climbs ranging from 1 to 6 miles in length. Challenging and/or strenuous cycling should be expected.

Here are some other things you should know:

Mileages. Every effort has been made to provide

accurate distances on the route directions. However, actual mileages may vary from user to user depending on the equipment used. Please report wildly inaccurate distances to NEKbike@nvda.net

Railroad tracks. Our maps indicate railroad tracks where they were observed during our field survey. It is likely that not every railroad track location was noted. Therefore, always be vigilant for railroad crossings. Gaps between the pavement and rails, as well as slick metal surfaces, can cause you to lose control of your bicycle and fall. Do not attempt to “jump” tracks or ride across them at any angle. Always dismount and walk across railroad tracks.

Covered bridges. Reduced light levels inside a covered bridge can make it difficult for motorists to



see you and for you to see gaps between wooden floor boards that can cause you to lose control of your bicycle and fall. Dismount and walk through a covered bridge if necessary.



Frequently Asked Questions.

When is peak leaf season in the Northeast Kingdom? Generally, from the last week of September through Columbus Day in October, beginning with northern locations and high elevations and moving southward into lower elevations throughout this period. For a “leaf peepers” report, call 1-800 VERMONT during fall foliage season for an up-to-date assessment of color.



What’s the best time to bicycle in the Northeast Kingdom?

Spring arrives during the last week of May when you can expect to find blossoms on the trees and dandelions in the fields. Summer comes quickly in June and lingers until Labor Day. The cycling season usually comes to a close by mid-October.

Are bicycles permitted on all roads? Bicycles may be ridden on all roads in Vermont except where prohibited by law. In the Northeast Kingdom, bicycles are prohibited on Interstates 91, 93, and a portion of U.S. Route 2 between Danville and St. Johnsbury.

Are there any roads I should avoid? Although many roads have low traffic volumes, higher volumes and concentrated truck traffic may be experienced along some highways. Cyclists may wish to avoid or seek alternate routes along the following corridors:

U.S. Route 2 (between the Washington / Caledonia County line and West Danville).

U.S. Route 2 (between Route 18 and the intersection of River Road 1.5 miles east of Lunenburg).

U.S. Route 5 (between Newport and Derby Line)

Will I be sharing some roads with logging trucks? One of the attributes of bicycle touring is that it allows bicyclists to explore the culture of an area as it exists. One of the cultures, and occupations, of a forested area is logging. So yes, you may see logging trucks on some roads. Most logging activity, however, takes place in the winter when the ground is frozen and the logging skidders won’t sink into the ground, long after the cycling season is over.





Let's Take It Easy Out There

As attractive as the Northeast Kingdom is for cycling, we all need to practice safe cycling techniques and appropriate roadway courtesy to ensure a safe and pleasant experience, free of accident and injury.

Cyclists need the ability to handle themselves and their bicycles under various situations including grade, surface treatments, obstructions and hazards, traffic regulations, and the varied conditions presented by sharing the roadway with motor vehicles. Cycling also requires good judgment and recognition of existing circumstances and conditions the cyclist is likely to encounter while cycling. Only the cyclist knows his or her own ability to cope with certain riding conditions.

The conditions you encounter while cycling can be infinite. Broken pavement, potholes and frost heaves may exist where solid, smooth pavement is expected. Motor vehicles, debris, and dogs may suddenly seem to appear out of nowhere. Sand, gravel and stop signs may follow a steep descent without warning. What was, a short time before, a perfect surface with good lane width and adequate sight distance may, within a day, have been freshly tarred and graveled possibly constricting the traveled portion of the roadway or have become a quagmire of slippery mud precipitated by a blinding down-pour.

Therefore, as a cyclist, you are responsible for 1) operating your bicycle both safely and prudently under all conditions, and 2) making sure the bicycle you are riding is in excellent operating condition.

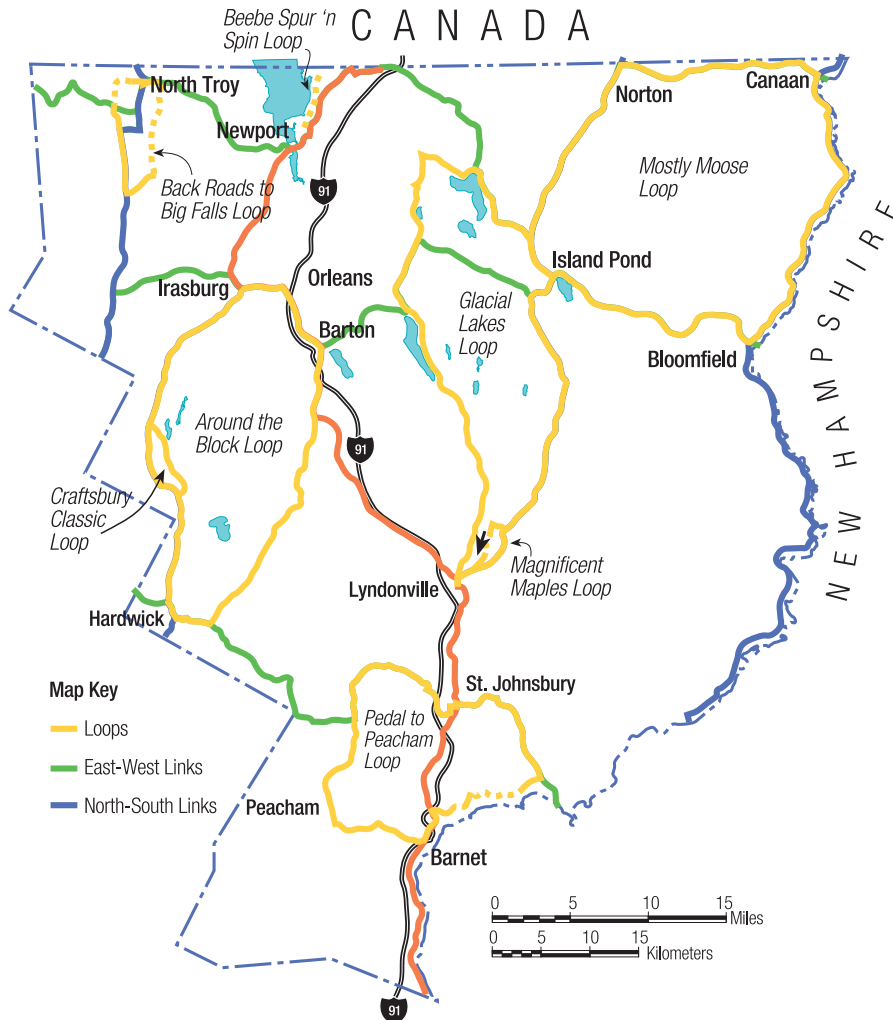
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Combined Network of Loops and Links

When combined, our loops and links create a network of bicycle routes that covers the kingdom



Loops

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North-South Links

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East-West Links

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Around the Block

Around the block is what Vermonters call making a series of right-hand turns to get back where they started — even if it takes more than 50 miles to do it. This one of the favorite “around the block” rides in all of Vermont.

Suitable for intermediate and advanced riders. Great scenery. All paved roads. Some long gentle climbs and descents but no major hills.

An overnight stay in either Irasville or Barton can make this a two-day ride.



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Distance: 58.7 miles

Terrain: Level, rolling and hilly terrain

Ability levels: Intermediate and advanced

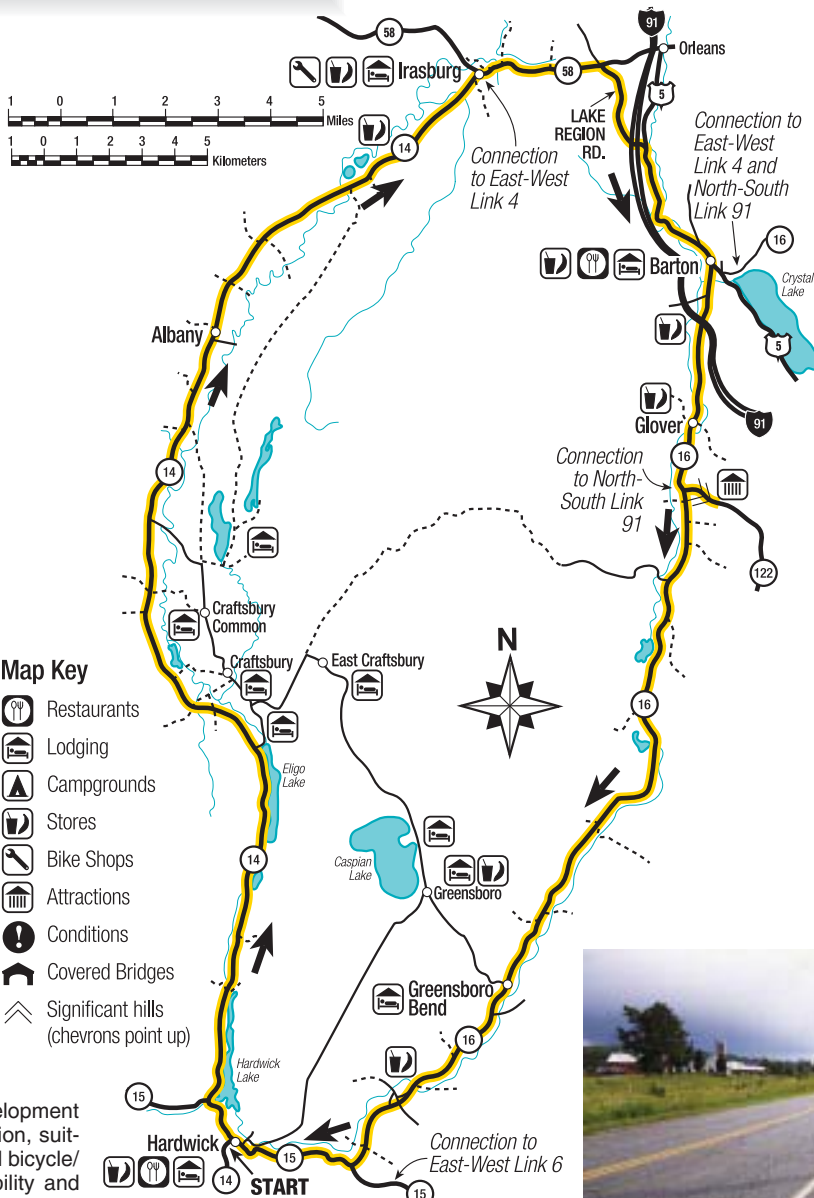
Conditions: All paved roads

Nearby attractions: *Craftsbury Common:* picturesque village setting, *Glover:* Bread and Puppet Theater Museum

Services: *Lodging:* Barton, Craftsbury, Craftsbury Common, East Craftsbury, Greensboro, Greensboro Bend, Hardwick; *Camping:* Hardwick; *Stores:* Barton, Greensboro, Hardwick; *Restaurants:* Barton, Greensboro, Hardwick

ROUTE DIRECTIONS

Cumulative mileage	Instructions	Miles to next turn
0.0	Departing from the junction of Routes 14 and 15 in Hardwick, ride west on Route 15.	1.2
1.2	RIGHT on Route 14.	24.1
25.3	RIGHT on Route 58 in Irasburg.	2.6
27.9	RIGHT on Lake Region Road.	2.2
30.1	RIGHT on Route 5	3.2
33.3	RIGHT on Route 16 in Barton.	4.7
38.0	LEFT on Route 122 1.5 miles south of Glover to visit Bread and Puppet Theater Museum.	0.8
38.8	Arrive at Bread and Puppet Theater Museum. After visiting the museum, make a U-TURN on Route 122 and ride back to Route 16.	0.8
39.6	LEFT on Route 16.	16.5
56.1	RIGHT on Route 15 West.	2.6
58.7	Arrive at the junction of Routes 14 and 15 in Hardwick.	



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Back Roads to Big Falls

A combination of lightly traveled paved and unpaved back roads leads you to the best waterfall in the region. A covered bridge and popular swimming hole add to the enjoyment of this ride. Suitable for mountain bikes and hybrids as well as intermediate and advanced riders.



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Distance: 22.4 miles

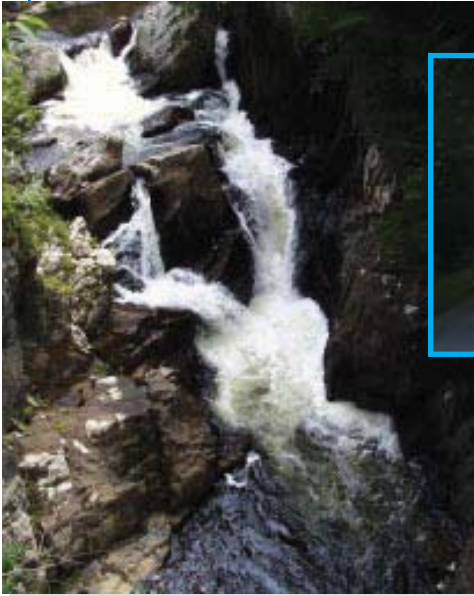
Terrain: Level, rolling to hilly

Ability levels: Intermediate and advanced

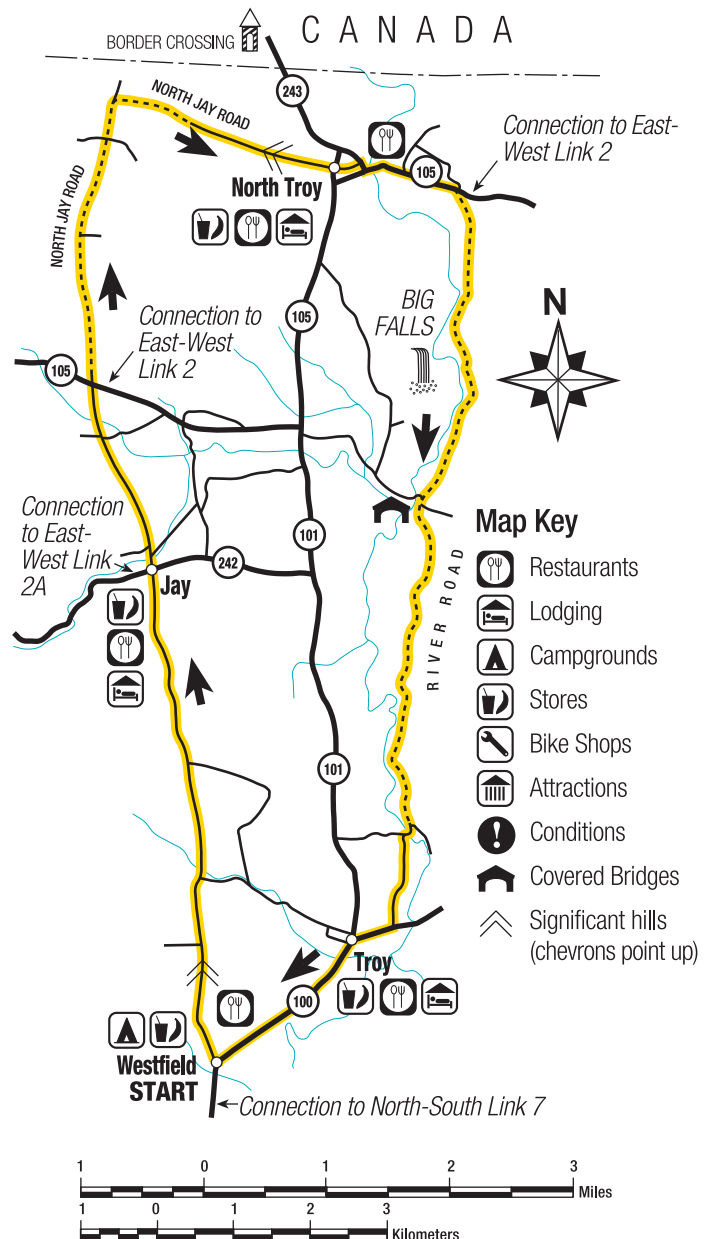
Conditions: Combination of paved and unpaved roads. Suitable for mountain bikes and hybrids

Attractions: Big Falls, River Road Covered Bridge

Services: *Lodging:* Jay, North Troy, Troy; *Camping:* Westfield; *Stores:* Jay, North Troy, Troy, Westfield; *Restaurants:* Jay, North Troy, Troy, Westfield



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ROUTE DIRECTIONS		
Cumulative mileage	Instructions	Miles to next turn
0.0	Departing from Route 100 in Westfield, ride north on North Hill Road.	4.2
4.2	STRAIGHT on North Jay Road in Jay.	1.7
5.9	STRAIGHT to continue on North Jay Road (unpaved) at junction of Route 105. North Jay Road becomes paved in 4.0 miles.	4.4
10.3	STRAIGHT toward village green in North Troy.	0.3
10.6	RIGHT on Route 243 after North Troy business district.	0.1
10.7	LEFT on Route 105.	1.2
12.2	RIGHT on River Road (unpaved).	1.5
13.7	Arrive at Big Falls. After visiting Big Falls, continue STRAIGHT on unpaved River Road in the direction you were going.	2.8
16.5	STRAIGHT on unpaved River Road at intersection of Veilleux Road. Covered bridge and swimming hole on your right at intersection. River Road becomes paved in 3.0 miles.	3.9
20.4	RIGHT on Route 100 South.	0.4
20.8	LEFT to continue on Route 100 South in Troy.	1.6
22.4	Arrive at the junction of Route 100 and North Hill Road in Westfield.	

Distance: 11.2 miles roundtrip departing from downtown Newport; 7.6 miles roundtrip departing from IRS parking lot on Prouty Drive (parking permitted only during non-business hours)

Terrain: Level

Ability levels: Energetic beginners to advanced

Conditions: Mountain bikes recommended, hybrids may work depending on trail surface conditions

Attractions: *Newport:* Lake Memphremagog, Goodrich Memorial Library, Federal Building

Services: *Lodging:* Newport; *Stores:* Newport; *Restaurants:* Newport; *Bike Shop:* Newport

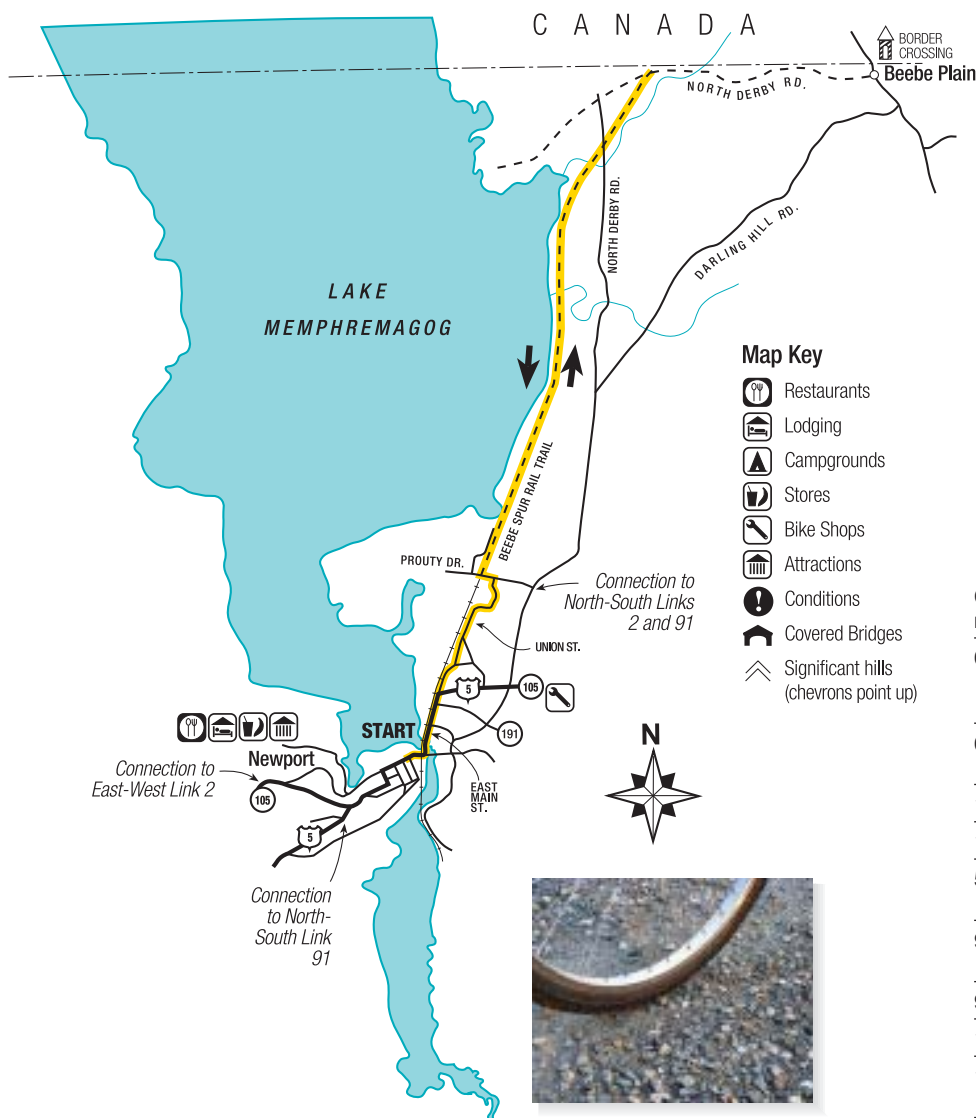
Beebe Spur 'n Spin

An out-and-back ride along Vermont's most scenic rail trail that borders Lake Memphremagog for most of the trail's 3.8-mile car-free length. Suitable for all abilities. Fat tired bicycles are strongly recommended due to coarse gravel surface.



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Route Directions		
Cumulative mileage	Instructions	Miles to next turn
0.0	Departing from the Vermont State Office Building on Main Street (Route 5) in Newport, ride east on East Main Street (U.S. Route 5 North).	0.5
0.5	STRAIGHT on Union Street at traffic left where U.S. 5 turns right.	1.1
1.6	LEFT on Prouty Drive.	0.2
1.8	RIGHT on Beebe Spur rail trail.	3.8
5.6	At northern end of rail trail, make a U-TURN and follow rail trail back to Prouty Drive.	3.8
9.4	LEFT on Prouty Drive at southern end of rail trail.	0.2
9.6	RIGHT on Union Street.	1.1
10.7	STRAIGHT on U.S. Route 5 South.	0.5
11.2	RIGHT at Vermont State Office Building on Main Street to complete ride.	

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Distance: 10.9 miles

Terrain: Level to rolling with one major hill

Ability levels: Energetic beginners to advanced

Conditions: All paved roads

Attractions: *Craftsbury Common:* picturesque village

Services: *Lodging:* Craftsbury, Craftsbury Common; *Stores:* Craftsbury

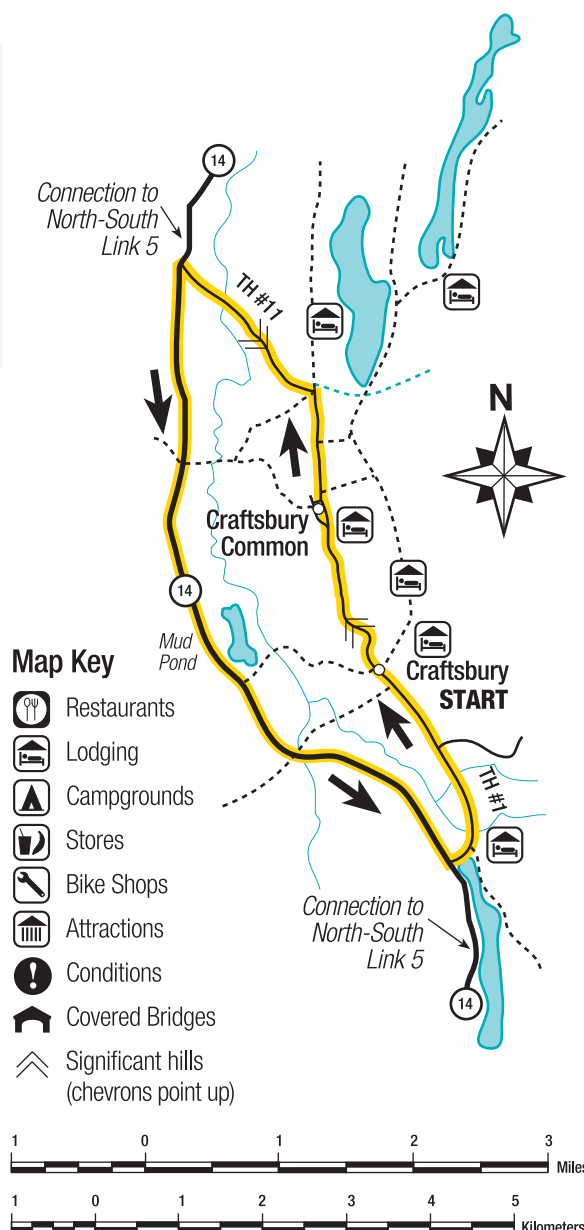
Craftsbury Classic

A perfect introduction to cycling in the Northeast Kingdom featuring all paved roads. Classic inns, country stores, intimate scenes and sweeping panoramas accent the verdant landscape. The mostly level to rolling terrain is interrupted by only one killer hill. But hey, Vermont ain't flat. Do-able by beginners, and enjoyable by intermediates and advanced cyclists looking for a delightful warm-up or short training ride.



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Route Directions

Cumulative mileage	Instructions	Miles to next turn
0.0	Departing from the U.S. Post Office in Craftsbury, ride north on South Craftsbury Road toward Craftsbury Common. South Craftsbury Road becomes North Craftsbury Road in Craftsbury Common.	3.8
3.8	LEFT on Route 14.	5.5
9.3	LEFT on South Craftsbury Road.	1.6
10.9	Arrive at U.S. Post Office in Craftsbury.	

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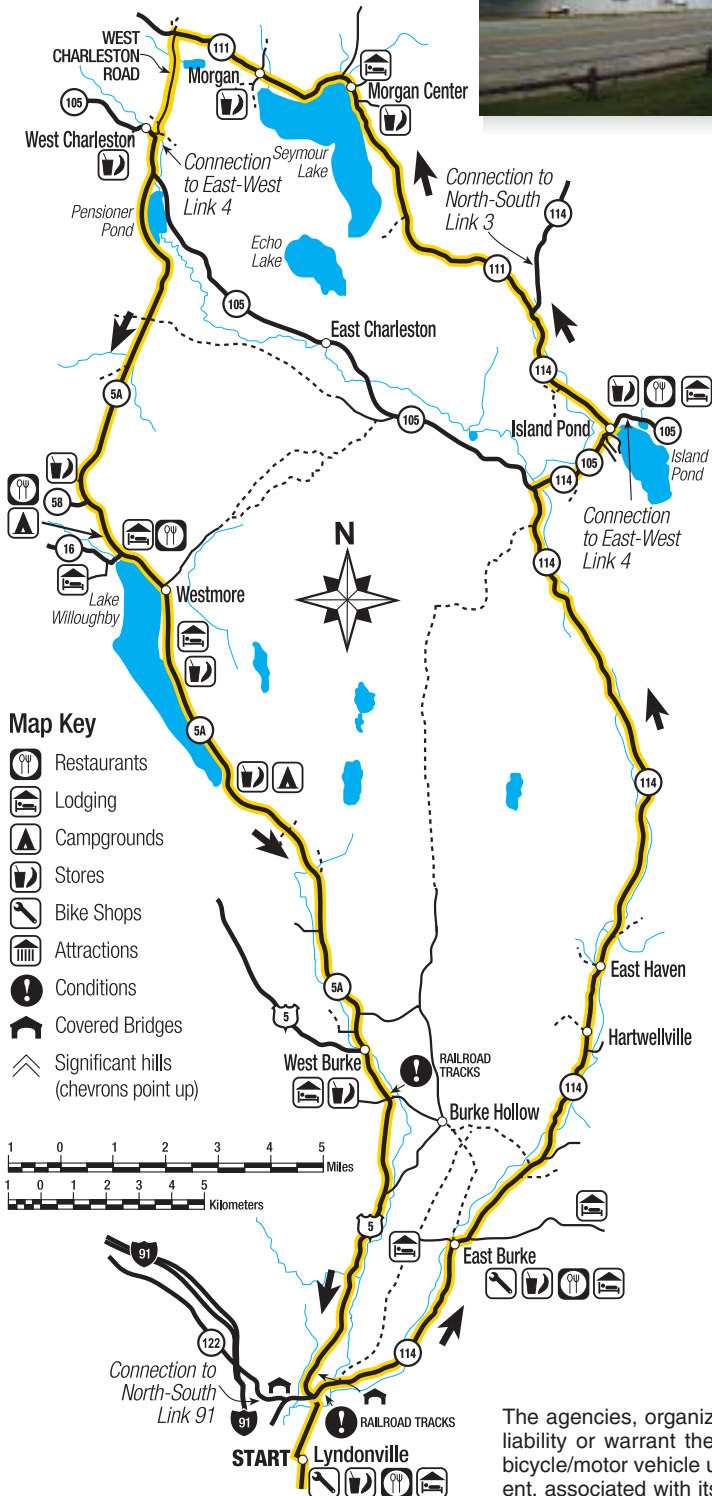
Glacial Lakes

Don't leave the Kingdom without visiting two of its most beautiful glacial lakes — Willoughby and Seymour. The all-paved roads on this ride take in both of them including Island Pond. Stunning scenery. Aromatic evergreens. This is quintessential Northeast Kingdom.

Good accommodations enable you to make this a multi-day tour. For a two-day tour, ride from Lyndonville to Seymour Lake in Morgan (33.8 miles), then back to Lyndonville on the following day (35.1 miles). For a three-day tour, ride from Lyndonville to Island Pond (24.2 miles), Island Pond to Lake Willoughby (24.7), Lyndonville (20.0 miles).



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Distance: 68.9 miles **Terrain:** rolling to hilly **Ability levels:** Intermediate to advanced

Conditions: All paved roads, railroad tracks as shown

Attractions: *Island Pond:* Brighton State Park, Island Pond Museum; *Lyndonville:* Sanborn Covered Bridge, Miss Lyndonville Diner

Services: *Lodging:* East Burke, Island Pond, Lyndonville, Morgan Center, West Burke, Westmore; *Camping:* Island Pond Westmore; *Stores:* East Burke, Island Pond, Lyndonville, Morgan, Morgan Center, West Burke, West Charleston, Westmore; *Restaurants:* East Burke, Island Pond, Lyndonville, Westmore



ROUTE DIRECTIONS

Cumulative mileage	Instructions	Miles to next turn
0.0	Departing from Lyndonville, ride north on U.S. Route 5.	0.9
0.9	RIGHT on Route 114.	4.6
5.5	STRAIGHT to continue on Route 114 North in East Burke.	16.5
22.0	RIGHT on combined Routes 114 and 105 toward Island Pond.	2.2
24.2	LEFT on Route 114 in Island Pond.	2.9
27.1	LEFT on Route 111.	6.7
33.8	STRAIGHT to continue on Route 111 in Morgan Center.	3.8
37.6	LEFT on Gore Road South 2.0 miles beyond Morgan Four Corners. Gore Road South becomes Durgin Road at the Charleston town line.	2.2
39.8	LEFT on Route 105 in West Charleston.	0.9
40.7	RIGHT on Route 5A South.	8.2
48.9	STRAIGHT to continue on Route 5A South at Lake Willoughby and junction of Route 16.	11.6
60.5	STRAIGHT on Route 5 South in West Burke.	7.5
68.0	RIGHT to continue on Route 5 South at Junction of Route 114.	0.9
68.9	Arrive in Lyndonville.	

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Distance: 11.4 miles

Terrain: Level to rolling with one major hill

Ability levels: Energetic beginners to advanced

Conditions: Paved and unpaved roads. Suitable for road and mountain bikes and hybrids. Railroad tracks as shown

Attractions: *Lyndonville:* Sanborn Covered Bridge (and real estate office), Millers Run Covered Bridge

Services: *Lodging:* East Burke, Lyndonville; *Stores:* East Burke, Lyndonville; *Restaurants:* East Burke, Lyndonville; *Bike Shops:* East Burke, Lyndonville

Magnificent Maples

The views and vistas along Darling Hill Road — the main event of this ride — are unsurpassed. Century-old sugar maples form a canopy of color during foliage season and a respite from the sun in spring and summer. Perfect for all abilities. Don't be deterred by the hill out of East Burke; you'll be amply awarded for your efforts! Even skinny tired bikes can handle the unpaved roadway near the Inn at Mountain View Creamery and the Wildflower Inn.



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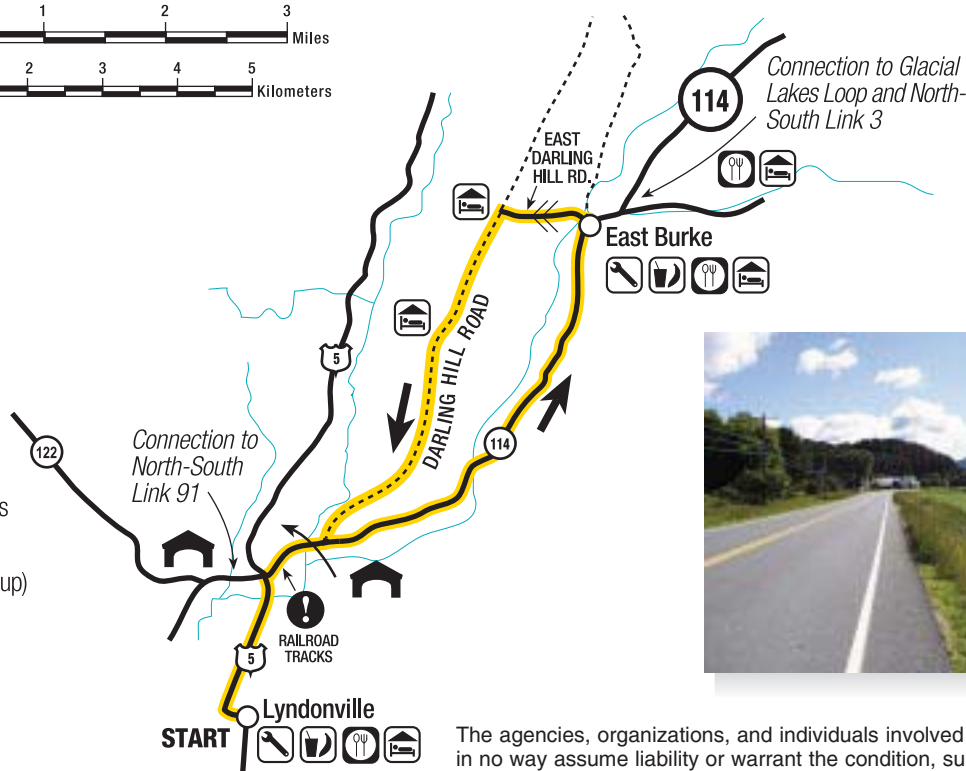
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Development Association

Route Directions		
Cumm. mileage	Instructions	Miles to next turn
0.0	Departing from Lyndonville, ride north on U.S. Route 5.	0.9
0.9	RIGHT on Route 114.	4.6
5.5	LEFT on East Darling Hill Road in East Burke.	0.8
6.3	LEFT on Darling Hill Road. Darling Hill Road becomes unpaved in 0.4 mile and remains unpaved for 1.7 miles.	3.5
9.8	RIGHT on Route 114.	0.7
10.5	LEFT on Route 5 toward Lyndonville.	0.9
11.4	Arrive in Lyndonville.	



Map Key

- Restaurants
- Lodging
- Campgrounds
- Stores
- Bike Shops
- Attractions
- Conditions
- Covered Bridges
- Significant hills (chevrons point up)



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Distance: 67.5 miles

Terrain: level, rolling and hilly

Ability levels: Energetic beginner through advanced

Conditions: Paved roads (condition varies); narrow underpass 4.8 miles north of Island Pond on Route 114; Railroad tracks as shown

Attractions: *Canaan:* Alice M. Ward Memorial Library; *Island Pond:* Island Pond Museum, Brighton State Park; *Lemington:* Columbia Covered Bridge

Services: *Lodging:* Averill, Canaan, Island Pond, Wallace Pond; *Camping:* Island Pond; *Stores:* Averill, Canaan, Island Pond, Norton; *Restaurants:* Canaan, Island Pond, Norton

Mostly Moose

And trees. Not much else, including traffic, 'cept scen'ry. We saw four moose without hardly looking when scouting this loop. Fairly level when riding north and south. Bumps and hills east and west. Energetic beginners, make a two-day trip out of this one. Others can do it in a day, given enough time and daylight. Paved roads run the gamut from sometimes rough to delightfully smooth.

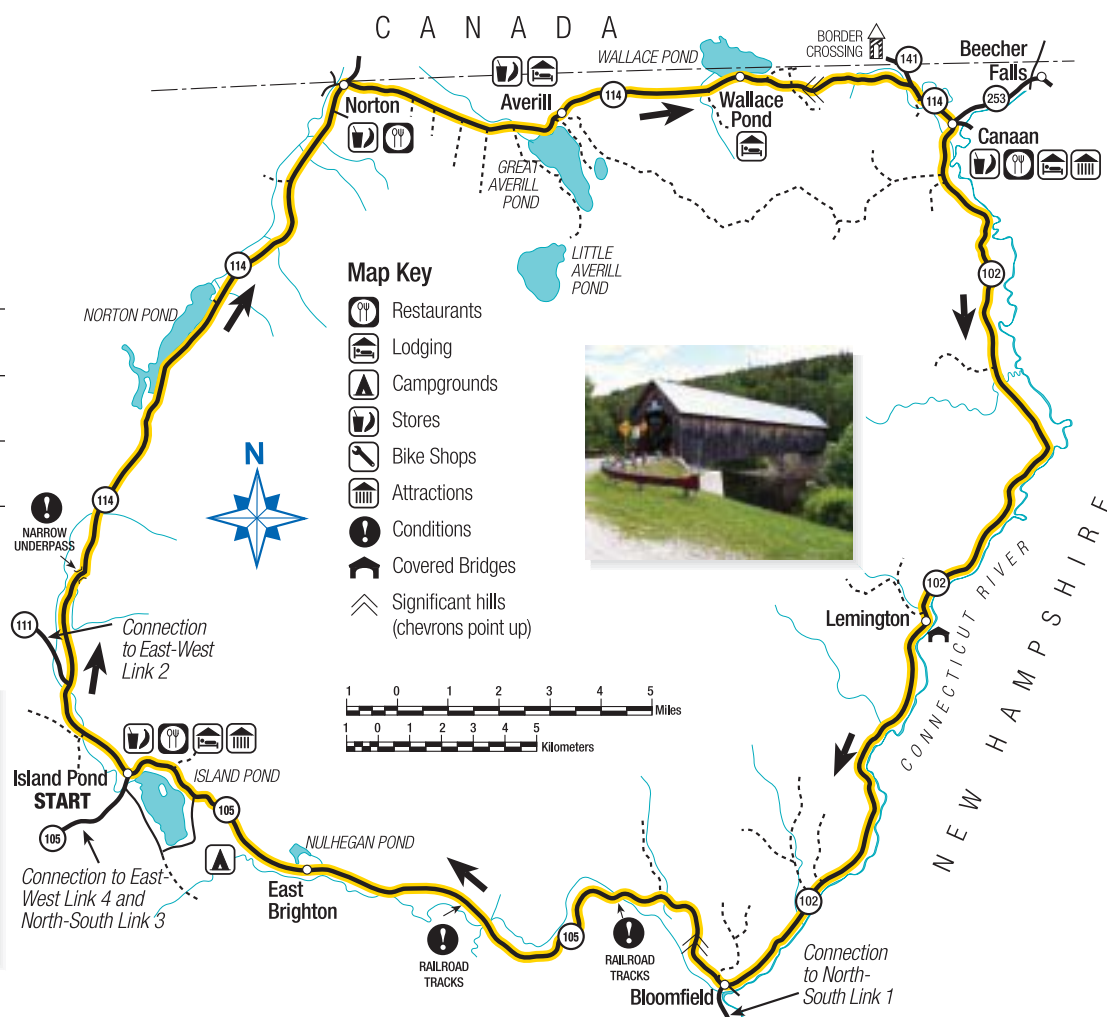


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Route Directions

Cumulative mileage	Instructions	Miles to next turn
0.0	Departing from the junction of Routes 114 and 105 in Island Pond, ride north on Route 114.	16.5
16.5	RIGHT on Route 114 in Norton.	13.6
30.1	RIGHT on Route 102 in Canaan.	21.1
51.2	RIGHT on Route 105 in Bloomfield.	16.3
67.5	Arrive at the junction of Routes 114 and 105 in Island Pond.	

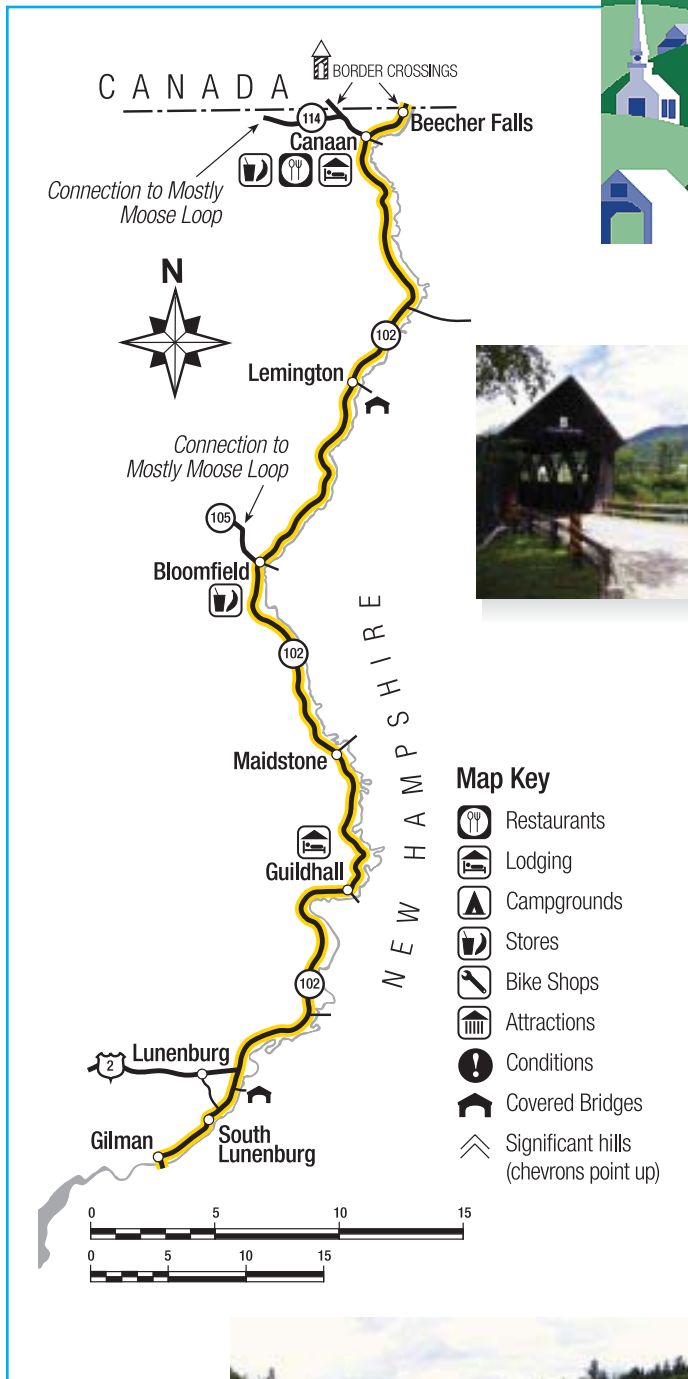


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North-South Link 1



Northeastern Vermont
Development Association



Distance: 56.3 miles

Terrain: Level to rolling

Ability levels: Energetic beginner to advanced

Conditions: Paved roads

Attractions: See directions for *Mostly Moose* loop; historic village and green in Guildhall, Columbia Covered Bridge near Lemington, Mt. Orne Covered Bridge near South Lunenburg

Services: *Lodging:* Canaan, Guildhall; *Stores:* Canaan, Bloomfield

NORTH-SOUTH LINK 1, SOUTHBOUND

Cumulative mileage	Instructions	Miles to next turn
0.0	From Canadian border and U.S. Customs in Beecher Falls, STRAIGHT on Route 253.	2.2
2.2	STRAIGHT on Route 102 South in Canaan.	21.1
23.3	STRAIGHT on Route 102 South in Bloomfield.	15.9
39.2	RIGHT to continue on Route 102 in Guildhall.	7.4
46.6	STRAIGHT on U.S. Route 2 West.	4.0
50.6	STRAIGHT (left) on River Road toward South Lunenburg.	5.7
56.3	LEFT across bridge in Gilman to New Hampshire.	

NORTH-SOUTH LINK 1, NORTHBOUND

Cumulative mileage	Instructions	Miles to next turn
0.0	From bridge in Gilman, RIGHT on Commercial Avenue (River Road) toward South Lunenburg.	5.7
5.7	STRAIGHT (right) on U.S. Route 2 East.	4.0
9.7	STRAIGHT on Route 102.	7.4
17.1	LEFT to continue on Route 102 in Guildhall.	15.9
33.0	STRAIGHT on Route 102 in Bloomfield.	21.1
54.1	STRAIGHT on Route 253 in Canaan.	2.2
56.3	Arrive at U.S. Customs and Canadian border in Beecher Falls.	

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North-South Link 3

Distance: 39.8 miles

Terrain: Level to rolling

Ability levels: Intermediate and advanced

Conditions: Paved roads, railroad tracks as noted

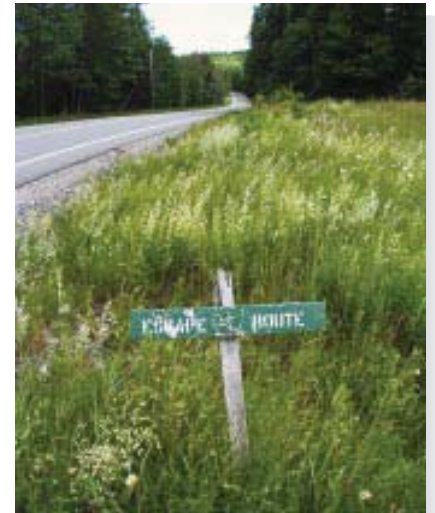
Attractions: See directions for *Mostly Moose*, *Glacial Lakes* and *Magnificent Maples* loops

Services: *Lodging:* Island Pond, East Burke, Lyndonville; *Camping:* Island Pond; *Stores:* Norton, Island Pond, East Burke, Lyndonville; *Bike Shops:* East Burke, Lyndonville



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NORTH-SOUTH LINK 3, SOUTHBOUND

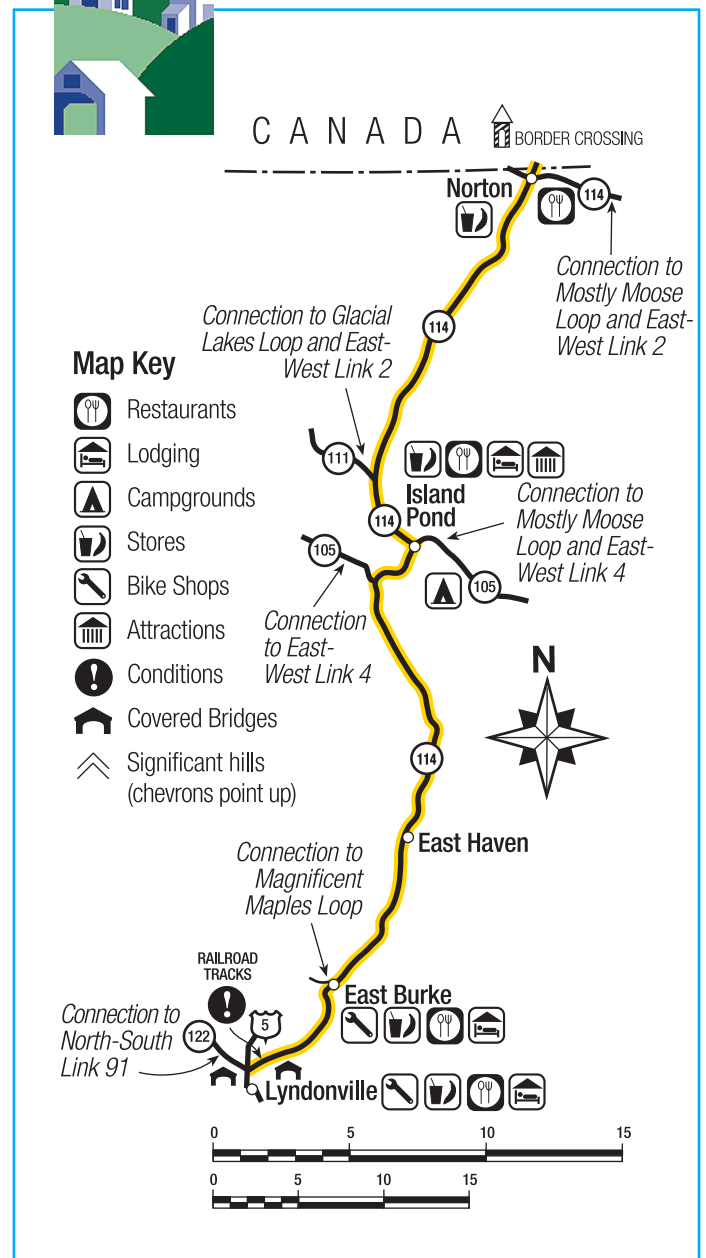
Cumulative mileage	Instructions	Miles to next turn
0.0	From Canadian border and U.S. Customs in Norton, STRAIGHT on Route 114.	16.5
16.5	RIGHT on combined Routes Route 114 and 105 in Island Pond.	2.2
18.7	LEFT on Route 114 at junction of Route 105.	21.1
39.8	Connect with North/South Link 91 at junction of U.S. Route 5.	

NORTH-SOUTH LINK 3, NORTHBOUND

Cumulative mileage	Instructions	Miles to next turn
0.0	From North/South Link 91 at junction of U.S. Route 5, ride NORTH on Route 114.	21.1
21.1	RIGHT on combined Routes 114 and 105.	2.2
23.3	LEFT on Route 114 in Island Pond.	16.5
39.8	Arrive at U.S. Customs and Canadian border in Norton.	



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North-South Link 5

Distance: 26.9 miles
Terrain: Level to rolling
Ability levels: Intermediate and advanced
Conditions: Paved roads
Attractions: See directions for *Around the Block* and *Classic Craftsbury* loops
Services: *Lodging:* Irasburg, Albany, Craftsbury Common, Craftsbury, Hardwick; *Stores:* Irasburg, Craftsbury, Hardwick

NORTH-SOUTH LINK 5, SOUTHBOUND

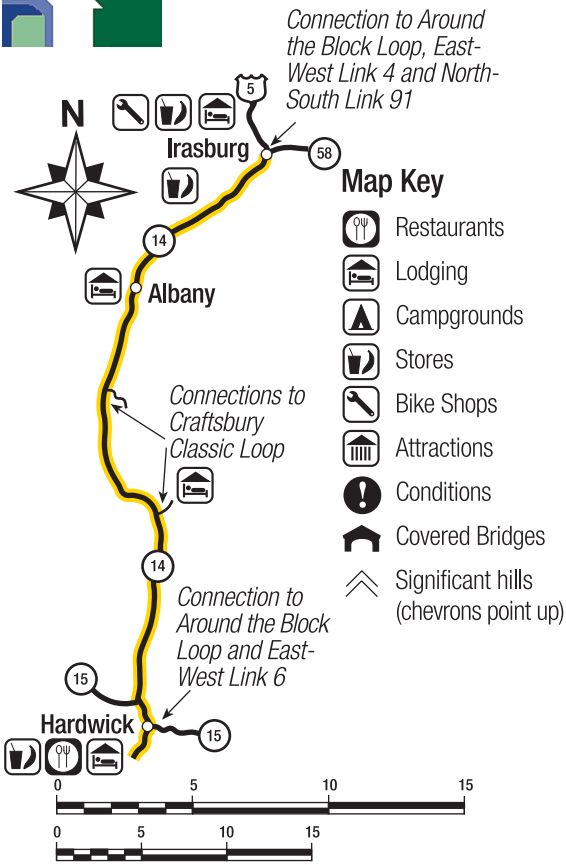
Cumulative mileage	Instructions	Miles to next turn
0.0	From East-West Link 4 and North-South Link 91 at the junction of combined routes 58 and U.S. 5 in Irasburg, SOUTH on Route 14.	24.1
24.1	LEFT on combined Routes Route 14 and 15.	1.2
25.3	RIGHT on Route 14 at junction of Route 15 in Hardwick.	1.6
26.9	Arrive at Caledonia / Washington County line.	

NORTH-SOUTH LINK 5, NORTHBOUND

Cumulative Mileage	Instructions	Miles to next turn
0.0	From Washington / Caledonia County line, ride NORTH on Route 14.	1.6
1.6	LEFT on combined Routes 14 and 15 in Hardwick.	1.2
2.8	RIGHT on Route 14.	24.1
26.9	Arrive at East-West Link 4 and North-South Link 91 at junction of combined routes 58 and U.S. 5 in Irasburg.	



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North-South Link 7

Distance: 21.1 miles

Terrain: Level to rolling

Ability levels: Intermediate and advanced

Conditions: Paved roads

Attractions: See directions for *Back Roads to Big Falls* loop

Services: *Lodging:* North Troy, Jay, Westfield; *Camping:* Westfield; *Stores:* North Troy, Jay, Westfield

NORTH-SOUTH LINK 7, SOUTHBOUND

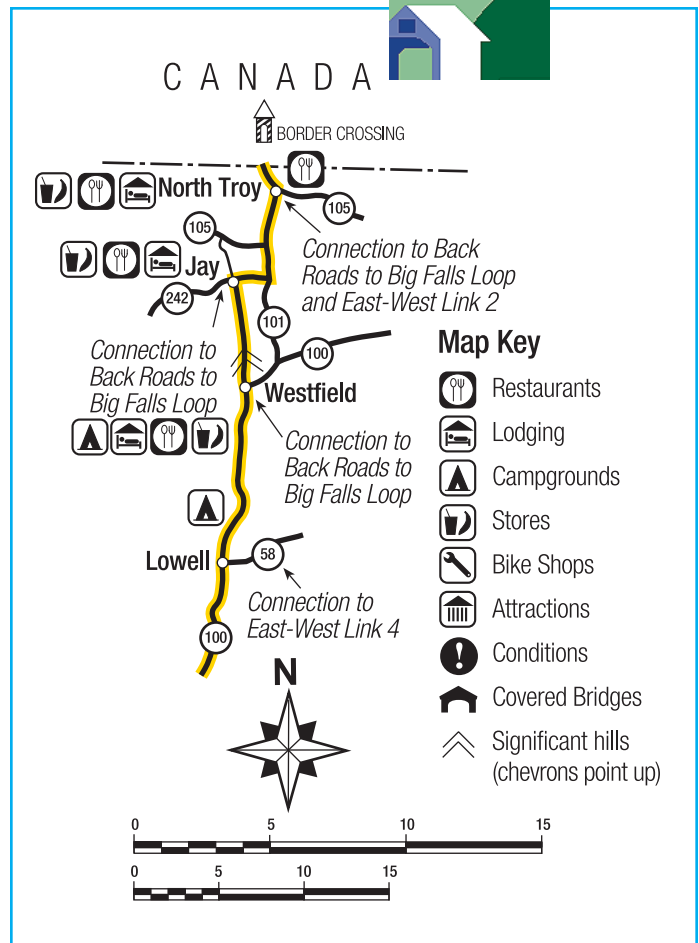
Cumulative mileage	Instructions	Miles to next turn
0.0	From Canadian border and U.S. Customs near North Troy, STRAIGHT on Route 243.	0.9
0.9	RIGHT on Highland Avenue in North Troy.	0.3
1.2	STRAIGHT on Route 105.	2.0
3.2	STRAIGHT on Route 101.	1.3
4.5	RIGHT on Route 242.	1.4
5.9	LEFT on North Hill Road in Jay.	4.2
10.1	STRAIGHT (right) on Route 100 South in Westfield.	6.5
16.6	STRAIGHT on Route 100 South at junction of Route 58 in Lowell.	4.5
21.1	Arrive at Orleans / Lamoille County line.	

NORTH-SOUTH LINK 5, NORTHBOUND

Cumulative Mileage	Instructions	Miles to next turn
0.0	From Orleans / Lamoille County line, ride NORTH on Route 100.	4.5
4.5	STRAIGHT on Route 100 North at junction of Route 58 in Lowell.	6.5
11.0	STRAIGHT (left) on North Hill Road in Westfield.	4.2
15.2	RIGHT on Route 242 in Jay.	1.4
16.6	LEFT on Route 101.	1.3
17.9	STRAIGHT on Route 105.	2.0
19.9	STRAIGHT on Highland Avenue in North Troy.	0.3
20.2	LEFT on Route 243 in North Troy.	0.9
21.1	Arrive at Canadian border.	



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North-South Link 91

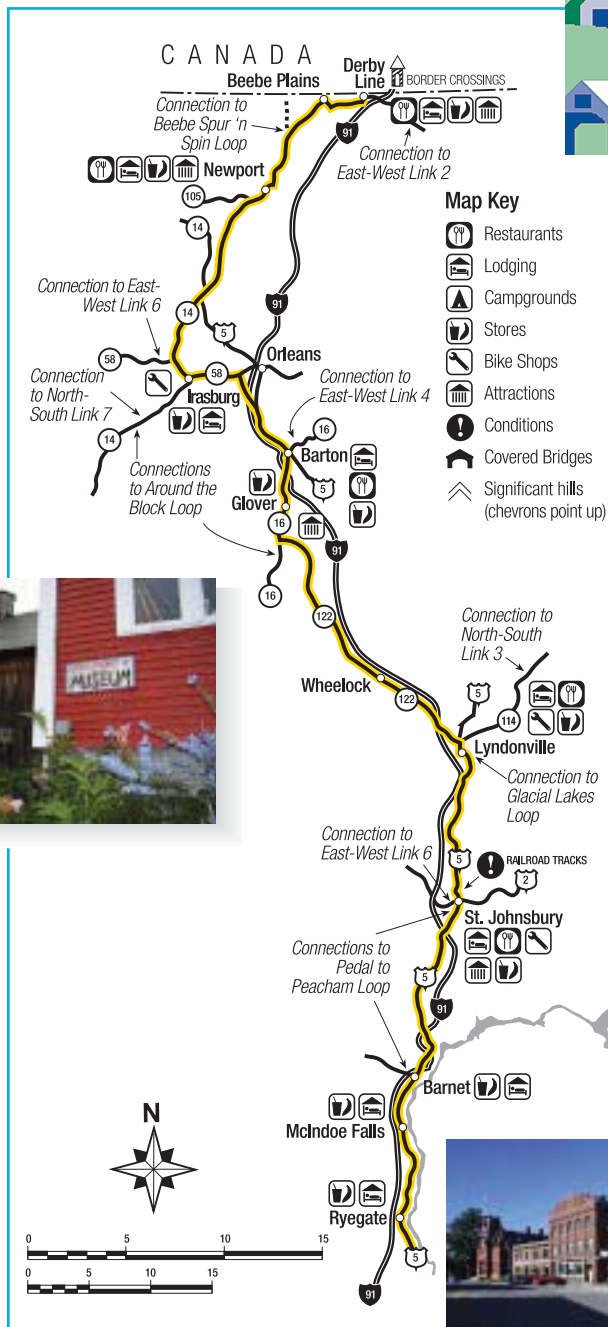
NORTH-SOUTH LINK 91, SOUTHBOUND

Cumm. mileage	Instructions	Miles to next turn
0.0	From Canadian border and U.S. Customs in Derby Line, STRAIGHT on U.S. Route 5.	0.2
0.2	RIGHT on Elm Street in Derby Line.	1.9
2.1	RIGHT on Beebe Road.	0.4
2.5	LEFT on Darling Hill Road.	3.1
5.6	LEFT on North Derby Road.	1.6
7.2	RIGHT on Prouty Drive.	0.2
7.4	LEFT on Union Street.	1.1
8.5	STRAIGHT on U.S. Route 5 South in Newport.	0.5
9.0	STRAIGHT on U.S. Route 5 South from the intersection of Coventry Street in Newport.	6.5
15.5	RIGHT on Route 14 South in Coventry.	3.7
19.2	LEFT on combined Routes 14 and 58.	1.2
20.4	LEFT on Route 58 in Irasburg.	2.6
23.0	RIGHT on Lake Region Road.	2.2
25.2	RIGHT on U.S. Route 5.	3.2
28.4	RIGHT on Route 16 in Barton.	4.7
33.1	LEFT on Route 122 1.5 miles south of Glover.	15.8
48.9	RIGHT on U.S. Route 5 South at junction of Route 114.	0.9
49.8	STRAIGHT on U.S. Route 5 South in Lyndonville.	8.1
57.9	STRAIGHT on Alternate Route 5 in St. Johnsbury.	0.9
58.8	LEFT on U.S. Route 2 East in St. Johnsbury.	0.3
59.1	RIGHT on U.S. Route 5 South in St. Johnsbury.	9.5
68.6	STRAIGHT on U.S. Route 5 South in Barnet.	11.2
79.8	Arrive at Caledonia / Orange County line in Wells River.	

NORTH-SOUTH LINK 91, NORTHBOUND

Cumm. Mileage	Instructions	Miles to next turn
0.0	From Orange/Caledonia County line, ride NORTH on U.S. Route 5.	11.2
11.2	STRAIGHT on U.S. Route 5 North in Barnet.	9.5
20.7	LEFT on U.S. Route 2 East in St. Johnsbury.	0.3
21.0	RIGHT on Alternate Route 5 in St. Johnsbury.	0.9
21.9	STRAIGHT on U.S. Route 5 North.	8.1
30.0	STRAIGHT on U.S. Route 5 North in Lyndonville.	0.9
30.9	LEFT on Route 122 at junction of Route 114.	15.8
46.7	RIGHT on Route 16.	4.7
51.4	LEFT on U.S. Route 5 North in Barton.	3.2
54.6	LEFT on Lake Region Road.	2.2
56.8	LEFT on Route 58.	2.6
59.4	RIGHT on combined Routes 58 and 14 in Irasburg.	1.2
60.6	RIGHT on Route 14.	3.7
64.3	STRAIGHT (left) on U.S. Route 5 North in Coventry.	6.5
70.8	STRAIGHT on U.S. Route 5 North from the intersection of Coventry Street in downtown Newport.	0.5
71.3	STRAIGHT on Union Street at the junction of U.S. Route 5 in Newport.	1.1
72.4	RIGHT on Prouty Drive.	0.2
72.6	LEFT on North Derby Road.	1.6
74.2	RIGHT on Darling Hill Road.	3.1
77.3	RIGHT on Beebe Road.	0.4
77.7	LEFT on Elm Street.	1.9
79.6	LEFT on U.S. Route 5 North in Derby Line.	0.2
79.8	Arrive at Canadian border.	

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Distance: 79.8 miles

Terrain: Level to hilly

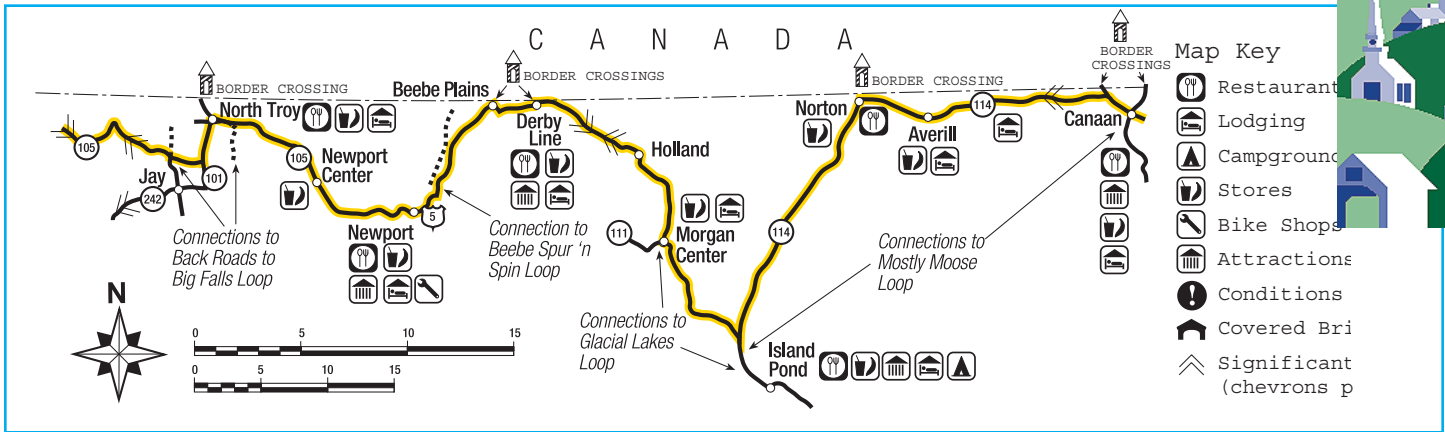
Ability levels: Intermediate and advanced

Conditions: Paved roads, increased traffic on U.S. Route 5, railroad tracks as shown

Attractions: See directions for *Beebe Spur 'n Spin*, *Around the Block*, *Glacial Lakes* and *Pedal to Peacham* loops

Services: *Lodging:* Derby Line, Newport, Irasburg, Barton, Glover, Lyndonville, Lyndon, St. Johnsbury, Barnet, McIndoe Falls and Ryegate; *Camping:* Barton; *Stores:* Derby Line, Newport, Irasburg, Barton, Glover, Lyndonville, Lyndon, St. Johnsbury, Barnet, McIndoe Falls and Ryegate

East-West Link 2



Distance: 78.5 miles

Terrain: Level to mountainous. Very long and steep grades near Jay Peak; elevation change: ~1,700 ft on western slope, ~1,200 ft on eastern slope; level to rolling between Jay and Newport; hilly between Newport and Island Pond; level and hilly between Island Pond and Canaan

Ability levels: Advanced in mountainous area, intermediate and advanced elsewhere

Conditions: Paved roads, control speed on downhills

Attractions: See directions for *Back Roads to Big Falls*, *Beebe Spur 'n Spin*, *Glacial Lakes* and *Mostly Moose* loops

Services: *Lodging:* North Troy, Newport, Derby Line, Morgan Center, Island Pond, Averill, Canaan; *Stores:* North Troy, Newport, Derby Line, Morgan Center, Island Pond, Averill, Canaan

EAST-WEST LINK 2, EASTBOUND

Cumulative mileage	Instructions	Miles to next turn
0.0	From the Franklin / Orleans County line, ride east on Route 105 East.	9.0
9.0	LEFT on Route 105 East at junction of Route 101.	2.0
11.0	RIGHT on Route 105 East in North Troy.	8.6
19.6	LEFT to continue on Route 105 at junction of Route 100.	4.0
23.6	STRAIGHT (left) on U.S. Route 5 East in Newport.	0.7
24.3	STRAIGHT on U.S. Route 5 North from the intersection of Coventry Street in downtown Newport.	0.5
24.8	STRAIGHT on Union Street at the junction of U.S. Route 5 in Newport.	1.1
25.9	RIGHT on Prouty Drive.	0.2
26.1	LEFT on North Derby Road.	1.6
27.7	RIGHT on Darling Hill Road.	3.1
30.8	RIGHT on Beebe Road.	0.4
31.2	LEFT on Elm Street.	1.9
33.1	LEFT on U.S. Route 5 North in Derby Line.	0.2
33.3	RIGHT on Holland Road in Derby Line, just before Canadian border.	6.3
39.5	RIGHT on Meade Road in Holland.	0.4
40.0	LEFT on Morgan / Valley Road.	4.4
44.4	LEFT on Route 111.	6.7
51.1	LEFT on Route 114.	13.6
64.7	RIGHT on Route 114 in Norton.	13.6
78.3	STRAIGHT on Route 114 in Canaan.	0.2
78.5	STRAIGHT across bridge in Canaan to New Hampshire.	

EAST-WEST LINK 2, WESTBOUND

Cumulative mileage	Instructions	Miles to next turn
0.0	From the Connecticut River and New Hampshire border, ride west on Route 114 West.	0.2
0.2	STRAIGHT on Route 114 in Canaan.	13.6
13.8	LEFT on Route 114 in Norton.	13.6
27.4	RIGHT on Route 111.	6.7
34.1	RIGHT on Valley / Morgan Road.	4.4
38.5	RIGHT on Meade Road in Holland.	0.4
38.9	LEFT on Holland Road.	6.3
45.2	LEFT on U.S. Route 5 in Derby Line.	0.2
45.4	RIGHT on Elm Street in Derby Line.	1.9
47.3	RIGHT on Beebe Road.	0.4
47.7	LEFT on Darling Hill Road.	3.1
50.8	LEFT on North Derby Road.	1.6
52.4	RIGHT on Prouty Drive.	0.2
52.6	LEFT on Union Street.	1.1
53.7	STRAIGHT on U.S. Route 5 South in Newport.	0.5
54.2	STRAIGHT on U.S. Route 5 South from the intersection of Coventry Street in Newport.	0.7
54.9	RIGHT on Route 105 West.	4.0
58.9	RIGHT on Route 105 West at junction of Route 100.	8.6
67.5	LEFT on Route 105 in North Troy.	2.0
69.5	RIGHT on Route 105.	9.0
78.5	Arrive at Orleans/ Franklin County line.	

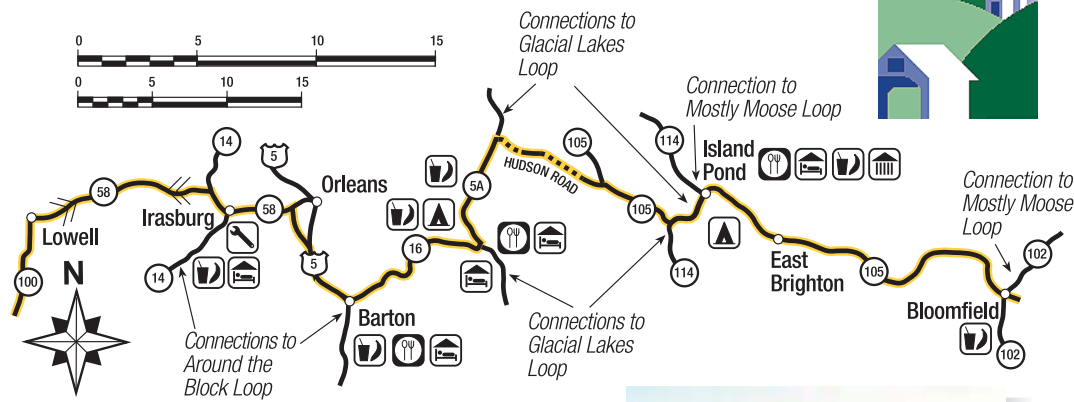


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East-West Link 4



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Distance: 61.5 miles

Terrain: Level to hilly. Level on Rt. 100; hilly between Lowell and Orleans; level between Orleans and Barton; hilly between Barton and Westmore; level to rolling between Westmore and Island Pond; hilly between Island Pond and Bloomfield

Ability levels: Intermediate to advanced

Conditions: Mostly paved roads, unpaved road between Routes 5A and 105; railroad tracks as shown; control speed on downhills

Attractions: See directions for *Around the Block*, *Glacial Lakes* and *Mostly Moose* loops

Services: *Lodging:* Irasburg, Orleans, Barton, Westmore, Island Pond; *Stores:* Irasburg, Orleans, Barton, Westmore, Island Pond, Bloomfield



EAST-WEST LINK 4, WESTBOUND

Cumulative mileage	Instructions	Miles to next turn
0.0	From the Connecticut River and New Hampshire border, WEST on Route 105 West.	0.2
0.2	STRAIGHT on Route 105 West Bloomfield.	16.3
16.5	LEFT on combined Routes 105 and 114 in Island Pond.	2.2
18.7	STRAIGHT on Route 105 West at junction of Route 114.	3.1
21.8	LEFT on Hudson Road. Hudson Road becomes unpaved in 0.9 mile, remains unpaved for 2.5 miles, becomes paved again for 1.0 mile, and becomes unpaved again for the remaining 0.9 mile.	5.3
27.1	LEFT on Route 5A.	5.1
32.2	RIGHT on Route 16 at northern end of Lake Willoughby.	7.2
39.4	RIGHT on U.S. Route 5 North in Barton.	3.2
42.6	LEFT on Lake Region Road.	2.2
44.8	LEFT on Route 58.	2.6
47.4	RIGHT on combined Routes 58 and 14 in Irasburg.	1.2
48.6	LEFT on Route 58 at junction of Route 14.	8.4
57.0	LEFT at junction of Route 100.	4.5
61.5	Arrive at Orleans / Lamoille County line.	

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EAST-WEST LINK 4, EASTBOUND

Cumulative mileage	Instructions	Miles to next turn
0.0	From Orleans / Lamoille County line, ride NORTH on Route 100.	4.5
4.5	RIGHT on Route 58 East.	8.4
12.9	RIGHT on combined Routes 58 and 14.	1.2
14.1	LEFT on Route 58 in Irasburg.	2.6
16.7	RIGHT on Lake Region Road.	2.2
18.9	RIGHT on U.S. Route 5.	3.2
22.1	LEFT on Route 16 in Barton.	7.2
29.3	LEFT on Route 5A in Westmore.	5.1
34.4	RIGHT on Hudson Road (unpaved). Hudson Road becomes paved in 1.0 mile and remains paved for 0.9 mile, becomes unpaved again for 2.5 miles and paved again for the remaining 0.9 mile.	5.3
39.7	RIGHT on Route 105 East.	3.1
42.8	STRAIGHT on combined Routes 105 and 114 at junction of Route 114.	2.2
45.0	RIGHT on Route 105 East in Island Pond.	16.3
61.3	STRAIGHT on Route 105 East in Bloomfield across Connecticut River Bridge.	0.2
61.5	Arrive at New Hampshire border.	