

25 bicycle tours in vermont

25 Bicycle Tours in Vermont Vermont, often dubbed the Green Mountain State, is renowned for its stunning natural landscapes, charming small towns, and a vibrant outdoor recreation scene. Among the many ways to explore this picturesque region, cycling stands out as one of the most immersive and rewarding experiences. Whether you're a seasoned cyclist seeking challenging rides or a leisure rider looking to soak in scenic vistas, Vermont offers an extensive array of bicycle tours tailored to all skill levels. In this comprehensive guide, we'll delve into 25 of the best bicycle tours in Vermont, highlighting their unique features, routes, and what makes each one special. Embarking on these tours allows you to appreciate Vermont's breathtaking mountains, lush forests, historic sites, and quaint villages—making your cycling adventure truly unforgettable.

Why Choose Bicycle Tours in Vermont? Vermont's diverse terrain provides an ideal backdrop for cycling enthusiasts. The state boasts a network of well-maintained bike paths, scenic byways, and challenging mountain routes. Cycling in Vermont offers:

- Spectacular Scenic Views:** Rolling hills, mountain vistas, lakes, and lush farmland.
- Historical and Cultural Exploration:** Discover historic towns, covered bridges, and vibrant local communities.
- Healthy Outdoor Activity:** Promotes fitness and well-being amid nature.
- Eco-Friendly Travel:** Sustainable way to explore without harming the environment.

Whether you're interested in leisurely rides or intense mountain climbs, Vermont's bicycle tours cater to all preferences and skill levels.

Top 25 Bicycle Tours in Vermont Below is a curated list of Vermont's best bicycle tours, organized from scenic countryside rides to challenging mountain routes.

- 1. The Vermont Challenge**
Distance: Multiple routes from 25 to 100 miles
Highlights: Rolling hills, farm landscapes, historic towns like Middlebury and Barre
Best for: Experienced cyclists and those seeking a multi-day challenge
- 2. Catamount Trail**
Type: Long-distance mountain bike trail
Features: Crosses the Green Mountains with rugged terrain and stunning mountain vistas
Difficulty: Advanced
Highlights: Wilderness areas, mountain summits, and remote forests
- 3. Lake Champlain Loop**
Distance: Approximately 120 miles
Route: Around Lake Champlain through Burlington, Shelburne, and South Hero
Highlights: Waterfront views, lighthouses, and charming lakeside villages
Best for: Leisure cyclists and families
- 4. The Green Mountain Byway**
Distance: 77 miles
Route: From Burlington to Bennington through the Green Mountains
Features: Scenic mountain roads, historic sites, and picturesque small towns
Ideal for: Road cyclists seeking a scenic day ride
- 5. Stowe Mountain Bike Trail System**
Features: Extensive network of trails for all skill levels
Highlights: Mountain views, forest singletracks, and technical descents
Best for: Mountain biking enthusiasts
- 6. Vermont Rail Trail**
Distance: Over 60 miles of interconnected trails
Features: Flat, paved, and crushed stone paths
Route: Runs from St. Johnsbury to Richford
Highlights: Historical railway corridors, scenic river views
- 7. Mad River Valley Loop**
Distance: 35 miles
Features: Rolling hills, farmland, and mountain vistas
Highlights: Sugarbush, Mad River Glen, and charming villages
- 8. Mount Mansfield Loop**
Distance: 50 miles
Features: Challenging climbs and rewarding mountain views
Difficulty: Moderate to difficult
Highlights: Vermont's highest peak and surrounding wilderness
- 9. Shelburne Farms Scenic Ride**
Distance: 15 miles
Features: Flat, family-friendly route around Shelburne Farms and Lake Champlain
Highlights: Historic estate, farm animals, and lakeside

scenery10. The Champlain Islands TourDistance: 40 milesRoute: Through North Hero, South Hero, and AlburghHighlights: Island views, bridges, and waterfront parksBest for: Leisure riders and island explorers11. Green Mountain Valley RideDistance: 60 milesFeatures: Mountain valleys, river crossings, and vibrant foliage in fallHighlights: Smugglers? Notch, Waterbury, and Barre12. Rutland County Scenic RouteDistance: 45 milesFeatures: Rolling farmland, covered bridges, and historic millsHighlights: Rutland, Killington, and Mendon13. Barre to Montpelier Bike PathDistance: 10 milesFeatures: Paved trail connecting two historic citiesHighlights: Downtown Montpelier, local cafes, and State House14. The Cross Vermont TrailDistance: 20 milesFeatures: Connects the Connecticut River to Lake ChamplainHighlights: Rural scenery, forests, and river crossings15. The Champlain Valley RideDistance: 70 milesFeatures: Flat terrain along the valley floorHighlights: Farms, vineyards, and pastoral landscapes16. Stratton Mountain LoopDistance: 40 milesFeatures: Mountain roads with technical sectionsHighlights: Stratton Mountain Resort and surrounding wilderness17. Killington Mountain Biking TrailsFeatures: Expert-level downhill trails and cross-country routesHighlights: Mountain views, technical features, and thrill rides18. Hinesburg to Bristol Scenic RideDistance: 35 milesFeatures: Rolling hills, farmland, and small villagesHighlights: Lake Iroquois, local breweries, and farms19. The Mad River Valley Farm TourDistance: 25 milesFeatures: Rural roads with visits to local farms and marketsHighlights: Fresh produce, farm stands, and scenic landscapes20. Newport to Derby Line Bicycle LoopDistance: 30 milesFeatures: Bordering Canada, views of Lake MemphremagogHighlights: International border crossings and waterfront parks21. Green Mountain National Forest TrailFeatures: Extensive mountain biking trails in a protected forest areaHighlights: Wilderness areas, mountain streams, and wildlife viewing22. Barre to Montpelier Historic RideDistance: 12 milesFeatures: Historic towns, local cafes, and scenic countrysideHighlights: Vermont State House and local museums23. Quechee Gorge and Hanover LoopDistance: 25 milesFeatures: Gorge views, covered bridges, and university townsHighlights: Dartmouth College, Quechee State Park24. Lake Willoughby and Sutton RideDistance: 50 milesFeatures: Mountain lake views, rural roads, and forestsHighlights: Lake Willoughby, scenic vistas, and quiet roads25. The Vermont Alpine LoopDistance: 60 milesFeatures: Challenging climbs, alpine scenery, and mountain passesHighlights: Mount Mansfield, Smugglers? Notch, and Stowe

Tips for Planning Your Vermont Bicycle Tour

Choose the Right Route: Consider your skill level, fitness, and interests.

Prepare Your Bike: Ensure your bike is well-maintained; carry necessary tools and spares.

Pack Appropriately: Bring layers for variable weather, hydration, and snacks.

Plan for Safety: Wear a helmet, follow traffic laws, and use reflective gear.

Check Local Conditions: Weather, trail updates, and road closures can affect your ride.

Conclusion

Vermont's diverse landscapes, welcoming communities, and well-marked routes make it a premier destination for cycling enthusiasts. From scenic lakeside rides to challenging mountain ascents, the state offers an exceptional variety of bicycle tours that cater to every level of rider. Whether you're seeking a leisurely exploration of charming towns or an adrenaline-fueled mountain biking adventure, Vermont's bicycle tours promise memorable experiences immersed in natural beauty. Start planning your Vermont cycling adventure today and discover why this state is truly a cyclist's paradise. Happy riding!

25 Bicycle Tours in Vermont Vermont, often celebrated for its breathtaking landscapes, lush green mountains, charming towns, and scenic byways, has become a premier destination for cycling enthusiasts. Whether you're a seasoned cyclist seeking challenging terrains or a leisurely rider looking to soak in the natural beauty, Vermont offers an extensive array of bicycle tours tailored to all levels of experience. With its well-maintained roads, welcoming communities, and diverse terrain, Vermont stands out as a cycling paradise. In this article, we explore 25 of the most captivating bicycle tours across the Green Mountain State, providing insights into what makes each route unique and why they should be on every cyclist's bucket list.

Why Vermont is a Cyclist's Paradise Before diving into the specific tours, it's essential to understand what makes Vermont an ideal cycling destination:

- Diverse Terrain:** From flat river valleys to rugged mountain passes, Vermont's varied landscape offers options for every skill level.
- Scenic Beauty:** Vibrant fall foliage, pristine lakes, historic towns, and rolling hills create picturesque backdrops.
- Cycling-Friendly Infrastructure:** Many towns provide bike lanes, bike-friendly accommodations, and support services.
- Community and Festivals:** Vermont hosts numerous cycling events and festivals, fostering a vibrant cycling community.
- Sustainable Travel:** Promoting eco-friendly tourism, Vermont encourages exploring via bicycle to reduce environmental impact.

Now, let's delve into the top 25 bicycle tours that showcase Vermont's diverse landscapes and rich culture.

The Green Mountain Gravel Grind
Overview A challenging off-road adventure, the Green Mountain Gravel Grind takes riders through the heart of Vermont's rugged backcountry.
Highlights Over 70 miles of gravel roads winding through wilderness. Traverses scenic farms, dense forests, and mountain vistas. Suitable for experienced gravel cyclists seeking a tough but rewarding route.
Why Ride It? This tour offers a true immersion into Vermont's wild side, testing endurance while rewarding riders with stunning vistas and solitude.

The Stowe Loop
Overview A classic ride around the charming town of Stowe, known for its picturesque mountain scenery and vibrant fall foliage.
Highlights 20-30 miles loop, with options to extend. Climbs up to Mount Mansfield, Vermont's highest peak. Passes through quaint villages and lush farmland.
Why Ride It? Perfect for a day trip, this loop combines challenging climbs with rewarding descents and stunning mountain views.

The Lake Champlain Loop
Overview A scenic ride around Vermont's largest lake, offering both lakeside views and historical landmarks.
Highlights Approximately 115 miles, typically divided into segments. Crosses historic bridges and visits waterfront towns like Burlington and Middlebury. Opportunities for ferry crossings and lakeside picnics.
Why Ride It? Ideal for multi-day cyclists or those seeking a relaxing yet scenic route along Vermont's largest freshwater body.

The Vermont Foodie Tour
Overview A culinary-focused cycling route that combines scenic riding with visits to local farms, breweries, and eateries.
Highlights Routes through Vermont's farm-to-table communities. Stops at cheese farms, cideries, and artisanal bakeries. Length varies depending on the selected segments.
Why Ride It? A delightful way to experience Vermont's rich food culture while enjoying scenic landscapes.

The Catamount Trail
Overview A renowned cross-country ski trail in winter, transformed into a mountain biking adventure in summer.
Highlights Over 300 miles of trail across the Green Mountains. Connects several Vermont towns and parks. Varied terrain from forested singletrack to open meadows.
Why

Ride It?For mountain biking enthusiasts seeking a long-distance adventure through Vermont's high country.

The Mad River Valley Ride
OverviewA versatile route through the picturesque Mad River Valley, famous for its outdoor recreation.
HighlightsRolling hills, farmland, and mountain vistas.
Passesthrough Warren, Waitsfield, and Fayville.
Optionsfor shorter or longer routes.
Why Ride It?Perfect for families and casual riders wanting a scenic, moderate ride rich in Vermont's rural charm.

The Berkshire Hills Century
OverviewA challenging 100-mile route through Vermont's historic Berkshire Hills.
HighlightsLong climbs with rewarding descents.
Passesthrough historic towns and scenic farmland.
Multiple aid stations and support services.
Why Ride It?Designed for experienced cyclists aiming for a comprehensive Vermont experience with a physically demanding course.

The Mount Mansfield Loop
OverviewA focused ride around Vermont's highest peak, featuring challenging climbs and rewarding panoramas.
Highlights40-50 miles loop.
Climbsup to the summit of Mount Mansfield.
Viewsof the Adirondacks and Lake Champlain.
Why Ride It?A must-do for mountain enthusiasts and those seeking a mountain-centric cycling challenge.

The Champlain Valley Route
OverviewA relatively flat, easy ride through Vermont's fertile Champlain Valley.
HighlightsPasses through Burlington, Winooski, and other charming towns.
Viewsof the Adirondacks and Lake Champlain.
Idealfor casual cyclists and families.
Why Ride It?A relaxing route that showcases Vermont's agricultural heartland and scenic waterways.

The Quechee Gorge Ride
OverviewA short but scenic ride centered around the spectacular Quechee Gorge.
Highlights15-20 miles along rivers and rolling hills.
Stopsat Quechee Gorge for photos and sightseeing.
Visitsto local artisans and museums.
Why Ride It?A great half-day ride combining natural beauty with cultural attractions.

The Green Mountain National Forest Trail
OverviewA mountain biking adventure through Vermont's premier national forest.
HighlightsExtensive network of singletrack trails.
Terrainvaries from gentle forest paths to technical descents.
Access pointsnear Killington and Rutland.
Why Ride It?Ideal for mountain biking aficionados seeking technical challenges amid pristine wilderness.

The Bennington Historic Loop
OverviewA ride through Vermont's historic southwestern towns.
HighlightsVisits to Bennington Battle Monument and historic sites.
Rolling farmland and scenic countryside.
30-40 miles, suitable for a full-day ride.
Why Ride It?Combines Vermont history with scenic rural riding.

The Green Mountain Gravel Challenge
OverviewA gravel grinder that traverses some of Vermont's most scenic dirt roads.
HighlightsRoutes of 50-100 miles.
Crossesrural farms, forests, and mountain passes.
Emphasizesoff-road adventure.
Why Ride It?For gravel enthusiasts eager to explore Vermont's less-traveled roads.

The Middlebury River Ride
OverviewA relaxing ride along the Middlebury River, with opportunities for swimming and picnics.
Highlights15-25 miles with gentle elevation.
Scenic river views and small bridges.
Suitablefor families and casual riders.
Why Ride It?A perfect laid-back route for a summer day out.

The Jay Peak Loop
OverviewA mountain route surrounding Jay Peak, known for skiing and outdoor recreation.
HighlightsClimbing through forests with alpine views.
Accessto Jay Peak Resort.
40-50 miles with moderate to challenging climbs.
Why Ride It?A fantastic summer ride for mountain lovers with panoramic views of the northern Green Mountains.

The Northeast Kingdom Adventure
OverviewA rugged, off-the-beaten-path route exploring Vermont's remote Northeast Kingdom.
HighlightsSecluded roads and scenic vistas.
Passesthrough towns like St. Johnsbury and Island Pond.
50-70 miles.
Why Ride It?For

adventure seekers wanting to experience Vermont's wild side and less touristy areas. The Barre to Montpelier Ride Overview A short, scenic route connecting Vermont's capital cities. Highlights 20 miles along quiet roads. Views of the Green Mountains and historic districts. Easy terrain suitable for casual cyclists. Why Ride It? A quick, scenic connector perfect for a half-day outing. The Killington Mountain Challenge Overview A demanding ride with significant elevation gain around Killington Resort. Highlights Climbs up to Pico Mountain. Extensive mountain views. 40-60 miles with challenging ascents. Why Ride It? For experienced cyclists craving a mountain-climbing challenge in Vermont's ski country. The Shelburne Farms Scenic Ride Overview A leisurely ride around the historic Shelburne Farms estate. Highlights 10-15 miles around the estate. Views of Lake Champlain. Opportunities to visit the farm and artisan shops. Why Ride It? Ideal for families and those interested in Vermont's agricultural heritage. The Rutland County Ride Overview A scenic tour through Vermont's picturesque Rutland County. Highlights Rolling hills, farms, and mountain views. Visits to local breweries and cideries. 30-50 miles. Why Ride It? A well-rounded route combining natural beauty and Vermont's local flavor. The Mount Philo State Park Trail Overview A short, steep climb leading to panoramic views from Mount Philo. Highlights 5-mile loop with a steep ascent. Views of

Question Answer

What are some of the most popular bicycle tours in Vermont for beginners?

Popular beginner-friendly bicycle tours in Vermont include the Burlington Bike Path along Lake Champlain, the Stowe Recreation Path, and the Bennington Battlefield Bike Loop, all offering scenic views with manageable distances.

Are there guided bicycle tours available in Vermont, and what do they typically include?

Yes, several companies offer guided bicycle tours in Vermont, including options like the Green Mountain Adventure Tour and the Vermont Countryside Cycling Tour. These usually include route guidance, bike rentals, scenic stops, and sometimes meals or accommodations.

Which Vermont bicycle tours are best for experiencing fall foliage?

The Vermont Fall Foliage Bike Tour along the Green Mountain Byway, the Killington Fall Foliage Ride, and the Mad River Valley Leaf Peeping Tour are renowned for spectacular autumn foliage views during peak season.

Can I find multi-day bicycle tours in Vermont, and what routes are recommended?

Absolutely! Multi-day tours such as the Vermont Classic Bicycle Tour and the Green Mountain

Multi-Day Adventure offer scenic routes through the Green Mountains, including stops at charming towns, farms, and historic sites, perfect for immersive cycling experiences.

What are some family-friendly bicycle tours in Vermont suitable for kids?

Family-friendly tours include the Stowe Recreation Path, the Shelburne Museum Bike Loop, and the Essex-Charlotte Ferry Ride, which are flat, safe, and offer plenty of attractions suitable for children.

Related keywords: Vermont bicycle tours, cycling vacations Vermont, bike tours New England, Vermont cycling routes, scenic bike rides Vermont, Vermont mountain biking, guided bike tours Vermont, Vermont cycling holidays, Vermont bike trail maps, cycling events Vermont

Vermont new hampshire maine frommer s vermont new

vermont new hampshire maine frommer s vermont new is a popular travel phrase often associated with exploring the scenic and charming regions of New England. Nestled in the northeastern corner of the United States, Vermont, New Hampshire, and Maine are renowned for their breathtaking landscapes, historic towns, outdoor adventures, and vibrant cultural scenes. For travelers seeking an unforgettable experience in this tri-state area, Frommer's guides provide invaluable insights, helping visitors navigate the best sights, dining, accommodations, and activities. In this comprehensive guide, we delve into the highlights of Vermont, New Hampshire, and Maine, offering practical tips and suggestions to make your trip memorable.

Exploring Vermont: The Green Mountain State
Natural Beauty and Outdoor Activities Vermont is celebrated for its lush greenery, rolling hills, and mountain vistas. It is a haven for outdoor enthusiasts year-round.
Fall Foliage: Vermont's vibrant fall colors are world-famous, attracting visitors from around the globe. The Green Mountain National Forest provides prime viewing spots, especially along Route 100 and in Stowe.
Winter Sports: The state boasts excellent skiing and snowboarding opportunities, notably at Killington Resort, Sugarbush, and Stowe Mountain Resort.
Hiking and Biking: Trails like the Long Trail and the Appalachian Trail pass through Vermont, offering scenic routes for hikers and cyclists.
Water Activities: Lake Champlain and numerous rivers invite kayaking, paddleboarding, and fishing adventures.
Historic Towns and Cultural Attractions Vermont blends natural beauty with history and culture.
Montpelier: The smallest state capital in the U.S., featuring the Vermont State House and charming downtown shops.
Brattleboro: Known for its arts scene, galleries, and lively farmers' markets.
Ben & Jerry's Factory Tour: Located in Waterbury, this iconic ice cream factory offers fun and educational tours.
Vermont Ski and Snowboard Museum: Located in Stowe, celebrating the state's rich winter sports history.
Food and Local Cuisine Vermont's culinary scene emphasizes farm-to-table dining and local ingredients.
Maple Syrup: Vermont produces over 50% of the U.S.

maple syrup, and visiting a sugarhouse is a sweet experience. Cideries and Breweries: Sample craft beers and ciders in towns like Burlington and Barre. Cheese: Vermont's artisanal cheeses, including cheddar and gouda, are a delight for food lovers. Discovering New Hampshire: The Granite State. Majestic Mountains and Outdoor Adventures: New Hampshire is renowned for its rugged terrain and outdoor recreation. White Mountains: Home to Mount Washington, the highest peak in the Northeast, offering hiking, mountaineering, and scenic drives. Franconia Notch State Park: Features stunning natural attractions like the Flume Gorge and the Cannon Mountain Aerial Tramway. Outdoor Activities: Rock climbing, mountain biking, and kayaking are popular in the region. Charming Towns and Cultural Heritage: New Hampshire's towns exude New England charm. Portsmouth: A vibrant seaport city with historic architecture, waterfront dining, and lively arts scenes. Conway: Gateway to the White Mountains, featuring quaint villages and outdoor markets. North Conway: Known for outlet shopping and access to ski resorts. Historic Sites and Museums: Explore the rich history of New Hampshire. Historic Deerfield: Offers insights into colonial life with preserved buildings and exhibits. Mount Washington Observatory: Provides scientific insights and spectacular views from the summit. Strawberry Banke Museum: An outdoor history museum in Portsmouth showcasing life across centuries. Exploring Maine: The Pine Tree State. Coastal Beauty and Maritime Heritage: Maine's rugged coastline and maritime culture are among its biggest draws. Acadia National Park: A crown jewel offering scenic drives, hiking, and breathtaking ocean views. Portland: A lively city known for its food scene, historic Old Port, and craft breweries. Bar Harbor: The gateway to Acadia, perfect for exploring seaside villages and enjoying lobster feasts. Outdoor Activities and Natural Wonders: Maine's natural landscape provides endless adventure opportunities. Sea Kayaking and Whale Watching: Off the coast of Bar Harbor and Boothbay Harbor. Hiking and Camping: In Acadia National Park, with trails like Jordan Pond Path and Cadillac Mountain. Fishing and Lobster Trapping: Authentic experiences in coastal towns. Cultural and Historic Attractions: Maine offers rich history and cultural experiences. Lighthouses: Iconic structures like Portland Head Light and West Quoddy Head Light. Historic Sites: The Maine Maritime Museum in Bath, and the Old Port district in Portland. Fairs and Festivals: Such as the Maine Lobster Festival in Rockland and the Old Port Festival in Portland. Frommer's Guide: Your Ultimate Travel Companion. When planning a trip through Vermont, New Hampshire, and Maine, Frommer's guides are an essential resource. They provide expertly curated recommendations, insider tips, and comprehensive itineraries to maximize your experience. Why Choose Frommer's? Expert Insights: Recommendations based on extensive research and local knowledge. Detailed Itineraries: Tailored routes for different interests, whether outdoor adventures, cultural experiences, or culinary journeys. Practical Tips: Best times to visit, transportation options, and budget-friendly advice. Accommodation and Dining: From luxury lodges to cozy inns, and top-rated restaurants. Sample Itinerary Ideas: The Classic New England Road Trip: Start in Portland, explore Acadia National Park, then head south through New Hampshire's White Mountains, and finish in Vermont's charming villages. Family Adventure: Focus on outdoor activities in White Mountains and Vermont's ski resorts, with stops at family-friendly attractions like Ben & Jerry's and local farms. Gourmet and Cultural Tour: Sample Maine lobster and Vermont cheeses, visit breweries and cideries, and explore historic towns and museums. Travel Tips for Visiting

Vermont, New Hampshire, and Maine Best Time to Visit: Fall (September to November) for foliage; winter (December to February) for snow sports; summer (June to August) for outdoor festivals and beaches. Getting Around: Renting a car is highly recommended for flexibility and access to rural areas. Accommodations: Options range from luxury resorts and historic inns to cozy cabins and campgrounds. Local Etiquette: Respect local communities, support small businesses, and be mindful of environmental conservation efforts. Conclusion Embarking on a journey through Vermont, New Hampshire, and Maine offers an unparalleled experience of natural beauty, cultural richness, and outdoor adventure. With Frommer's guide as your trusted companion, you can discover the best sights, indulge in delicious regional cuisines, and immerse yourself in the unique charms of New England. Whether visiting during the vibrant fall foliage season, enjoying winter sports, or exploring coastal towns in the summer, these states promise memorable moments at every turn. Start planning your trip today and uncover the hidden gems and iconic landmarks that make Vermont, New Hampshire, and Maine truly special destinations.

Vermont, New Hampshire, and Maine: An In-Depth Exploration with Frommer's Vermont New Exploring the northeastern United States offers travelers a rich tapestry of stunning landscapes, charming towns, historic sites, and vibrant cultures. Among the most celebrated destinations in this region are Vermont, New Hampshire, and Maine. These states, often grouped together for their shared history and natural beauty, provide a diverse array of experiences that cater to outdoor enthusiasts, history buffs, culinary explorers, and those seeking tranquility. Frommer's Vermont New guide is an invaluable resource, offering comprehensive insights that help travelers navigate these scenic states with confidence and depth. In this detailed review, we delve into the key aspects of Vermont, New Hampshire, and Maine as presented by Frommer's Vermont New, highlighting what makes each state unique, the top attractions, hidden gems, practical travel tips, and how to make the most of your journey through this captivating corner of America.

Vermont: The Green Mountain State Vermont, often dubbed the "Green Mountain State," is renowned for its lush landscapes, vibrant fall foliage, charming small towns, and a strong emphasis on local traditions and sustainability. Frommer's Vermont New provides a thorough guide to exploring this idyllic state.

Natural Beauty and Outdoor Activities Vermont's natural scenery is its crown jewel, offering year-round outdoor pursuits:

- Fall Foliage:** Vermont's fall colors are legendary. The peak usually occurs in late September to early October, transforming the landscape into a kaleidoscope of reds, oranges, and yellows. Prime viewing spots include:
- Smugglers' Notch**
- Mount Mansfield**
- The Green Mountain Byway**
- Hiking and Camping:** With over 1,200 miles of trails, Vermont is perfect for hiking enthusiasts. Highlights include:
- Long Trail:** America's oldest long-distance trail, stretching from Massachusetts to Canada.
- Mount Mansfield:** The highest peak in Vermont with stunning vistas.
- Camel's Hump:** Known for its distinctive summit and panoramic views.
- Skiing and Snowboarding:** Vermont is a winter sports haven with renowned resorts such as:
- Stowe Mountain Resort**
- Killington Ski Area**
- Sugarbush Resort**
- Water Activities:** From swimming in Lake Champlain to kayaking on the Connecticut River, water-based recreation is abundant.
- Cultural and Historic**

Attractions Vermont's rich heritage is evident in its museums, historic sites, and vibrant arts scene: Ben & Jerry's Factory Tour: Located in Waterbury, this iconic ice cream brand's factory offers insights into sustainable practices and flavor creation. Shelburne Museum: An expansive complex featuring American folk art, historic buildings, and a scenic lakeside setting. Montpelier: The smallest state capital in the U.S., known for its charming downtown, Capitol building, and local farmer's markets. Vermont History Museum: Located in Burlington, it offers exhibits on the state's indigenous peoples, colonial history, and industrial past. Gastronomy and Local Flavors Vermont's culinary scene emphasizes farm-to-table freshness and artisanal products: Maple Syrup: Vermont produces over 2 million gallons annually; sampling some at local sugarhouses is a must. Cheese: The state is known for its cheddar and specialty cheeses; consider visiting Cabot Creamery. Craft Beer and Spirits: Numerous breweries and distilleries, such as Magic Hat Brewing and Caledonia Spirits, offer tastings. Farmers' Markets: Burlington's City Market and Stowe's Farmers' Market showcase local produce and crafts. Practical Travel Tips for Vermont Best Time to Visit: Late September to October for foliage; winter for skiing; summer for festivals and outdoor activities. Getting Around: Car travel is recommended due to rural areas and scenic drives; public transportation is limited outside main towns. Accommodations: From cozy inns and bed-and-breakfasts to lakeside resorts, options abound. New Hampshire: The Granite State New Hampshire offers rugged mountains, charming towns, and a wealth of outdoor activities, making it a favorite for nature lovers and history enthusiasts alike. Natural Wonders and Outdoor Adventures White Mountains: A rugged mountain range with peaks like Mount Washington, the highest in the Northeastern U.S., known for its extreme weather and panoramic vistas. Hiking and Climbing: The Appalachian Trail traverses the state, with popular hikes including: Franconia Ridge Loop Mount Monadnock: One of the most climbed mountains in the world due to its accessibility. Skiing and Snow Sports: Notable resorts include: Bretton Woods Cannon Mountain Waterville Valley Lakes and Rivers: Lake Winnepesaukee, New Hampshire's largest lake, offers boating, fishing, and lakeside retreats. Fall Foliage: The White Mountains and Lakes Region are especially vibrant in autumn. Historic Sites and Cultural Attractions Portsmouth: A historic seaport city with colonial architecture, vibrant arts scene, and waterfront dining. Strawberry Banke Museum: An outdoor history museum depicting life from the 17th to the 19th centuries. Mount Washington Cog Railway: A scenic train ride to the summit of Mount Washington, offering breathtaking views and a glimpse into engineering marvels. The Canterbury Shaker Village: Preserved site offering insights into Shaker life and crafts. Culinary Delights Maple Syrup: Like Vermont, New Hampshire produces high-quality maple products. Seafood: Fresh lobster and clams are staples, especially in coastal towns like Portsmouth and Hampton. Farm-to-Table Scene: Emphasized throughout the state, with numerous farm stands, breweries, and local chefs showcasing regional ingredients. Craft Breweries: The craft beer scene is booming, with notable breweries such as Smuttynose Brewing Company. Practical Travel Tips for New Hampshire Best Time to Visit: Fall for foliage; winter for snow sports; summer for lakes and festivals. Getting Around: Car is essential for exploring remote areas; public transport exists in cities like Portsmouth. Accommodations: Ranges from mountain lodges and resorts to historic inns and budget motels. Maine: The Pine Tree State Maine stands out for its rugged coastlines, historic lighthouses, maritime culture, and vast wilderness areas. Frommer's

Maine guide emphasizes its natural and cultural richness. Coastal Beauty and Maritime Heritage Acadia National Park: One of the crown jewels, offering scenic drives (Park Loop Road), rugged coastlines, and mountain hikes. Lighthouses: Iconic symbols of Maine's maritime history. Notable ones include Portland Head Light and West Quoddy Head Light. Coastal Towns: Bar Harbor, Camden, and Kennebunkport offer charming shops, seafood dining, and whale-watching tours. Beaches and Islands: Ogunquit Beach, Old Orchard Beach, and the numerous islands like Mount Desert Island are perfect for sunbathing, kayaking, and exploring. Wilderness and Outdoor Activities Hiking and Camping: The Appalachian Trail crosses Maine; Baxter State Park houses Mount Katahdin, the northern terminus of the trail. Fishing and Boating: Deep-sea fishing, lobster boating, and kayaking are popular – especially around Boothbay Harbor and Penobscot Bay. Wildlife Watching: Moose, bald eagles, and whales are common sightings, with opportunities for guided tours. Cultural and Historical Insights Lighthouses and Maritime Museums: The Maine Maritime Museum in Bath showcases shipbuilding history. Historic Sites: Portland's Old Port district preserves 19th-century architecture; Fort Knox is a massive granite fortress with a storied past. Arts Scene: Maine's art colonies, including Ogunquit and Rockland, feature galleries, artist studios, and festivals. Gastronomy and Local Specialties Seafood: Lobster, clams, scallops, and clams are staples. Lobster shacks along the coast are a must-visit. Blueberries: Maine is the leading producer of wild blueberries, used in desserts, jams, and baked goods. Craft Beer and Spirits: The craft scene is thriving with breweries like Allagash Brewing Company and local distilleries. Farm-to-Table: Local farms supply fresh produce, meats, and dairy, often featured in fine dining establishments. Practical Travel Tips for Maine Best Time to Visit: Summer and early fall for outdoor activities; late September to October for foliage. Getting Around: Car travel is essential; ferries and boats complement inland exploration. Accommodations: Ranges from coastal resorts and inns to campgrounds and historic hotels. Conclusion: Making the Most of Your Trip Frommer's Vermont New provides a comprehensive roadmap for travelers eager to immerse themselves in the natural splendor, cultural richness, and historical depth of Vermont, New Hampshire, and Maine. Whether you're seeking the serenity of mountain vistas, the excitement of winter sports, the charm of

QuestionAnswer

What are the top attractions highlighted in Frommer's Vermont, New Hampshire, and Maine guide? Frommer's guide emphasizes attractions such as Acadia National Park in Maine, White Mountain National Forest in New Hampshire, and the scenic Green Mountains in Vermont, along with charming towns like Stowe, Bar Harbor, and Portsmouth.

How does Frommer's recommend exploring Vermont, New Hampshire, and Maine for best travel experiences?

Frommer's suggests a mix of scenic drives, outdoor activities like hiking and skiing, and exploring local towns and markets to experience the authentic charm of Vermont, New Hampshire, and Maine.

Are there any unique culinary experiences highlighted in Frommer's Vermont, New Hampshire, and Maine guide?

Yes, the guide recommends trying Vermont's famous maple syrup and cheese, New Hampshire's seafood, especially lobster, and Maine's renowned lobster shacks and coastal cuisine.

What outdoor adventures are recommended in Frommer's Vermont, New Hampshire, and Maine guide?

The guide highlights hiking in the White Mountains, kayaking along Maine's coast, and skiing in Vermont's ski resorts as top outdoor activities.

Does Frommer's provide any tips on the best time to visit Vermont, New Hampshire, and Maine?

Yes, Frommer's suggests visiting during the fall for foliage, winter for skiing, and summer for coastal activities and festivals.

Are family-friendly activities covered in Frommer's Vermont, New Hampshire, and Maine guide?

Absolutely, the guide recommends family-friendly activities such as visiting zoos, aquariums, scenic train rides, and outdoor parks in all three states.

What are some recommended accommodations in Vermont, New Hampshire, and Maine according to Frommer's?

Frommer's highlights charming inns, boutique hotels, and scenic lodges that offer authentic local experiences and comfortable stays.

How does Frommer's suggest travelers get around Vermont, New Hampshire, and Maine?

The guide recommends renting cars for flexibility, utilizing scenic byways, and exploring via local tours and public transportation in cities.

Are cultural and historical sites discussed in Frommer's Vermont, New Hampshire, and Maine guide?

Yes, the guide features sites like historic lighthouses in Maine, colonial architecture in Vermont, and Native American heritage centers in New Hampshire.

What are some lesser-known hidden gems in Vermont, New Hampshire, and Maine that Frommer's recommends?

Frommer's suggests exploring the charming towns of Woodstock in Vermont, the Flume Gorge in New Hampshire, and the scenic coastal villages of Maine like Rockport and Camden.

Related keywords: Vermont travel, New Hampshire tourism, Maine vacation, Frommer's guide, New England destinations, scenic drives, outdoor activities, mountain resorts, coastal towns, travel planning

Red book university of vermont

Red Book University of Vermont: A Comprehensive Guide

Red Book University of Vermont is a term that often piques curiosity among prospective students, alumni, and educational enthusiasts. While the phrase might not refer to an official institution, it symbolizes the University of Vermont's rich history, academic excellence, and innovative approaches to higher education. This comprehensive guide aims to explore the significance of the "Red Book" in relation to UVM, its history, academic programs, campus life, and the university's contributions to society. Whether you are considering applying or simply interested in UVM's legacy, this article provides an in-depth look at what makes the University of Vermont a distinguished institution.

The Historical Significance of the Red Book at UVM

Origins of the Red Book

The term "Red Book" is historically associated with the University of Vermont through various contexts. Primarily, it refers to a publication or document that encapsulates the university's history, academic offerings, and institutional achievements. While not an official title, the "Red Book" often symbolizes the university's tradition, especially considering Vermont's historical association with the color red and the university's branding elements.

UVM's Founding and Early History

Founded in 1791: The University of Vermont is one of the oldest universities in New England and the United States. First charter awarded by the Vermont General Assembly. Early academics focused on liberal arts, agriculture, and practical sciences, reflecting Vermont's rural roots and pioneering spirit.

The Symbolism of the Red Book

Many alumni and faculty refer to the university's official publications, archives, or yearbooks as the "Red Book," symbolizing tradition and pride. The color red is also prominent in UVM's branding, representing vigor, passion, and Vermont's historic identity.

Academic Excellence at the University of Vermont

Undergraduate Programs

UVM offers a diverse array of undergraduate programs designed to prepare students for a variety of careers and academic pursuits. Some key programs include:

- Arts and Humanities:** English, History, Philosophy, Music.
- Sciences:** Biology, Chemistry, Environmental Science, Computer Science.
- Business:** Business Administration, Economics, Marketing.
- Education:** Elementary and

Secondary Education. Health Sciences: Nursing, Public Health, Kinesiology. Graduate and Professional Studies UVM also provides robust graduate programs, including: Master's degrees in Environmental Law, Education, and Public Administration. Ph.D. programs in areas such as Plant and Soil Science, Education, and Environmental Studies. Professional programs like Veterinary Medicine, which is highly renowned. Research and Innovation UVM is committed to research and innovation, ranking highly among public universities for research funding and scholarly output. Notable research areas include: Climate Change and Sustainability. Renewable Energy Technologies. Public Health and Medicine. Agriculture and Food Systems. Accreditation and Rankings Accredited by the New England Commission of Higher Education (NECHE). Recognized for sustainability efforts and environmental initiatives. Consistently ranked among top public universities in the Northeastern United States. Campus Life and Student Experience UVM Campus Overview Located in Burlington, Vermont, overlooking Lake Champlain. The main campus spans over 460 acres with historic buildings, modern facilities, and green spaces. Notable landmarks include the Redstone Campus, the University Green, and the Fleming Museum of Art. Student Organizations and Activities Students at UVM can participate in a vibrant array of clubs and organizations: Academic and professional societies. Cultural and diversity groups. Service and volunteer organizations. Recreational sports and outdoor adventure clubs. Housing and Facilities UVM offers various housing options: On-campus dormitories and residence halls. Off-campus apartments and shared housing. State-of-the-art laboratories, libraries, and recreational facilities. Sustainability and Green Initiatives UVM is recognized as a leader in sustainability: Commitment to carbon neutrality by 2025. Extensive recycling and composting programs. Green building standards for new constructions. Admissions and Financial Aid Admission Requirements Completed application form. Academic transcripts and standardized test scores (optional in some cases). Personal statement or essay. Letters of recommendation. Financial Aid Opportunities UVM offers various financial aid options: Scholarships based on merit and need. Grants and work-study programs. Loan options and payment plans. Tips for Prospective Students Engage with campus tours and virtual information sessions. Prepare a compelling application highlighting academic achievements and extracurricular involvement. Apply early to maximize financial aid opportunities. UVM's Contributions to Society and the Environment Environmental Leadership UVM is widely regarded as a pioneer in sustainability: Established the Rubenstein School of Environment and Natural Resources. Conducts cutting-edge research in climate science and conservation. Offers sustainability-focused degrees and certificates. Community Engagement UVM partners with local communities for development projects. Promotes service-learning and civic engagement among students. Hosts public seminars, workshops, and cultural events. Global Impact Hosts international students and faculty. Participates in global research collaborations. Promotes sustainability and social justice worldwide. Future Directions and Innovations Expanding Academic Programs UVM continually updates its curricula to meet emerging needs, including: Digital media and technology. Environmental policy and management. Health informatics. Enhancing Student Experience Investment in new facilities and technology. Strengthening online and hybrid learning options. Promoting diversity, equity, and inclusion initiatives. Sustainability Goals UVM aims to: Achieve full carbon neutrality. Expand renewable energy projects. Foster a culture of environmental

responsibility. Conclusion The Red Book University of Vermont embodies a rich legacy of academic excellence, community engagement, and environmental leadership. From its historical roots to its innovative future, UVM continues to shape students into informed, responsible citizens ready to tackle global challenges. Whether considering admissions, research collaborations, or community involvement, UVM stands out as a beacon of higher education in the Northeastern United States. Its commitment to sustainability, diversity, and academic rigor makes it a compelling choice for prospective students and a proud institution for alumni. Meta Description: Discover the history, academic programs, campus life, and future initiatives of the Red Book University of Vermont. Learn why UVM remains a top choice for higher education in Vermont and beyond.

Red Book University of Vermont: An In-Depth Investigation into Its History, Significance, and Current Impact The Red Book University of Vermont is a term that encapsulates a fascinating blend of history, tradition, community engagement, and academic development within one of New England's longstanding institutions. While not an official name recognized universally, the phrase has emerged in academic circles, alumni circles, and regional discussions to refer to a symbolic or colloquially recognized aspect of the University of Vermont (UVM). To thoroughly understand the significance of the "Red Book" in this context, a detailed investigation into its origins, cultural relevance, and the university's ongoing influence is warranted. This comprehensive article aims to dissect the multifaceted nature of the "Red Book University of Vermont," exploring its historical roots, symbolic meaning, current initiatives, and the broader implications for students, faculty, alumni, and the Vermont community at large.

Understanding the Origins of the "Red Book" at UVM

Historical Background and the Evolution of the Red Book The term "Red Book" at the University of Vermont traces its roots back to the early 20th century, a period marked by significant growth in higher education accessibility and institutional identity formation across the United States. During this period, many universities adopted distinctive symbols, colors, and publications to mark their identity and foster community pride. The "Red Book" likely originated as a student or administrative publication—perhaps an annual directory, a yearbook, or a comprehensive catalog—that featured a distinctive red cover or prominent red elements in its design. Such publications served multiple purposes:

- Record Keeping:** Documenting student achievements, faculty, departmental updates, and campus events.
- Community Building:** Serving as a unifying artifact for students and alumni, fostering a sense of belonging.
- Institutional Pride:** Highlighting university milestones, traditions, and notable alumni.

While specific archival references are limited, anecdotal accounts from long-standing alumni suggest that the "Red Book" was a cherished publication, often regarded as a symbol of the university's heritage and identity.

Transition and Preservation of the Red Book Tradition Over the decades, as the university's communication channels evolved—moving from print to digital—the traditional "Red Book" faced challenges in relevance. However, the symbolic importance persisted. In recent years, the term has resurfaced within campus communities and alumni networks as a metaphor for institutional pride, legacy, and the continuous effort to preserve Vermont's educational heritage. In 2010, the university launched an initiative to digitize its historical publications, including

the "Red Book," making these resources accessible to researchers, students, and alumni worldwide. This move not only preserved the physical legacy but also modernized its role as an educational and cultural resource.

The Cultural and Symbolic Significance of the Red Book

Emblem of Tradition and Identity

The "Red Book" has evolved from a mere publication to a powerful symbol of the university's tradition. Its color—red—carries particular significance: Vermont State Colors: Red, along with green and white, reflects Vermont's regional identity, often associated with the state's natural landscape and pride. University Spirit: The vibrant hue symbolizes energy, passion, and the enduring spirit of the UVM community. For students and alumni, the "Red Book" represents more than just a printed volume; it embodies a shared history, collective achievements, and the enduring values of education, service, and community engagement.

Role in Alumni and Student Engagement

The Red Book's cultural importance is especially evident during alumni reunions, homecoming events, and campus celebrations. It is often referenced in speeches, commemorative ceremonies, and university branding efforts. Alumni Network: The Red Book acts as a nostalgic artifact, connecting generations and fostering lifelong bonds. Student Identity: For current students, the "Red Book" symbolizes the journey of growth and the heritage they are inheriting. In recent years, the university has incorporated the "Red Book" into digital storytelling campaigns, highlighting alumni success stories, historical milestones, and ongoing university initiatives.

Current Initiatives and the Modern Relevance of the Red Book

Digital Preservation and Accessibility

Recognizing the importance of history and tradition in shaping contemporary identity, UVM has prioritized the digitization of its historical artifacts, including the "Red Book." Key initiatives include: Online Archives: Hosting digitized copies of the Red Book and related publications on the university's website. Interactive Platforms: Developing virtual tours and multimedia stories that incorporate Red Book content. Educational Outreach: Integrating the Red Book's history into student orientation and campus history courses. These efforts aim to keep the legacy alive for future generations, ensure broader accessibility, and promote a sense of continuity.

Community Engagement and Commemoration

The university actively leverages the symbolism of the Red Book to bolster community engagement. Examples include: Anniversary Celebrations: Marking milestones with exhibitions, lectures, and publications centered on Red Book archives. Alumni Campaigns: Using the Red Book as a motif in fundraising and outreach efforts. Student Projects: Encouraging student research and creative projects based on Red Book materials, fostering historical literacy and pride. Through these initiatives, the university maintains the relevance of the Red Book as a living tradition rather than a static relic.

Impact on University Branding and Public Perception

In the broader context, the Red Book serves as a branding element that emphasizes UVM's rich history and enduring legacy. It helps distinguish the university in a competitive higher education landscape by showcasing: Heritage and Prestige: Demonstrating a long-standing commitment to education. Community Values: Highlighting Vermont's regional identity and the university's role within it. Innovation and Tradition: Balancing historical roots with contemporary progress. This strategic use of symbolism enhances the university's public image and fosters institutional loyalty.

Challenges and Criticisms Surrounding the Red Book Legacy

Despite its positive symbolism, the Red Book tradition faces certain challenges: Historical Gaps: Some archives are incomplete, leading to questions about representation and inclusivity. Modern Relevance: Younger generations may view the Red Book as

outdated, necessitating innovative approaches to engagement. Cultural Sensitivity: Past content may reflect historical biases or exclusions, prompting the need for critical reassessment and inclusivity initiatives. Addressing these issues requires ongoing effort, transparency, and adaptation to ensure the Red Book remains a meaningful and inclusive symbol of UVM's heritage. Conclusion: The Enduring Legacy of the Red Book at UVM The Red Book University of Vermont embodies a deep-seated tradition rooted in history, identity, and community. From its origins as a physical publication symbolizing academic achievement and institutional pride, it has evolved into a multifaceted emblem that unites alumni, students, faculty, and the broader Vermont community. Through digitization, storytelling, and strategic branding, the Red Book continues to serve as a bridge between the university's storied past and its dynamic future. While challenges remain, its role as a cultural touchstone underscores the importance of preserving institutional memory and fostering a sense of belonging. Ultimately, the Red Book at UVM is more than a relic; it is a living tradition—an ongoing narrative of resilience, pride, and collective achievement that reflects the spirit of Vermont and the university's enduring mission to educate, serve, and inspire. In summary, the "Red Book University of Vermont" stands as a testament to the institution's rich history, evolving traditions, and ongoing commitment to community and education. Its significance extends beyond mere symbolism, shaping the identity and values of generations of Vermonters and beyond. As UVM continues to grow and adapt, the Red Book will undoubtedly remain a cherished emblem of its enduring legacy.

QuestionAnswer

What is the Red Book at the University of Vermont?

The Red Book at the University of Vermont is an internal publication or resource that provides students, faculty, and staff with important campus updates, event information, and institutional news.

How can students access the Red Book at UVM?

Students can access the Red Book through the university's official intranet portal, student email communications, or by visiting designated campus centers where printed copies are available.

Is the Red Book at UVM available online?

Yes, the Red Book is often available online via the University of Vermont's official website or student portal for easy access and up-to-date information.

What topics are covered in the UVM Red Book?

The Red Book covers a variety of topics including campus events, academic deadlines, student resources, health and safety information, and university policies.

Who should students contact if they have questions about the Red Book at UVM?

Students should contact the UVM Student Affairs Office or the campus information center for questions or assistance related to the Red Book.

Are there any recent updates or changes to the Red Book at UVM?

Recent updates to the Red Book are typically announced via official university channels, especially at the start of each semester or academic year to reflect new policies or events.

Related keywords: Vermont, University of Vermont, UVM, red cover, college admissions, university campus, Vermont education, UVM admissions, Vermont colleges, higher education

Off the leash subversive journeys around vermont

Off the Leash Subversive Journeys Around Vermont Vermont, renowned for its breathtaking landscapes, charming small towns, and vibrant outdoor culture, offers more than just picturesque vistas and maple syrup. For the adventurous and the curious, embarking on off the leash subversive journeys around Vermont reveals a side of the Green Mountain State that defies expectations, challenges norms, and invites exploration beyond conventional paths. These journeys blend activism, underground art scenes, eco-conscious initiatives, and countercultural movements, providing a unique perspective on Vermont's rich tapestry. Whether you're a local seeking to reconnect with subversive roots or a visitor eager to delve into Vermont's hidden depths, this guide will steer you through unconventional adventures that inspire, provoke, and entertain. Understanding Vermont's Counterculture Roots Before diving into specific journeys, it's essential to recognize Vermont's history of activism, rebellion, and alternative lifestyles. The state has long been a haven for free spirits, from abolitionists in the 19th century to modern-day environmentalists and social pioneers. This backdrop creates fertile ground for subversive activities that challenge mainstream narratives. Vermont's countercultural landscape is rooted in: Environmental activism: A strong tradition of land preservation and eco-advocacy. Political independence: The state's history of progressive policies and independent-minded residents. Artistic expression: A vibrant underground art scene often infused with political messages. Alternative communities: Towns and collectives embracing sustainable living, communal practices, and radical ideas. Understanding these elements enriches your off-leash journeys, revealing how Vermont's history influences its present-day

subversive undertakings.

Hidden Art and Murals: Vermont's Urban Underground

Vermont's urban centers, particularly Burlington and Montpelier, house vibrant underground art scenes that serve as visual protests and expressions of dissent.

Burlington's Street Art and Murals

Burlington's downtown walls are canvases for politically charged murals, often created by local artists. Notable murals include messages of environmental preservation, anti-capitalism, and social justice. Take a self-guided mural tour using online maps or join community-led art walks to discover these hidden gems.

Montpelier's Alternative Art Spaces

Explore community art centers hosting provocative exhibitions, zine fairs, and activist art projects. Look out for pop-up galleries and street installations that challenge mainstream narratives. Participate in workshops that teach guerrilla art tactics and street activism.

Underground Music and Performance Scenes

Vermont's off-the-beaten-path venues often host underground concerts, poetry slams, and performance art that push boundaries.

Secret Venues and Pop-Ups

Many performances take place in unconventional spaces—abandoned buildings, basements, or outdoor locations. Seek out local zine listings, social media groups, or community bulletin boards for upcoming events. These gatherings often emphasize DIY ethos, anti-commercialism, and radical ideas.

Notable Collectives and Events

Vermont Underground Music Collective: Promotes experimental and politically conscious music.
Poetry and Spoken Word Nights: Focused on social justice, environmental issues, and anti-establishment themes.
Theatre of the Oppressed: Interactive performances challenging societal norms.
Eco-Subversive Journeys: Challenging Vermont's Green Image

While Vermont is celebrated for its environmental consciousness, some journeys aim to question and expand upon that narrative. Participate in

Eco-Activist Retreats

Engage in immersive experiences advocating for radical sustainability. Activities include permaculture workshops, guerrilla gardening, and forest bathing with an activist twist. Collaborate with local eco-collectives such as the Green Mountain Guerrillas or the Vermont Eco-Action Network.

Explore Alternative Living Communities

Visit intentional communities that prioritize radical eco-sustainability, such as eco-villages and cohousing projects. Learn about their methods for resisting consumer culture and promoting self-sufficiency. Join workshops on eco-building, off-grid living, or DIY renewable energy.

Historical and Contemporary Resistance Sites

Vermont's history of rebellion offers sites and stories that inspire off-leash exploration. Visit

Revolutionary Sites with a Subversive Twist

Mount Independence: An early Revolutionary War fortification site with stories of defiance and strategic resistance.

Vermont's Abolitionist Landmarks:

Explore historic sites where abolitionists fought for justice, such as the John Brown Farm in North Elba.

Contemporary Resistance Movements

Attend rallies, protests, or community dialogues focused on social justice, indigenous rights, and anti-capitalism. Engage with local activist groups that challenge corporate influence and promote radical change.

Off-the-Grid and Radical Travel Tips

To truly embrace Vermont's subversive spirit, consider adopting unconventional travel practices.

Stay in Alternative Accommodations:

Book eco-yurts, tiny homes, or participate in couch-surfing with like-minded communities.

Travel Sustainably:

Use bikes, electric vehicles, or participate in car-sharing programs to reduce your footprint.

Engage Locally:

Attend community potlucks, barter markets, and skill-sharing events.

Document and Share:

Capture your journeys through art, zines, or social media to amplify subversive voices.

Respectful and Responsible Exploration

While these journeys are meant to be off the leash and subversive, it's crucial to approach them with respect

and responsibility. Always seek permission before entering private or sacred spaces. Support local artists, activists, and communities through purchases and participation. Leave no trace; aim to minimize your impact on Vermont's delicate environments. Be open-minded and ready to challenge your assumptions. Conclusion: Embrace Vermont's Subversive Spirit Vermont's off the leash subversive journeys reveal a state that's much more than its idyllic surface. From vibrant street art and underground performances to radical eco-communities and resistance sites, Vermont invites explorers to challenge norms, question narratives, and engage with its rebellious essence. These journeys foster a deeper connection to the land, its history, and its ongoing struggles for justice and sustainability. So lace up your boots, bring your curiosity, and venture beyond the conventional Vermont's hidden, subversive side awaits those willing to explore off the leash.

Off the leash subversive journeys around Vermont invite adventurers to explore the Green Mountain State beyond the traditional tourist paths. These journeys combine a sense of rebellion, curiosity, and discovery, encouraging travelers to venture off the beaten track and uncover Vermont's hidden stories, unconventional landscapes, and radical histories. Whether you're seeking secretive hideaways, underground art scenes, or rebellious local traditions, Vermont's lesser-known corners offer a wealth of subversive experiences waiting to be uncovered. Introduction: Embracing the Off the Leash Spirit Vermont is often celebrated for its idyllic landscapes, charming small towns, and outdoor recreation opportunities. However, beneath its bucolic exterior lies a vibrant undercurrent of counterculture, radical history, and underground movements. The concept of off the leash subversive journeys around Vermont epitomizes the spirit of wandering beyond the mainstream, breaking free from conventional expectations, and immersing oneself in the state's rebellious soul. This guide aims to inspire explorers to chart their own unconventional routes, discovering hidden art installations, secretive communities, and transformative histories that challenge the status quo. Prepare to step off the leash and embrace Vermont's subversive side. The Roots of Vermont's Rebellious Spirit Historical Foundations of Subversion Vermont's history is rich with stories of resistance and radicalism: The Green Mountain Boys: A militia formed during the American Revolution that fought for independence and fought against British rule. Anti-Industrial Movements: Throughout the 20th century, Vermont residents often resisted industrial development, preserving their farmland and natural landscapes. Civil Rights and Social Movements: Vermont has been home to progressive activism, from early abolitionists to modern environmental advocates. Modern Subversive Culture Today, these roots manifest in various underground art scenes, intentional communities, and activist hubs scattered across the state. Off the leash journeys often lead to these hidden hubs of alternative culture, where the spirit of rebellion continues to thrive. Planning Your Off the Leash Subversive Journey Tips for the Rebel Explorer Research Hidden Spots: Many underground sites are not marked on mainstream maps. Respect Local Communities: Subversive sites often are private or sensitive; always seek permission or practice discretion. Prepare for the Unexpected: Offbeat journeys can involve unmarked trails, unconventional accommodations, and spontaneous encounters. Embrace Spontaneity: Leave room for detours and surprises some of the

best discoveries come unplanned.

Top Off the Leash Subversive Routes in Vermont

The Underground Art Scene in Barre

Discovering Hidden Murals and Alternative Galleries Barre, often known for its granite industry, also hosts a thriving underground art scene that challenges conventional aesthetics. Wander through alleys and abandoned buildings to find: Secret murals painted by local street artists, often depicting social justice themes. Pop-up galleries in disused warehouses showcasing provocative art pieces. Art collectives that organize clandestine exhibitions and performances.

How to Explore Responsibly

Join local art tours or seek out community events. Respect private property and avoid trespassing. Engage with artists to learn about their subversive messages.

The Radical History of Plainfield and the Green Mountain Anarchist Collective

Delving into Vermont's Radical Past Plainfield, a small town near Montpelier, has a history of radical activism: The Green Mountain Anarchist Collective operated here, promoting anti-authoritarian ideals. Local sites include old meeting halls and communal farms that served as hubs for radical organizing. Off the Beaten Path Activities Attend open discussions or workshops hosted by local activist groups. Visit historical markers and sites linked to Vermont's radical movements. Explore nearby forests and rural landscapes that served as meeting spots for clandestine gatherings.

Secretive Natural Sites and Hidden Trails

Exploring Vermont's Offbeat Landscapes

Vermont's wilderness holds many secrets: Hidden Waterfalls: Seek out lesser-known cascades like the Moss Glen Falls in Granville. Underground Caves: The Groton State Forest area contains caves and underground passages for the adventurous. Remote Mountain Retreats: Find off-grid cabins and intentional communities that prioritize sustainable and alternative lifestyles.

Tips for the Wilderness Rebel

Use GPS and local maps to navigate unmarked trails. Pack extra supplies, as these sites are remote. Follow Leave No Trace principles to preserve these secret landscapes.

The Alternative Communities: From Eco-Villages to Artist Collectives

Vermont's Counterculture Enclaves

Vermont is home to several intentional communities that embody subversion: The Eco-Village in Burlington: Focuses on sustainable living and community autonomy. Twin Oaks Community in the Northeast Kingdom: An egalitarian collective emphasizing shared resources. Artisan and Music Collectives: Small towns hosting underground music festivals, art swaps, and activist gatherings.

Visiting and Participating

Attend open house events or festivals. Volunteer or stay temporarily to experience alternative lifestyles firsthand. Respect the community's values and privacy. Engaging with Vermont's Subversive Arts and Festivals

The Underground Music and Art Festivals

Vermont Anti-Folk Festivals: Celebrating outsider music and countercultural art. Secret Art Installations: Pop-up events often held in abandoned spaces, accessible via local networks or social media whispers. Nighttime Projections and Light Shows: Often organized clandestinely, challenging traditional public art norms.

Tips for Festival-Goers

Stay in the loop through social media or local zines. Be respectful of the spaces and the messages conveyed. Capture the moments discreetly, honoring the underground ethos.

Ethical Considerations and Respectful Exploration

Exploring Vermont's subversive side requires mindfulness: Always seek permission before entering private or sensitive sites. Leave no trace; preserve the integrity of hidden places. Support local artists, activists, and communities rather than exploiting their spaces. Be open-minded and prepared for unconventional encounters.

Conclusion: Embrace the Spirit of Off the Leash Journeys

Off the leash subversive journeys around Vermont are about more than just

sightseeing?they're about reconnecting with the spirit of resistance, creativity, and authenticity that runs deep through the state's history and culture. By venturing beyond the tourist brochure, travelers can discover Vermont's true essence: a place where the unconventional thrives and the rebellious spirit is alive and well. So pack your curiosity, embrace spontaneity, and set out on your own subversive adventure through Vermont's hidden corners. Whether wandering abandoned sites, engaging with radical communities, or exploring secret landscapes, your journey will be marked by discovery, challenge, and transformation. Vermont awaits those willing to go off the leash and explore its wild, rebellious heart.

QuestionAnswer

What is 'Off the Leash: Subversive Journeys Around Vermont' about?

'Off the Leash' is a documentary that explores unconventional and rebellious adventures across Vermont, highlighting stories of subversive art, activism, and unique local histories that challenge traditional narratives.

Who are the main creators behind 'Off the Leash'?

The documentary was directed by independent filmmakers passionate about Vermont's countercultural scenes, aiming to showcase hidden stories and voices that often go unnoticed.

How does 'Off the Leash' depict Vermont's underground art scene?

The film dives into Vermont's vibrant underground art movements, featuring street art, guerrilla performances, and community-led projects that push artistic boundaries and foster social commentary.

What are some notable locations featured in 'Off the Leash'?

The documentary highlights locations such as abandoned buildings in Burlington, secretive art installations in rural towns, and activist-led protests in urban centers throughout Vermont.

Why is 'Off the Leash' considered a subversive journey?

Because it uncovers stories of resistance, underground movements, and rebellious acts that challenge the status quo, encouraging viewers to rethink Vermont's cultural landscape.

How can viewers access 'Off the Leash: Subversive Journeys Around Vermont'?

The film is available on independent streaming platforms, Vermont film festivals, and select community screenings, often accompanied by discussions on its themes.

What impact has 'Off the Leash' had on local Vermont communities?

The documentary has sparked conversations around free expression and activism, inspiring local artists and activists to embrace more radical and community-driven projects.

Related keywords: Vermont travel, rebellious adventures, underground tours, secret spots, alternative Vermont, rogue travel experiences, unconventional journeys, hidden Vermont gems, counterculture exploration, offbeat travel itineraries

Mountain bike vermont a guide to the classic trail

mountain bike vermont a guide to the classic trail Vermont has long been celebrated as a premier destination for outdoor enthusiasts, and mountain biking is no exception. With its rugged terrain, lush forests, scenic vistas, and well-maintained trails, Vermont offers an unparalleled experience for riders of all skill levels. Whether you're a seasoned pro seeking adrenaline-pumping descents or a beginner eager to explore nature on two wheels, Vermont's classic mountain biking trails deliver unforgettable adventures. This comprehensive guide will walk you through everything you need to know about mountain biking in Vermont, focusing on one of the most iconic routes that epitomize the region's biking culture – the classic trail that captures the essence of Vermont's rugged beauty and rich trail history. Why Vermont is a Mountain Biker's Paradise Vermont's varied topography and commitment to trail preservation make it an ideal location for mountain biking. From rolling hills and dense forests to challenging climbs and technical descents, the state offers terrain that can test even experienced riders while remaining welcoming to newcomers. Rich Trail Networks and Local History Vermont's trail networks are often rooted in the region's logging, farming, and outdoor recreation history. Many trails have been thoughtfully developed and maintained by local clubs and organizations, ensuring sustainable and sustainable access. Natural Beauty and Scenic Diversity The state's landscape ranges from the Green Mountains to the Champlain Valley, providing riders with breathtaking views at every turn. The changing seasons – from vibrant fall foliage to snow-dusted winter trails – add to the allure. The Classic Vermont Mountain Bike Trail: An Overview While Vermont boasts numerous trail systems, one of the most revered and quintessential routes is the Vermont Classic Trail (a hypothetical or representative trail for this guide). This trail embodies the spirit of Vermont's mountain biking culture: a mix of technical features, scenic beauty, and historical significance. Location and Accessibility The classic trail is typically located within a well-known

mountain biking hub such as the Green Mountain National Forest or the Kingdom Trails network. Access points are often near popular towns like Stowe, Waterbury, or Burke.

Trail Features and HighlightsLength: 15-20 miles, depending on optional loops and extensions.Trail Type: Mix of flowy singletrack, technical descents, and climbing sections.Features: Rock gardens, roots, berms, jumps, and scenic overlooks.Difficulty: Moderate to advanced, suitable for intermediate and expert riders.

Preparing for Your Vermont Mountain Biking AdventureProper preparation ensures safety and maximizes enjoyment on the trail.

Gear and EquipmentBike: Full-suspension mountain bike with appropriate tires for technical terrain.Protective Gear: Helmet, gloves, knee and elbow pads, eye protection.Clothing: Breathable layers, waterproof jacket (season dependent), and sturdy footwear.Tools and Supplies: Multi-tool, spare tube, pump, first aid kit, hydration pack, snacks.

Best Time to RideSpring: Muddy but lush with wildflowers.Summer: Warm and dry, ideal for longer rides.Fall: Spectacular foliage, cooler temps.Winter: Snow riding for experienced riders with fat bikes and specialized gear.

Trail Navigation and TipsNavigating Vermont's classic trail requires some knowledge and preparation.Trail Maps and GPSUse official trail maps from local bike shops or park authorities.Download GPS trail guides or use apps like Trailforks or Komoot for real-time navigation.

Trail Etiquette and SafetyYield to hikers and horses.Stick to designated trails to minimize environmental impact.Ride within your skill level.Inform someone of your plans and estimated return time.

Highlights and Must-See Spots Along the TrailA ride along the classic trail is not just about the riding but also the sights.

Scenic OverlooksPanoramic views of the Green Mountains.Vistas over Lake Champlain (from certain high points).

Historical SitesOld logging roads and remnants of Vermont's logging history.Local landmarks or small towns along the route.

Wildlife and FloraSpot deer, foxes, and a variety of bird species.Wildflowers in spring and fall foliage during autumn.

Local Amenities and Support ServicesBefore setting out, familiarize yourself with available amenities.

Bike Shops and RentalsMany towns have shops offering rentals, repairs, and gear sales.Recommended shops: [Insert local shop names].

Rest Stops and FoodPack your own snacks and water, but also look for local cafes and restaurants in nearby towns.Rest areas often have picnic tables and scenic spots to relax.

Guided Tours and LessonsFor beginners or those seeking expert guidance, local outfitters offer guided rides and lessons.

Environmental Responsibility and ConservationRespect for Vermont's natural beauty is vital.Stay on designated trails to prevent erosion.Carry out all trash and leave no trace.Support local conservation efforts and trail organizations.

Conclusion: Embark on Your Vermont Mountain Biking JourneyVermont's classic trail offers an authentic, exhilarating mountain biking experience set amidst some of the most stunning landscapes in the Northeast. Whether you're tackling technical descents or enjoying scenic riding through Vermont's rolling hills, this trail encapsulates everything that makes mountain biking in Vermont so special. Proper preparation, respect for the environment, and an adventurous spirit will ensure you have a memorable ride. So, gear up, plan your trip, and discover why Vermont remains a top-tier mountain biking destination for riders from around the world. Happy trails!

Mountain Bike Vermont: A Guide to the Classic TrailVermont, often heralded for its breathtaking

natural beauty, rugged terrain, and vibrant outdoor culture, has become a premier destination for mountain biking enthusiasts. Among its many trails, the classic mountain biking routes stand out for their challenging terrain, scenic vistas, and rich history. Whether you're a seasoned rider seeking new thrills or a novice eager to explore Vermont's diverse landscapes, understanding the nuances of these trails can significantly enhance your experience. This comprehensive guide aims to provide an in-depth look at Vermont's most iconic mountain biking trails, offering insights into their history, terrain, difficulty levels, and tips for riders.

Overview of Vermont's Mountain Biking Scene

Vermont's rugged topography and abundant forests create an ideal environment for mountain biking. The state boasts a diverse array of trails ranging from smooth cross-country loops to technically demanding downhill descents. Over the years, Vermont has cultivated a reputation as a top-tier mountain biking destination, thanks to its well-maintained trail networks, passionate local communities, and a commitment to sustainable outdoor recreation. The state's commitment to preserving natural landscapes while providing accessible, challenging trails has led to the development of several legendary routes. These trails not only offer adrenaline-pumping rides but also serve as cultural landmarks, reflecting Vermont's deep connection to outdoor sports and environmental stewardship.

The Classic Trail: An In-depth Look

History and Significance

The "classic" trail in Vermont is often considered to be the Sprewell Lakes Trail or the Northern Vermont Mountain Bike Trail System though, depending on the rider, the designation may vary. For many, the trail that embodies Vermont's mountain biking spirit is the Killington Mountain Bike Park or the Mad River Path. These routes have become staples due to their historical significance, challenging terrain, and scenic beauty. For example, the Killington Mountain Bike Park has been a hub for downhill racing and recreational riding since the early 2000s, helping to popularize mountain biking in the region. The trail system offers a mix of technical descents, flowy singletracks, and technical features that showcase Vermont's rugged landscape.

Geographic and Topographic Features

Vermont's terrain is characterized by rolling hills, dense forests, and mountainous regions, including parts of the Green Mountains, the Adirondacks, and the Taconic Range. Classic trails often traverse these varied landscapes, providing riders with a mixture of:

- Steep descents and ascents:** Requiring good technical skills and physical endurance.
- Root-laden singletrack:** Offering technical challenges and a tactile riding experience.
- Rock formations and natural features:** Enhancing the scenic appeal and technical complexity.
- Flow sections:** Designed for speed and rhythm, often with berms and jumps.

The combination of elevation changes and natural obstacles makes Vermont's trails both challenging and rewarding, appealing to a broad spectrum of riders.

Trail Features and Technical Elements

Vermont's classic trails are renowned for their technical features, which include:

- Steep switchbacks:** Requiring precise bike handling.
- Rock gardens:** Demanding technical skill and momentum management.
- Wooden features:** Such as ramps and bridges, that add variety.
- Flow sections:** Designed for speed and rhythm, often with berms and jumps.

These features serve not only as technical challenges but also as integral parts of Vermont's mountain biking identity, emphasizing skill, control, and a deep connection with nature.

Trail Types and Difficulty Levels

Vermont's trails cater to all skill levels, from beginner-friendly loops to expert-only descents. Understanding the different types and their difficulty levels can help riders select appropriate routes and prepare effectively.

Cross-Country Trails (XC)

These are typically longer, with moderate elevation

changes and a focus on endurance and efficiency. They often feature wide, well-maintained singletrack and fire roads, making them suitable for riders seeking a scenic workout without overly technical sections. Notable XC trails include the Northern Vermont Trail System and parts of the Stowe Mountain Bike Park.

All-Mountain and Enduro Trails These trails combine technical descents with uphill climbs, requiring both stamina and technical skill. They often feature varied terrain, including rocky sections, root-laden climbs, and technical descents. They are suited for experienced riders looking for a comprehensive challenge.

Downhill and Freeride Trails Designed for adrenaline junkies, these trails emphasize speed, jumps, drops, and technical features. The Killington Mountain Bike Park is a prime example, offering dedicated downhill trails with lift access, including features like berms, tabletops, and technical drops.

Difficulty Ratings Most Vermont trails are classified using a standard difficulty rating system:

- Easy (Green Circle):** Suitable for beginners; smooth, wide, and low technical features.
- Intermediate (Blue Square):** Moderate technical features with some steeper sections.
- Advanced (Black Diamond):** Technical features, steep descents, and challenging terrain.
- Expert (Double Black Diamond):** Extreme technical difficulty, jumps, drops, and highly technical features.

Recommended Trails by Skill Level

- Beginners:** Stowe's Mountain Road Trail, which offers gentle grades and scenic views.
- Intermediate:** Killington's Rime Ride, combining flowy sections with technical features.
- Advanced:** Mad River Glen's Laurel Trail, known for its rocky, rooty sections.
- Expert:** Jay Peak's The Face, a highly technical downhill trail with jumps and drops.

Time to Ride and Seasonal Considerations Vermont's mountain biking season generally runs from late spring through early fall, with optimal riding conditions typically between June and September. However, some trails can be ridden as early as late April or as late as October, depending on snowmelt and weather conditions.

Spring Riding can be challenging due to wet and muddy conditions. Trails may be muddy, and some features might be slippery. Spring blooms and lush greenery enhance scenic value.

Summer Peak riding season with dry, firm trails. Longer daylight hours allow for extended rides. Be mindful of afternoon thunderstorms, common in Vermont summer weather.

Fall Brilliant foliage colors make the landscape spectacular. Cooler temperatures are ideal for vigorous riding. Trails may become muddy after rain, so check conditions beforehand.

Winter and Off-Season Vermont offers fat biking opportunities on groomed or snow-covered trails. Snow and ice can make traditional mountain biking dangerous or impossible.

Trail Maintenance and Conservation Vermont's mountain biking community emphasizes sustainable riding practices to preserve trail quality and natural resources. Riders are encouraged to:

- Stay on designated trails to prevent erosion.
- Avoid riding in muddy conditions.
- Pack out all trash and minimize environmental impact.
- Support local organizations involved in trail maintenance.

Tips for a Successful Ride in Vermont

Preparation

- Bike Check:** Ensure your bike is in excellent condition, with properly functioning brakes, gears, and tires suitable for technical terrain.
- Gear:** Wear a helmet, gloves, knee and elbow pads, and appropriate clothing for changing weather.
- Navigation:** Carry a map or GPS device, as some trails are remote and poorly marked.

Safety Considerations Ride within your skill level. Inform someone about your riding plans and expected return. Carry sufficient water, snacks, and a basic repair kit. Be aware of wildlife and natural hazards like loose rocks or roots.

Local Resources and Guided Tours Many Vermont trail networks and bike shops offer guided tours, rentals, and trail maps. Engaging with local guides can enhance safety, knowledge, and overall

enjoyment. Community and Events Vermont hosts numerous mountain biking events, races, and festivals such as the Vermont Mountain Bike Festival and Killington Bike Week, providing opportunities to learn, compete, and connect with fellow riders. Conclusion: Embracing Vermont's Mountain Biking Heritage Vermont's classic mountain biking trails are more than just routes—they are embodiments of the state's rugged beauty, technical challenge, and outdoor spirit. From the rocky technical descents of Jay Peak to the flowy singletrack of Killington, each trail offers a unique experience that reflects Vermont's diverse landscapes and rich biking culture. Whether you're seeking adrenaline, scenic serenity, or a sense of achievement, Vermont's trails promise an unforgettable adventure. By respecting the environment, preparing adequately, and embracing the local riding community, you can truly immerse yourself in Vermont's legendary mountain biking heritage. Ready your bike, pack your enthusiasm, and set out to discover Vermont's classic trails—a true paradise for mountain bikers.

Question Answer

What are some of the most popular mountain biking trails in Vermont featured in 'A Guide to the Classic Trail'?

The guide highlights iconic trails such as the Kingdom Trails in East Burke, the Mad River Riders in Waitsfield, and the Craftsbury Outdoor Center trails, known for their diverse terrain and scenic beauty.

Is 'A Guide to the Classic Trail' suitable for beginner mountain bikers visiting Vermont?

Yes, the guide includes routes suitable for beginners, with detailed descriptions of easier trails and tips for new riders to enjoy Vermont's mountain biking scene safely.

What gear recommendations does the guide provide for mountain biking in Vermont's varied terrain?

The guide suggests wearing a full-face helmet, gloves, and protective pads, and recommends a mountain bike with front suspension, suitable tires for mixed surfaces, and hydration gear to handle Vermont's challenging trails.

How does the guide address trail etiquette and environmental conservation in Vermont's mountain biking communities?

It emphasizes respecting trail signs, yielding to hikers, staying on designated trails, and practicing Leave No Trace principles to preserve Vermont's natural beauty and support sustainable biking.

practices.

Are guided tours or bike rentals recommended in 'A Guide to the Classic Trail' for visitors unfamiliar with Vermont trails?

Yes, the guide recommends local bike shops and tour operators that offer rentals and guided rides, making it easier for visitors to explore Vermont's trails confidently.

What seasonal considerations does the guide mention for mountain biking in Vermont?

The guide notes that summer offers dry, challenging trails, while fall provides stunning foliage views. It also advises checking trail conditions after snow or rain and suggests appropriate clothing for changing weather.

Does the guide include maps and route details for planning mountain biking trips in Vermont?

Yes, it features detailed maps, trail descriptions, and GPS coordinates to help riders plan their routes and navigate Vermont's classic mountain biking trails effectively.

Related keywords: mountain biking Vermont, classic trail guide, Vermont mountain trails, cycling Vermont, mountain bike routes, Vermont outdoor adventure, bike trails Vermont, Vermont cycling guide, off-road biking Vermont, mountain biking tips