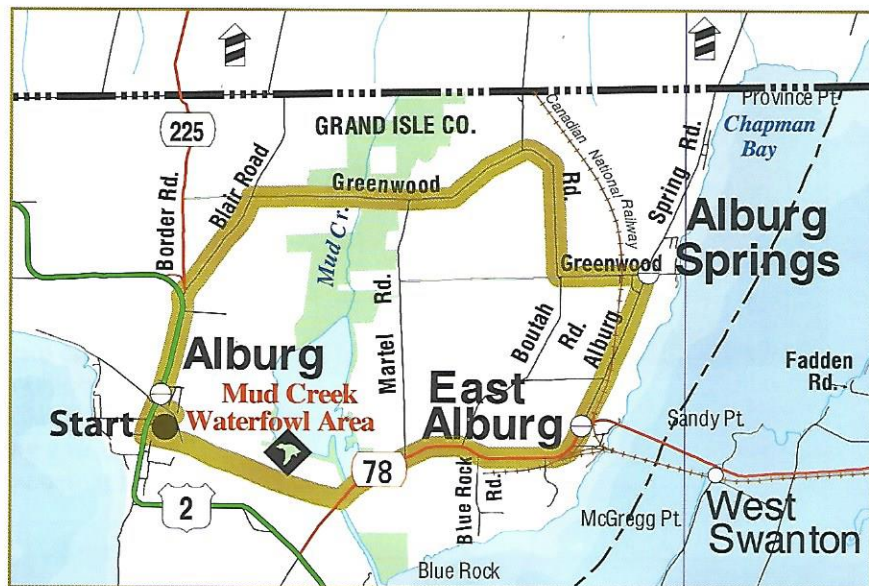
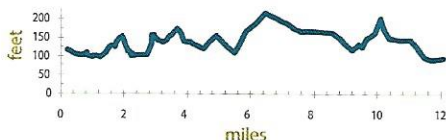


# liquid elixir - 11.7 miles

easy

## mile

- 0.0 Alburg Rail Trail parking area.
- 0.0 Head east (unpaved for 1.5 miles).
- 1.5 L on VT Route 78.
- 3.8 L onto Alburg Spring Rd.
- 4.9 L onto Greenwood Rd.
- 5.7 Bear R onto Greenwood Rd.
- 6.9 Keep left at intersection with cemetery.
- 8.0 Intersection with Martel Rd.
- 9.1 L onto Blair Rd.
- 10.3 L onto Route 2.
- 10.5 Welcome Center on left.
- 11.4 L to Industrial Park Rd.
- 11.7 Alburg Rail Trail parking area.



## route description

Water seeps through the Alburg Peninsula. The wave has a timeless flow and is a liquid elixir for Alburg's human inhabitants. *Liquid Elixir* is for hearty cyclists who don't mind an occasional mud patch, bumpy roads, and/or soggy trails. Look for water's impact on the Alburg landscape. Roads and homes built higher than surrounding land keep roads stable and houses dry.

Launch your trip from the Alburg Rail Trail. The trailhead is unmarked, but you'll find it in the Industrial Park's first turnout as a black cinder track leading away from the village. A low mound of earth 50 feet to the right of the trail is a former rail-road line plagued by flooding from Lake Champlain's annual high water levels. The Mud Creek Wildlife Area bisects the Alburg Peninsula and hosts a tremendous variety of life.



Great Blue Heron/USFWS, Lee Karney