

vermont islands and farms regional attractions

State Parks

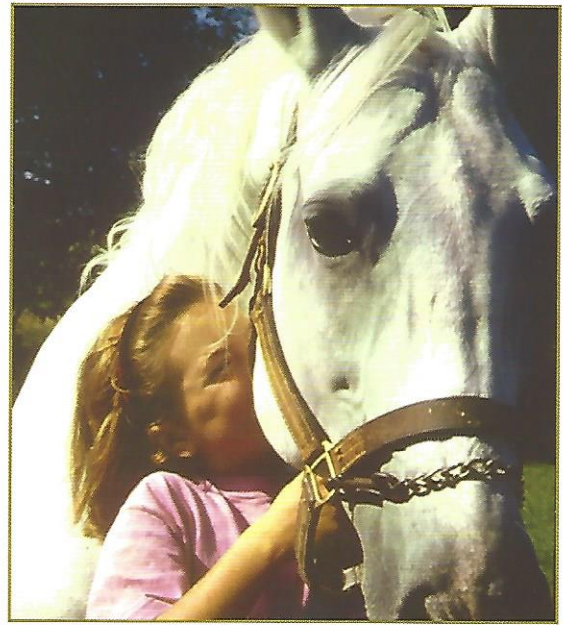
North Hero
Alburg Dunes
Knight Island
Grand Isle
Sand Bar
Burton Island
Kill Kare
Woods Island
Knight Point

Sites

St. Anne's Shrine
Herrmann's Royal Lipizzan Stallions
Hyde Log Cabin
Ed Weed Fish Culture Station
Fisk Quarry
Mud Creek Wildlife Area
Gordon Center House
Lake Champlain Ferry Dock
Missisquoi Wildlife Refuge

For more information on bicycling in the islands and farms region:

Islands and Farms Regional Marketing Program, PO Box 213, North Hero, Vermont 05474, 800.262.5226; 802.372.8400, islandfun@champlainislands.com, www.islandsandfarms.com; www.champlainislands.com; Visit the Champlain Islands Chamber of Commerce, 3501 US Rt. 2, North Hero, Vermont.



Herrmann's Royal Lipizzan Stallions

making connections

Cyclists enjoying the Champlain Islands can explore other cycling destinations through day trips.

Promoters of the **Island Line Trail** envision a trail connecting downtown Burlington, the Champlain Islands' orchards and vineyard, Quebec's Valley of the Forts, and Montreal. Currently, the trail includes 1.5 miles from Martin Road to Lake Champlain in South Hero and 13 miles from Oakledge Park in Burlington to Causeway Park in Colchester. The trail segments are linked on August weekends when a bicycle ferry operates across "The Cut". For more information, contact Local Motion at 802.652.2453.

Connect to the **Missisquoi Valley Rail Trail** via the Island Runner ferry or through the Champlain Bike-ways route in South Hero. The Rail Trail winds its way through 26.4 miles of pastoral farm and forest lands

in Franklin County from St. Albans east to Richford. Visitor amenities are available in St. Albans, Sheldon, Enosburg, East Berkshire and Richford. For more visitor information, contact the Franklin County Regional Chamber of Commerce at 802.524.2444.

Plattsburgh's Waterfront Trail connects downtown to the Gordon Bike Path (south of the city) as well as the Karen Fleury Bike Path (north of the city), and connect the college with downtown via Brinkerhoff and Court Streets.

Connect with **La Route Verte (the Green Route)**, Canada's 3,400-kilometer bicycle network from the Rouses Point, New York customs station, which is just west of Alburg. This portion of the route features the nearby Chambly Canal Bike Path. La Route Verte can also be reached by going north from Richford at the end of the Missisquoi Valley Rail Trail.