

# APOGEE ADVENTURES

## 2022 Vermont to Montréal

### Summarized Itinerary

**Trip Begins:** Wakefield, Massachusetts  
**Trip Ends:** Wakefield, Massachusetts  
**Mileage:** 15 to 40 miles per day, averaging about 25 miles

- Day 1:** Our group will meet outside of Boston this afternoon. After everyone has arrived, we'll load up our van and make our way over the Green Mountains to Bomoseen, VT. Our first afternoon and evening together will be spent getting to know one another, playing games, and talking about our trip – no riding today.
- Days 2 – 4:** Now that we're better acquainted, and after thorough instruction in responsible riding techniques, we'll hop on our bikes and head out to the north. Making our way through green valleys and past dairy farms populated with curious cows, we'll camp on the shores of a different lake every night. We'll have glimpses of Lake Champlain from our campground in Shelburne as Day 4 draws to a close.
- Days 5 – 7:** We'll start Day 5 with a short ride to meet our guides for a morning of sea kayaking on the calm waters of Lake Champlain. We'll glide into quiet bays and probably engage in a water fight or two, all the while keeping our eyes peeled for bald eagles in the area. We'll return to shore and remount our bikes for the short ride to Burlington. We're here for the next two nights, and while in town, we'll spend half of a day doing community service with one of the many local stewardship organizations, taking time to explore Burlington by foot. We'll leave Burlington and cross directly over Lake Champlain on the Island Line Rail Trail's causeway, making our way onto the Champlain Islands.
- Days 8 – 12:** From the Champlain Islands, we'll continue north and cross the international border into rural Canada. We'll pass through small towns and use farm roads until we pick up the "Route Verte" – one of the finest bike paths in North America. The Route Verte will take us out of the fields, through the suburbs, and right into the heart of vibrant Montréal. Once in town, we'll leave the bikes with our hosts at Hostelling International's Montreal Youth Hostel and set out to explore and celebrate before we make the drive back to Wakefield on our final day together.

*Please note that all itineraries are subject to change. Due to Covid-19, if it appears that crossing into Canada will not be possible (or is too logistically complicated for a relatively short period of time in Canada), we have created a contingency itinerary that keeps our groups in Vermont for the duration of the trip. This itinerary includes similar activities, riding distances, and scenery, but the bicycling portion of the trip concludes in Burlington, Vermont instead of Montréal.*

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