

# APOGEE ADVENTURES

## 2025 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 the small bucolic Vermont town of Brandon. Our first afternoon and evening together will be spent getting to know one another, playing games, and building excitement for our trip.
- 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 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 – 6:** We'll start Day 5 with a short ride into Burlington to meet one of our local community service partners and spend the morning volunteering. Then, on Day 6, we will meet our professional guides for a morning of kayaking on the calm waters of Lake Champlain. We'll glide into quiet bays and probably enjoy a water fight or two, all the while keeping our eyes peeled for bald eagles. Spending two nights in Burlington, we will also have the chance to explore this fun, outdoorsy city on foot.
- Days 7 – 12:** Starting on Day 7, we'll leave Burlington and cross directly over Lake Champlain on the Island Line Rail Trail's iconic causeway, making our way onto the Champlain Islands. 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 a cozy Montreal Youth Hostel and set out to explore and celebrate – usually with poutine – before we make the drive back to Wakefield on our final day together.

*Please note that all itineraries are subject to change.*

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