

2018 VERMONT WOMEN'S WEEKEND ITINERARY

Ride, share, learn, and laugh during this truly special event. Sojourn and Terry Bicycles welcome you to join us on Lake Champlain for a weekend full of fun. This relaxed, educational, and social gathering is designed for women interested in cycling - from those just getting into the sport to those who have been riding for years. Learn more about cycling skills, bike fit for women, nutrition, fitness for cycling, and basic road repair, all while enjoying miles of fabulous rides in the company of likeminded women. This long weekend version of our award-winning tour of the Lake Champlain Valley, features Vermont's prized country roads and picture book landscapes. Ride through historic covered bridges and explore quaint villages in one of the most beautiful states in the US. Gentle valley farmland offers miles of fabulous cycling, and the nearby foothills of the Green Mountains provide challenging options for stronger riders. The Basin Harbor Club, a classic turn-of-the-century lakeside resort, is the perfect setting for this event as it offers tranquility along with a variety of amenities such as watercraft, tennis, golf, and its very own pub. Participants will enjoy the opportunity to purchase top-brand cycling clothing and accessories at discounted pricing. Join us for this very special long weekend and enjoy an opportunity to make new friends, learn about women's cycling related topics, and enjoy this stunningly beautiful lakeside setting.

Thursday, June 14: Bike Fitting & Warm-Up Ride – Meet your tour leaders for a bike fitting and warm-up ride at the Basin Harbor Club. Set in a tranquil location on the shores of Lake Champlain, “The Harbor” has served as a classic resort for generations of summer vacationers. If you are flying into the airport in Burlington, it is possible to make advance arrangements through Sojourn for transport to the Basin Harbor Club. Settle into your room then enjoy a short ride that will enable your tour leaders to adjust the fit of your bike to your specification. Become acquainted with your fellow travelers and invited guests during an opening reception overlooking Lake Champlain that features Vermont wine, beer, and cheese. Enjoy your first dinner overlooking Lake Champlain and the Adirondack Mountains of New York.

Lodging: The Basin Harbor Club Vergennes, VT 802-475-2311 www.basinhabor.com

Cycling Option: 9 miles

Friday, June 15: The Lake Champlain Basin – Today's rides feature lightly traveled roads winding through farms, apple orchards and open fields. Views extend east to the Green Mountains and west across Lake Champlain to the Adirondack Mountains of New York. The terrain is gently rolling and several route options provide the opportunity to tailor your day to your own interests. A gourmet picnic lunch will be served by your tour leaders while they share some quick and easy mechanical adjustments—hands on practice is encouraged! Following lunch, take time to visit the Lake Champlain

Maritime Museum (included in trip price) which provides insight into why Lake Champlain is considered the most important body of water in our nation's history. The largest body of fresh water in North America after the Great Lakes, Lake Champlain is over 120 miles long and 12 miles wide, and reaches depths of 400 feet. It played host to important naval battles during the French and Indian Wars, the American Revolution, and the War of 1812. Those seeking a more active afternoon can join a longer and more challenging ride with their tour guides, hit the tennis courts or golf course, go for a swim or paddle, or relax by the lake in the resort's signature Adirondack chairs. A nutrition and fitness expert will lead a lively discussion centered around the combined benefits of nutrition and fitness for women before dinner at Basin Harbor Club's casual pub-style restaurant.

Lodging: *The Basin Harbor Club Vergennes, VT 802-475-2311 www.basinhabor.com*

Cycling Options: *18, 33, and 46 miles*

Saturday, June 16: Cruise Across Lake Champlain and Visit Historic Essex – Begin the day with a private cruise on the Basin Harbor Club's private yacht across Lake Champlain to New York. Lightly traveled routes lead through rural sections of New York's Adirondack Park where you will pedal along rolling country roads past scenic farmland to a spectacular setting high above Lake Champlain. Views over the lake extend east to the peaks of the Green Mountains in Vermont. Descend to the lakeshore and follow a country road into the charming town of Essex. The entire town of Essex features lovely, well-kept homes and is listed on the National Historic Register as one of the most intact ensembles of pre-Civil War architecture in the country. Enjoy a stroll along the quiet lanes or add an extra loop ride while your leaders prepare a delicious picnic lunch at a lakeside park. Following lunch, a boat ride back across Lake Champlain offers more quiet country roads as you complete your loop ride back to Basin Harbor. Prior to dinner this evening in the resort's dining room, Terry Bicycles will conduct a "trunk show" which will offer the opportunity to purchase clothing and accessories at special tour pricing. Terry staff will be on hand to answer questions and work with you to address your needs.

Lodging: *The Basin Harbor Club Vergennes, VT 802-475-2311 www.basinhabor.com*

Cycling Options: *35 and 45 miles*

Sunday, June 17: Vergennes and Middlebury – Follow the Otter Creek to Vergennes, Vermont's first city that also bills itself as America's smallest. Continue south along a winding route through picturesque rolling farmland to Middlebury, a historic college town that is the shire town of the county. The charming downtown area, kept vibrant by the influence of Middlebury College, features a town green and narrow streets lined with unique shops and eateries. Visit the University of Vermont Morgan Horse Farm which was built in the late 1800s by Colonel Joseph Battell who began breeding Morgans on the farm in an effort to preserve the pedigree of America's first breed of horse. Grab a bite for lunch in either Middlebury or Vergennes—delicious and nutritious options are available in both town centers. Showers will be available at the Basin Harbor Club following your ride. By prior arrangement, Sojourn will provide transportation to the airport for those who do not drive to Basin Harbor Club. Please do not make flight reservations out of Burlington prior to 6:30pm.

Cycling Options: *40 and 54 miles*

TRAVEL & TOUR QUICK FACTS

Tour Start	Thursday at 2:30pm at the Basin Harbor Club.
Tour Conclusion	Sunday at 4:00pm – Rides conclude. Departure flights should not be scheduled prior to 6:30pm.
Travel To/From Tour	Fly into Burlington International Airport (BTV). By prior arrangement, Sojourn will provide a private shuttle from the airport, departing at 1:00pm. The same is true for the return at the end of the tour (arriving at 5:30pm).
Pre/Post Tour Lodging Option	Reserve directly through Basin Harbor Club . Burlington area lodging recommendations available upon booking.
Days/Nights	4 days/3 nights
Included Meals	All meals included except for one lunch.
Rating	Intermediate. 25 – 45 miles/day over mostly gentle or rolling terrain. Longer and more challenging options are available on most days.
Activities	Cycling and options for boating, swimming, tennis, and golf.

STANDARD INCLUDED ASPECTS

Equipment	Computer-equipped road or hybrid bike, helmet, rear light, seat bag for road bike or rack bag for hybrid, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for a more personalized fit.
Van Support	Rides supported by a Sojourn van as well as a tour leader on a bicycle.
Tour Leaders	Two experienced tour leaders guide each trip from start to finish.
Ride Nourishment	A selection of snacks and refreshments are supplied throughout all rides.
Ride Information	Detailed route directions, maps, and a daily briefing are provided.
Office Support	At your service 9:00am – 6:00pm EST, Monday – Friday. 800-730-4771
Detailed Information	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

LODGING

BASIN HARBOR CLUB

Step back in time to a place of tradition and natural beauty. Set in a tranquil location on the shores of Lake Champlain, the Basin Harbor Club has served as a classic resort for generations of summer vacationers. Established in 1886 by Ardelia Beach, the property has remained family owned for 127 years. Originally a 225-acre working farm, the resort first catered to summer boarders from city locations who came to “watch the lake go by,” fish, play at farming, and eat three gargantuan meals a day. Today guests are greeted by fourth and fifth generation hosts, and the property has expanded to cover 700 acres of Vermont’s most pristine Lake Champlain lakeshore. The property includes the main lodge and guest houses, cottages, marina, a championship 18-hole golf course, tennis courts, spectacular gardens, a 3,200’ grass airstrip, and the Lake Champlain Maritime Museum—an organization dedicated to preserving and sharing the history of Lake Champlain.

Open annually from May through October, the resort offers opportunities to engage in a variety of activities on land and water, along with plenty of signature Adirondack chairs in which to relax. Basin Harbor offers swimming, sailing, kayaking, tennis courts, nature trails, wellness programs and spa services. Dining is a pleasure at the resort, which has recently expanded its partnership with Vermont farmers and growers. From formal dining in the main lodge to the casual Red Mill Restaurant and seasonal lakeside lobster bakes, the resort maintains its long tradition of culinary excellence. Perfectly situated in the heart of the Champlain Valley with access to the region’s finest cycling routes, it is the perfect destination for a lakeside escape!

DATE & PRICING

Women’s Weekend 2018 Tour Date	Per Person DBL Occupancy	Single Room Supplement
June 14-17	\$1,595.00	\$445.00

WEATHER

Burlington	Jun	Jul	Aug	Sep	Oct
Avg. High	77°	82°	78°	71°	60°
Avg. Low	54°	58°	56°	48°	42°
Avg. Precip.	3.1 in	3.2 in	3.2 in	3.3 in	2.9 in

Degrees in Fahrenheit