

## 2018 VERMONT FALL FOLIAGE TOUR ITINERARY

*Colorful fall foliage season is a favorite for our award-winning Vermont tours. The pristine Vermont air takes on an especially crisp feel on sunshine-filled fall days. This unique trip begins with three days of riding through the small towns and covered bridges of the Lake Champlain Valley's gently rolling terrain. Here, charming country inns make you feel like family while serving hearty country breakfasts each morning. Visit the Old Round Church, sample cider and donuts at a local orchard, and enjoy a taste of IPA from a small craft brewery. As you make your way east to the storybook village of Stowe, Vermont's Green Mountains rise from valley floors. The "Greens" as they are known locally, are part of the northern section of the Appalachian Mountains and the icons for which Vermont – the Green Mountain State – is named. Trace the historic path of bootlegger smugglers and fugitive slaves through Smuggler's Notch, a narrow "notch" in the mountains adjacent to Vermont's highest peak. Visit Montpelier, the nation's smallest state capital, where white church steeples and forward thinking locals frame the picturesque city streets. Visit a family-run woolen mill that has been outfitting Vermonters for over a century. Indulge yourself at Topnotch Resort and Spa, a luxurious oasis nestled on a hillside overlooking Vermont's tallest mountain. The resort features an outdoor heated pool, full spa, and highly regarded restaurant. Experience the fall colors of Vermont in fine style.*

**Sunday – Day 1: Maple Farm Views** – Meet your tour leaders at Burlington's sister properties of Hotel Vermont and the Courtyard Burlington Harbor for the twenty-minute transfer to the tour start at the Sojourn office. Following a bike fitting and route review, ride south along a lightly traveled route to Vergennes where you can view the waterfalls and enjoy a delicious picnic lunch on the town green. Continue through rolling farmland offering beautiful views extending west to the Adirondack Mountains in New York and east to Vermont's Green Mountains. This afternoon, enjoy a unique visit to the University of Vermont Morgan Horse Farm. This architecturally stunning property was created in the late 1800s by Colonel Joseph Battell who began breeding Morgans on this very farm in an effort to preserve the pedigree of America's first – and arguably finest – breed of horse. Meet some of the breed's finest lineage during a private guided tour of the property. As you enter the town of Middlebury, pass through a two-lane covered bridge—one of only six remaining in the entire US. Visit Danforth Pewter where you might observe a fourth-generation pewtersmith as he crafts stunning handmade items. Continue east to the Waybury Inn, a classic Vermont country inn, surrounded by huge maple trees. Relax on the patio, in the gardens, or – in cooler weather – enjoy a hot drink in the inn's cozy pub. The Waybury Inn holds the distinction of being featured for years in the opening scene of the 1980s TV sitcom *Newhart*. Enjoy a delicious dinner this evening in the inn's dining room.

**Lodging:** The Waybury Inn East Middlebury, VT 802-388-4015

[www.wayburyinn.com](http://www.wayburyinn.com)

**Cycling Options:** 16 and 36 miles

**Monday – Day 2: Lake Dunmore and the Falls of Lana** – This morning's ride winds through rural valley farmland and one of the longest covered bridges in Vermont. After stopping to admire the bridge, continue along lightly traveled roads that offer stunning views of the Green Mountains. Pass through small villages as you make your way to the town of Brandon where history buffs will enjoy a visit to the Brandon Museum located in the house where Stephen A. Douglas was born. Here, you can learn more about this 19<sup>th</sup> century statesman and how the Civil War affected this small Vermont town. You might also enjoy a visit to the artist's cooperative which features a variety of local works. Your tour leaders will host a delicious picnic lunch on the shores of Lake Dunmore situated at the edge of the Green Mountains. The "Greens" as they are known locally, are part of the northern section of the Appalachian Mountains and the icons after which Vermont – the Green Mountain state – is named. Enjoy the short walk to the Falls of Lana or continue on the climb to Silver Lake for expansive views over Lake Dunmore on hikes that begin and end at the picnic location. Those up for a challenge can tackle the climb up Middlebury Gap before descending back to the Waybury Inn. Join your fellow travelers by the fire on the patio before dinner this evening in the inn's dining room.

**Lodging:** *The Waybury Inn East Middlebury, VT 802-388-4015*

[www.wayburyinn.com](http://www.wayburyinn.com)

**Cycling Options:** 30, 36, and 53 miles

**Hiking Option:** 1 to 3 miles round-trip

**Tuesday – Day 3: Middlebury to Stowe** – Today's ride winds north to Richmond where one of Vermont's beautiful round churches overlooks the town green and Winooski River. Along the ride, you will pass through the quaint village of Bristol before continuing to ride one of our favorite stretches of road tracing the Huntington River Valley leading past rural farms and featuring stunning views of the Green Mountains. Visit the Old Round Church, a sixteen-sided round structure built in 1813 and considered to be one of the first community churches in the country. Continue east along the Winooski River—the largest tributary watershed flowing into Lake Champlain. 10,000 years ago, the land along the banks of the river was like Arctic tundra and hunters tracked caribou, woolly mammoths, and mastodons. Following the Revolutionary War, saw mills built here led to the region's emergence as the third most important lumber market in the country. As the timber business declined hundreds of sheep farms lined the valley. Hop off your bike in the town of Waterbury to visit Green Mountain Coffee Roasters, Ben & Jerry's, Prohibition Pig, or the popular Craft Beer Cellar before heading to Stowe. Topnotch Resort and Spa, one of Stowe's and New England's finest luxury resorts, will be your home for the next three evenings. Topnotch is a small, upscale resort nestled on a hillside overlooking Mount Mansfield, Vermont's tallest mountain. This evening, join your fellow travelers for an exclusive dining experience at our favorite restaurant in town.

**Lodging:** *Topnotch Resort and Spa Stowe, VT 800-451-8686*

[www.topnotchresort.com](http://www.topnotchresort.com)

**Cycling Options:** 35, 50, and 66 miles

**Wednesday – Day 4: Capital City & Waterbury** – Warm-up your legs along a quiet road that follows a nearby lakeshore before an amazing ride to Montpelier, Vermont's State Capital. The route passes through woodland as well as farmland before sneaking into the north side of this small city. Explore the unique downtown shops or take a free guided tour of the beautiful State Capital Building where tours are offered on the hour. You'll have time to choose from several options for lunch, and perhaps a sampling of local craft beer at the popular Three Penny Tap Room just across the street at New England

Culinary Institute's refined La Brioche Bakery. Follow the Winooski River through Middlesex where you might stop in for a sweet treat and espresso at Red Hen Baking Co. or sample some of Nutty Steph's specialty chocolate next door. We will continue west towards Waterbury and return to Stowe where you will have time to enjoy a visit to the Alchemist Brewery for a taste of their revered Heady Topper IPA. Return to the Resort and relax by the heated outdoor pool and sauna while taking in the beautiful views of the mountains. Massage and spa treatments should be arranged in advance of your arrival. Lunch and dinner are on your own today.

**Lodging:** *Topnotch Resort and Spa Stowe, VT 800-451-8686*

[www.topnotchresort.com](http://www.topnotchresort.com)

**Cycling Options:** *33, 45, and 64 miles*

**Thursday – Day 5: *Smuggler's Notch Loop*** – Today's ride offers the greatest challenge of the week or you can opt for a more leisurely day at Topnotch where you might enjoy a walk along the river or indulge in world-class spa services. The notch through the Green Mountains was named for smugglers who, more than two centuries ago, used its caves and heavily forested slopes to hide illicit goods destined for Canada. These same caves were used in the reverse direction during the 1920s Prohibition era. Today, the narrow winding road that traverses Smuggler's Notch is passable only between April and November. It's a tough climb but the foliage lining the route is spectacular against the granite cliffs, and the nearly seven-mile downhill run on the opposite side is well worth the effort. In the village of Jeffersonville, you can visit award-winning Smuggler's Notch Distillery or continue to Johnson for an array of woolens made at a family run mill operating since 1842. Enjoy a section of the newly-established Lamoille Valley Rail Trail and stop for a sample of local craft beer at Lost Nation Brewing before finishing the grand loop back to Topnotch. This evening, a final dinner with fellow travelers overlooks the mountains from the resort's signature restaurant, a local favorite gathering spot.

**Lodging:** *Topnotch Resort and Spa Stowe, VT 800-451-8686*

[www.topnotchresort.com](http://www.topnotchresort.com)

**Cycling Options:** *18, 42, and 48 miles*

**Friday – Day 6: *Stowe Loop*** – Follow the bike path along the Little River from Topnotch to the tiny hamlet of Moscow where you can visit a local glassblowing studio. Watch as fiery hot molten glass is shaped into uniquely beautiful works of art. Michael Trimpol is an internationally renowned artist who began his career with a focus in stained glass before developing a love for blowing glass. Continue along scenic back roads past one of Vermont's historic – and reputedly haunted – covered bridges to the village of Stowe. Peruse the shops in town or continue cycling a loop north through farmland before returning to the village for lunch. The Vermont Ski Museum, located in the Old Town Hall built in 1818, is full of historic skis, photographs, and artwork chronicling the evolution of winter sports in Vermont. Old replica ski posters and home decor are available for sale. The Stowe Craft Gallery is just across the road from the museum and features a wide variety of works from local artists. Wind your way along the bike path that follows the river as you make your way back to Topnotch where showers will be available prior to transfer to Burlington or to Sojourn for those who parked at the Sojourn Office.

**Cycling Option:** *17 miles*

## TRAVEL & TOUR QUICK FACTS

<b>Tour Start</b>	9:30am – Group pick-up at Hotel Vermont in Burlington for transfer to Sojourn. Those driving to tour should meet at Sojourn at 10:00am.
<b>Tour Conclusion</b>	4:00pm – Group return arrival at Burlington International Airport. Departure flights should not be scheduled prior to 5:30pm.
<b>Travel To/From Tour</b>	Fly into Burlington International Airport ( <a href="#">BTV</a> ). <a href="#">Parking</a> available at BTV (fee), Hotel Vermont (fee), or the Sojourn office.
<b>Pre or Post Lodging</b>	Book through Sojourn for <a href="#">Hotel Vermont</a> or <a href="#">Courtyard Burlington Harbor</a> <i>Limited rooms available – please reserve as soon as possible.</i>
<b>Days/Nights</b>	6 days/5 nights
<b>Included Meals</b>	All meals included except for three lunches and one dinner.
<b>Rating</b>	Intermediate. 35 – 55 miles/day over rolling terrain (with longer options).
<b>Activities</b>	Cycling, hiking, golf nearby.

## STANDARD INCLUDED ASPECTS

<b>Equipment</b>	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.
<b>Van Support</b>	Rides supported by a Sojourn van as well as a tour leader on a bicycle.
<b>Tour Leaders</b>	Two experienced tour leaders guide each trip from start to finish.
<b>Ride Nourishment</b>	A selection of snacks and refreshments are supplied throughout all rides.
<b>Ride Information</b>	Detailed route directions, maps, and a daily briefing are provided.
<b>Office Support</b>	At your service 9:00am – 6:00pm EST, Monday – Friday. 800-730-4771
<b>Detailed Information</b>	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

## DATES & PRICING

Vermont Fall Foliage 2018 Tour Dates	Per Person DBL	Single Supplement	Pre & Post Tour Lodging Option Price Per Room SGL/DBL Occupancy
September 23 – 28	\$2,395	\$695	\$275 SGL / \$300 DBL room
September 30 – October 5	\$2,395	\$695	\$300 SGL / \$325 DBL room
October 7 – 12*	\$2,395	\$695	\$300 SGL / \$325 DBL room

*\*Our final fall date features a modified itinerary highlighting an exclusive 3-night stay in the town of Stowe.*

## WEATHER

Burlington	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg High	28°	31°	42°	55°	68°	77°	82°	78°	71°	60°	45°	32°
Avg Low	8°	10°	21°	34°	44°	54°	58°	56°	48°	42°	28°	15°
Ave Precip in inches	4.0	4.5	4.3	2.6	3.2	3.1	3.2	3.2	3.3	2.9	3.3	3.7

Degrees in Fahrenheit