

Lake Champlain Islands



On this great tour you'll cycle across the top of the Lake Champlain islands with breathtaking views of the lake as well as the magnificent mountain vistas of the Adirondacks to the west and the Green Mountains to the east. You'll also cycle the super scenic Missisquoi Rail Trail in Vermont's Northern Kingdom and enjoy a lively night in kitschy Plattsburgh, and top off the tour cycling across the awesome 4-mile long Lake Champlain Causeway trail.

Getting Here: Tour originates in Burlington VT. Free shuttle from Manchester, NH available. If flying, use Manchester Regional Airport, or Boston Logan Airport. Call our office if you have any questions about planning your travel.

What's Included: All lodging; daily luggage transport; full ride support; **Meals:** 3 Breakfasts, 1 Lunch, 1 Dinner

Duration: 4 Days / 3 Nights

Lodging: Hotels & Inns

Total Distance: 135 miles

Avg. Daily Miles: 35

Difficulty: Easy



Champlain Islands



Missisquoi Valley Rail Trail



Champlain Bike Causeway

Day 1: Missisquoi Valley Rail Trail to St. Albans

Cycling: 30 Miles

You'll rendezvous with our tour guides in Colchester VT for a brief orientation, then we're off to cycle the beautiful Missisquoi Valley Rail Trail offering nearly 30 miles of easy cycling with glorious mountain, river and valley views in every direction!

Day 2: St. Albans to Rouses Point, NY

Cycling: 33 Miles

We're off and pedaling across the top of the Lake Champlain Islands, staying just shy of the Canada border and taking in incredible views along the way as we make our way to charming Rouses Point NY. Bonus for today is a stop at Devyn's Creemee Stand for a yummy Maple Creemee and a stay at a beautiful lakeside B&B.

Day 3: Rouses Point to Plattsburgh

Cycling: 35 Miles

Today we'll cycle right down the Champlain Islands stopping at lovely Alburgh Dune State Park, the across North & South Hero Islands where we'll enjoy lakeside lunch at Hero's Welcome General Store. From there we continue on to the west side of Grand Isle where we'll ferry over to Plattsburgh, our stop for the night.

Day 4: Plattsburgh to Burlington

Cycling: 33 Miles

We head out cycling back to Cumberland Head for ferry return to Grand Isle. Once back on the islands, we'll follow the beautiful west bank of Lake Champlain enjoying the incredible vistas along the way and stopping for lunch before reaching the super cool Champlain Causeway trail connecting Grand Isle to Burlington, and which brings us to the end of this wonderful adventure.