This dissertation examines bicycles and their relationship to Burlington and Vermont through field-studies, documentation of existing bicycle conditions, and the production of videos highlighting the research University of Vermont professors are conducting in regards to biking. Working with both Local Motion and the Center for Research on Vermont, I delve deeply into the many complexities of urban design, bike politics, cultural tendencies of bike users, and sustainable transportation issues; in order enhance the biking experience in Vermont. For Local Motion I spent my time on three main projects throughout the summer. The first was to examine current conditions of bike paths throughout Burlington. The results exposed opportunities to implement high-impact links between two unconnected bike routes, improving the connectedness of Burlington's growing bike system. The second project was to assist Burlington in applying for a Walk-Friendly Community recognition. Finally, the last project, was targeted towards building Burlington's first protected cycle track. Furthermore, I have been working with the Center for Research on Vermont filming, editing and producing short videos. The goal of these films is to spotlight three professors' individual research on biking. Josh Farley, professor of Community Development and Applied Economics, has conducted his own research looking at quality of life and the relationship to biking. Luis Vivanco, associate professor of Anthropology, discusses the cultural anthropology of biking: how can the bike solve many complex urban issues and why people all over the world are reconsidering the bike as a means of transportation. Richard Watts, assistant research professor of Community Development and Applied Economics, studies sustainable transportation and the effect of non-sustainable forms of transportation on our environment. The cumulation of these studies will hopefully shed light on the urgent problem of sustainable urban transportation and inform future decisions made on, both, an individual and bureaucratic level.