



Into the Outdoors

A Bike Guide

**For the bike-curious,
bike-adventurous,
bike-nervous,
and bike-savvy...**

**We've provided maps, routes,
and key insights so you can get
to all the best outdoor areas
around Burlington, VT!**

**Written by Cate Kreider and Clare Nelson
Designed by Clare Nelson and Maya Bostwick**

A Guide for this Guide

Introduction	1
How to Get a Bike	2
How to Conquer the Hill	3
Recommended Rides	6
<i>Rock Point & North Beach</i>	6
<i>Bonus ride</i>	7
<i>Old Spokes Home</i>	8
<i>Metro Rock</i>	9
<i>Salmon Hole</i>	10
<i>Oakledge & Red Rocks</i>	11
<i>Shelburne Farms</i>	12
<i>Bonus ride</i>	13
<i>Farmer's Market</i>	14
<i>Bonus ride</i>	15
<i>Wheelock Farm</i>	16
<i>Bonus ride</i>	17
Outdoor Recreation: A Bikeable Master List	18
<i>Destinations</i>	18
<i>Burlington</i>	20
<i>South End and South Burlington</i>	22
<i>New North End</i>	24
<i>Winooski River</i>	26

Introduction

When you first get to Burlington, it may seem like anything off campus is a world away. Whether you're a first year without a car or a senior with a gas budget, getting around can seem like a hassle. But this city has many places and experiences that almost anyone can get to! We hope this guide inspires and prepares you to explore the Burlington community and support local businesses, all while keeping your travel emissions down. We've included...

[Recommended Rides](#)

12 bike rides to outdoor recreation with mapped routes and helpful commentary.

[Outdoor Recreation: A Bikeable Master List](#)

Maps and lists of outdoor areas for each season and each activity within 3 miles of campus.

The Recommended Rides biking maps all start at the top of the Davis Center Circle. The directions also include a QR code for Google Maps directions. If you're not biking, you can click the walking or bus icon in Google Maps to explore different ways to get there! You can also change the departure point. Some destinations are seasonal, so be sure to read the trip details. Explore your options and find the route that works best for you. We've included notes about each trip's difficulty so you can cater your exploration to your unique level of experience.



How to Get a Bike

Maybe you love the idea of exploring these places, but you don't have a bicycle. Maybe you want to bring a group of friends, but don't have enough bikes to go around! Here are a few resources to help get your hands on a bike and go explore Burlington!

Bird Bike Share

This electric bikeshare system offer student riders 20% off all rates. Remember to use your UVM email address to register and when parking on campus, use a rack!



UVM Bikes!

This student-led bicycle co-op will fix your bike for free and teach you how to fix it yourself! They just ask that you pay for the cost of new parts. UVM Bikes also does rentals for a day, weekend, or even a whole semester!



Old Spokes Home

This non-profit sells inexpensive used and new bikes. They are a full bike service shop offering classes in bike maintenance, and also host lots of fun events. Definitely worth the stop!

How to Conquer the Hill

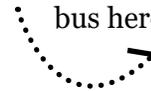


UVM is situated on top of a pretty steep hill. Getting down towards the waterfront or Winooski can be a breeze, but getting back up can definitely test your legs. This page will give you our best tips and tricks to making your rides as easy as possible!

1 Take the bus one way!

Burlington's public buses are equipped with bike racks on the front. It's a classic move to bike down to the water and take the bus back up the hill.

Learn how to get your bike on the bus here



To see the bus schedule, download the Transit App, or visit ridegmt.com. Make sure you download the **Ride Ready by GMT** app and use your NetID@uvm.edu email to ride the bus for free!



2 Plot your route

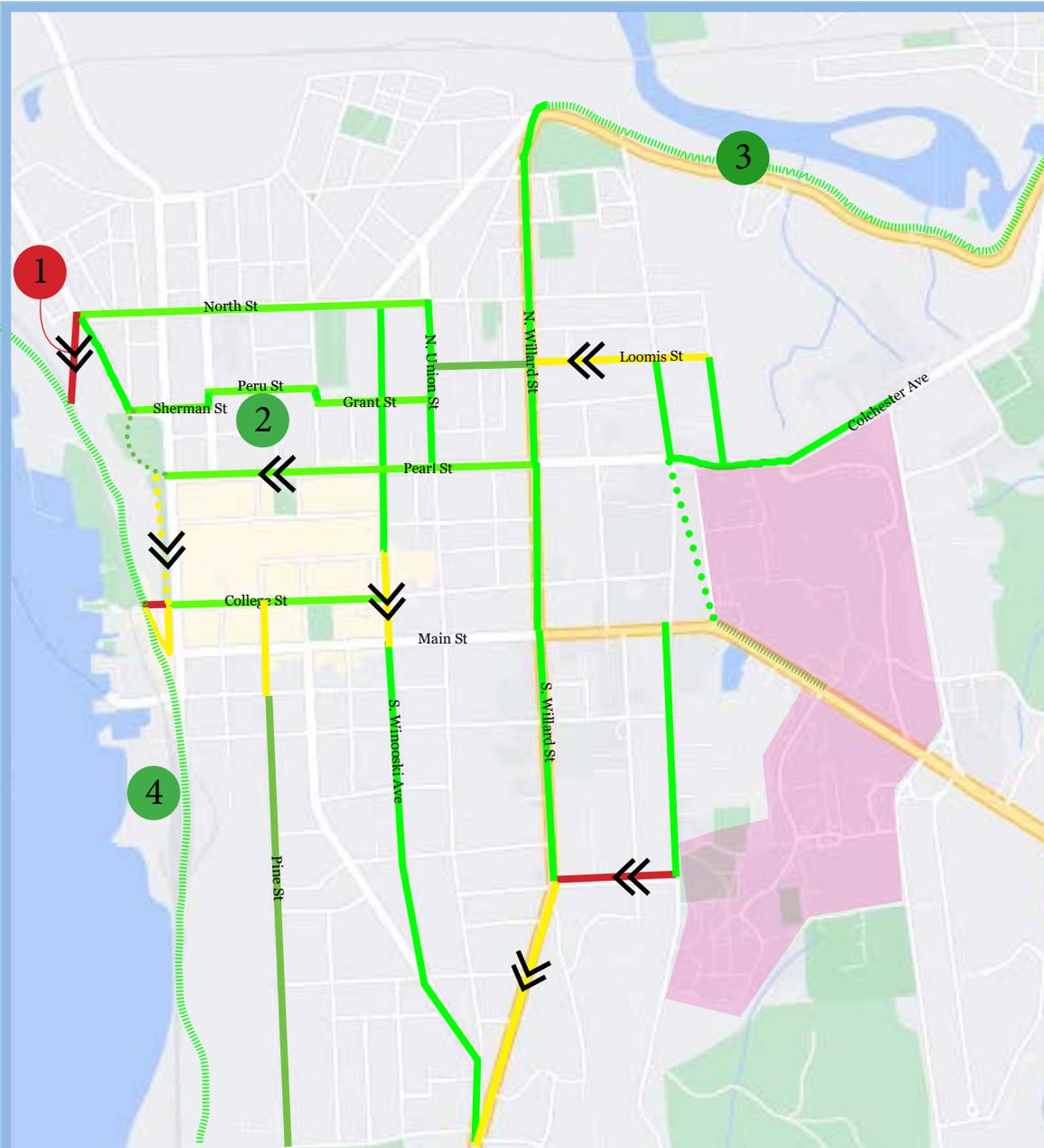
The **next pages** give a rundown of the best ways to get up the Burlington hills. With a little bit of planning, determination, and good spirits, you can get anywhere in Burlington by bike.

The Golden Rule of Burlington Hills

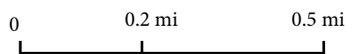
The farther north you go, the flatter!

All hills are bikable.... But some hills really test your emotional and physical endurance. The map on the left shows routes that will get you around town as easily as possible.

Keep in mind that there are a million different ways to get around. Explore and find your own path! And as always, be safe.



- 1 Depot St - The Waterfront shortcut**
This steep, pothole covered street provides the perfect shortcut between the flat Waterfront bike path and the flat Old North End. The road is closed to vehicles, so you can fly down or walk up with ease. And as a bonus, it provides some beautiful unobstructed views of the lake.
- 2 Burlington Greenway - “The Wiggle”**
The City of Burlington retrofit Loomis, Grant, Peru, and Sherman St for bike travel. The route is nice and flat, and there’s way less cars than neighboring roads! You can get from UVM to Depot St with ease.
- 3 Riverside Ave Bike Path - The Winooski shortcut**
This separated bike path has a beautiful view of the natural area north of Burlington. There’s a few little uphill and downhill, but nothing too intense. And it’s the perfect alternative to Colchester Avenue, if you don’t mind a slightly longer ride.
- 4 Waterfront Bike Path - The Classic**
If you’re travelling anywhere north or south on a bike, there’s no better route than the Waterfront Bike Path. It’s flat, wide, separated from vehicles, and has gorgeous lake views.

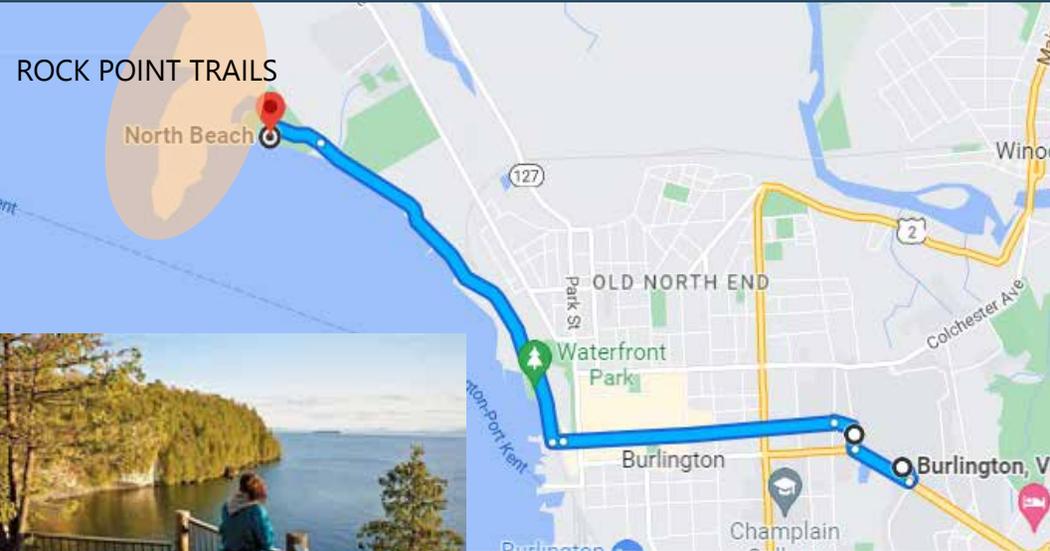


Separated Bike Path	UVM Campus	
●●●●● Park sidewalks (wide enough for bikes)	Downhill	
● Easy breezy	● Somewhat sloped	● Seriously sloped

Rock Point & North Beach

Biker Bonus!

Colchester Causeway



ESTIMATED TIME:
20 min



Natural area



Main road travel

Check out the route on Google Maps



This ride is a classic for new Burlington residents! North Beach is a very popular spot located right on the Burlington Bike Path. It boasts a long beach, swimming area, playground, and picnic tables. Rock Point is a nearby natural area and trail network leading right up to a beautiful cliff overlooking Lake Champlain. The ride there is as pleasant as the destination!

INSIDER KNOWLEDGE: Bring a hammock and hang out. On warm days, you'll see folks cliff jumping off Lone Rock - just a short swim away from the base of the Rock Point cliffs.



ESTIMATED TIME:
+37 min



Natural area

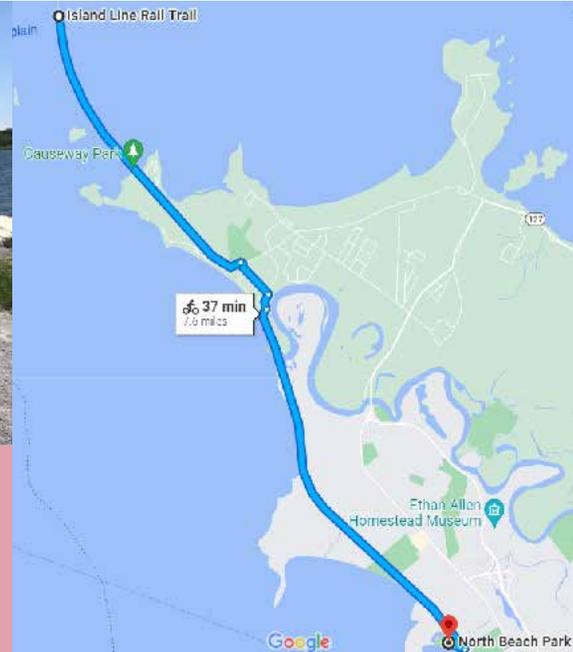


Main road travel

Check out the bike ferry schedule here



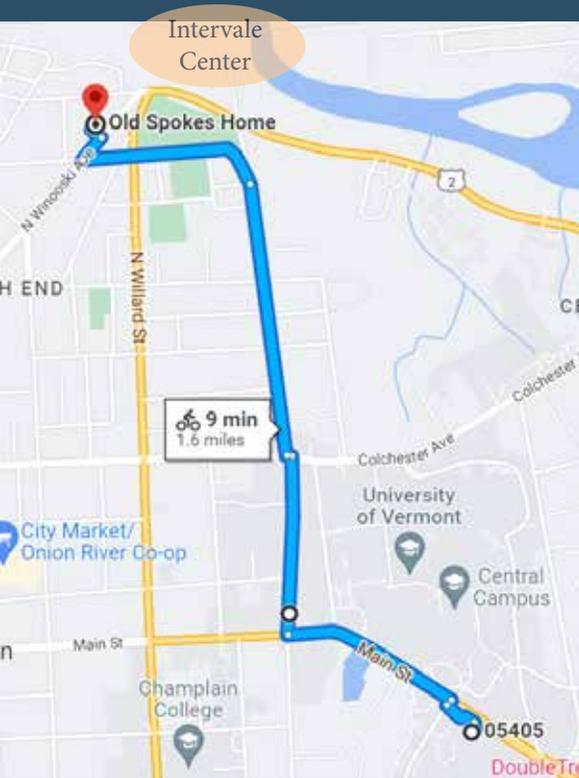
Check out the route on Google Maps



The Colchester Causeway is a long gravel land bridge fit for walking and biking. Bike out to the bridge and you'll see folks jumping off for a dip in the cool water! Or bike to the end, where a short ferry ride will take you across to the other side of the land bridge.

We know the distance may be intimidating for beginners, but it's a flat ride and on a sunny day you just can't beat the views.

Old Spokes Home



If you're looking to ride, Old Spokes is a great first stop!



INSIDER KNOWLEDGE:
Right next door is the family owned Vietnamese restaurant Pho Hong. With outdoor seating and delicious food, you can't go wrong.

Take a short detour to the Intervale Center, a local farm co-op where you can purchase vegetables, participate in community gleanings, and enjoy a selection of walking, biking, and running trails. It's a not-so-hidden natural gem!

Metro Rock

Climbing crazy? If you're up for it, this ride is the perfect warm up.



ESTIMATED TIME:
9 min

ESTIMATED TIME:
29 min



Natural area



Natural area



Main road travel



Main road travel



Local business



Local business



May include purchases

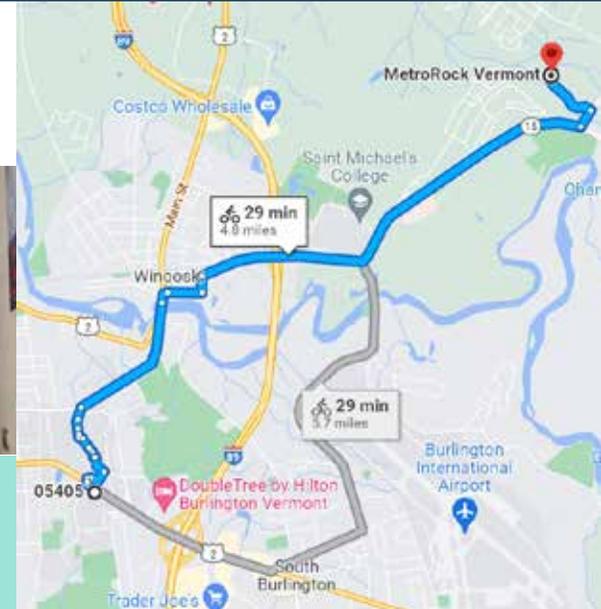


May include purchases

Check out the route on Google Maps



Check out the route on Google Maps



Metro Rock offers discounted student passes. The rock walls are a great place to exercise, enjoy the day trying something new, and meet new friends!

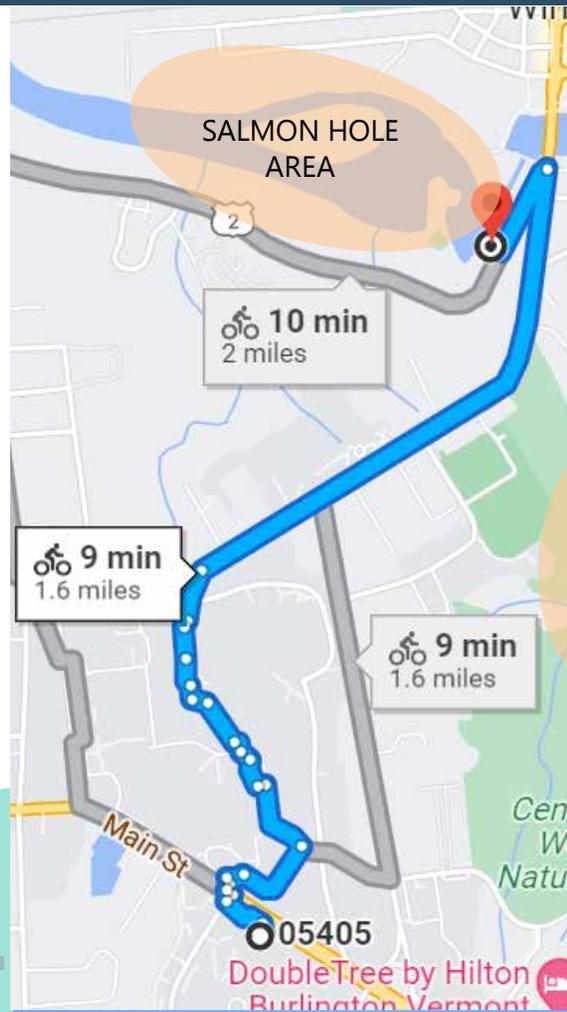
Lowes is right next door, and is much easier to reach by bike than Home Depot. While you're in the area, check out the Vermont National Guard Library and Museum -- you'll get to see some impressive helicopters and tanks parked on the front lawn.

If you're in the mood, spend the day! The Essex Junction area is a fun day trip destination with lots to explore.

Salmon Hole

Another close to home ride, Salmon Hole is a natural area located just a few minutes east of Trinity Campus. There's a river to swim in and some walking paths that wind through the woods and along the shore.

While you're in the area, explore our neighboring city of Winooski right across the bridge! There's some wonderful locally owned restaurants such as Papa Frank's and Misery Loves Co., a river walk, as well as a Sunday farmers' market.



ESTIMATED TIME:
9 min

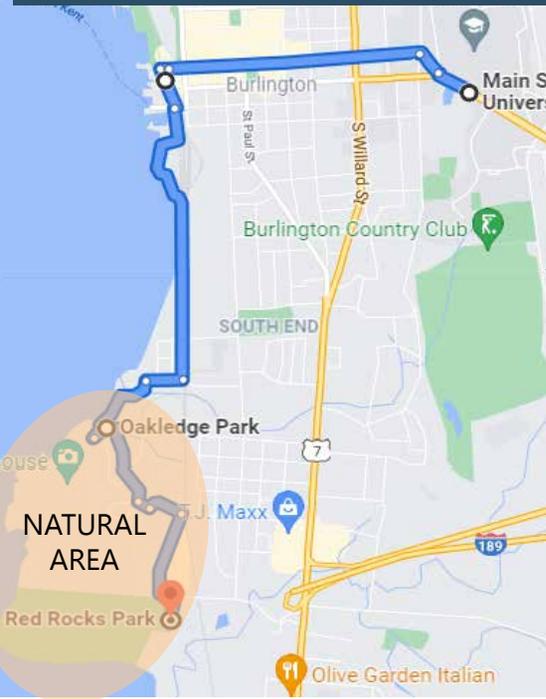


Natural area

Check out the route on Google Maps



Oakledge & Red Rocks



Oakledge Park is a popular swimming spot and beach hangout which is easily accessible from the Burlington Bike Path. It has beautiful cliffs, sunset views, paddleboard rentals, playgrounds, and an adult sized tree house.

Just a bit farther down the bike path is Red Rocks Park, offering gorgeous tree-covered trails, stunning views of Shelburne Bay, and a rocky beach. We highly recommend taking an afternoon to explore this area!



ESTIMATED TIME:
22 min



Natural area



Main road travel

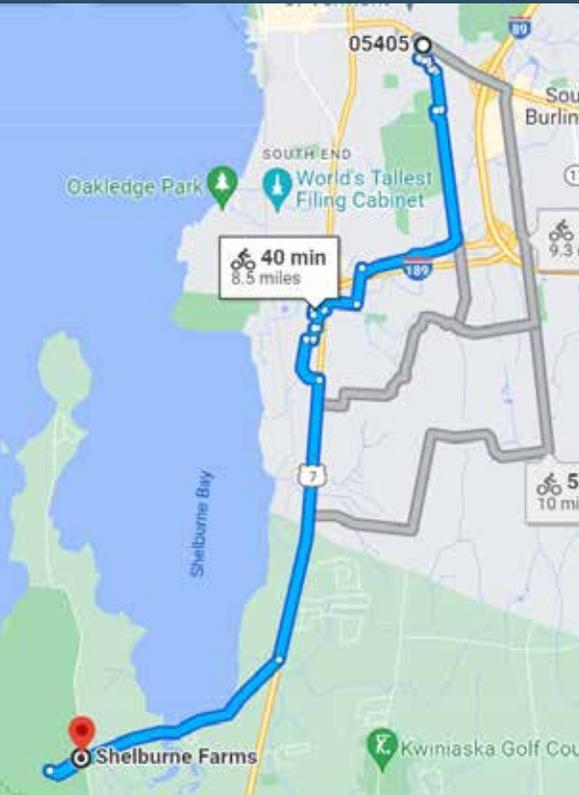


May include purchases

Check out the route on Google Maps



Shelburne Farms



ESTIMATED TIME:
40 min



 Natural area

 Local business

 May include purchases

 More experienced riders only

Check out the route on Google Maps



This is a particularly wonderful fall destination. This local farm, largely open to the public, offers walking paths through scenic fields, past fancy houses, and along the shore of Lake Champlain.

Check out the cows! They almost always come to the fence for pets. While you're there, consider buying some of Shelburne Farms' delicious cheese and O Bakery bread.

Biker Bonus!

Shelburne Orchards

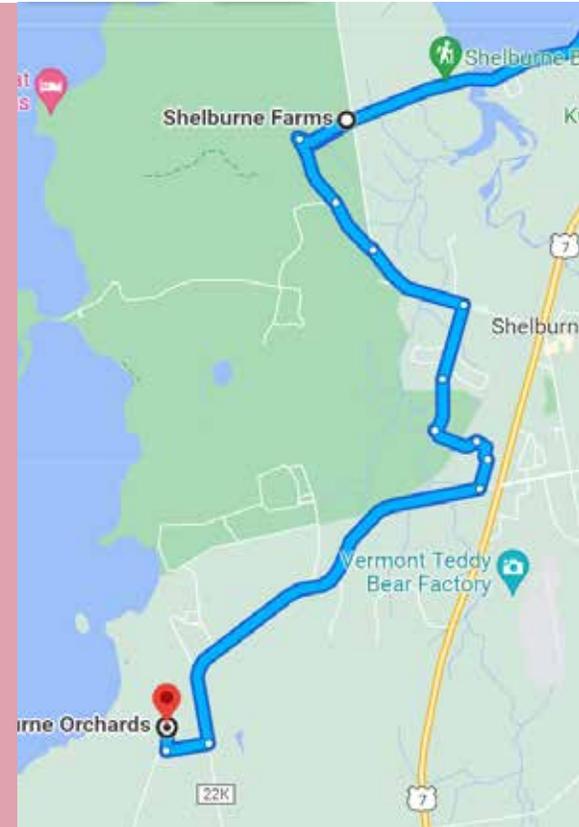
ESTIMATED TIME:
+25 min

 Natural area

 Local business

 May include purchases

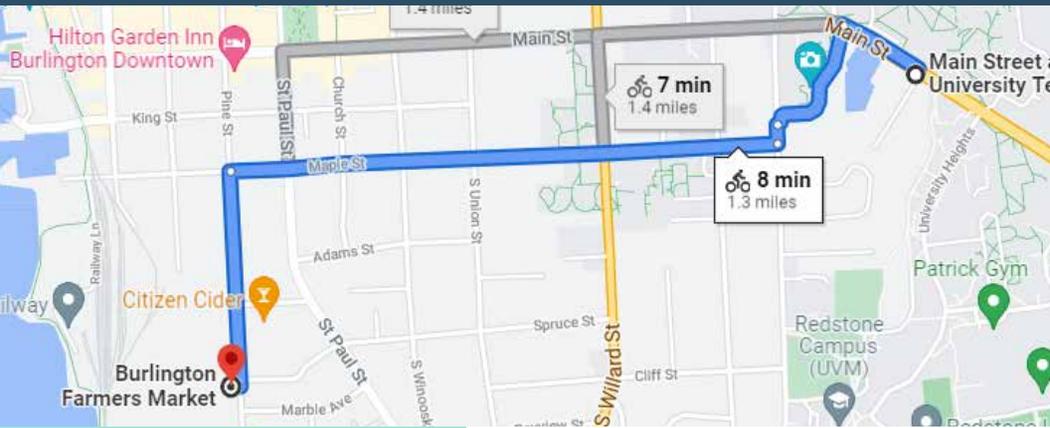
Check out the route on Google Maps



Keep up the bike ride with this beautiful orchard down the road from Shelburne Farms! In the fall, you can pick your own apples and pay by the bag. Spend the day and have yourself a beautiful apple picnic. Even if you're not an apple enthusiast, it's a lovely ride.



Farmers' Market



ESTIMATED TIME:
8 min



Local business



May include purchases



Check location site for updates

The Burlington Farmer's Market is just a short ride down the hill from Redstone Campus and offers a wide variety of local goods. Walk around, chat with local vendors, taste test delicious treats, buy stickers, and catch some shade under the flowering trees! Check out the website for up to date information: burlingtonfarmersmarket.org.

INSIDER KNOWLEDGE:

Right next door is Queen City Cafe, which serves a variety of wood-fired treats.



Check out the route on Google Maps



Biker Bonus!

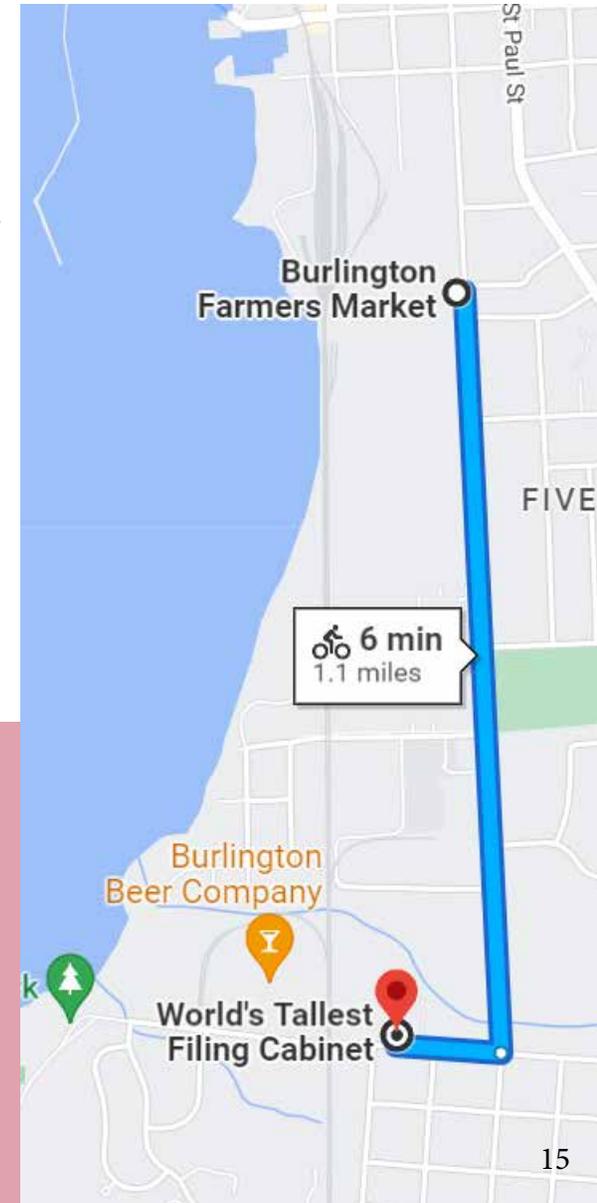
World's Tallest Filing Cabinet

After filling up on yummy food, drinks, and goods, we highly recommend taking a trip just down the road to the World's Tallest Filing Cabinet. And yes, you read that right, it truly is the tallest in the world! No pictures here, you just have to go see.

Other sites to check out include the grocery store, City Market Co-op, Nomad Coffee, and a locally owned rock climbing gym, Petra Cliffs.

ESTIMATED TIME:
+6 min

Check out the route on Google Maps



Wheelock Farm

This gentle natural area is quaint and peaceful. The community garden is kept in the middle of a grain field and can be accessed year round. There are sculptures scattered around, made from old farm tools found in the field. See if you can find the rock cairns hidden around! There are also a few bee boxes harboring docile hives (so long as you are courteous) and dogs being taken on walks (on leashes).

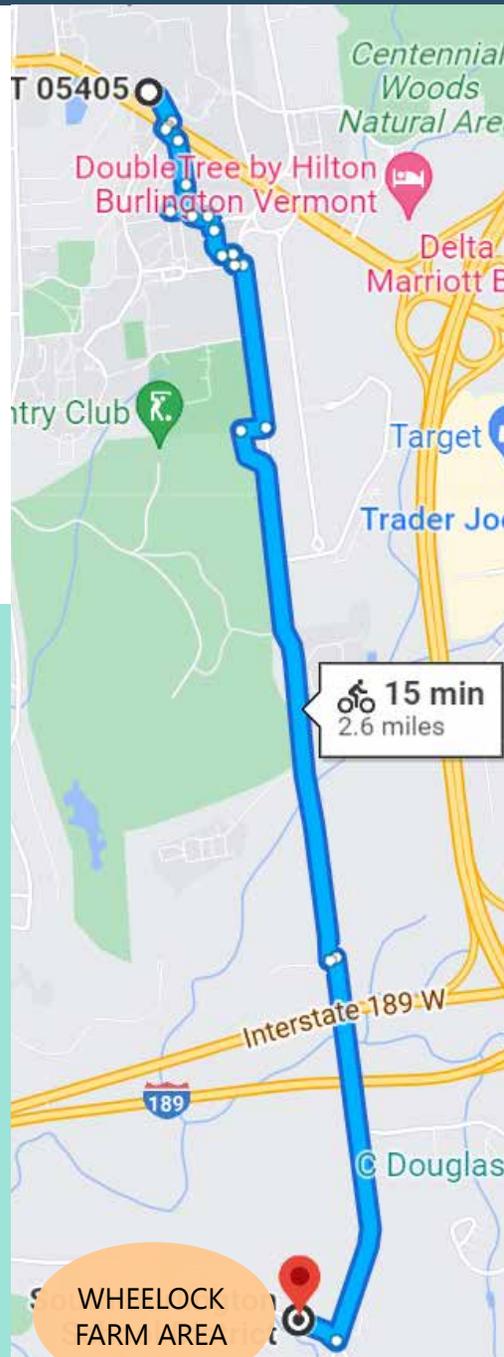
ESTIMATED TIME:
16 min



Natural area

Main road travel

Check out the route on Google Maps



15 min
2.6 miles

WHEELOCK FARM AREA



Feeling bold?
Try this long-distance ride

Mt. Philo

This ride is something else. Not a ride for the beginner or the faint of heart, Mt. Philo is the most mountain you can reasonably get to by bike.

A little intimidated? You're not the first! Hop on the #6 GMT bus line from the Burlington Downtown Transit Center to the Marsett Road / Falls Road Stop.

If you don't have it, download the Transit App, it makes the bus easy!

ESTIMATED TIME:
1 hr 32 min



Natural area



Main road travel



More experienced riders only

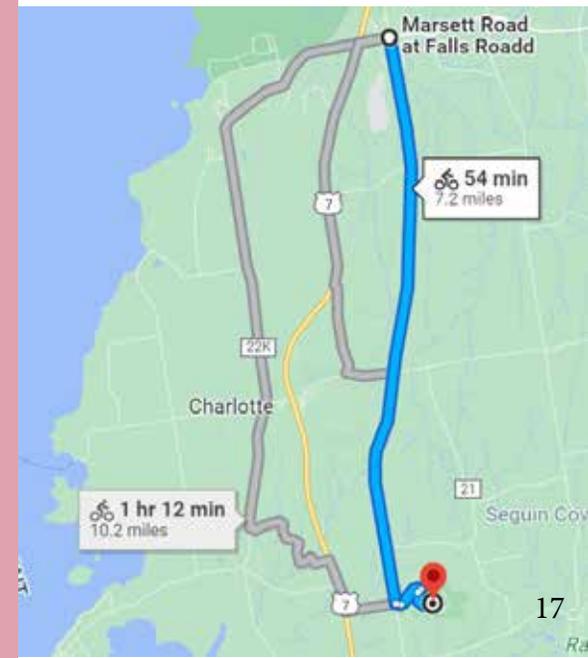
Check out the full route on Google Maps



Check out the bike route from Marsett Road at Falls Road



GMT Buses have bike racks on the front, so you can take your bike anywhere!



1 hr 12 min
10.2 miles

Outdoor Recreation: A Bikeable Master List

All destinations are within a 3 mile bikeride from campus.

Year Round

Hiking / Woods

- 1 - Centennial Woods
- 2 - Ethan Allen Homestead
- 3 - The Intervale
- 4 - Oakledge
- 5 - Red Rocks
- 6 - Rock Point Trails
- 7 - Gilbrook Natural Area
- 8 - Casavant Natural Area
- 9 - Salmon Hole
- 10 - Memorial Park
- 11 - Winooski Gorge Park

Best Sunset Views

- 12 - Waterfront Park
- 13 - Battery Park
- 14 - Perkins Pier
- 15 - North Shore Natural Area (Starr Farm)
- 16 - Island Line Trail as it crosses Winooski River

Mountain Biking

- 24 - Sunny Hollow*
**also accessible through Gilbrook Natural Area*

Parks, Playgrounds, and Sports Fields

- 17 - Calahan Park
- 18 - Roosevelt Park
- 19 - Schmanska Park
- 15 - North Shore Natural Area (Starr Farm)

Farther, but worth it! *not on the map*

- Colchester Causeway
- Bayside Park
- Saxon Hill Bike Trails
- Sucker Brook Hollow Trail
- Shelburne Pond

Summer Lovin'

Best views

- 4 - Oakledge Park
- 5 - Red Rocks
- 26 - Lone Rock Point

Swimming

- 22 - North Beach
- 23 - Leddy Beach
- 4 - Oakledge Park
- 6 - Rock Point Trails



1 mile

UVM
Central
Campus
Central

Winter Warriors

Cross Country Skiing

- 3 - The Intervale
- ✓ 7 - The Island Rail Trail (aka the Waterfront Bike Path)

Sledding

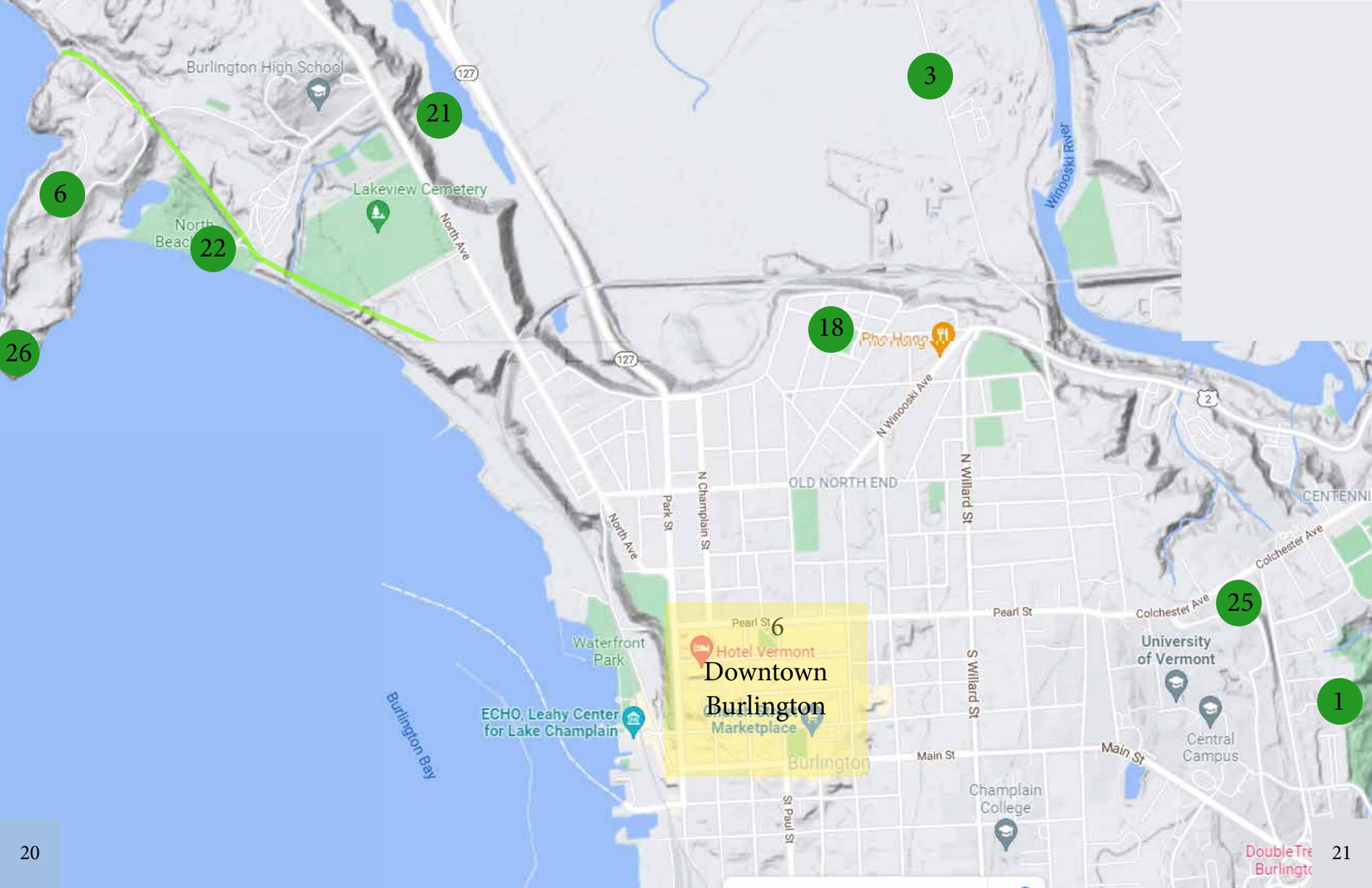
- 20 - Burlington Country Club
- 17 - Calahan Park
- 25 - UVM Hospital Hill

Ice Skating

- 21 - Sea Caves at Arthur Park *(winter access only)*

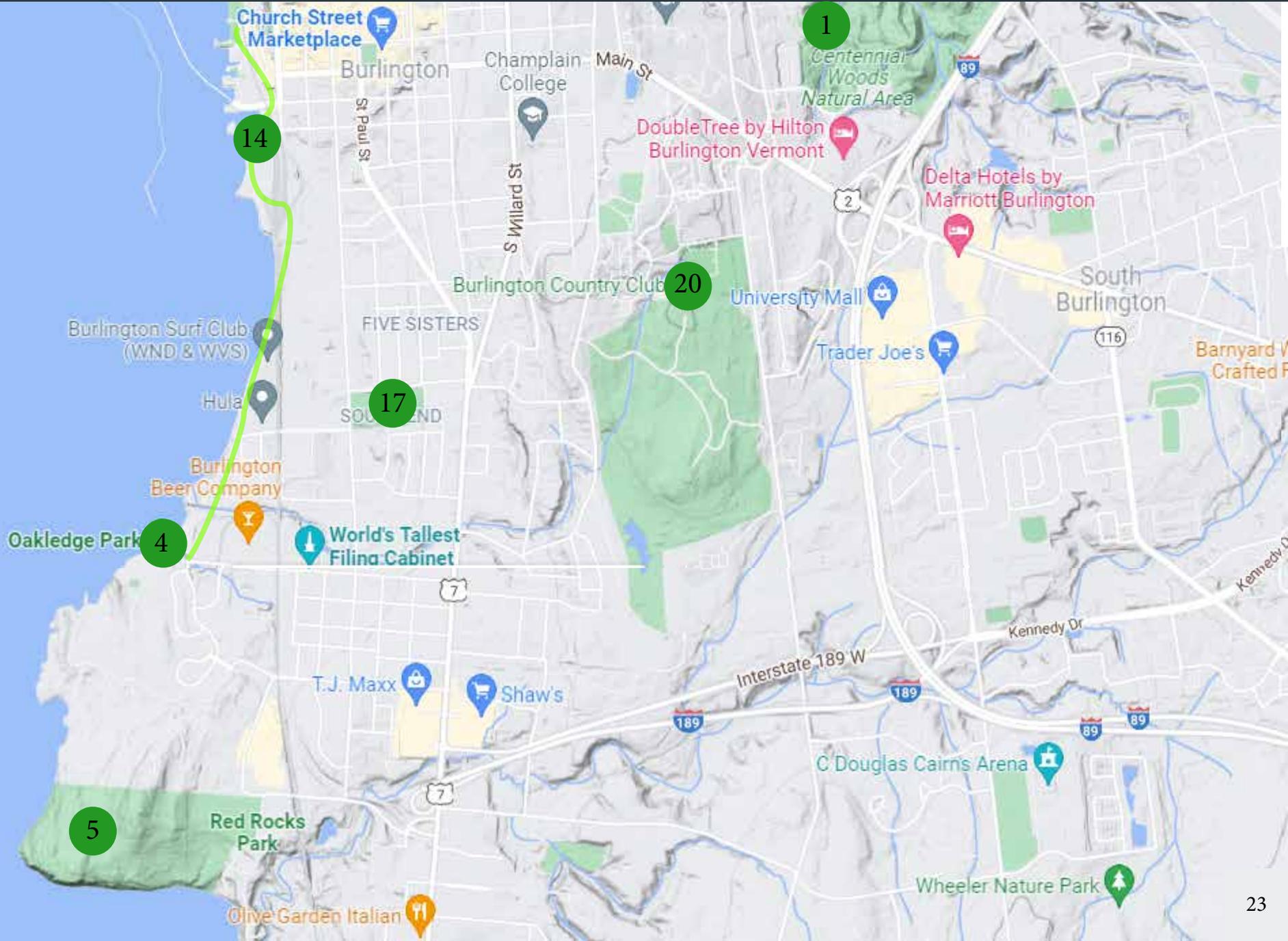
Challenge: Can you find the abandoned chapel along the Rock Point Trails?

Welcome to Burlington!

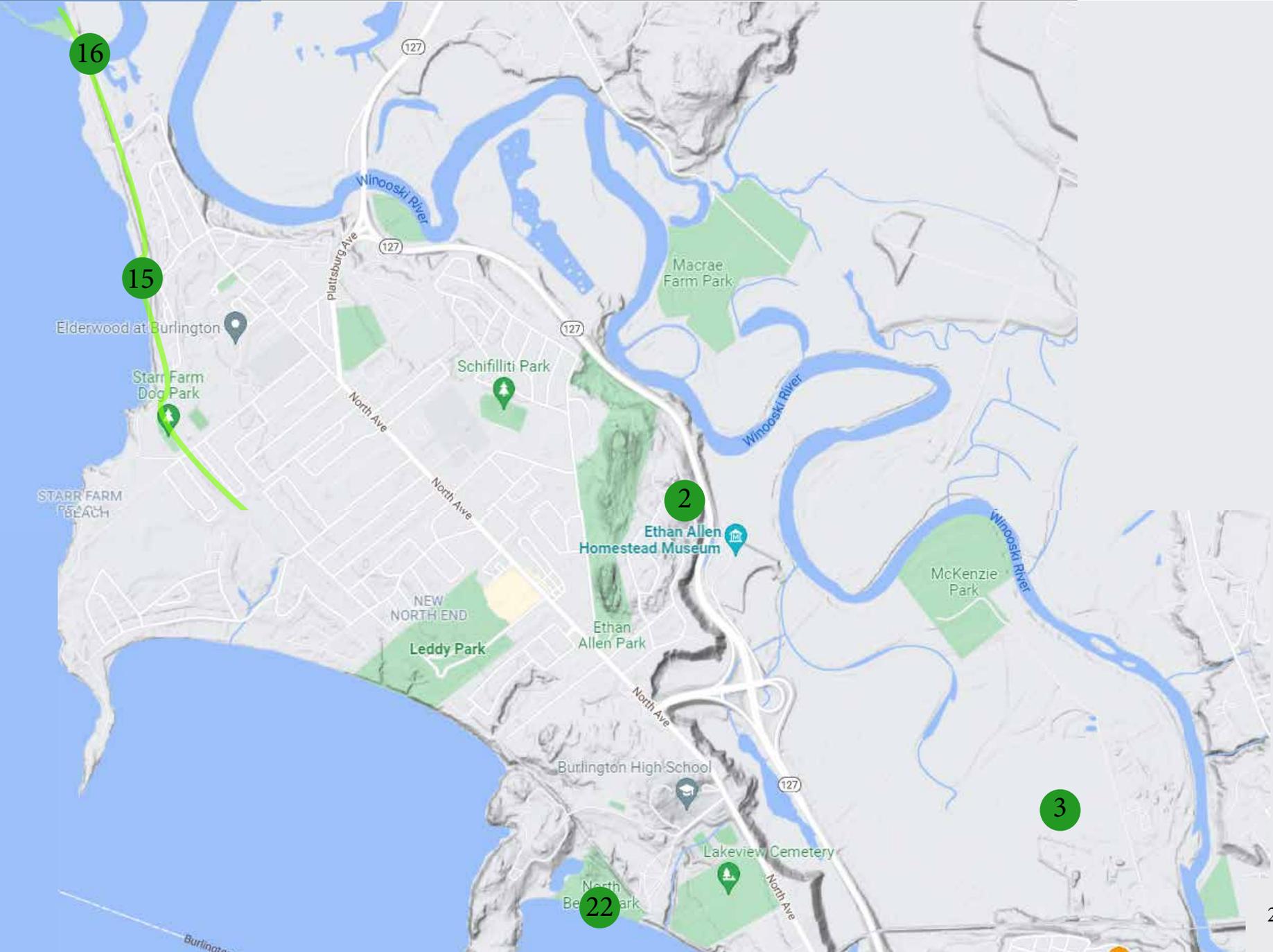


Welcome to the South End and

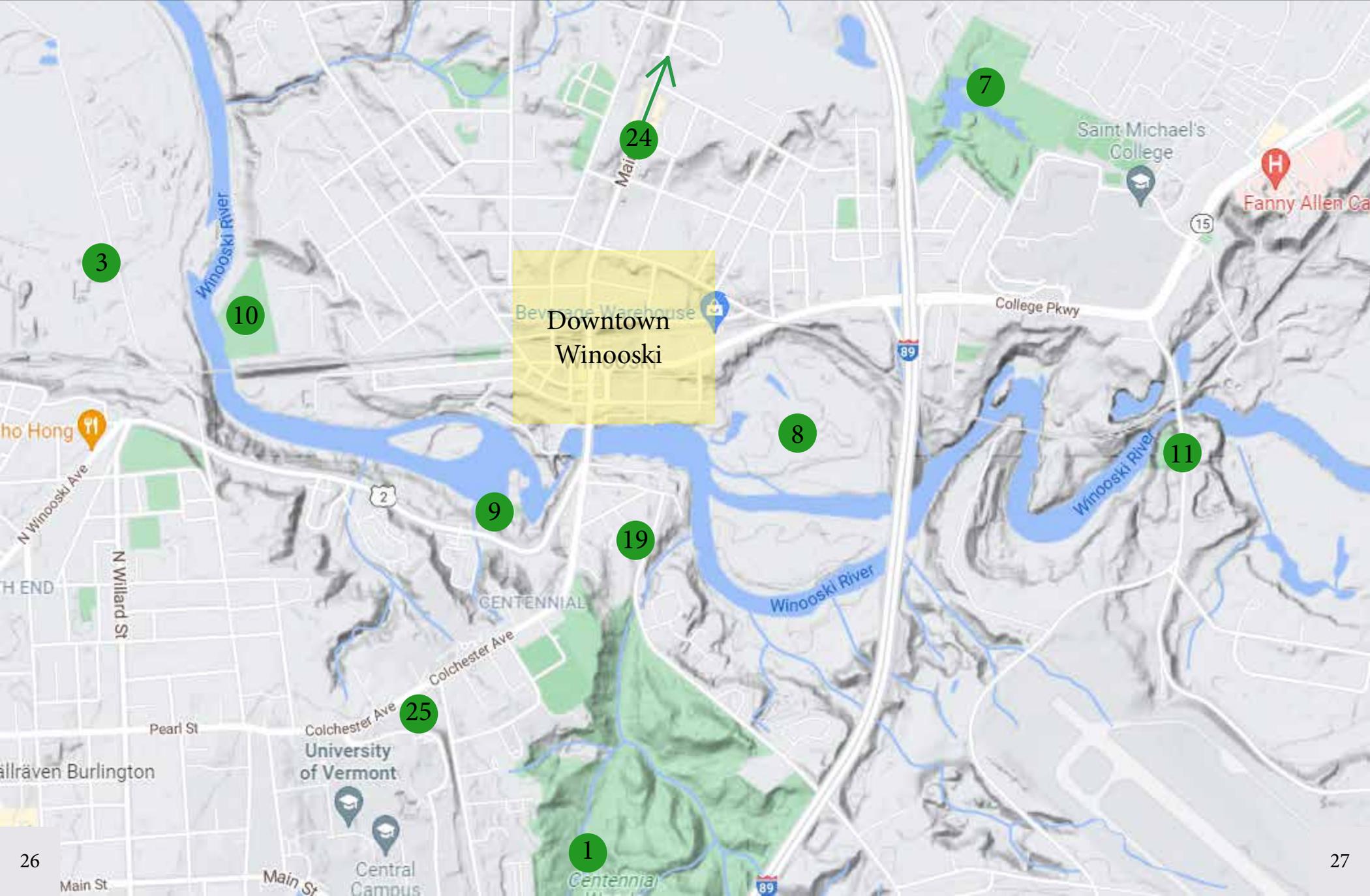
South Burlington!



Welcome to the New North End!



Welcome to the Winooski River!



Downtown
Winooski



UVM Eco-Reps

www.uvm.edu/ecoreps

ecoreps@uvm.edu

[@uvmecoreps](#)

In collaboration with...

UVM Transportation & Parking Services

www.uvm.edu/transportation

parking@uvm.edu

[@uvm_tps](#)