



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 Keep 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
<i>Bonus Info: Grubs and Goods</i>	28

Introduction

When you first get to Burlington, it may seem like anything off campus is a world away. We're here to tell you, beautiful scenery and fun destinations are a lot closer than you think. We hope this guide inspires and prepares you to explore the Burlington community and support local businesses, all while keeping your travel emissions down.

What can you expect in the coming pages?

How to.... (bike in Burly)

Bike rentals, purchases, locking techniques, maintenance, registration, bringing bikes on the bus, and most importantly, how to avoid local steep hills.

Recommended Rides

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

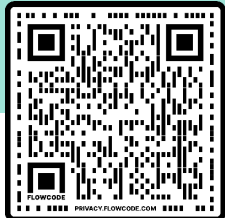
Outdoor Recreation: A Bikeable Master List

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 to explore different ways to get there! You can also change the departure point, so you can find a route right from your front steps. Read through the descriptions to find out which destinations are seasonal or year-round. As you read, keep in mind that all humans (and legs) are built different. We hope you explore your options and find the route that works best for you. Enough said, let's ride!



How to Get a Bike



UVM Bikes! Co-op

This on-campus student-led bicycle co-op is not only an excellent source of community, but a one-stop shop for your bike needs. They...

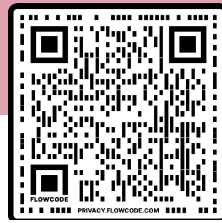
They just ask you pay the cost of any new parts they have to order

- Rent bikes for a day, weekend, or even a whole semester
- Help you with bike maintenance, for FREE!
- Accept volunteers, for those who want to learn the ways of the bike
- Sell bike parts and U-locks
- Lead group bike rides to cool places around Burlington

Old Spokes Home

This off-campus non-profit is a wonderful, local group (and one of our Recommended Rides takes you right to their front door!). They...

- Sell inexpensive used and new bikes
- Offer a full bike service shop
- Teach classes in bike maintenance
- Host many, many fun events (Sunset Cruz, Volunteer Nights)



Looking for more options?

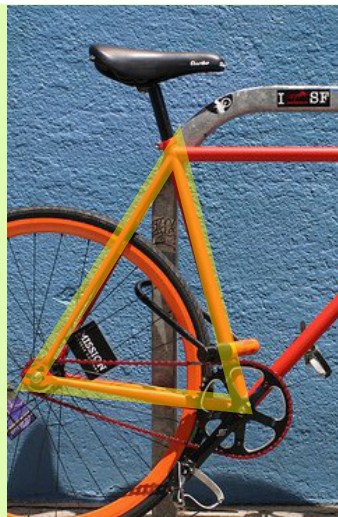
Outdoor Gear Exchange (OGE), Ski Rack, Earls, Northstar, Betty's Bikes, and REI Co-op are all close by businesses that sell bikes!

How to Keep a Bike

Lock, Check, and Protect!

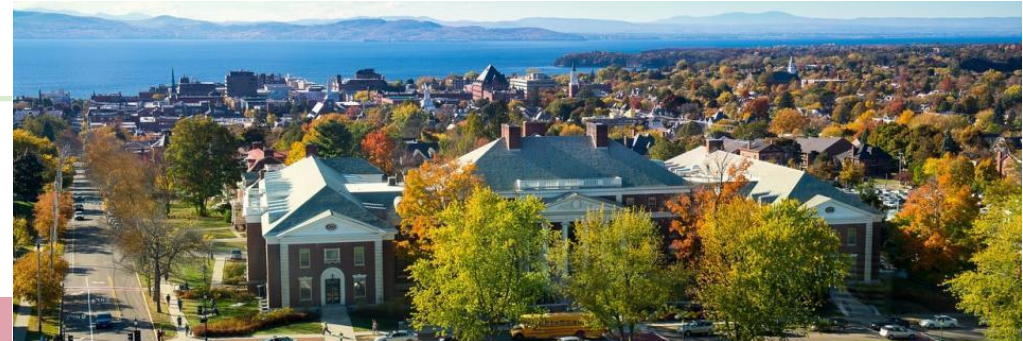
Lock your bike! The most secure bike lock is a U-lock with key access. Try to put it through the rear frame and the rear wheel (it has the gears, so it's more expensive). If you need a longer lock, add a cable lock through the U-lock. Try to **avoid using just cable locks**, even the best ones aren't too hard to cut through.

For more info on the best way to lock up your bike, look up the "bike lock rear triangle".



How to Conquer the Hill

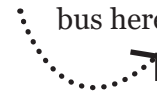
UVM is situated on top of a pretty steep hill. Getting down towards the waterfront or Winooski can be a breeze, but getting back up can definitely test your legs.



1 Take the bus one way!

Burlington's public buses have bike racks on the front. It's a classic move to bike down to the water and take the free 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 go to ridegmt.com.



Check your bike!

Check your tires before you ride (flat tires can harm the frame of your wheels). Old Spokes Home and the UVM Bikes! have publically available air pumps. There are also public "Fix-it" stations on the Waterfront bike path and around campus with air pumps and other service tools. And don't forget; bikes can use **professional check-ups** just like you and me. If you don't know how to do bike maintenance, take your bike to the on-campus co-op or a local bike service shop once a year.

Protect your bike! Bikes can get rusty in rain and snow. Whenever you can, store your bike out of the weather. Check out uvm.edu/map to see all on-campus bike parking and storage. As some of us know all too well, the bigger issue with bikes is losing them. They can be stolen, or left behind, or run away... Well, maybe not that last one. But the point is, they go missing! If you register your bike, we'll be able to contact you to return it.



2 Plot your route

All hills are bikable.... But some hills really test your emotional and physical endurance. The map on the left shows routes the easiest routes to get around.

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

The Golden Rule of Burlington Hills

The farther north you go, the flatter!

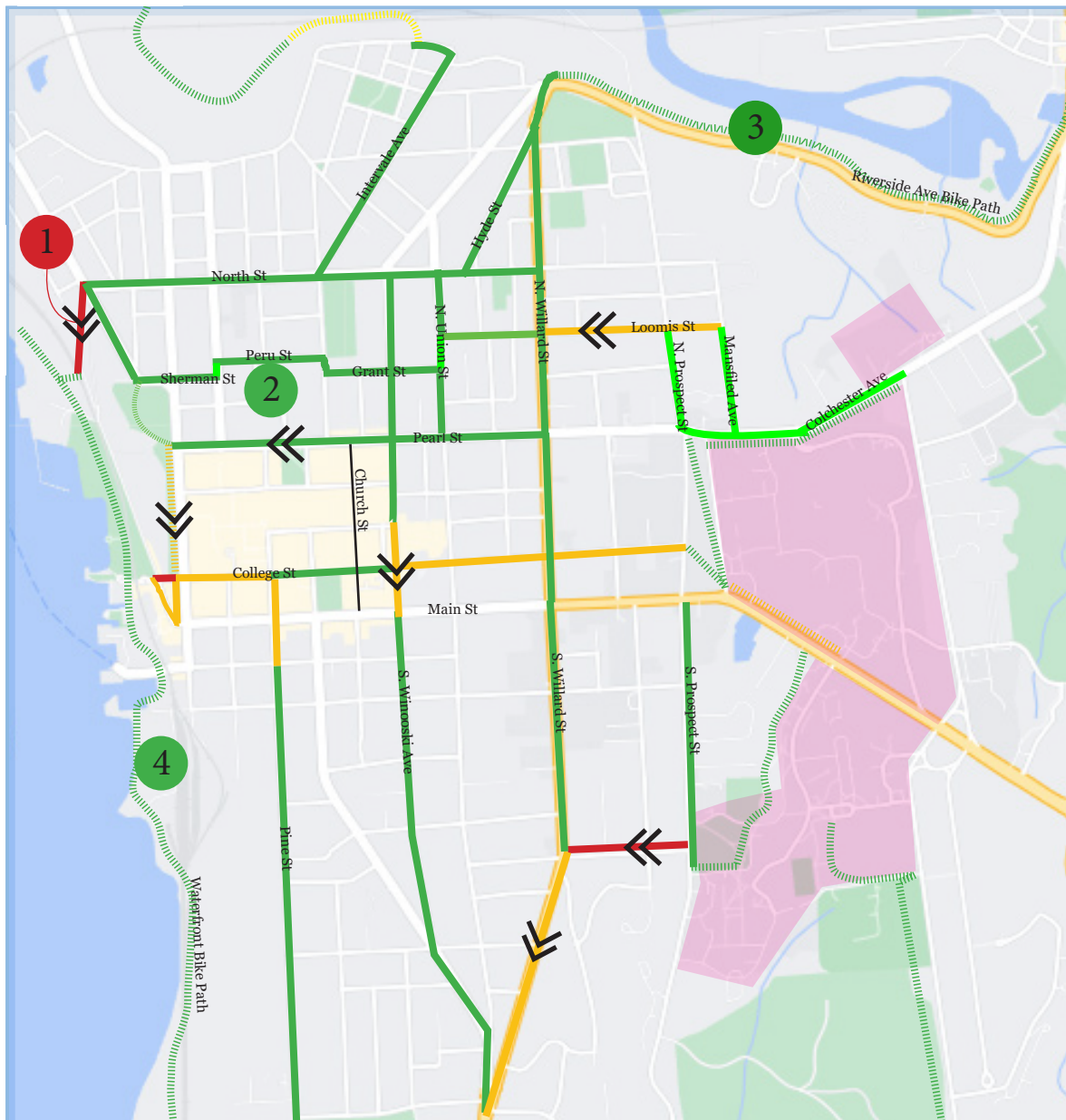
- 1 Depot St - The Waterfront shortcut**

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 a nice, gradual climb, 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.



0 0.2 mi 0.5 mi



Shared Use Paths
(paved paths separate from the road,
wide enough for walkers and bikers)

UVM Campus

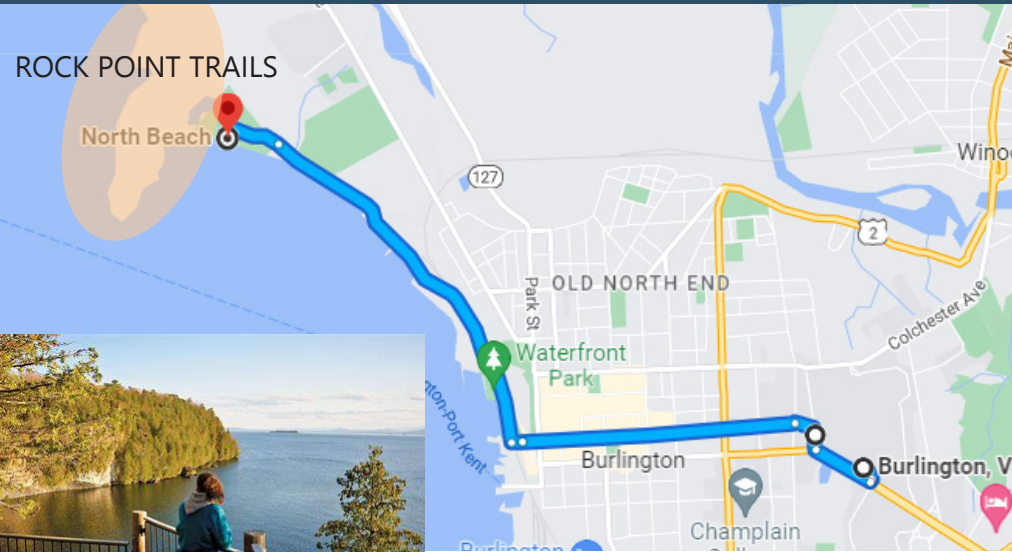
- Easy breezy
- Somewhat sloped
- Seriously sloped

Uphill



Downhill

Rock Point & North Beach



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 Waterfront 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 the beautiful cliffs overlooking Lake Champlain. You can access the trails at the north end of North Beach or a bit further along the bike path.

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.

Biker Bonus!

Colchester Causeway



ESTIMATED TIME:
+37 min



Natural area

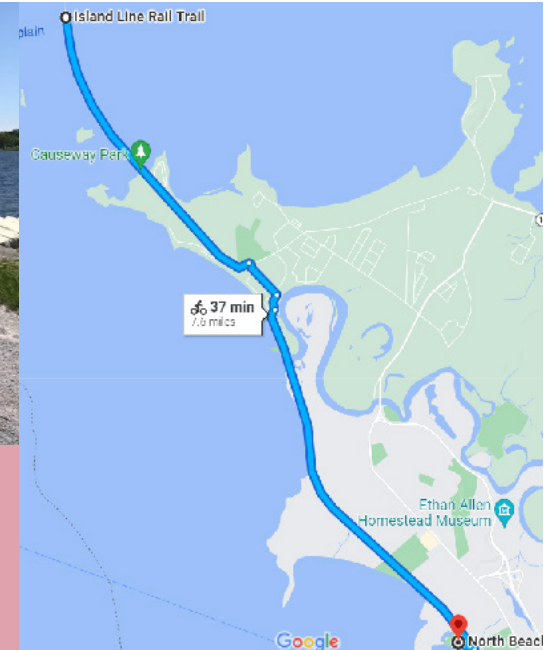
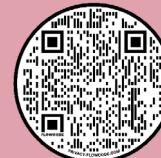


Main road travel

Check out
the ferry
schedule here



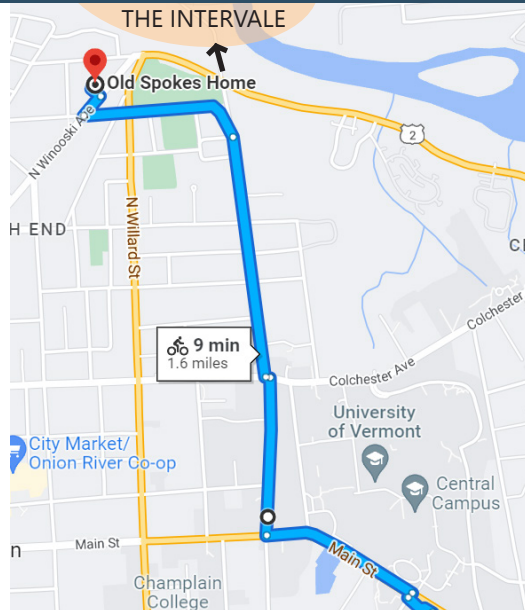
Check out
the route on
Google Maps



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



This locally owned shop offers repairs, classes, and advice for good prices. It's conveniently located just a short walk / ride from downtown.

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!

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



ESTIMATED TIME:
9 min



Natural area



Main road travel



Local business



May include purchases

Check out
the route on
Google Maps



Metro Rock

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



ESTIMATED TIME:
29 min



Natural area



Main road travel

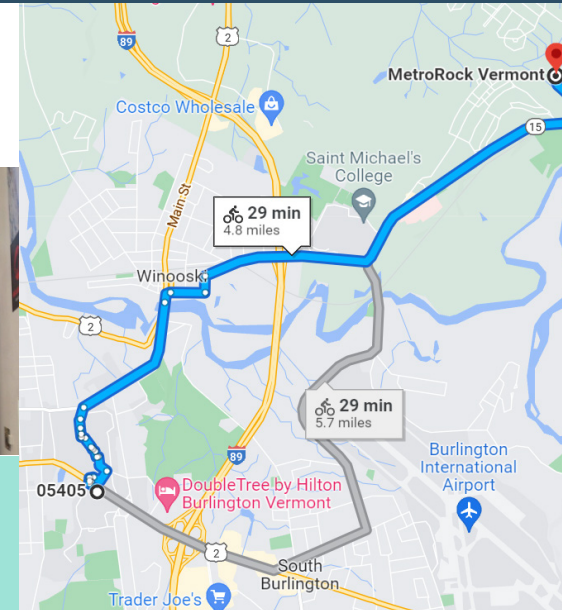
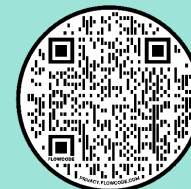


Local business



May include purchases

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!

INSIDER KNOWLEDGE:

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 has a lot to explore.

Salmon Hole

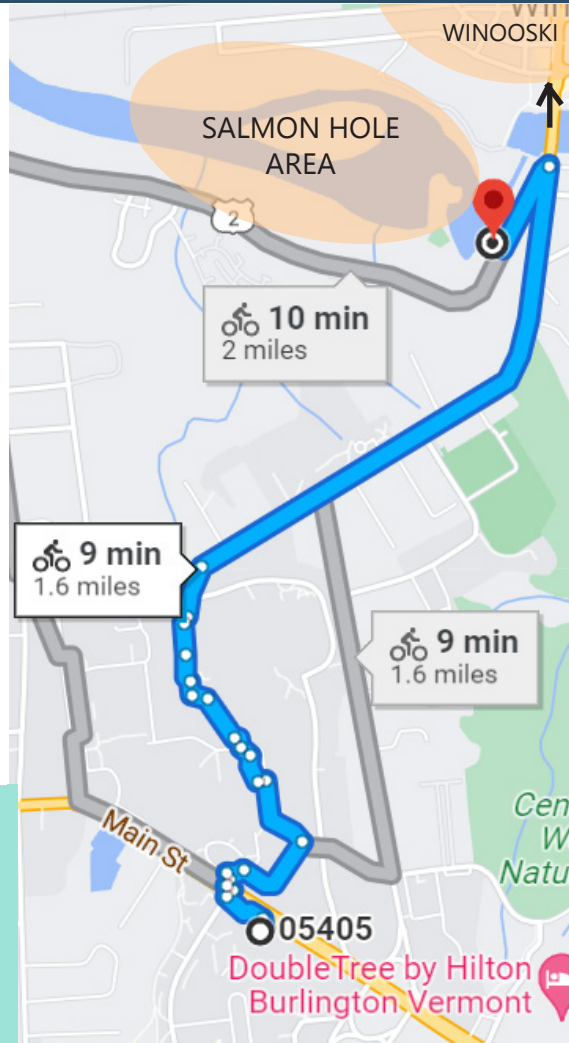
Another close to home ride, Salmon Hole is a natural area located just a few minutes east of Trinity Campus. There's a river to swim in and some walking paths that wind through the woods and along the shore.

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 Our House Bistro and Grazers, as well as a farmers' market depending on the time of year.

ESTIMATED TIME:
9 min



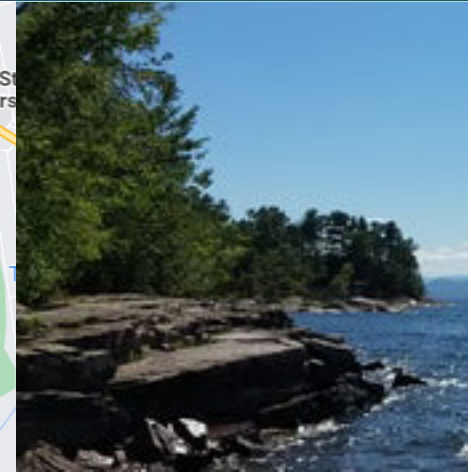
Check out
the route on
Google Maps



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!



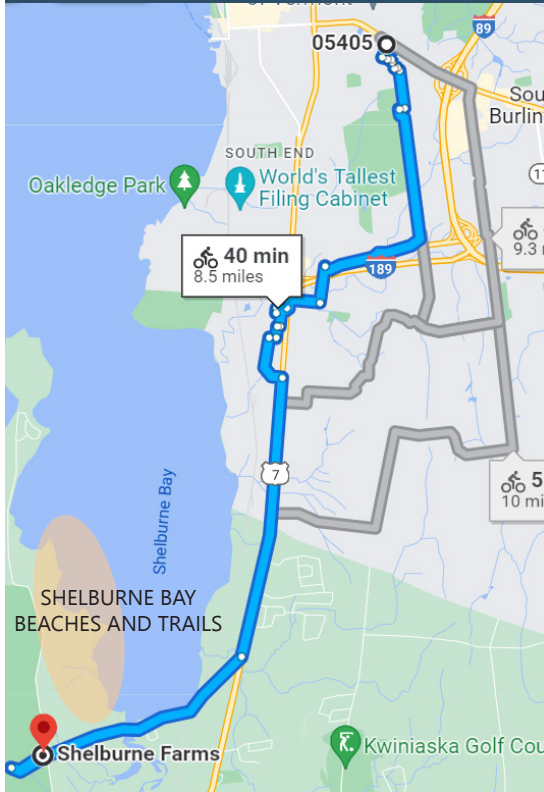
ESTIMATED TIME:
22 min



Check out
the route on
Google Maps



Shelburne Farms



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. And while you're there, consider buying some of Shelburne Farms' delicious cheese.

ESTIMATED TIME:
40 min



Natural area



Local business



May include purchases



More experienced riders only

Check out the route on Google Maps



Biker Bonus!

Shelburne Orchards

ESTIMATED TIME:
+25 min



Natural area

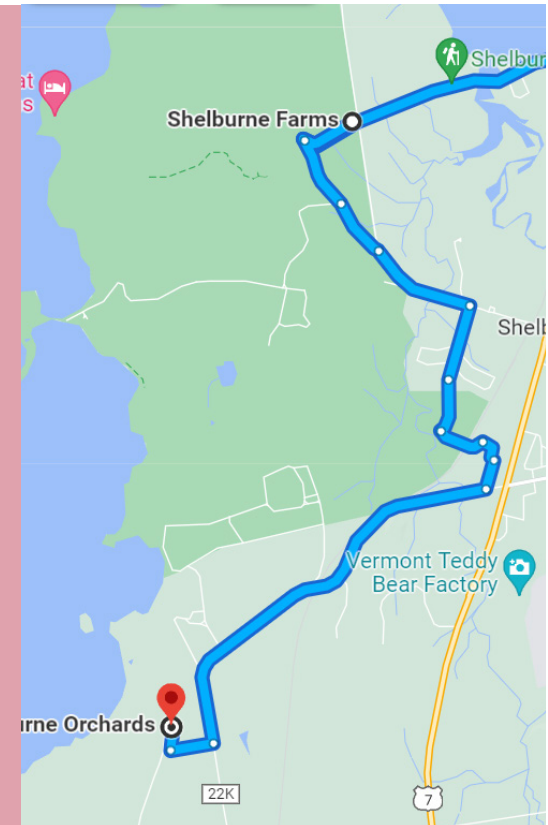
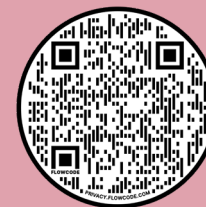


Local business



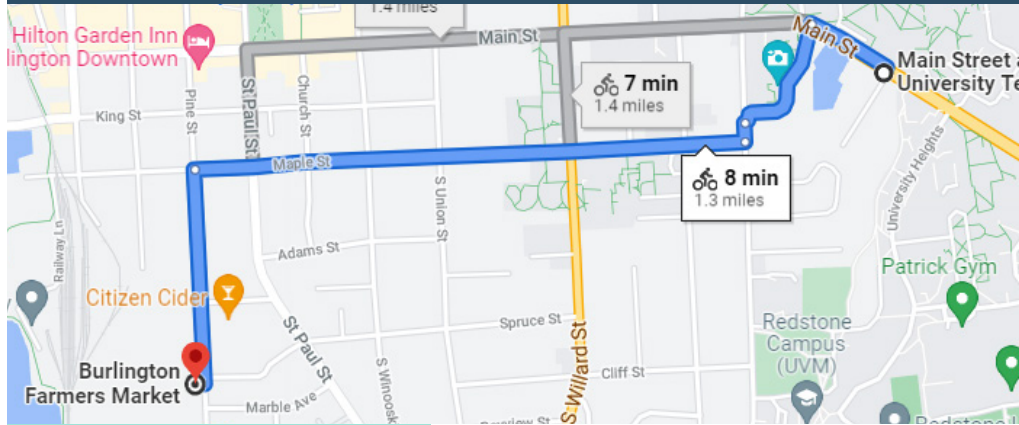
May include purchases

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 Meyer's Bagel Bakery, which serves Montreal style bagels fresh baked daily.



Check out the route on Google Maps



Biker Bonus!

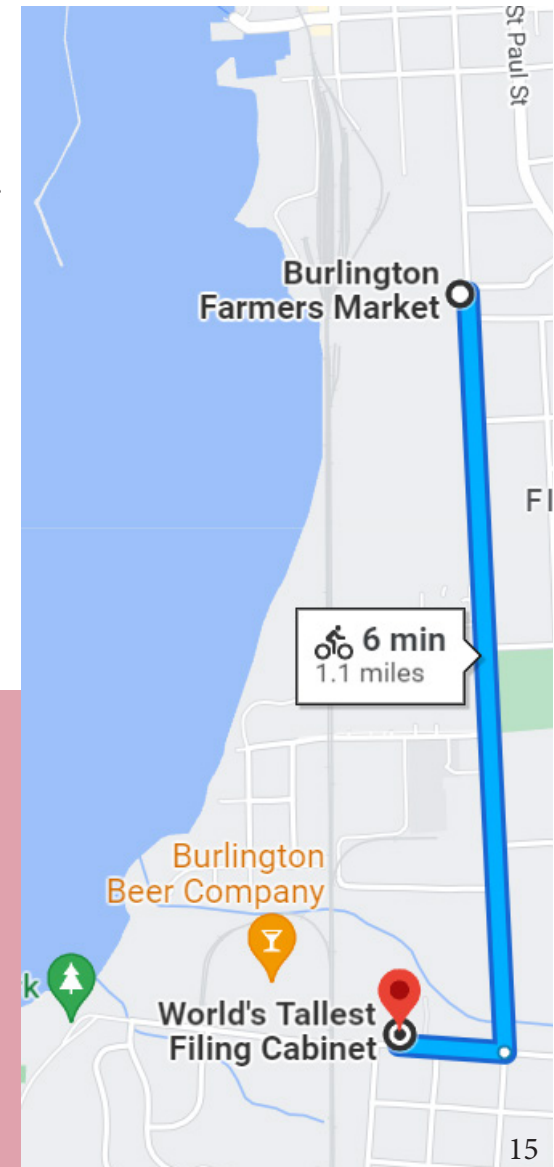
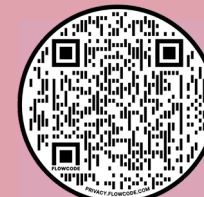
The ^{one & only} World's Tallest Filing Cabinet

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 City Market Co-op (a grocery store), Nomad Coffee, and the 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

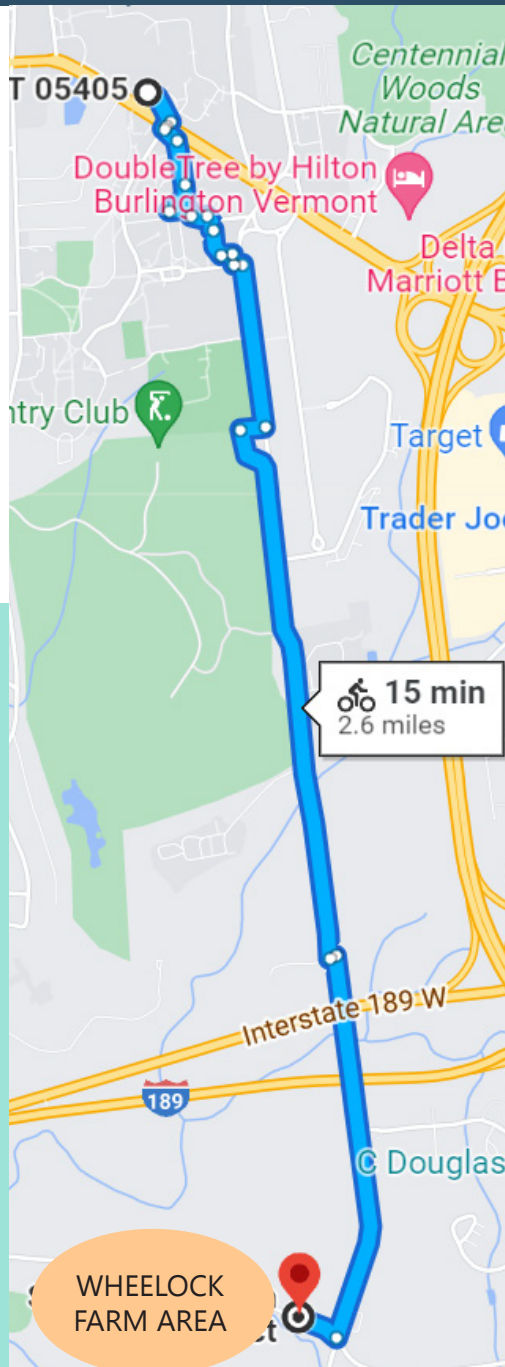


Natural area



Main road travel

Check out the route on Google Maps



ESTIMATED TIME:
1 hr 32 min



Natural area

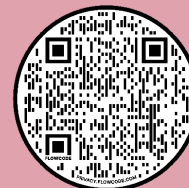


Main road travel

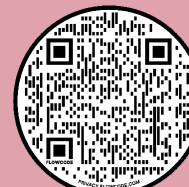


More experienced riders only

Check out the full route on Google Maps



Check out the bike route from Marsett Road at Falls Road



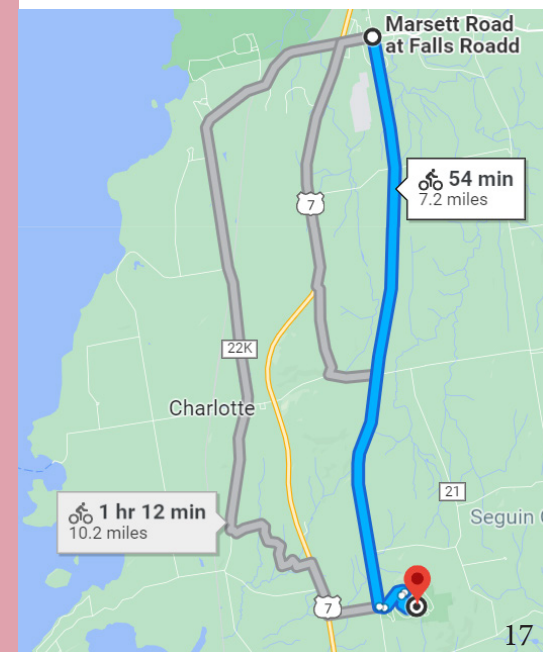
GMT Buses have bike racks on the front, so you can take your bike anywhere!

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 with your bike (Burlington Downtown Transit Center to the Marsett Road / Falls Road Stop) and bike the rest. If you don't have it, download the Transit App, it makes taking the bus easy!



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*

- Causeway Park
- 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



Winter Warriors

Cross Country Skiing

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

Sledding

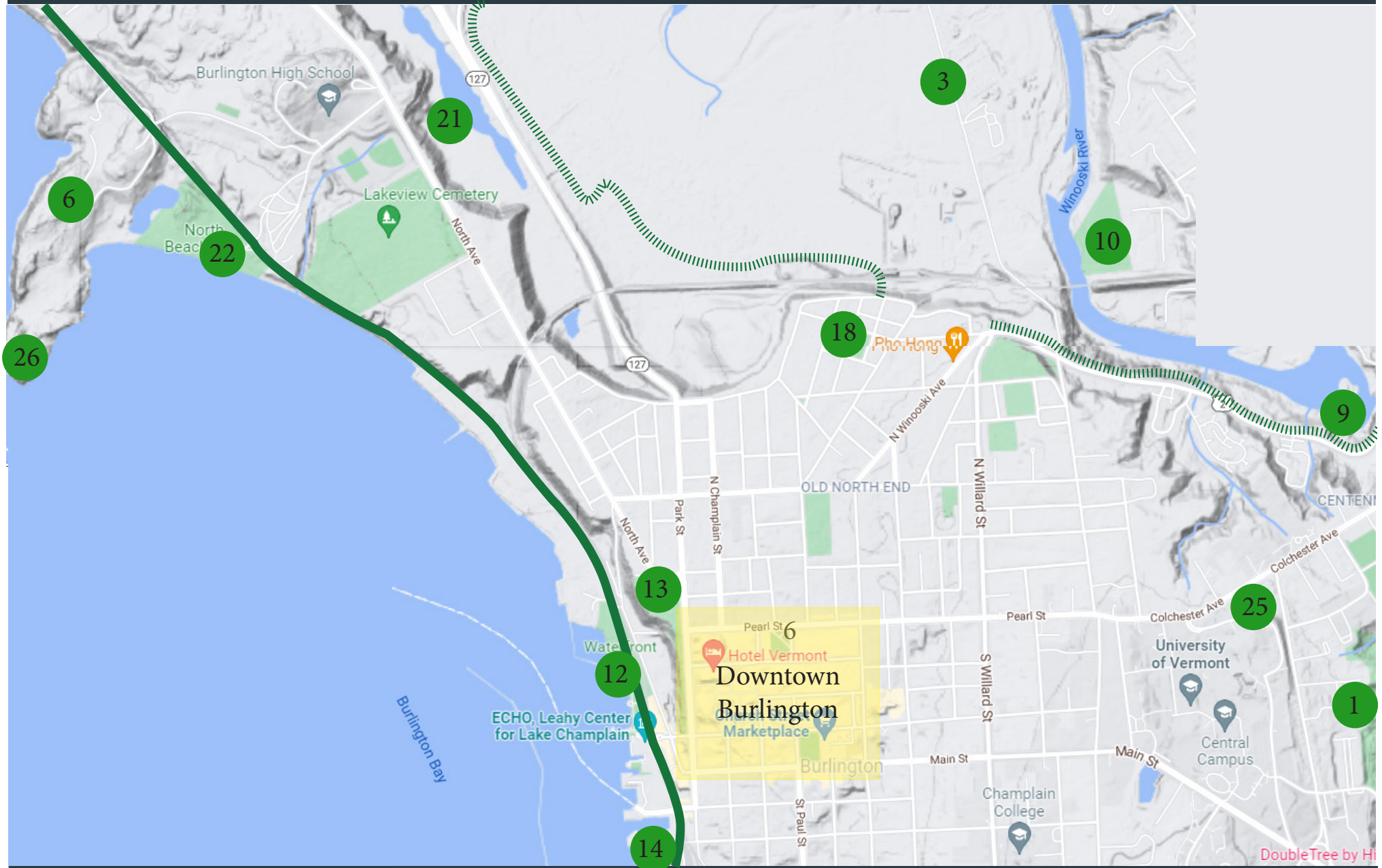
- 20 - Burlington Country Club
- 17 - Calahan Park
- 25 - UVM Hospital Hill

Ice Skating

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

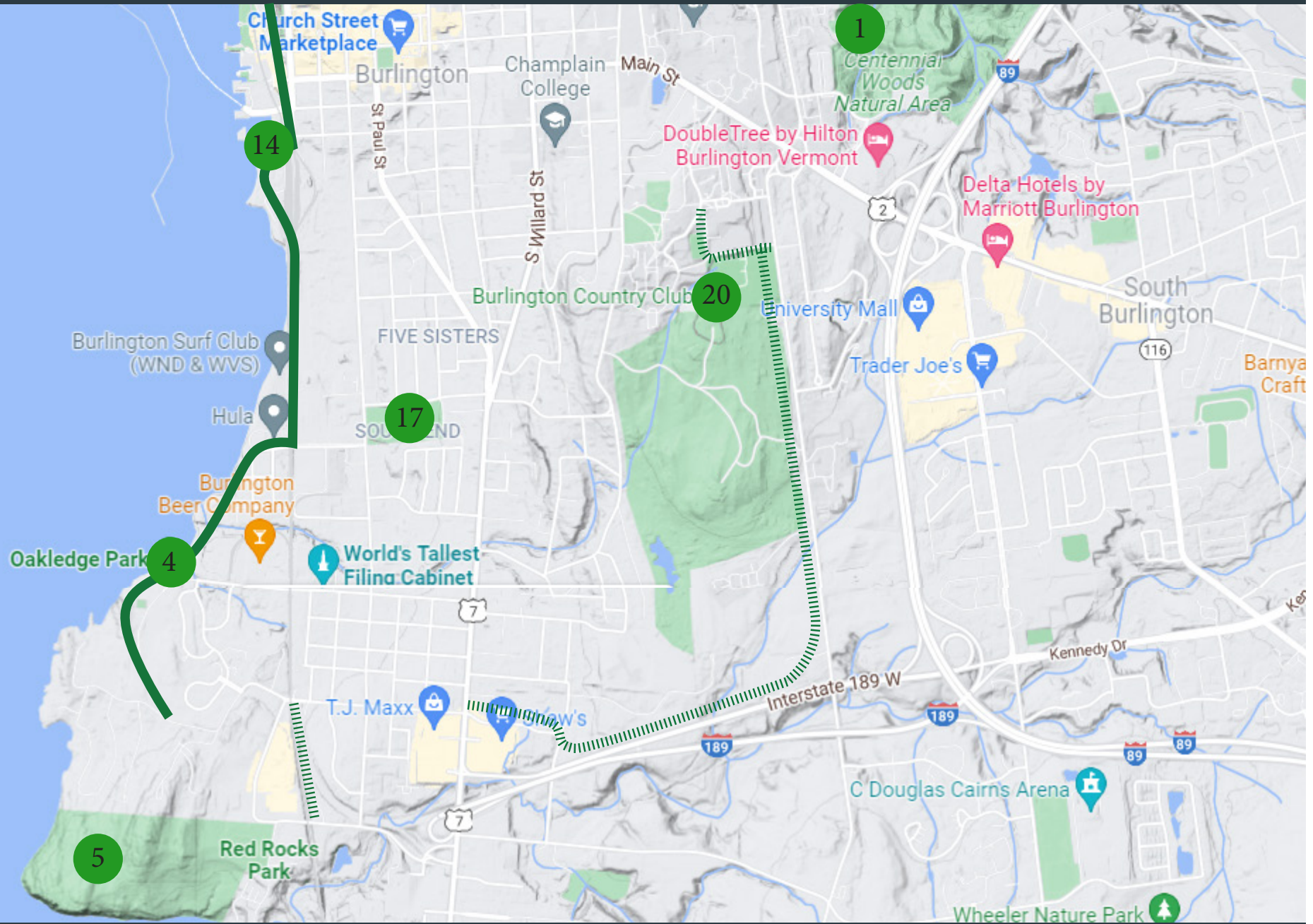
Challenge: Can you find the abandoned chapel along the Rock Point Trails?

Welcome to Burlington!

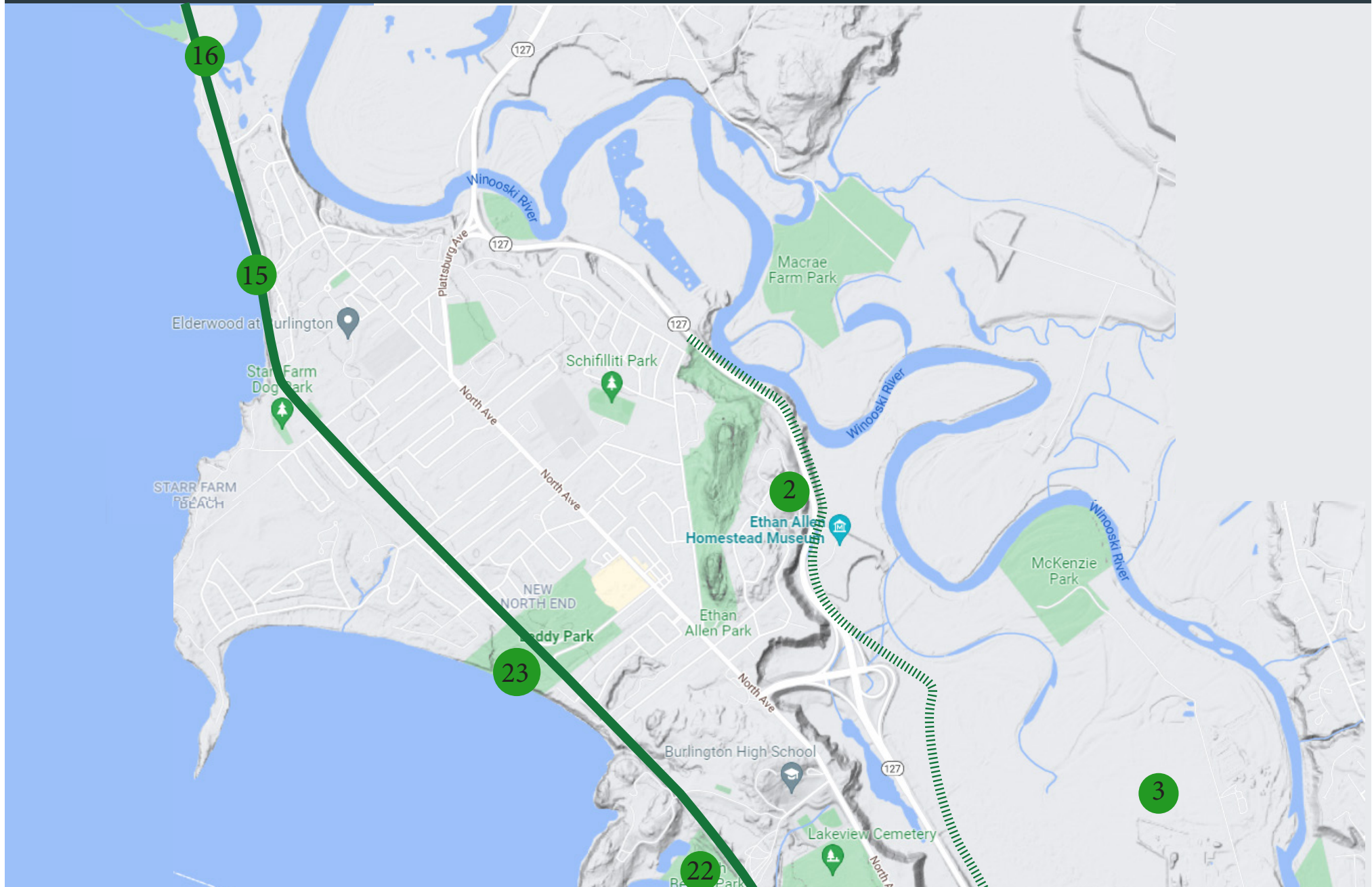


Welcome to the South End and

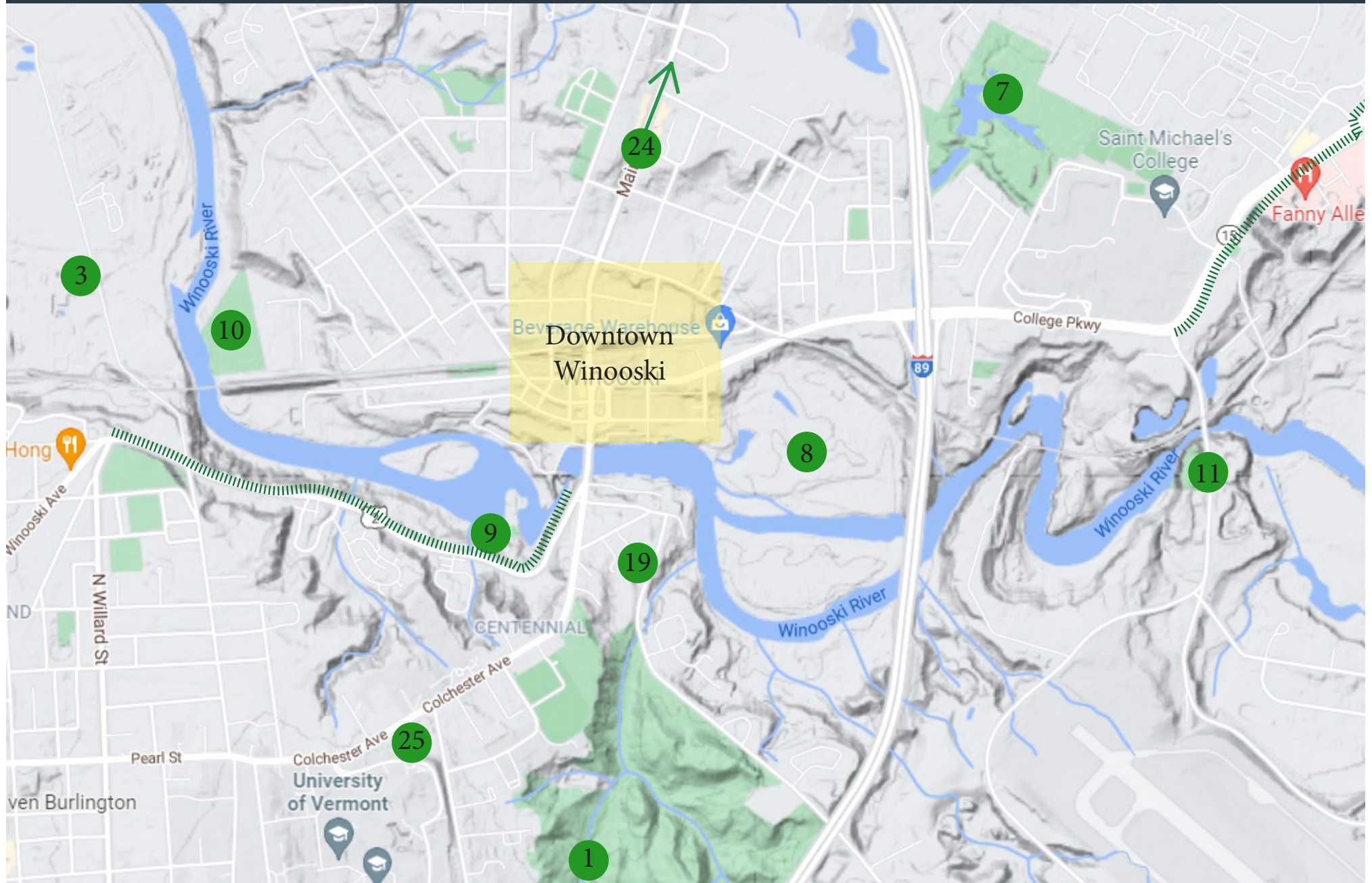
South Burlington!



Welcome to the New North End!

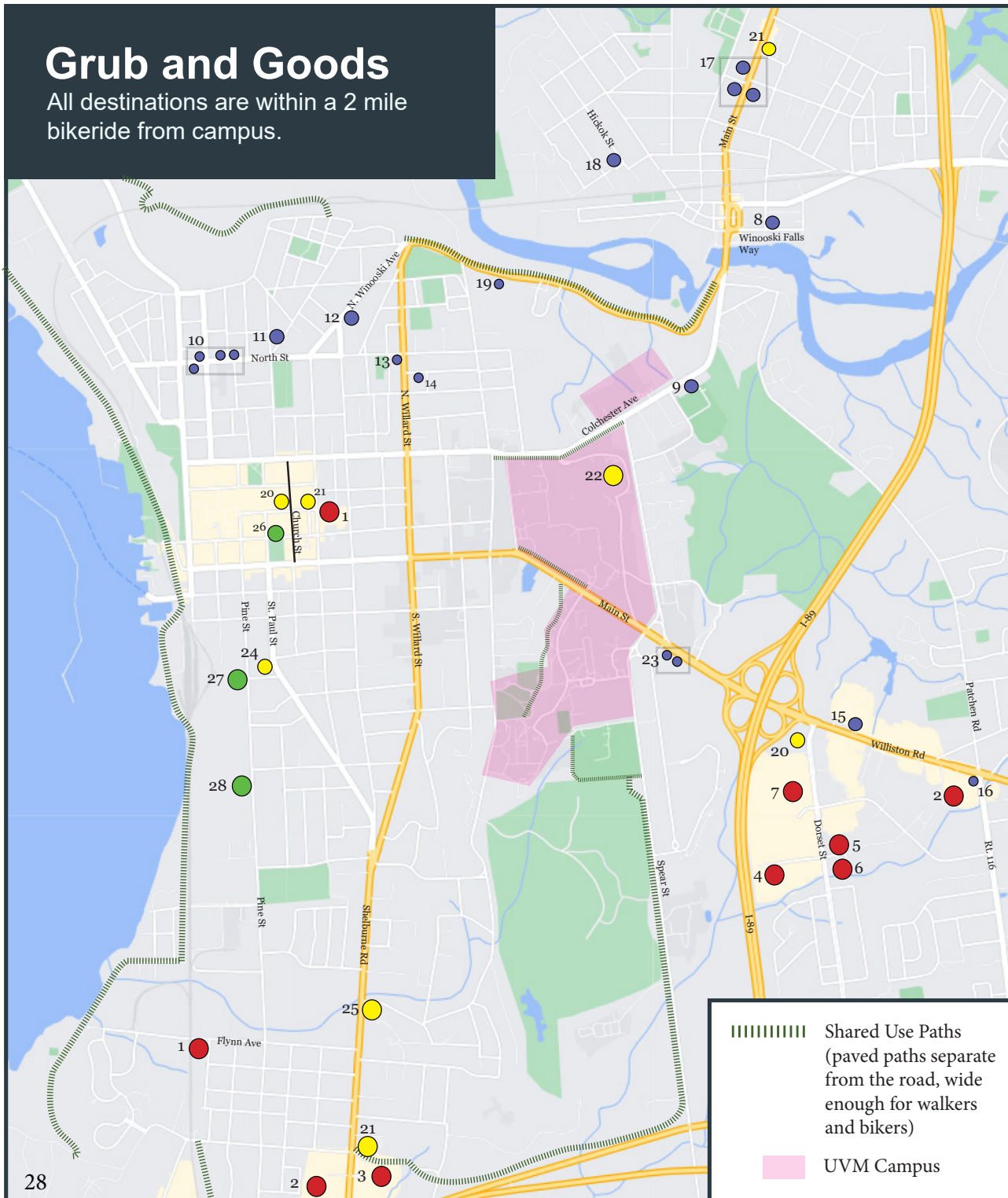


Welcome to the Winooski River!



Grub and Goods

All destinations are within a 2 mile bikeride from campus.



Grocery Stores ●

- 1 - City Market Co-op
- 2 - Price Chopper
- 3 - Shaws
- 4 - Hannaford
- 5 - Trader Joe's
- 6 - Healthy Living
- 7 - Target Grocery

Small Markets ●

- 8 - Commodities Natural Market
- 9 - Kampus Kitchen
- 10 - Old North End Markets
 - Everest Market
 - Thai Phat
 - Community Halal Store
 - JR's Corner Store
- 11 - Burlington Asian Market
- 12 - Jake's One and Asian Food Mart
- 13 - Momo's
- 14 - Henry Street Deli
- 15 - Always Full Asian Market
- 16 - Euro Market
- 17 - Winooski Markets
 - Sagarmatha Grocery Store
 - Asian General Market
 - Simon's Store
- 18 - Chick's Market

Pharmacies / Convenience Stores ●

- 19 - Cumberland Farms
- 20 - CVS
- 21 - Walgreens
- 22 - UVM Medical Center Pharmacy
- 23 - Shell and Mobil Gas Stations
- 24 - Kerry's Kwik Shop
- 25 - Kinney Drugs

Hardware ●

- 26 - City Hardware
- 27 - Curtis Lumber
- 28 - ReSOURCE

Shared Use Paths
(paved paths separate from the road, wide enough for walkers and bikers)

UVM Campus



UVM Eco-Reps

www.uvm.edu/ecoreps

ecoreps@uvm.edu

[@uvmecoreps](https://twitter.com/uvmecoreps)

In collaboration with...

UVM Transportation & Parking Services

www.uvm.edu/transportation

parking@uvm.edu

[@uvm_tps](https://twitter.com/uvm_tps)



Craving more bike insights and a biker community?
Check out these resources

UVM Transportation Bikes Page.....	uvm.edu/transportation/bikes
UVM Bikes! Co-op.....	uvm.bikes.w3.uvm.edu
CATMA.....	catmavt.org/travel-mode/bike
Old Spokes Home.....	oldspokeshome.com
Greenride Bike Share.....	greenridebikeshare.com
Local Motion.....	localmotion.org
Walk-Bike Map	localmotion.org/chittenden_ county_walk_bike_map