



# **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!**

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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 &amp; 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 &amp; 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.

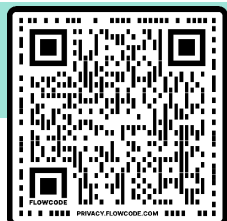
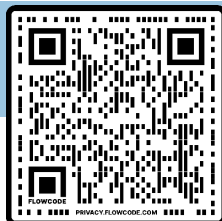
The Recommended Rides biking maps all start at the top of the Davis Center Circle. The directions also include a QR code for Google Maps directions. If you're not biking, you can click the walking or bus icon to explore different ways to get there! You can also change the departure point, so you can 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

## Greenride Bike Share

Become an annual member (with a student discount!) or pay by the hour to use one of these electric bikes.

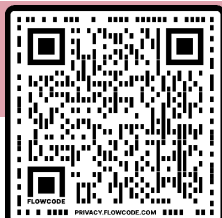


## UVM Bikes! Co-op

This student-led bicycle co-op rents bikes for a day, weekend, or even a whole semester. If you have a malfunctioning bike, they'll fix it for free and teach you how to do it yourself! They just ask you to pay for the cost of new parts.

## 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 many fun events.



# How to Keep a Bike

## *Lock, Check, and Protect!*

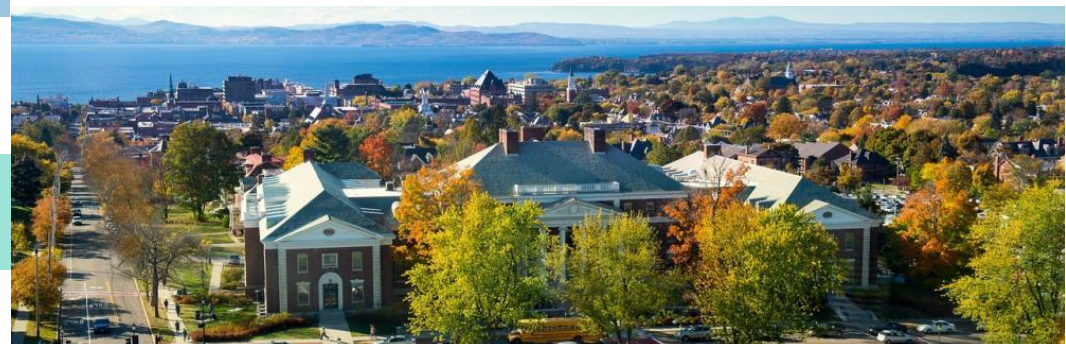
**Lock your bike!** The most secure bike lock is a U-lock with key access. Try to put it through the frame and the rear wheel (it has the gears, so it's more expensive). If you need a longer lock, add a cable lock. Try to avoid using just cable locks, even the best ones aren't too hard to cut through.

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 are equipped with 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](http://ridegmt.com).

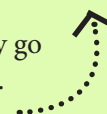


**Check your bike!** Check your tires before you ride (flat tires can harm the frame of your bike). Old Spokes Home and the on-campus co-op have air pumps. There are also public "Fix-it" stations on the Waterfront bike path and around campus with air pumps and wrenches.

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](http://uvm.edu/map) to see all campus bike parking and storage.

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

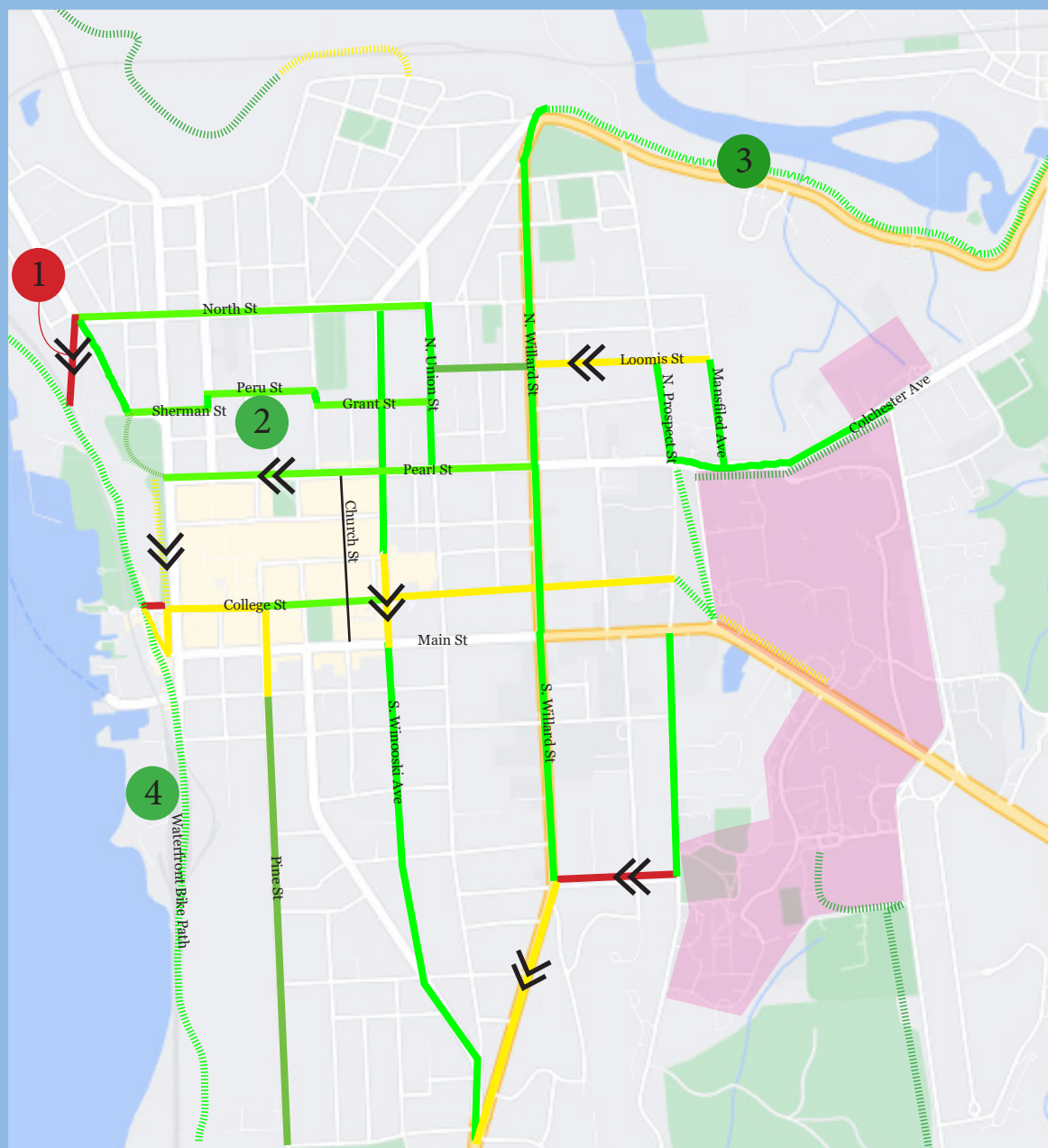
All hills are bikable.... But some hills really test your emotional and physical endurance. The map on the left shows routes that will get you around town as easily as possible.

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

### *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



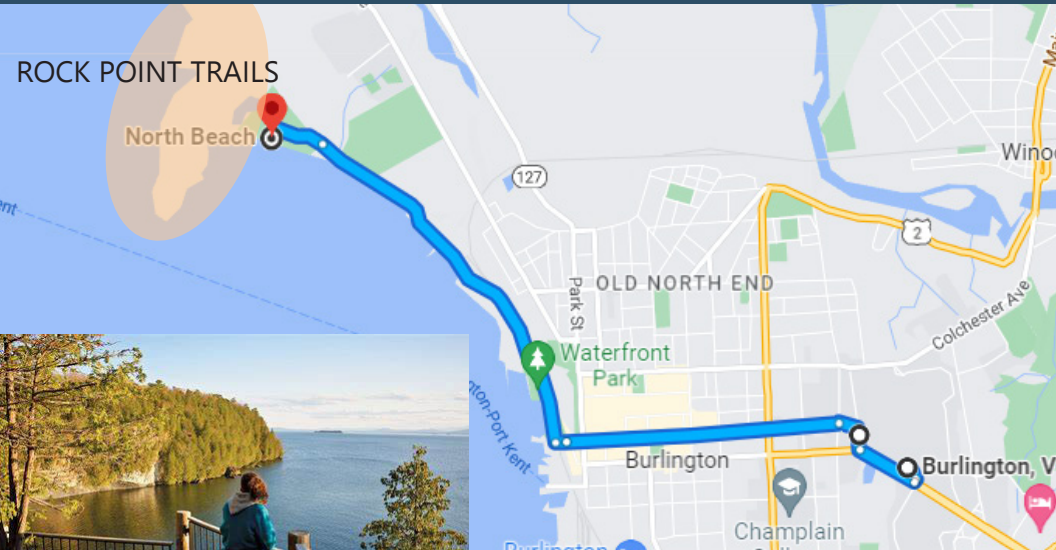
Seriously  
sloped

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 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.

**Biker Bonus!**

## Colchester Causeway



ESTIMATED TIME:  
+37 min

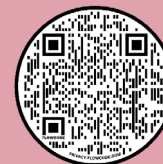


Natural area

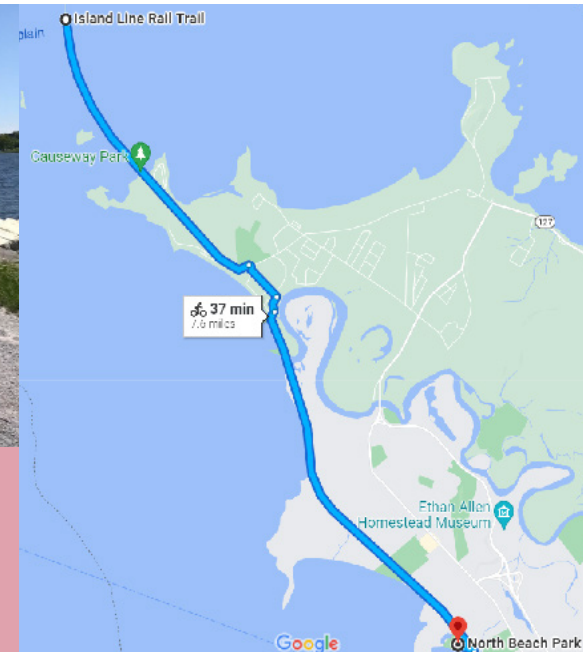
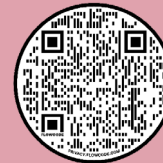


Main road travel

Check out  
the ferry  
schedule here



Check out  
the route on  
Google Maps

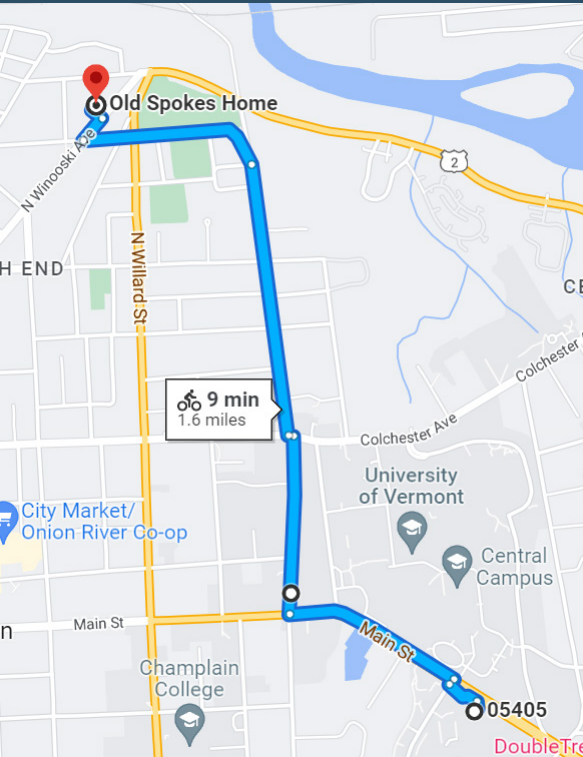


The Colchester Causeway is a long gravel land bridge fit for walking and biking. Bike out to the bridge and you'll see folks jumping off for a dip in the cool water! Or bike to the end, where a short ferry ride will take you across to the other side of the land bridge.

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



**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

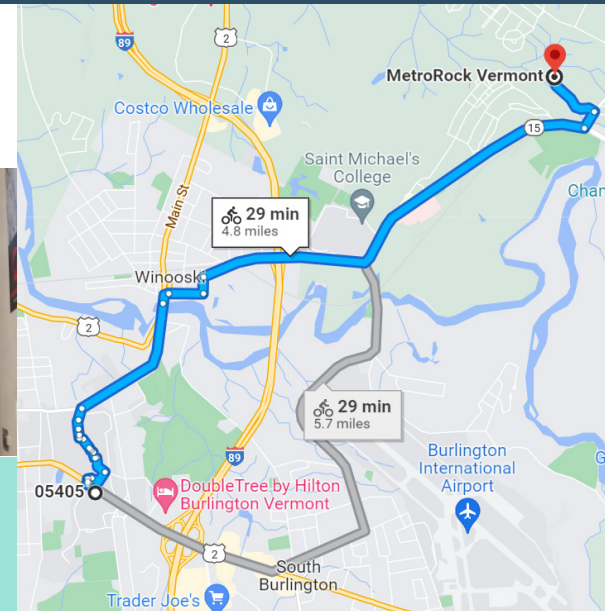
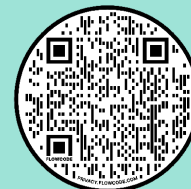


Local business



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!

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 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.

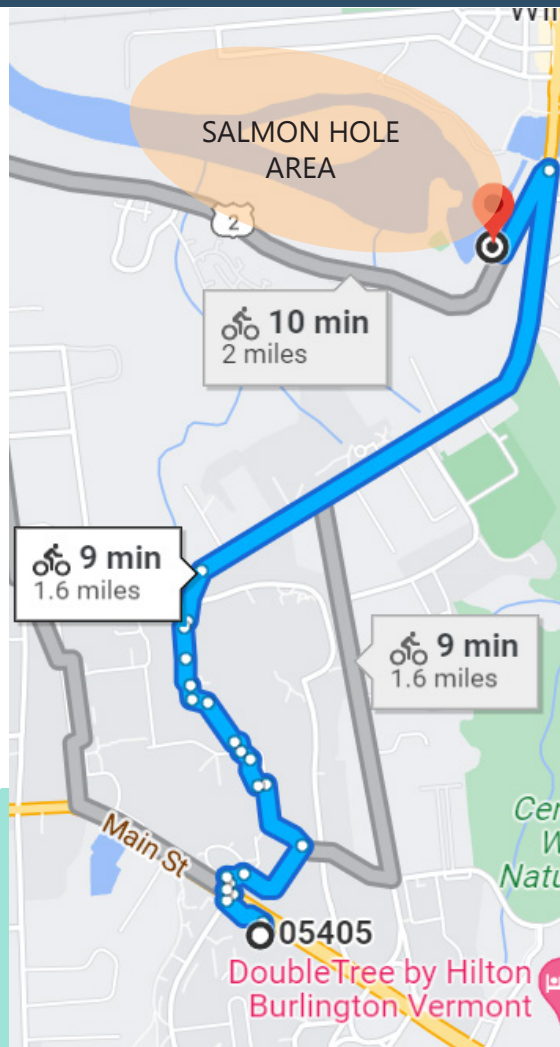
While you're in the area, explore our neighboring city of Winooski right across the bridge! There's some wonderful locally owned restaurants such as Our House Bistro and Grazers, as well as a farmers' market depending on the time of year.

ESTIMATED TIME:  
9 min



Natural area

Check out  
the route on  
Google Maps



# Oakledge & Red Rocks



ESTIMATED TIME:  
22 min



Natural area



Main road  
travel



May include  
purchases

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.

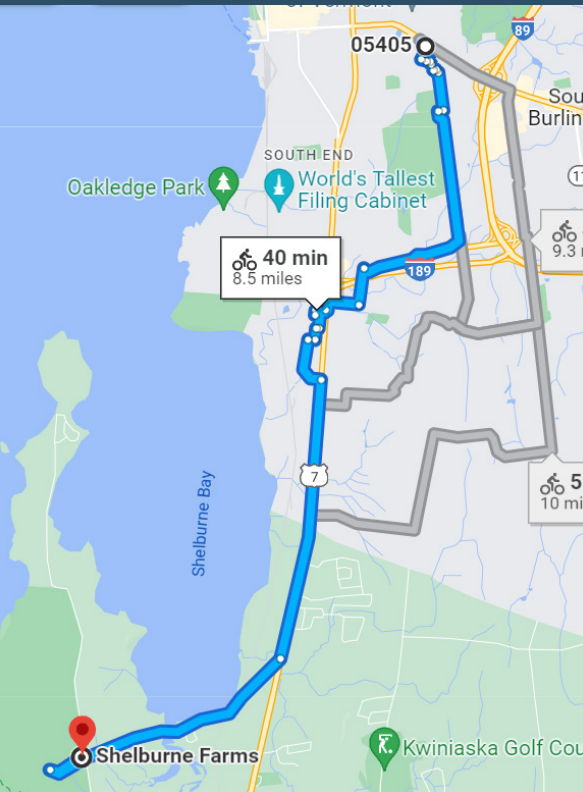
Just a bit farther down the bike path is Red Rocks Park, offering gorgeous tree-covered trails, stunning views of Shelburne Bay, and a rocky beach. We highly recommend taking an afternoon to explore this area!

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

**Biker Bonus!**

# Shelburne Orchards

ESTIMATED TIME:  
+25 min



Natural area

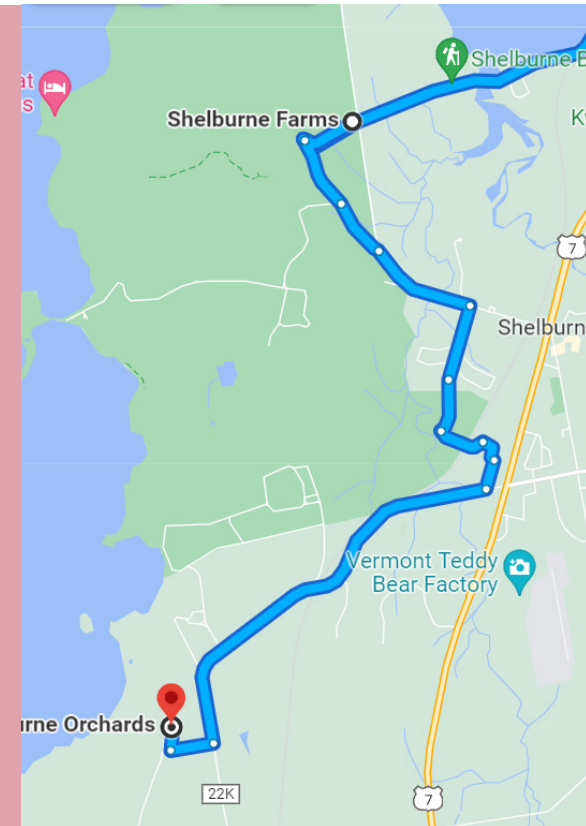
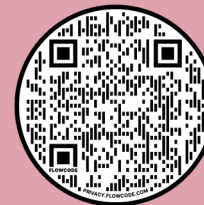


Local business



May include purchases

Check out the route on Google Maps

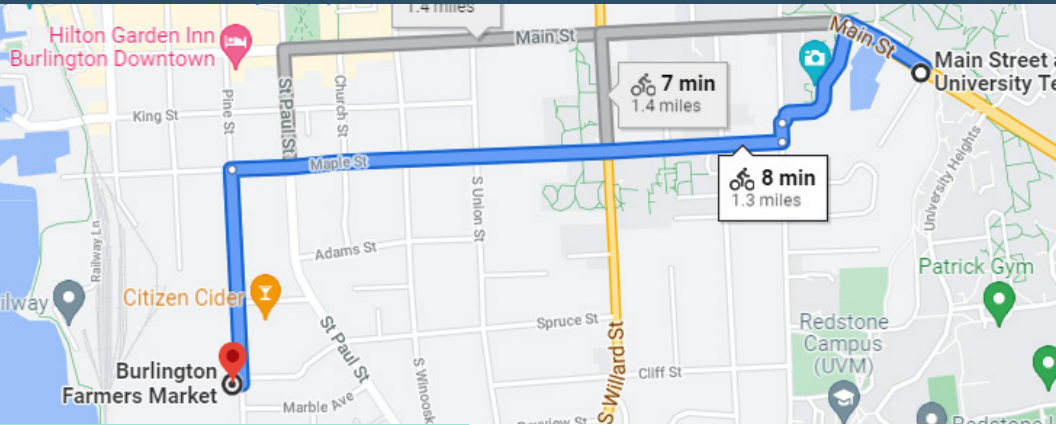


Keep up the bike ride with this beautiful orchard down the road from Shelburne Farms! In the fall, you can pick your own apples and pay by the bag. Spend the day and have yourself a beautiful apple picnic. Even if you're not an apple enthusiast, it's a lovely ride.





# 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](http://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!**

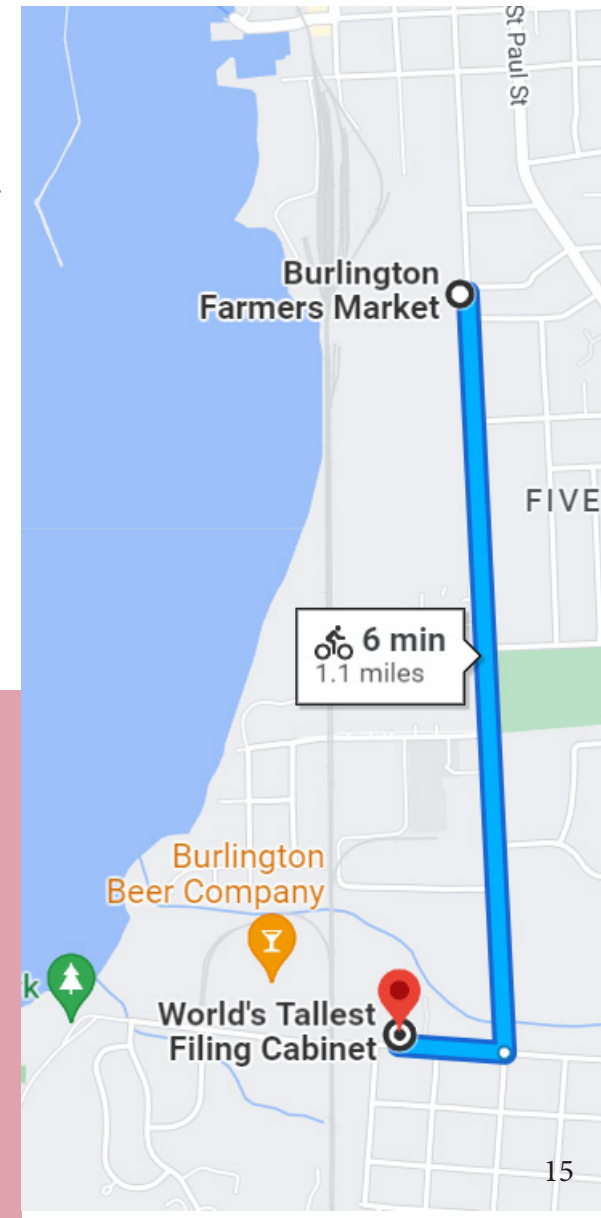
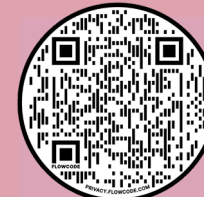
# World's Tallest Filing Cabinet

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

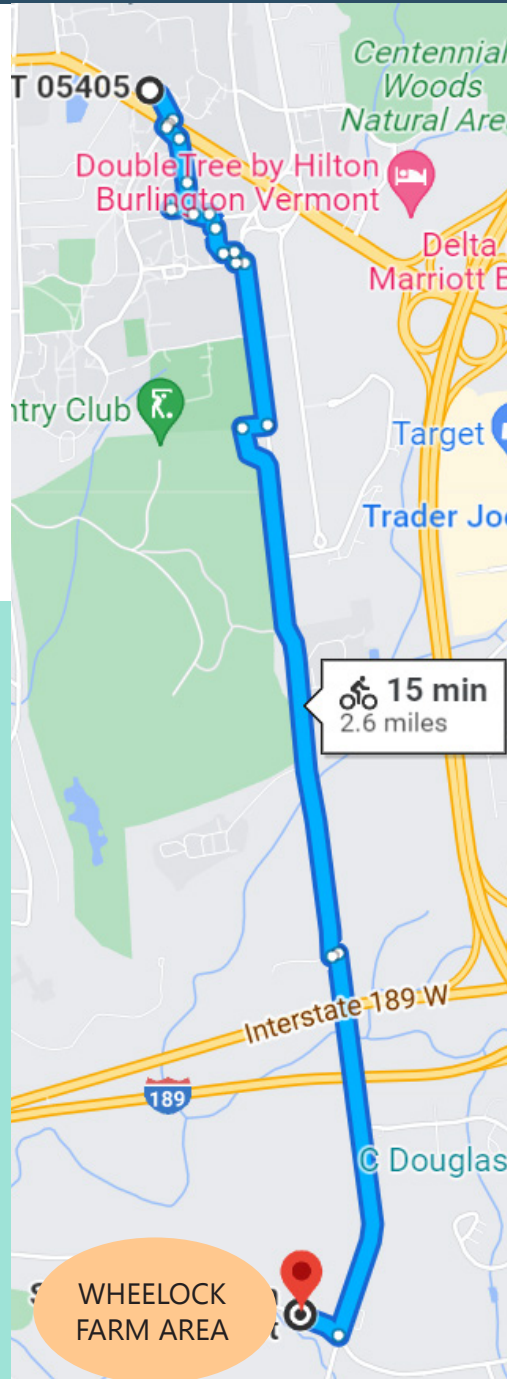


Natural area



Main road travel

Check out  
the route on  
Google Maps



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 the bus easy!

ESTIMATED TIME:  
1 hr 32 min



Natural area

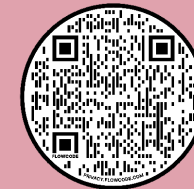


Main road travel

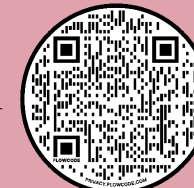


More experienced riders only

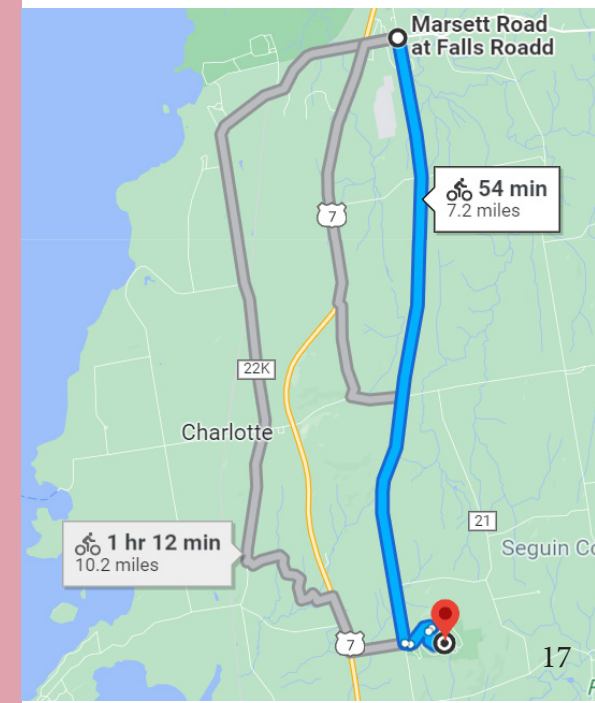
Check out the  
full route on  
Google Maps



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!





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

### Sledding

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

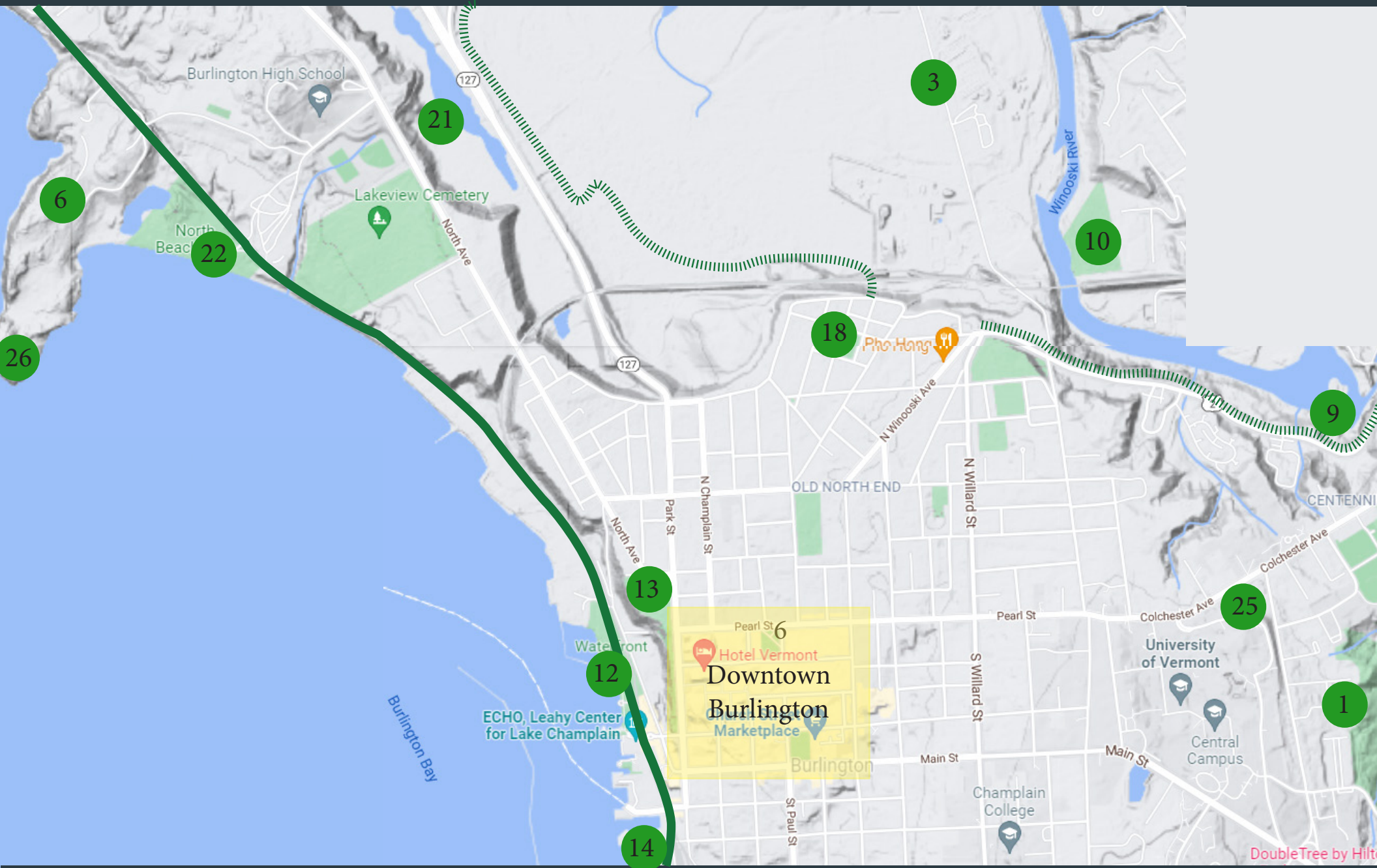
### Ice Skating

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

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



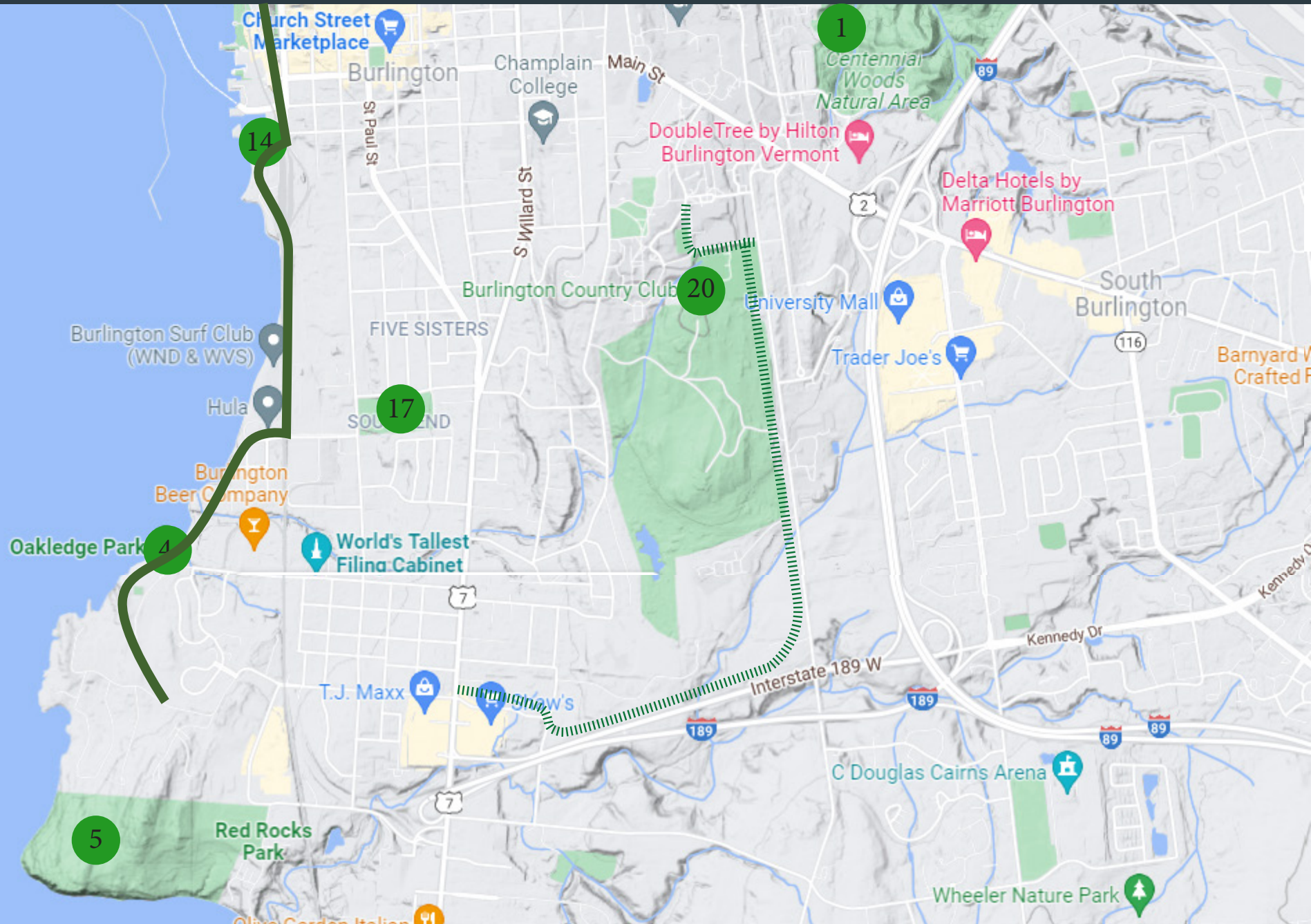
# Welcome to Burlington!



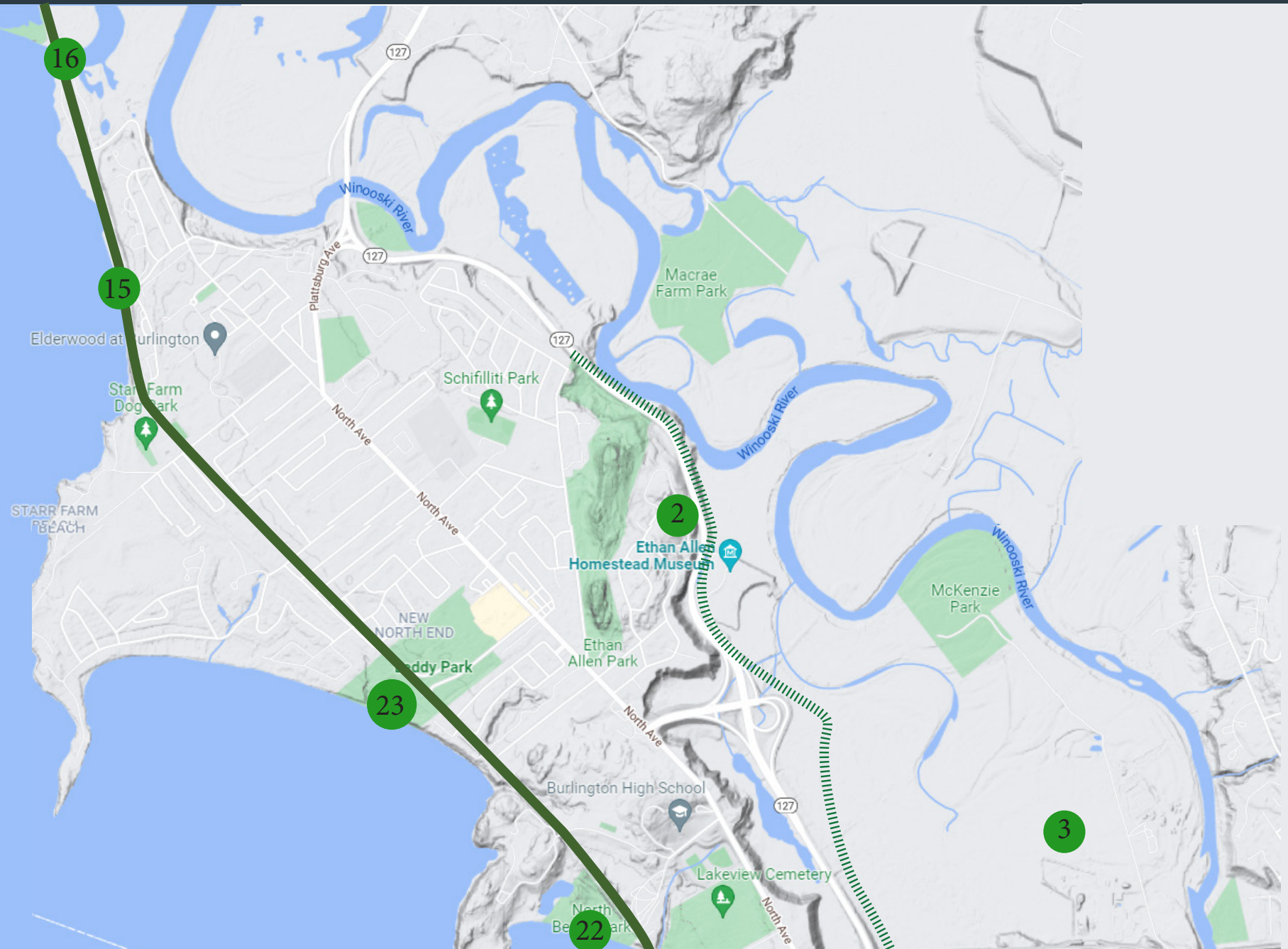


# Welcome to the South End and

# South Burlington!

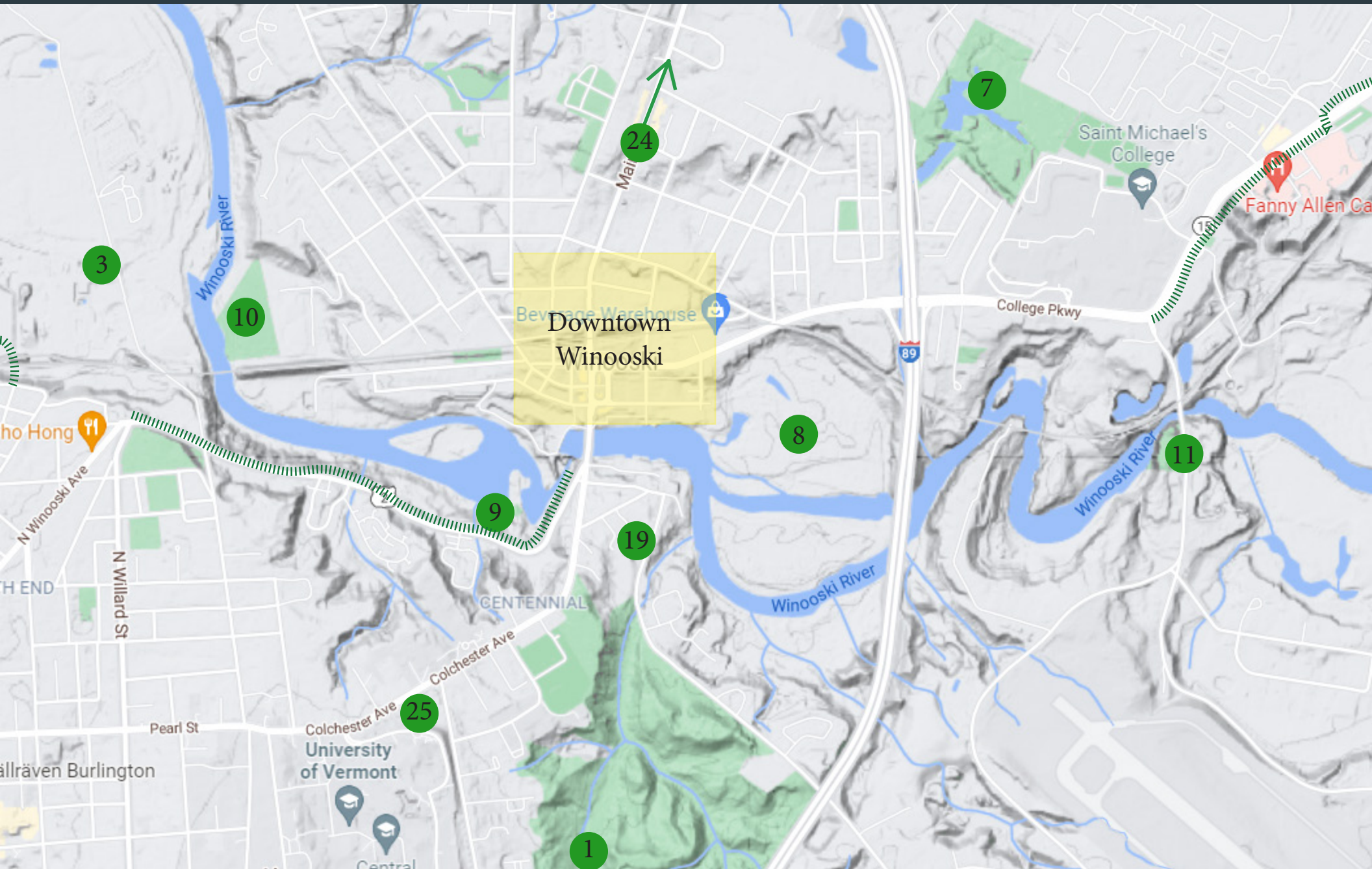


# Welcome to the New North End!



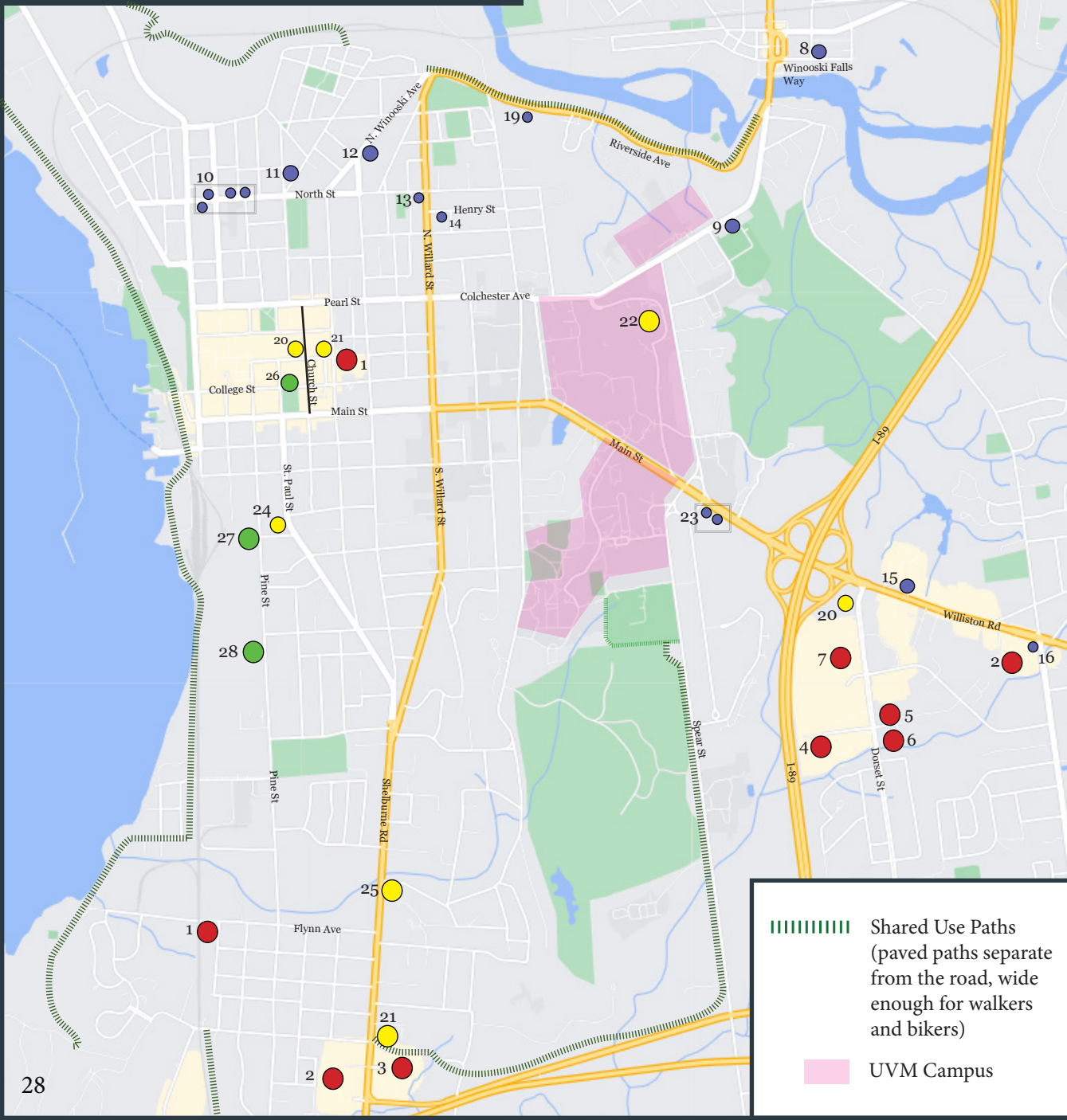


# Welcome to the Winooski River!



# 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](http://www.uvm.edu/ecoreps)

[ecoreps@uvm.edu](mailto:ecoreps@uvm.edu)

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

*In collaboration with...*

## **UVM Transportation & Parking Services**

[www.uvm.edu/transportation](http://www.uvm.edu/transportation)

[parking@uvm.edu](mailto: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..... | <a href="http://uvm.edu/transportation/bikes">uvm.edu/transportation/bikes</a>  |
| UVM Bikes! Co-op.....              | <a href="http://uvm.bikes.w3.uvm.edu">uvm.bikes.w3.uvm.edu</a>  |
| CATMA.....                         | <a href="http://catmavt.org/travel-mode/bike">catmavt.org/travel-mode/bike</a>  |
| Old Spokes Home.....               | <a href="http://oldspokeshome.com">oldspokeshome.com</a>  |
| Greenride Bike Share.....          | <a href="http://greenridebikeshare.com">greenridebikeshare.com</a>  |
| Local Motion.....                  | <a href="http://localmotion.org">localmotion.org</a>  |
| Walk-Bike Map .....                | <a href="http://localmotion.org/chittenden_county_walk_bike_map">localmotion.org/chittenden_<br/>county_walk_bike_map</a> |