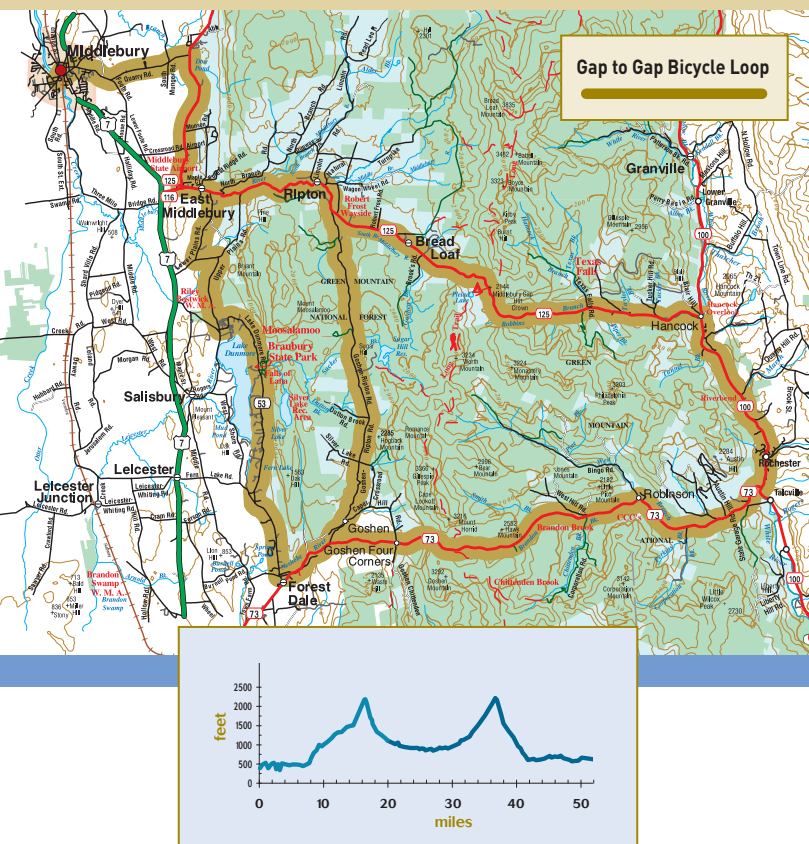


Gap to Gap Bicycle Loop

A strenuous 62.8-mile bicycle route through Middlebury, Ripton, Bread Loaf, Hancock, Rochester, Goshen, Forest Dale, and East Middlebury, VT.



Start at the Shaw's Supermarket in Middlebury.

mile

- 0.0** ● Shaw's Supermarket.
- 0.0** R on Washington St.
- 1.2** L on Quarry Rd.
- 3.3** R on Route 116 South
- 6.8** L on Route 125 West - E. Middlebury
- 8.0** E. Middlebury Gorge and swimming hole
- 10.8** Town of Ripton (store)
- 13.7** Breadloaf Campus of Middlebury College
- 16.3** Top of Middlebury Gap
- 19.3** Texas Falls Scenic Area on left
- 22.3** R on Route 100 South - Town of Hancock
- 26.6** Town of Rochester (store, bike shop, cafe)
- 27.4** L on Route 73 West - begin climbing Gap
- 36.6** Top of Brandon Gap
- 41.6** R on Route 53 to Lake Dunmore (store)
- 47.3** Branbury State Park at Lake Dunmore
- 49.6** R on Upper Plains Rd. (store)
- 52.7** L on Beaver Pond Rd.
- 53.3** R on Lower Plains Rd.
- 55.1** L on Route 125 West
- 55.9** R on Route 116 North (store)
- 59.4** L on Quarry Rd.
- 62.8** Shaw's Supermarket parking lot

When cycling, please follow these guidelines:

1. WEAR A HELMET and cycling gloves.
2. Ride with the flow of traffic.
3. When using travel lanes, follow motor vehicle laws. Obey all traffic signs and signals. Do not cut corners.
4. Use clear hand signals when making turns or stopping.
5. Ride in a straight line at least 3 feet from parked cars or curbs.
6. If you must ride at night, use lights and reflectors.
7. Ride defensively! Be aware of motorists' actions.
8. Be aware of train tracks and other road conditions.
9. Ride single file.
10. Carry items in panniers or a handle-bar pack.

Disclaimer: Users assume all risks, inherent and not inherent, in the use of materials recommending routes of the Lake Champlain Bikeways network and all affiliated organizations, and individuals disclaim any and all liability on their part for damages or injuries to persons or property should they occur. Routes are chosen, designated and/or signed because: they are popular, or are preferred, or provide continuous routes to destinations, or are lightly traveled, or are scenic, or have more room for cars and bikes, or possess a combination of these attributes.



**Champlain Valley
National Heritage Partnership**



Gap to Gap Bicycle Loop

Route Description

This beautiful loop is challenging given the two climbs over the Middlebury and Brandon gaps. Each gap is over 2000 ft in elevation, but the rewards of vistas beyond description and the scenic Route 100 Corridor slicing through the heart of the Green Mountains make the effort worthwhile for the physically fit. Gap to Gap brings the cyclist through quaint and picturesque towns that offer restaurants, lodging, a few shops and great country stores. Be on the lookout for these services in East Middlebury, Hancock, and Rochester. Be forewarned that the backside of the Middlebury Gap is steeper than the front. The clockwise rotation of this loop allows the easier side of both gaps to be climbed. This loop begins at the Shaw's Supermarket parking lot in Middlebury. Exit the lot and head east (right out of the lot).

Safety Guidelines

Motorists and bicyclists share scenic roads. Use caution on narrow, winding or unpaved roadway. Follow traffic laws and ride safely. Bicycles are vehicles by law and have the right to use public roads. You are responsible for operating your bicycle under all conditions.



Bread Loaf in Spring/Addison County Chamber of Commerce

Acknowledgements

This bicycle route was developed through a partnership between Lake Champlain Bikeways and the Champlain Valley National Heritage Partnership. Funding provided by the National Park Service.



Lake Champlain Bikeways Mission

To promote bicycling throughout the Lake Champlain regions of New York, Vermont and Québec for the purposes of increasing opportunities for bicycle recreation and transportation, improving the quality of life, enhancing the economic vitality, advocating for sustainable communities, encouraging healthy lifestyles and raising public awareness and appreciation of inherent scenic, historic, cultural, natural, and recreational resources throughout the area.

Lake Champlain Bikeways

Contact Lake Champlain Bikeways at:

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