Start at the Park and Ride 0.4 miles north of Intersection of Routes 7 and 2.

- 0.0 Park and Ride 0.4 miles north of Intersection of Routes 7 and 2.
- 0.0 South on Route 7.
- 0.4 R on Route 2 - be careful of traffic entering/leaving the Interstate.
- 0.9 R on Jasper Mine Rd.
- 1.2 R on Mayo Rd.
- 4.2 L on Bear Trap Rd. over the bridge.
- 4.6 R on Sanderson Rd. at top of hill.
- 7.7 R on Lake Rd. and cross over the Interstate.
- 9.2 Bear R onto Route 7.
- 10.0 L on Main St. in Milton toward Westford.
- 10.6 R on East Rd.
- 17.9 R on Route 2A in Colchester.
- 18.8 Bear R on Route 7.
- 22.2 Park and Ride.

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.
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.
Roads Less Traveled Bicycle Loop

Route Description

The main roads north of Burlington are Interstate 89 and Rte. 7 but, with a few exceptions, Roads Less Traveled offers country road riding. The western part of the route goes along the Lamoille River with its hydro electric plants and home for the UVM crew training center. The dam at the north end of the village of Milton creates Arrowhead Lake which feeds water to the power plant on the opposite side of Rte.7. The spray from the spillway can be refreshing on a hot day if the wind is right or chilling on a cool day.

A brief excursion among the side streets in Milton will reveal architecture which documents the town’s historic past. The Town of Colchester is one of the fastest growing regions in Vermont but it is its historic center, as shown 100 years ago, that is entered after the rolling farmland on the ride from Milton. Admire the churches and homes in this area and get some refreshment from a local store prior to returning to the Park and Ride to end the trip.

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.

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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

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