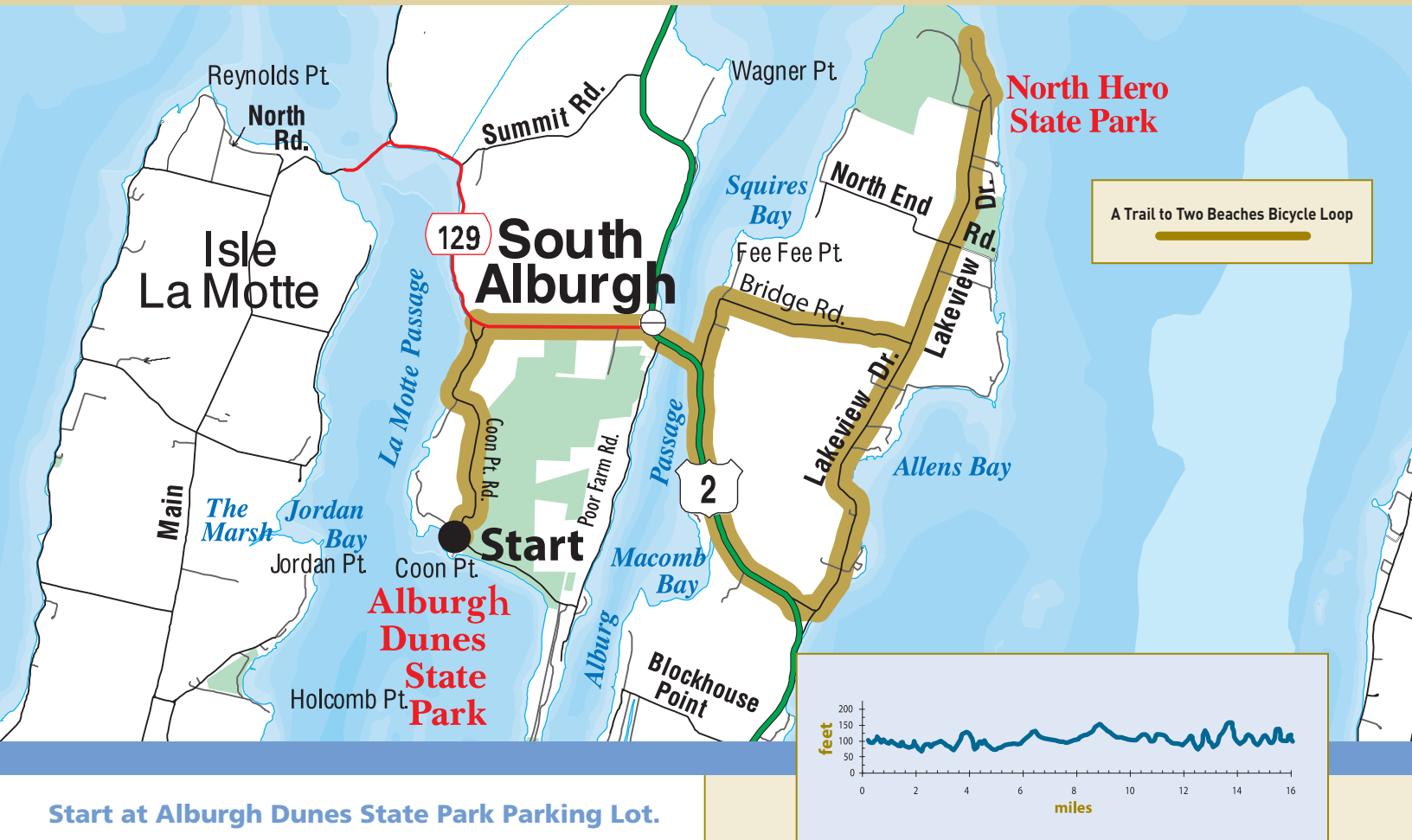


# A Trail to Two Beaches Loop

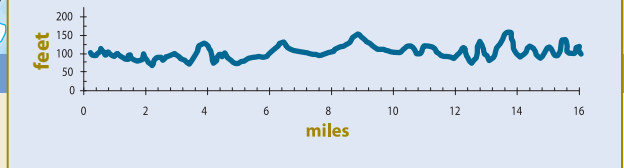
An easy 17.4-mile route through Alburgh and North Hero, VT.



Start at Alburgh Dunes State Park Parking Lot.

mile

- 0.0 ● Alburgh Dunes State Park Parking Lot.
- 0.0 Exit park past gate on Coon Point Rd.
- 1.6 R on Route 129.
- 2.6 R on US 2, cross bridge and continue south.
- 4.7 L onto Jerusalem Place as US 2 bears right.
- 5.0 L onto Lakeview Dr.
- 8.6 L into North Hero State Park.
- 9.7 State Park Beach, turn around point.
- 10.8 Exit park, right onto Lakeview Dr.
- 12.5 R onto Bridge Rd.
- 14.2 R onto US 2, cross bridge and continue N.
- 14.6 L onto VT Route 129.
- 15.7 L onto Route 129 ext (0.6 to end unpaved).
- 15.9 Road becomes Coon Point Rd.
- 17.4 Enter Alburgh Dunes State Park.



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  
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# A Trail to Two Beaches Bicycle Loop

## Route Description

Alburgh Dunes is a 625-acre natural history showcase. It provides the nicest sand beach in the state. The park's dune system acts as a barrier island. Sand erodes from low bluffs, and lake currents transport it to the beach area. When seasonal lake levels are low, wind blows the sand back from shore, forming the dunes. The area is also the largest deer wintering area in the islands. Notice the lack of low vegetation and cedar limbs clipped up to the browse line in the forest. Core samples from the black spruce bog along Rt. 129 show peat to depths of 26 feet. These bogs are typical of colder, more northern climates.

North Hero State Park may be the state's oldest campsite. Prehistoric stone projectile points discovered and on display in the park are more than 5,000 years old! Seasonal fluctuations in the Lake's water level subject the park to spring flooding, burying the park road under water. It is not uncommon to see fish swim across it, en route to spawning beds in the forest.

## 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.



*Alburgh Dunes State Park/VT Department of Forests, Parks and Recreation*

## 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:

Lake Champlain Bikeways, c/o Local Motion Trailside Center  
One Steele Street #103  
Burlington, VT 05401  
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[info@champlainbikeways.org](mailto:info@champlainbikeways.org)  
[www.champlainbikeways.org](http://www.champlainbikeways.org)



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