

Lamoille Valley Trail



Running for nearly 100 miles across Vermont's Northern reaches, the Lamoille Valley Rail Trail is fast becoming a gleaming new gem among the cycling jewels New England already boasts. The trail offers incredible scenic vistas as you cycle through rolling farmlands, wooded hillsides and soaring mountains. In addition to great cycling and scenery, the tour includes 2-overnights in fabulous Stowe, VT where we'll take a short, but super scenic ride on the Stowe Rec Path. And we wrap up this great experience with our final 26 miles on the Missisquoi Valley Rail Trail cycling through lush farmlands and offering spectacular mountain views.

Tour Includes: All lodging, full ride support, daily luggage shuttle, tour guides, on-ride SAG support, immense amounts of fun! **Meals:** 3 Breakfasts; 4 Lunches

Duration: 4 Days / 3 Nights

Lodging: Hotels & Inns

Difficulty: Easy

Total Miles: 125 miles

Avg. Daily Miles: 30

Hills: Easy to Moderate



Scenic Cycling



Historic Railroad Depots



Missisquoi Valley Rail Trail

Getting Here

Arriving by Car: Park at the Lamoille Valley Rail Trail parking lot 543 Main St, St Johnsbury, VT. We'll return you to the same location at the end of the tour. OR, shuttle with our crew from Holiday Inn Express, 1298 S Porter St, Manchester, NH.

Arriving by Air: You'll want to use either Boston Logan Airport (BOS) or Manchester Regional Airport (MHT).

If arriving BOS: Fly into Logan then travel to Manchester NH via Boston Express Bus to No. Londonderry Station. From the bus terminal, use taxi or rideshare to Holiday Inn Express & Suites Manchester Airport.

Boston Express Bus: [North Londonderry, NH \(Exit 5\) | Boston Express](#)

If arriving MHT: Use taxi or rideshare to Holiday Inn Express & Suites Manchester Airport.

Shuttle Pickup: We pick up at the Holiday Inn Express & Suites - 1298 S Porter St, Manchester, NH

Day 1: St. Johnsbury to Hardwick

34 Miles

8:00 AM Shuttle Pickup Holiday Inn Express & Suites - 1298 S Porter St, Manchester, NH
10:30 AM Rendezvous at LVRT Parking St. Johnsbury
Overnight Stowe (Lodging varies)

We'll rendezvous at the trailhead in St. Johnsbury where we'll make introductions and prepare for our first 34 miles on the incredible Lamoille Valley Rail Trail. Our journey will take us along rollicking rivers offering fantastic mountain views. At the end of our 34 miles, we'll take a short shuttle to beautiful Stowe VT, which will be our basecamp for the next 2 days. In Stowe you'll find no shortage of things to do. Enjoy walking the charming main streets with their lovely shops and great restaurants, and let yourself relax into the chill Vermont vibe.

Day 2: Hardwick to Jeffersonville

30.5 Miles

Overnight Stowe (Lodging varies)

A quick shuttle this morning gets us back on the beautiful LVRT, where we'll meander with the trail's namesake, the Lamoille River, for almost the entire day taking in the amazing mountain and lake vistas as we cycle. At the end of the ride we'll return to Stowe for a second fabulous evening, and today's shorter ride allows time for you to walk or bike the awesome Stowe Rec Path. It's a 5.5 mile local trail that packs in truly extraordinary scenery!

Day 3: Jeffersonville to Swanton

32 Miles

Overnight St. Albans (Lodging varies)

Again a short shuttle gets us back on the LVRT where, for today, we'll cycle along the full length of the beautiful Black Creek connecting it, and us, to its headwaters at the Missisquoi River. From there we enjoy great cycling and breathtaking views as we wrap up our last 10 miles taking us into Swanton and the end of our 93 miles on the LVRT.

Day 4: Missisquoi Valley Rail Trail

26 Miles

TBD Shuttle Return to St. Johnsbury, VT and Manchester, NH

Today we'll cycle out from our hotel jumping right on the Missisquoi Valley Rail Trail which begins in St. Albans. St A's was once heralded as "Rail City" as it was a central hub for Vermont railways. But today, while St. Albans sees very few trains, it sees its fair-share of cyclists as it sits at the confluence of the LVRT and the MVRT. The Missisquoi Valley Rail Trail is one of the longest, and also one of the most scenic trails in Vermont, rolling past the dairy farms, cornfields, lakes and mountains that define the character of northwestern Vermont.

At the end of today's ride, we'll shuttle guests back to their parked cars in St. Johnsbury and provide return shuttle to Manchester NH.

ETA: St. Johnsbury – 3:30 PM

ETA: Manchester – 5:30 PM

Are you doing the Combo Tour with the Cross NH Adventure Trail?

If you will be joining the XNHAT tour, you will have a down-day between the two tours. If you are looking for a great way to spend that day, we recommend staying in lively Lincoln, NH which has limitless options of things to do. Hiking, biking, great shops & restaurants and so much more. Our team can make your 2-night hotel arrangements, and we'll drop you off at the front door of the hotel, and pick you up again for the XNHAT ride.

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