



## Exploring Franklin County, VT the 21<sup>st</sup> Century Way

### The Northwest Vermont Rail Trail Council Celebrates the Lake Champlain Quadricentennial

Bicyclists, paddlers and hikers are invited to experience the natural history and beauty of Northwestern Vermont on informal guided bicycle, canoe/kayak, and hiking outings led by experienced volunteers from the Northwest Vermont Rail Trail Council. Participants will provide their own equipment (bicycle/helmet, canoe/kayak/paddle/PFD) and picnic lunch/refreshments. These outings are free of charge and suitable for experienced bicyclists, paddlers and hikers who would like to become more familiar with Franklin County's natural history and scenic beauty.

#### **Saturday, May 30, 2009 – Paddle the Missisquoi Wildlife Refuge, Swanton**

Participants will paddle through the Wildlife Refuge into Missisquoi Bay. Meet at 8 am at Louie's Landing on Route 78, a couple of miles west of Swanton. Duration: approx. 6 hours. Level of difficulty: intermediate. Approx. 1 mile of open water possibly with waves. Bring your own canoe/kayak, paddle, PFD and skirt, lunch/refreshments. RSVP/info: Cynthia (802) 933-8851.

#### **Saturday, July 11, 2009 – Bicycle the Missisquoi Valley Rail Trail from St. Albans to Sheldon**

Participants will bicycle along the Rail Trail from St. Albans to The Abbey Restaurant in Sheldon and return. Meet at the Rail Trail parking area in St. Albans (entrance off Route 7 just north of Route 105 intersection), leaving promptly at 8 am. Distance: 22 miles round trip. Duration: approx. 4 hours. Level of difficulty: easy. Trail surface: crushed limestone (not suitable for narrow or racing tires). Bring your own bicycle/helmet, lunch/refreshments. RSVP/info: Cynthia (802) 933-8851.

#### **Sunday, July 12, 2009 – Bicycle the Missisquoi Valley Rail Trail from Sheldon to Richford**

Participants will bicycle along the Rail Trail from The Abbey Restaurant in Sheldon to Richford and return. Meet at The Abbey parking area on Route 105; leaving promptly at 8 am. Distance: 30 miles round trip. Duration: approx. 4.5 hours. Level of difficulty: easy. Trail surface: crushed limestone (not suitable for narrow or racing tires). Bring your own bicycle/helmet, lunch/refreshments. RSVP/info: Cynthia (802) 933-8851.

#### **Saturday, August 15, 2009 – Hike Burnt Mountain in Montgomery Center**

Participants will hike Burnt Mountain (elevation 2,600'), part of the Green Mountain Range, offering fabulous views of Jay Peak, Trout River valley, and Quebec. Meet at 9 am at the end of Rossier Rd (from Route 118 in Montgomery Center, take Route 58/Hazen's Notch Rd. about 2 miles, turn right on Rossier Rd.). Duration: approx. 3 hrs round trip. Level of difficulty: moderate to strenuous. Participation limited to 10 people. Bring your own lunch/refreshments. RSVP/info: Cynthia (802) 933-8851.