

## HEARTCYCLE BICYCLE TOURING CLUB

### NORTHERN TIER COAST TO COAST—YEAR 5

- Dates:** Orientation meeting, Saturday Sept 12, 2020. On tour Sunday Sept 13- Sat. Sept 26. Departure Sunday Sept 27 (night stay in Portland on Sept 26 is included in trip price).
- Leaders:** Rich Crocker, Patty Menz **SAGS:** Carol Nies, Kathleen Schindler
- Miles:** Approximately 700 miles with 33,000 vertical feet of climbing
- Rating:** Intermediate/Advanced
- Max # Riders:** 30 (plus Leaders and SAGs). Members who have participated in the 2019 tour have first priority during initial registration.
- Price:** \$3,150 (Double Occupancy) \$800 at registration, Balance due June 1, 2020. Single Supplement fee is +50% (\$4,725 total).
- Cancellations:** Standard cancellation policy applies . Travel Insurance is recommended.



#### OVERVIEW

This final segment of the Coast to Coast trip will commence in Rochester where the 2019 tour left off. We will travel from the Erie Canal east through the Adirondacks of New York, Green Mountains of Vermont and the White Mountains of New Hampshire to the Seacoast town of Portland, Maine. We will pedal through some of the most scenic portions of New York and New England.

## ITINERARY

### **Day 1, Sept 12 Orientation Meeting**

Arrive in Rochester for 6PM meeting. Renew old friendships and prepare for trip commencement.

### **Day 2, Sept 13 Rochester to Clay, NY, 88 miles, 2369'**

We depart Rochester and get on the Erie Canal path and then follow the canal corridor as far as Clyde. We then head into rolling farmland on roller coaster county roads.

### **Day 3, Sept 14, Clay to Boonville, NY, 74 miles, 2039'**

We continue east along the southern shore of Oneida lake then begin entering the Adirondack foothills.



### **Day 4, Sept 15 Boonville to Long Lake, NY, 76 miles, 3782'**

We leave Boonville and climb into the Adirondacks through the sparsely populated forest and alongside lakes and the Moose River.

**Day 5, Sept 16 Long Lake to Lake Placid, NY, 59 miles, 2875'** More forest, lakes and riverside riding on our way to our rest day in Lake Placid.

**Day 6, Sept 17—Day off in Lake Placid**

Enjoy a day off in one of the prettiest towns in Adirondack Park. Kayaking and paddleboat rentals are available. Visit the Olympic Museum, the bobsled, ski jump venues, ice skating and hockey arenas. Browse in the shops, or wine and dine in the lakefront restaurants.

**Day 7, Sept 18—Lake Placid to South Burlington, VT, 57 miles, 1738'**

We will leave the Adirondacks enjoying some rolling terrain with overall descent to the town of Essex. Following lunch we will ferry across Lake Champlain to Burlington, Vermont and reach our hotel through some lakeside bicycle paths.

**Day 8, Sept 19—Burlington to Stowe, VT, 64 miles, 3875'**

We depart Burlington on the bike paths along Lake Champlain as we ease our way towards Smuggler's Notch, one to our most challenging climbs of the tour, followed by a rapid descent into the ski town Stowe.

**Day 9, Sept 20—Stowe to St. Johnsbury, VT, 45 miles, 3132'**

This route will take us through rural Vermont traversing the Northeast Kingdom not far from the Canadian border.

**Day 10, Sept 21—St Johnsbury to Gorham, NH, 59 miles, 4333'**

Our trek will continue through the backroads of Vermont, and then we enter New Hampshire with glimpses of the White Mountains before we descend into Gorham.

**Day 11, Sept 22—Gorham to Lincoln, NH, 77 miles, 4216'**

A challenging day as we cycle through three notches in the White Mountains. Great day for pictures riding alongside Mount Washington, the highest peak in the Northeast. We'll have lunch before pedaling the Franconia Notch bike path followed by a descent into Lincoln.



**Day 12, Sept 23 Day off in Lincoln, NH**

Sit back and relax in this town surrounded by mountains. Do some hiking, visit the Flume Gorge, take a moose tour, fish, or enjoy a ride on the Cog Railroad to the summit of Mount Washington.



**Day 13, Lincoln to North Conway, NH, 39 miles, 2363'**

We will climb the famous Kancamagus Highway and enjoy lunch at the summit before a wonderful scenic descent to North Conway. A short day, but North Conway has plenty of shopping outlets, including Pearl Izumi and LL Bean.

**Day 14, North Conway to Portland, ME, 65 miles, 2360'**

In the final stretch of our journey, we'll wind through rolling and moderately hilly terrain to the seacoast town of Portland, where we will stay at a hotel close to the waterfront



**Day 15, Day off in Portland**

We will have a day to explore the waterfront shops and restaurants. Cruise to one of the coastal islands, do some whale watching or just sit at a portside pub and enjoy a brew. We will cap off the Coast to Coast Adventure with a waterside celebratory lobster dinner!



Special Considerations: Wider tires for the bumpier rural roads. Train for hills, and enjoy what few people have accomplished—crossing the US via bicycle, either once or twice!

**For more information, contact**

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