



Liddy Shriver Sarcoma Initiative

Team Sarcoma 2007
Bike Tour
Vermont, USA
July 14-21, 2007

Sojourn



Team Sarcoma 2006 in Denmark

Registration and Information

For information and registration, visit:
www.GoSojourn.com/sarcoma_tour.php

Team Sarcoma 2007 is limited to 50 participants so please register quickly. Registration begins December 1, 2006.

Contacts:

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Price

Tour price includes 7-nights lodging, all meals, bicycle and helmet. \$1,565/person, double occupancy. Children staying in the same room as their parents (1-4 years) pay \$391 (25%); (5-12 years) \$783 (50%); and (13-18 years) \$1174 (75%). The camping option is \$1265 per adult with discounts for children (must provide own gear). Price reduced \$50 for bringing your own bike. Tour prices are fixed in US currency.

Itinerary

July 14: Arrival in Burlington, registration, cycle rec path along Lake Champlain, explore Burlington's shops, opening dinner. Lodging: Marriott Courtyard.
July 15: Visit country store, orchard, organic dairy farm, ride ferry across Lake Champlain. Shelburne, Charlotte, Essex (NY), Ferrisburgh. Lodging: Middlebury Inn.
July 16: Swim and picnic at Lake Dunmore, hike to falls, visit pewter craftsman & microbrewery. Middlebury, Leicester, Salisbury. Lodging: Middlebury Inn
July 17: Visit beeswax candlemaker, Ben & Jerry's, cider mill, swim at waterfalls. Bristol, Lincoln, Waterbury, Stowe. Lodging: Trapp Family Lodge, Stowe.
July 18: Tour Trapp Family Lodge, gondola ride & hike on Vermont's tallest mountain, spa treatments at Lodge. Stowe. Lodging: Trapp Family Lodge, Stowe.
July 19: Visit classic covered bridges, cycle rail trail through picturesque farmland. Montgomery, East Berkshire, Enosburg Falls, St. Albans. Lodging: North Hero House.
July 20: See ancient fossils, visit a cheesemaker, cycle the Champlain Islands, closing dinner. Isle La Motte, Alburg, North Hero. Lodging: North Hero House.
July 21: Depart via coach for Burlington following breakfast.

Highlights

- Cycle at your own pace.
- 2-nights at the renowned Trapp Family Lodge (think The Sound of Music).
- Cycle a bike path along Lake Champlain.
- Ride the ferry to historic Essex, NY - one of the prettiest and most well-preserved villages on Lake Champlain.
- Tour an organic dairy farm and meet the family and the cows.
- Make your own beeswax candle during a visit to a small family business.
- Swim at a local swimming hole below a beautiful waterfall.
- Visit a cheesemaker and their animals.
- Soak in the views from the top of Vermont's highest peak.
- Cycle a rail trail through quintessential Vermont farmland.
- Leadership and support provided by a team of professional Sojourn guides.

Accomodations

You will stay at a hotel, a luxurious lodge, and two classic Vermont inns during the tour. Your luggage will be transferred for you throughout all 7 nights of the tour.

Travel

Participants are responsible for their own travel arrangements and the cost of getting to and from Burlington, Vermont. The bike tour begins and ends in Burlington which can be reached via air, bus, train, or automobile. Travel suggestions are outlined in the Itinerary & Information section of the pdf on Sojourn's website.

Bike Routes

Vermont is known for its quiet country roads, scenic vistas and agricultural heritage. Each day there is a choice of two routes - one for cyclists who prefer longer distances and/or hills, and one for cyclists who prefer a more leisurely pace with shorter distances and fairly level terrain. Cycling options are very flexible and sag wagons will circulate through the group to assist those who tire or need a bike repair, as well as to supply refreshments and snacks.

