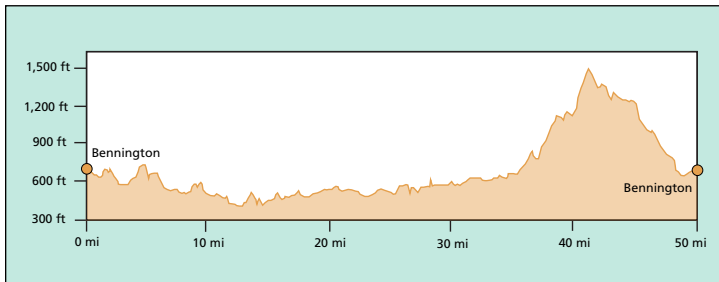


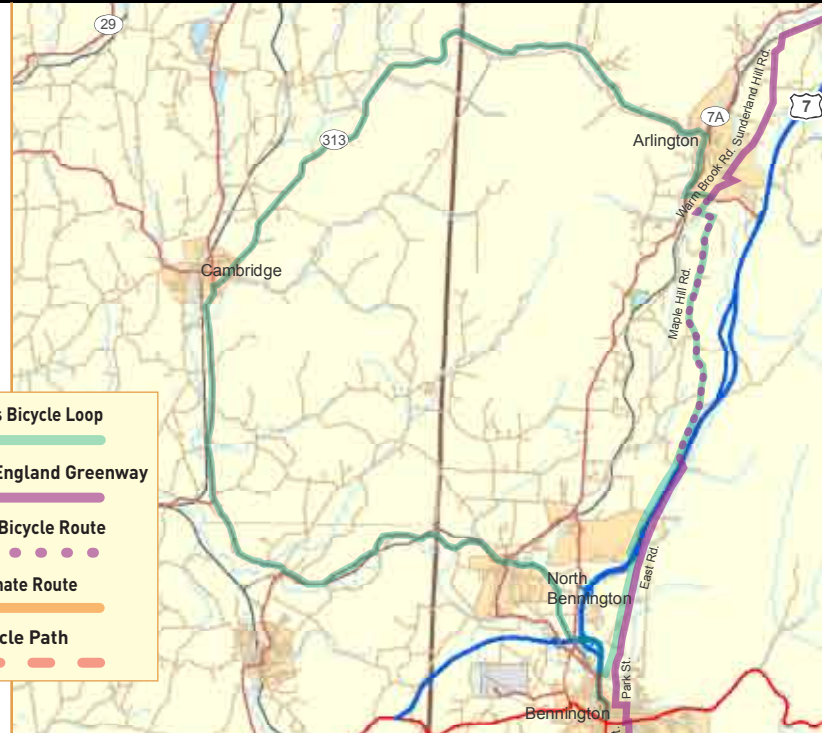
# Two States Bicycle Loop

A 52-mile loop from Bennington, VT to Cambridge, NY to Arlington, VT.



## Start at Southwestern Vermont Medical Center - Monument Ave and Hospital Drive, Bennington, VT

- 0.0** R - Leave parking lot onto Monument Ave.
- 0.8** BL on Parkway to bypass a ONE WAY section of Monument Ave. ahead.
- 1.0** BL onto Monument Ave.
- 1.2** L at Bennington Monument.
- 1.4** R onto Fairview St.
- 1.9** R onto Silk Rd.
- 3.4** L onto Rt. 67A.
- 4.5** R onto Water St. (Rt. 67A) - Henry Covered Bridge is 0.4 miles to the left on River Rd. Cross State Line.
- 7.7** S at North Hoosick continue on Rt. 22.
- 11.8** Continue on Rt. 22.
- 14.2** R onto Rt. 313 (Maple Ave.) in Cambridge.
- 28.1** Cross State Line.
- 35.1** R onto Rt. 7A in Arlington.
- 36.8** L onto Cemetery Rd.
- 37.2** R onto Warm Brook Rd.
- 37.3** L onto Maple Hill Rd.
- 37.6** R onto Maple Hill Rd. which becomes East Rd.
- 43.6** Cross under Rt. 7.
- 48.9** Road becomes Park St. in Bennington.
- 49.6** R onto County St.
- 50.1** L onto Benmont Ave.
- 50.3** Cross Main St. (Rt. 9) onto Dewey St.
- 51.4** R onto Monument Ave.
- 51.7** R onto Hospital Dr.



## 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.

## 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.



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# Two States Bicycle Loop

**S**tarting in Bennington, original home of the Green Mountain Boys, this ride offers the benefits of the complete facilities of a large town, the intimacy of small towns and miles of country riding in between. The Bennington Battle Monument is an obvious site but the real history of the area is best investigated at the Bennington Museum before or after the ride. The town is also home to Bennington College, known for its strong and unique liberal arts program, and has three covered bridges in the area. Named by the Governor of New Hampshire for himself when the town was founded the area was claimed by both New York and New Hampshire. This dispute resulted in neither state having control and the beginning of Vermont.

Leaving Bennington the route quickly becomes country with gentle rolling terrain along small rivers and streams famous for fishing. Entering New York the route goes through North Hoosick, near Eagle Bridge and into Cambridge, the last places for food for a long way. Back in Vermont the route follows the Batten Kill, fishing mecca, into Arlington with its lovely and historic churches, cemetery and inn. Wonderful at any time of the year, Arlington's great trees are a special treat in the fall.

After leaving Arlington, mile point 36.8, the route begins an 800 ft. climb in about 8 miles on back roads before a nice long decent back into Bennington. If one is really tired at this point you can continue south on Rt. 7A all the way to Bennington. There is still a long climb up through Shaftsbury but it is only about 400 ft. While Rt. 7A has some traffic the majority of the north-south traffic is on Rt. 7 which is a limited access highway and bicycles are not allowed.



*Old First Church.*

## 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 Clearinghouse

Contact us to order a variety of LCB publications, as well as other regional bicycling information:

Lake Champlain Bikeways, c/o Local Motion Trailside Center  
One Steele Street #103  
Burlington, VT 05401  
802.652.BIKE (2453)  
info@champlainbikeways.org, www.champlainbikeways.org



*Silk Road Bridge.*



*Southern Vermont College Fountain.*



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