

BIKE & BLADE SHOPS

	BIKE SALES	BIKE RENTALS	BLADE SALES	BLADE RENTALS	REPAIR
<b>BURLINGTON</b>					
Apple Mountain, 863-1520	•				
Local Motion, 652-2453		•			
North Star Cyclery, 863-3832	•	•			•
Old Spokes Home, 863-4475	•				•
Skirack, 658-3313	•	•	•		•
<b>ESSEX JUNCTION</b>					
Sports Central, 878-6762		•			
<b>GRAND ISLE</b>					
Canoe, Bike & Kayak, 782-ISLE	•	•			•
<b>SOUTH BURLINGTON</b>					
Alpine Shop, 862-2714	•				•
Earl's Cyclery, 864-9197	•				•
Play It Again Sports, 865-3021	•		•		
<b>WINOOSKI</b>					
Winooski Bike Shop, 655-3233	•				•

SERVICES

**TOURIST INFORMATION**  
Information Gallery (Burlington Waterfront & Church Street), 865-4637  
Lake Champlain Regional Chamber of Commerce, 60 Main St., 863-3489  
Lake Champlain Islands Chamber of Commerce, North Hero, 372-8400

**FERRY**  
Lake Champlain Transportation, King Street Ferry Dock, 864-9804  
Island Runner (pedestrian/bike only), Grand Isle, St. Albans, 524-6021

**BUS SERVICE**  
Chittenden County Transportation Authority, 864-CCTA

TRAIL TIPS

- Ride, walk and skate on the right side of the path
- Obey all traffic laws and signs
- Wear a helmet and other protective safety gear
- Use hand signals to turn
- Ring bell or say "passing on your left" when passing
- Be prepared for unpredictable or severe weather on the Causeway

Please remember, trails and roads must be shared by many different users. There is no substitute for common courtesy and etiquette.

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www.citymarket.coop

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Local is good!

City Market

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Colchester, VT 05446  
802-658-4034, www.vtboats.com, champlainmarina@vtboats.com

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**GOING THE EXTRA MILE: LOCAL MOTION'S TRAILBLAZERS**  
Map painting: Phil Hagopian • Graphic design: MajaDesign, Inc. • Photography: Rutland Railroad Historical Society, Robert Lyons • Web site: Richard Witmer • Island Line visionaries: South Hero Rec Path Committee, Island Line Steering Committee, Bill and Carole Hauke, Lois McClure, Apple Island Resort • Island Line support: Jane's Trust.

Photo: Robert Lyons

**Island Line Trail**

**Colchester-South Hero Causeway**

**Burlington Bike Path**

**Island Line Trail Vermont**

**LOCAL MOTION**

100 Main Street Burlington, VT 05403 (802)863-3832 email: info@northstarsports.net

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www.localmotion.org  
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1 Steeple Street #103  
• Island Line memorabilia  
• Event and advocacy news  
• Guided Cycle the City tours  
• Bike & blade rentals  
• 30 trail and bike maps  
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our community a safer and more enjoyable place to walk, ride and roll!  
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**LOCAL MOTION**  
Trails and Bikeways

The Island Line is part of larger emerging networks including: La Route Verte, Missisquoi Valley Rail Trail, Cross Vermont Trail and Lake Champlain Bikeways.  
www.localmotion.org

**LA ROUTE VERTE**  
1  
La Route Verte  
3,600 KM  
www.routeverte.com

**MVRT**  
Missisquoi Valley Rail Trail  
Missisquoi Valley Rail Trail  
26.5 miles  
(802) 524-5958

**Cross Vermont Trail**  
25 miles  
www.crossvermont.org

**Voies Cyclables Du Lac Champlain**  
Lake Champlain Bikeways  
Lake Champlain Bikeways  
1,355 miles  
www.champlainbikeways.org

**Support for the development of the Island Line provided by**  
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**La Route Verte**  
**Cross Vermont Trail**  
**Island Line Trail**  
**Lamoille Valley Rail Trail**  
**Lake Champlain Bikeways**  
**Missisquoi Valley Rail Trail**  
Dotted routes under development

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# THE ISLAND LINE



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