

SJW Vermont Ride: Castleton – Middletown Springs

- 0.0 Rutland HS - set 0.0 mileage at cars
- 0.1 L Stratton
- 0.5 R Piedmont Pkwy
- 0.6 L Piedmont Dr (becomes Easterly)
- 0.8 S (slight left) Easterly
- 1.1 L Lafayette
- 1.2 R E. Washington
- 1.5 S cross Main (Rt 4) to Washington
- 1.6 L Pleasant
- 1.8 R Madison
- 1.9 S cross Strong at light to River St
- 2.8 R Dorr

- 3.2 L Clement (College of St. Joseph)
- 4.1 L Stimons (after Railroad bridge)
- 4.2 L Bus Rt 4 (be careful)

- 5.5 S Keep left onto Rt 4A
- 13.0 S Castleton - Stores for drink & food
- 14.6 L Rt 30
- 21.0 L Rt 140 In Poultney
- 29.1 S Middletown Springs
Store - drink & food
- 31.3* L Rt 133 (*see alternate for climbers)
- 40.0 R Rt 4A West Rutland
(store at left if needed)

- 41.6 R at Y, Stimons - becomes Clement
- 41.7 R Barrett Hill - underpass
- 42.5 R Dorr Dr
- 43.0 L River Rd - cross bridge
- 43.9 S cross Strongs to Madison

- 44.0 L Pleasant
- 44.2 R Washington
- 44.3 S cross Main (Rt 4) at light
- 44.6 L Lafayette
- 44.7 R Easterly (becomes Piedmont Dr)
- 45.2 R Piedmont Pkwy
- 45.3 L Stratton
- 45.8 R Rutland HS

Alternate For Hill Climbers

- *Route untested as of 8/06
- 31.3 R Stay on Rt 140
- 34.3 L Rt 140 *Sharp Left
- 39.3 S Railroad
- 39.3+ L Quick Left
- 39.4 R Right at next street
- 39.4+ L Rt 7

- 48.8 R E. Washington
- 49.1 L Lafayette
- 49.2 R Easterly (becomes Piedmont Dr)
- 49.7 R Piedmont Pkwy
- 49.8 L Stratton
- 50.3 R Rutland HS

Inn at Long Trail: 800-325-2540

Bike Shops: (full sales & service = FSS)

- First Stop: West Bridgewater, Rt 4 + 100
802-422-9050 (FSS)
- True Wheels: in Basin Ski Shop, @ 1 mile up
Killington Rd 802-422-3234 (FSS & rental)
- Great Outdoors: Rt.4 across from Rutland HS
802-775-9989 (FSS & rental)
- Green Mountain: 158 N Main St, (Rt 7 north
Rutland) 802-775-0101 (rental, basic service)
- Dicks Sporting Goods: Rt 7 S, before Rt 4 exit,
802-773-2710 (basic but decent stuff)
- Start House: Rt 4 Woodstock, 802-457-3377
(FSS & rental)

gpilling 8/09