

Overview

This is a bicycle touring trip around Lake Champlain in New York and Vermont. The Venturers will camp with their leaders in the ACC hut in Keene, NY on Friday night. On Saturday morning the Venturers will depart on the bicycle trip as a group without the leaders. On Sunday, the leaders will then meet the Venturers at the destination on Sunday afternoon. Road bikes will be used, rented where necessary, to increase the distance able to be travelled. Venturers will travel self-sufficient with food and camping equipment.

Participants

Name	Type	Bicycle	Height	Inseam	Qualifications	In Command	
						Road	Overall
Catton, Sam	Youth	Rental	67"	30"		1 st	
Dionne, Nick	Youth	Rental	68"	32"	Wilderness First Aid		
Gale, Calvin	Youth	Rental	66"	30"	Standard First Aid		1 st
Kerr, Aidan	Youth	Rental	71"	34"			
Savage, Lochlan	Youth	Rental	71"	34"			
Yates, Laura	Youth	Own			Advanced Wilderness First Aid	2 nd	2 nd
Hamill, Stew	Adult	N/A					
Yates, Allan	Adult	N/A			Standard First Aid		

Financial Budget

Item	Budget	Actual	Notes
Mileage, 600km	\$150		
Mileage, Allan, 692km w/ trailer		\$173	\$0.25/km
Mileage, Stew, Van, 972km		\$243	\$0.25/km
Mileage, Stew, truck, 878km		\$220	\$0.25/km
ACC Hut fee	\$15	\$30	Two nights
Camping fee	\$34	\$32	
Ferry fee, bicyclist, \$5/person	\$30	\$25	
Food (\$25/person)	\$200		
Food bought before		\$26	
Food during ride		\$130	
Supper on way home		\$158	
Maps, 2	\$13	\$13	
Bridge tolls		\$9	
Road bike + pannier rental, 5	\$400	\$524	Budgeted at 4
Return tow Malone to Keene		\$500	
Total	\$842	\$2,083	
Total per Venturer (6)	\$140	\$347	
Advertised total fee per Venturer	\$140		

Safety Precautions

- Helmets will be worn at all times while Venturers are bicycling.
- Group will stay together at all times while on the road.
- Prior to camp, bicycles will be checked for roadworthiness including tire inflation.
- Basic repair tools will be carried including spare inner tubes and pumps.
- All bicycling will be during daylight hours.

Schedule**Friday April 27th**

Pickup rental bicycles and panniers from the *Bloomfield Bicycle Company* at lunch time.
Meet with bicycles and personal gear at Allan's house at 5:00pm.
Depart 5:30pm.
Arrive at ACC hut, in Keene, a drive of 300 km, 3 hours, at 9:00pm.

Saturday April 28th

Wake up at 7:30am with departure by 9:00am.
Venturers bicycle to the *Shelburne Camping Area*, following the routes shown on the *Lake Champlain Bikeways Map*.
Ferry from Essex (NY) to Charlotte (VT). Departures every hour on the half hour.
Campsite reserved at the *Shelburne Camping Area*.
Total bicycling distance 85km. Optional shortcut reduces distance by 6.5km.
Venturers will purchase necessary food enroute; Shelburne Supermarket recommended.
Optional side trip to *Burton Flagship Store*; not all Venturers have to go.
Venturers to calculate overall speed for the day, so they can ensure they have a good schedule for Sunday.
Leaders will remain in Keene for Saturday night.

Sunday April 29th

Wake up at 7:30am with departure by 9:00am.
Ensure campsite is left cleaner than upon arrival.
Venturers bicycle from campground to Chimney Point (VT).
Total bicycling distance 50km.
Venturers take the ferry (departs every 15-30 minutes).
Venturer arrive at Crown Point (NY) no later than 2:30pm.
Leaders meet Venturers at Crown Point (NY), load bicycles, and drive to Keene Valley.
At *The Mountaineer* in Keene Valley, purchase hiking boots for Europe.
Depart at 6:00pm
Stop for supper on the way home.
Arrive in Merrickville at approximately 10:00pm.
Wet and dirty equipment distributed for cleaning and drying. Pickup at Allan's house. Venturers will call with exact time.

Monday April 30th

Return rented bicycles and panniers to the *Bloomfield Bicycle Company* after lunch.

Equipment

During the bicycle rides the Venturers will carry with them all necessary camping equipment.

Venturers will use road bikes rather than mountain bikes. There will each be equipped with a rear carrying rack and a pair of rear panniers. Road bikes and panniers will be rented from the Bloomfield Bicycle Company for those without. Rentals will be picked up Friday at lunch, and returned on Monday after lunch.

Meals

Saturday lunch will be carried from the start. Groceries for all remaining meals will be purchased enroute. Just before the campground there is a full grocery store, *Shelburne Supermarket*. Nearby there is also the *Shelburne Country Store*. The campground has a small store on site with some staples, but milk is not stocked at this point in the season. The same stores are passed on Sunday leaving the campground.

In Case of Emergency

While the Venturers will be expected to handle any unexpected challenges themselves, as a very last step they will be able to contact the leaders in Keene.

The Venturers will carry a sealed package containing a copy of their physical fitness forms.

The Venturer's maps will include the location of the hospitals and bicycle repair shops.

Pre-Trip Training

A bicycle repair training session was held last year, specifically including the repair of flat tires. The bike tour last year around Prince Edward County was a training run for this trip; the same Venturers are involved.

Two overall plan review sessions will be held with the Venturers to ensure they are all aware of the trip details and their options for various issues that may arise. The first is a high level overview, and the second will include a multitude of scenarios that might be encountered.

Route

The route is based on those published in the Lake Champlain Bikeways Map, and has been developed in conjunction with the publishers. The route avoids main roads where ever possible, or roads without paved shoulders.

A bicycling speed of 15 km/hour has been assumed, plus breaks.

The Venturers are to record their start and end times each day for future planning.

Photographs

Venturers will be strongly encouraged to take photographs throughout their tour.

Sleeping Arrangements

The five male Venturers will be split between a 3-man tent and a 2-man tent. The female Venturer will be using a bivy sack. Hammocks were considered but the idea discarded due to the low temperature at night at this time of year.

Resources

www.champlainbikeways.org
www.localmotion.org



Shelburne Camping Area

4385 Shelburne Road
Route 7
Shelburne, Vermont
05482
(802) 985-2540
www.shelburnecamping.com

ACC Keene Farm Hut

193 Styles Brook Road
Keene, New York
12942

Hospitals

Adirondack Medical Centre
29 Church Street
Lake Placid, New York
12946
(518) 523-3311

Fletcher Allen Health Care
Medical Center Campus
111 Colchester Avenue
Burlington, Vermont
05401
(802) 847-0000

Stew's Accomodation

Trail's End Inn
62 Trail's End Road
Keene Valley
(800) 281-9860

Mobile Telephones

Stew (613) 298-8464
Mary Lou (613) 298-1425
Sam (613) 601-2699

Vehicle

Manufacturer: GMC
Model: Yukon XL Denali
Colour: Pewter
License plate: AKFA 929

White cargo trailer (6' x 12'), license plate: C3529H

The Mountaineer

1866 New York State Route 73
Keene Valley, New York
(518) 576-2281
Open daily 8:00am to 5:30pm

Bloomfield Bicycle Company

225 Main Street
 Bloomfield, Ontario
 (613) 393-1060
 www.bloomfieldbicycle.ca

Eastern Mountain Sports

100 Dorset Street
 South Burlington, Vermont
 (802) 864-0473

Tire Size

Laura: 700x23C

Bicycle Shops**Plattsburgh**

Maui North	518-563-7245	31 Durkee Street
Mountain Riders	518-324-9900	30 City Hall Place
Viking Ski & Cycle	518-561-5539	453 State Route 3

Lake Placid

High Peaks Cyclery & Mountain Guide	518-523-3764	2733 Main Street
Placid Planet Bicycles	518-523-4128	2242 Saranac Avenue

Grand Isle

Grand Isle Canoe, Bike & Kayak	802-372-3777	300 US Route 2
Ken's Island Peddler	802-372-4809	194 US Route 2

Swanton

Porter's Bike Shop	802-868-7417	116 Grand Avenue
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Georgia

White's Green Mountain Bikes	802-524-4496	Route 7
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Burlington

North Star Sports	802-863-3832	100 Main Street
Old Spokes	802-863-4475	322 North Winooski Avenue
Royal Cycles	802-864-7059	41 King Street
Ski Rack	802-658-3313	85 Main Street

South Burlington

Alpine Shop	802-862-2714	1184 Williston Road
Earl's Cyclery & Fitness	802-864-9197	2500 Williston Road
Eastern Mountain Sports	802-864-0473	100 Dorset Street

Middlebury

Alpine Shop	802-388-7547	Merchants Row
Bike Center	802-388-6666	74 Main Street

Rutland

Green Mountain Cyclery	802-775-0869	133 Strongs Avenue
Sports Peddler	802-775-0101	158 North Main Street

Questions for Plan Review Session

1. Where are you camping?
2. What do you do if a bicycle breaks?
3. What do you do if a bicycle breaks and you can't fix it?
4. When do you need to be at the finish?
5. What do you do if somebody breaks their wrist?
6. What do you do if somebody scrapes their leg?
7. What do you do at the campsite?
8. Can you have a campfire at the campsite?
9. Where are you departing from?
10. What do you do if you notice one person from the group is missing?
11. What do you do with your dishes at the campsite?
12. What do you need to do at the campsite?
13. What do you do with the equipment at the campsite on Sunday morning?
14. Can you stop for snacks?
15. What do you do if it rains?
16. What is in the first aid kit?
17. How can you fix a dangling part on a bicycle?
18. Where is the first aid kit?
19. Who has the bicycle repair kit?
20. Who has the water bottle?
21. What are the routes?
22. Do you have to stay on the route?
23. Where are the maps and schedules?
24. Who has the bicycle pump?
25. Who has the spare inner tube?
26. When do you call for leaders for help?
27. When do you not call leaders for help?
28. Who can you ask for help?
29. How can you get help?
30. Where do you go for help?
31. What do you do if involved in an automobile collision and nobody is hurt?
32. What do you do if involved in an automobile collision and somebody is hurt?
33. What do you do if you are attacked by somebody?
34. What do you do if somebody gets lost?
35. What do you do if the group is lost?
36. What do you do if you are behind schedule for the destination on Saturday?
37. What do you do if it gets dark and you haven't made it to the campsite yet?
38. What do you do if you are behind schedule for the destination on Sunday?
39. When do you spend the emergency money?
40. Which is preferred, spending the emergency money or calling leaders for help?
41. Who has first aid qualifications?
42. Who takes charge of a medical situation?
43. Who is in charge?
44. Who is second in command?
45. What do you do if chased by a dog while on your bicycle?
46. What do you do if bitten by a dog?
47. What does the group do if a person is lost?
48. What does a person do if they are lost?
49. When can you take shortcuts on the road route?
50. What type of truck did we bring and the license plate number?
51. How many groups do you split into while bicycling?

Personal Kit List

Passport
Consent form
Sleeping bag
Headlamp or torch
Change of clothes
Trousers
Long sleeved shirt
Shorts
Towel
Sweater or sweat shirt
Track pants (optional)
Rain jacket
Rain pants (optional)
Wash kit: tooth brush, tooth paste, soap, shampoo, chapstick, etc.
Mess kit: plate, bowl, cup, knife, fork, spoon in mesh bag
Water bottles
Sunscreen (optional)
Kleenex (optional)
Toilet paper (optional)
Bicycle, road (if not using rental)
Bicycle helmet
Bicycle lock (if not using rental)
Bicycle gloves (optional)
Sunglasses (optional)
Pocket knife (optional)
Sheath knife (optional)
Camera (optional)
Multi-tool (optional)
Compass (optional)
Pocket money (optional)
Camelback (optional)
Bike rack (optional)
Panniers (optional)

No electronic devices.

Packing must be very light. Everything must fit into two panniers and what can be strapped onto the rear rack. This includes 1/3 of a tent and each person's portion of the common equipment (e.g. first aid kit, repair kit, cooking kit, etc.).

Menu**Friday**

Supper

Eat before departure of brown bag from home

Saturday

Breakfast

Cereal, milk, bagels, English muffins

Lunch

Tortillas, turkey, lettuce

Supper

Venturers: TBD

Leaders: Restaurant

Sunday

Breakfast

Venturers: TBD

Leaders: English muffins, peanut butter

Lunch

Venturers: TBD

Leaders: Tortillas, turkey, ham, lettuce

Supper

Restaurant

Beverages

Leaders: Coffee (w/cream)

Juice boxes

Condiments & Seasonings

None

Snacks

Venturers

Granola bars

Sesame snacks

Cookies, Oreos

Leaders

YOPs

Granola

Yogurt

Grocery List

Item	Quantity	Status	Store	Notes
Frosted Flakes	1 regular box			
Cheerios	1 regular box			
Milk, 3.5%	2 litre carton			
Tortillas	14		Costco	2/person/meal
Lettuce, iceberg	1 head			
Turkey	1 double pkg (800g)		Costco	
Mayonnaise	1 bottle	Have		
Apples, red	1 bag (8)			
Granola bars, sweet & salty	1 large box (32)	Have	Costco	
Oreos	1 bag			
Sesame snacks	1 box	Have	Costco	
English muffins	4	Have		
Peanut butter, crunchy, Kraft	1 container	Have		
Coffee, decaffeinated	1 small can	Have		
Hot chocolate	12 packets			
YOPs	4			
Granola	1 box	Have		
Yogurt	4	Have		
Chili	1 can			

Camping Equipment (Venturers)

Tent, MEC Apollo (3 man), w/poles & pegs
 Tent Footprint, MEC Apollo
 Tent, MEC Gemini (2 man), w/poles & pegs
 Tent Footprint, MEC Gemini
 Bivi Sack
 Tarp
 Paracord
 Frying pan
 Stove, MSR SimmerLite
 Fuel bottle, MSR, 590ml
 Fuel pump, MSR SimmerLite
 Matches, 1 box
 Toilet paper
 Dish soap
 Scrubbing pad, nylon
 Garbage bag
 Spatula, nylon
 Tea towel
 White gas
 Bungee cords
 Bicycle multi-tool
 Pot, medium
 Pot holder
 Tire pump, Schrader valve
 Presto to Schrader valve adapter
 Spare inner tube, 26"
 First aid kit
 Wrench, adjustable, small, 2
 Allen keys, metric
 Compass
 Wire
 Cable ties
 Duct tape
 Multi-tool
 Notebook
 Pencil
 Physical fitness forms
 Quarters (American) for emergency telephone calls
 Money to pay for food, camping, and ferries (2 x US\$100)
 Emergency funds, US\$100

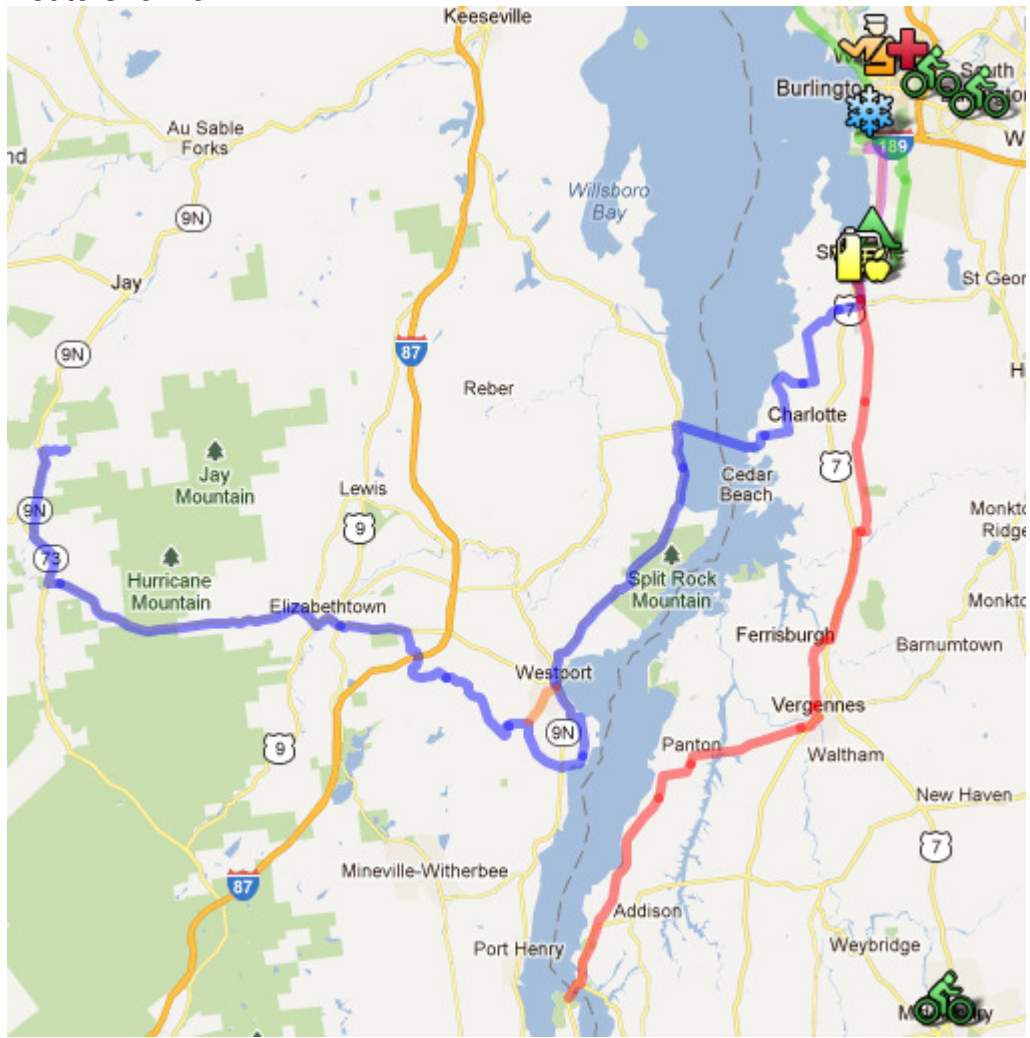
Camping Equipment (Base Camp)

Matches, 1 box
 Single cup coffee maker
 Coffee filters, #2, 10
 Toaster, stove top
 Bungee cords (to hold bikes in trailer)
 Rope (to hold bikes in trailer)
 Air compressor, 12V
 Garbage bag
 First aid kit, expedition
 Ziploc bags, large (for lunch wraps)
 Saran wrap




















Allan's Extra Kit

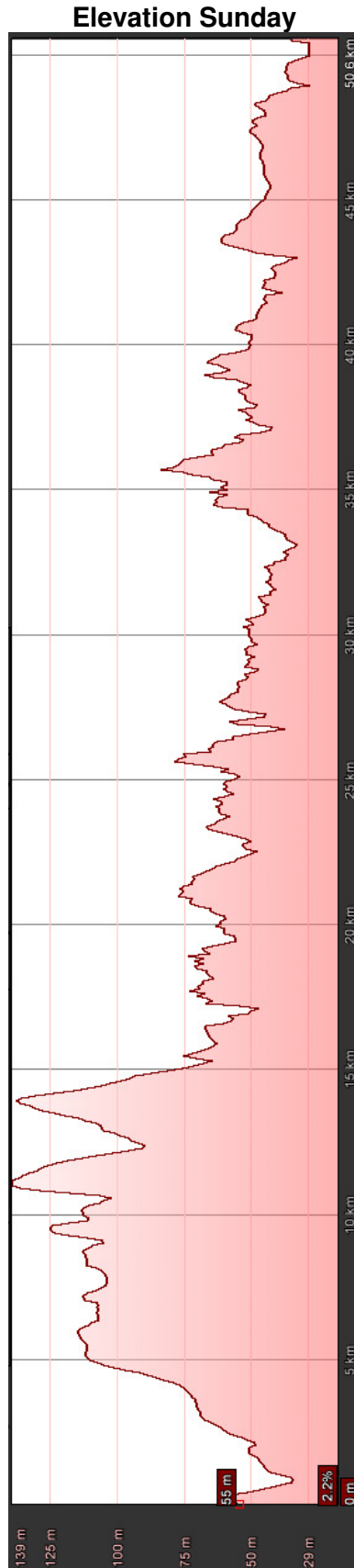
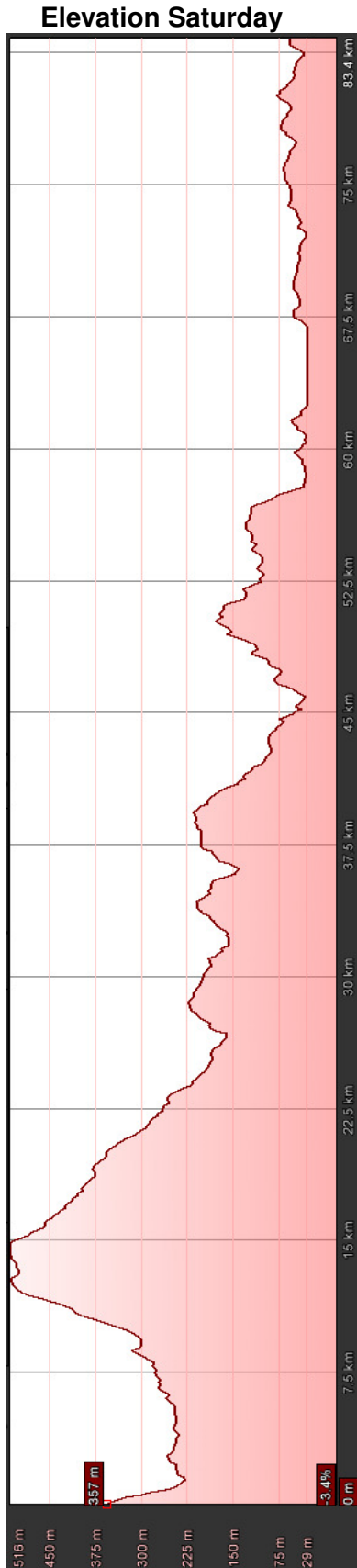
- Sheath knife
- Thermometer
- CDs (travel pack)
- Trip plan
- Watch
- Camera
- Camera spare batteries (charged)
- Inverter
- Books
- DVDs
- Laptop
- Laptop power supply
- Inverter
- Earphones
- Physical fitness forms
- Truck garbage container w/bags
- Briefcase
- Weather forecast
- Shaver
- Contact lens solution
- Spare contact lenses
- Notebook & pencil
- Kleenex
- First aid kit
- GPS, automotive
- ACC membership card

Route Overview



Route can be found on Google Maps at <http://g.co/maps/eaakw>.

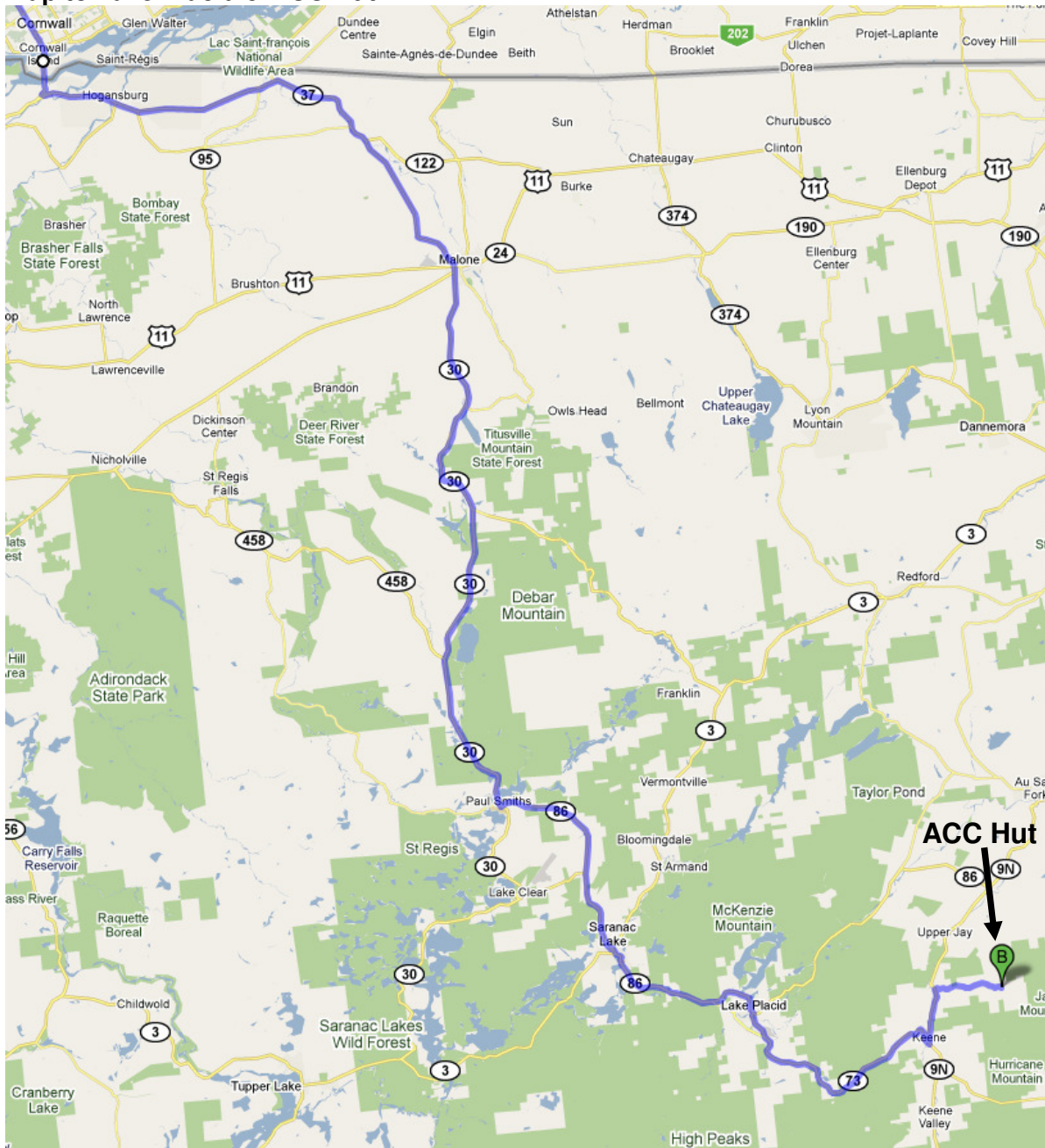
-  Day One
90.2 km - about 2 hours 14 mins
-  Shortcut (-6.5km) (optional)
2.6 km - about 4 mins
-  Burton Store Side Trip (optional)
7.1 km - about 10 mins
-  Day Two
50.6 km - about 1 hour 17 mins
-  Burton Store
-  Shelburne Camping Area
-  Bike Center (Bike Repair)
-  Alpine Shop (Bike Repair)
-  Earl's Cyclery (Bike Repair)
-  Alpine Shop (Bike Repair)
-  Shelburne Supermarket
-  Shelburne Country Store
-  Hospital
-  Police
-  Day Two (alternative) Part 1
7.4 km - about 15 mins
-  Day Two (alternative) Part 2
-  Day Two (alternative) Part 3
6.6 km - about 12 mins
-  Day Two (alternative) Part 4
-  Day Two (alternative) Part 5
34.6 km - about 1 hour 27 mins



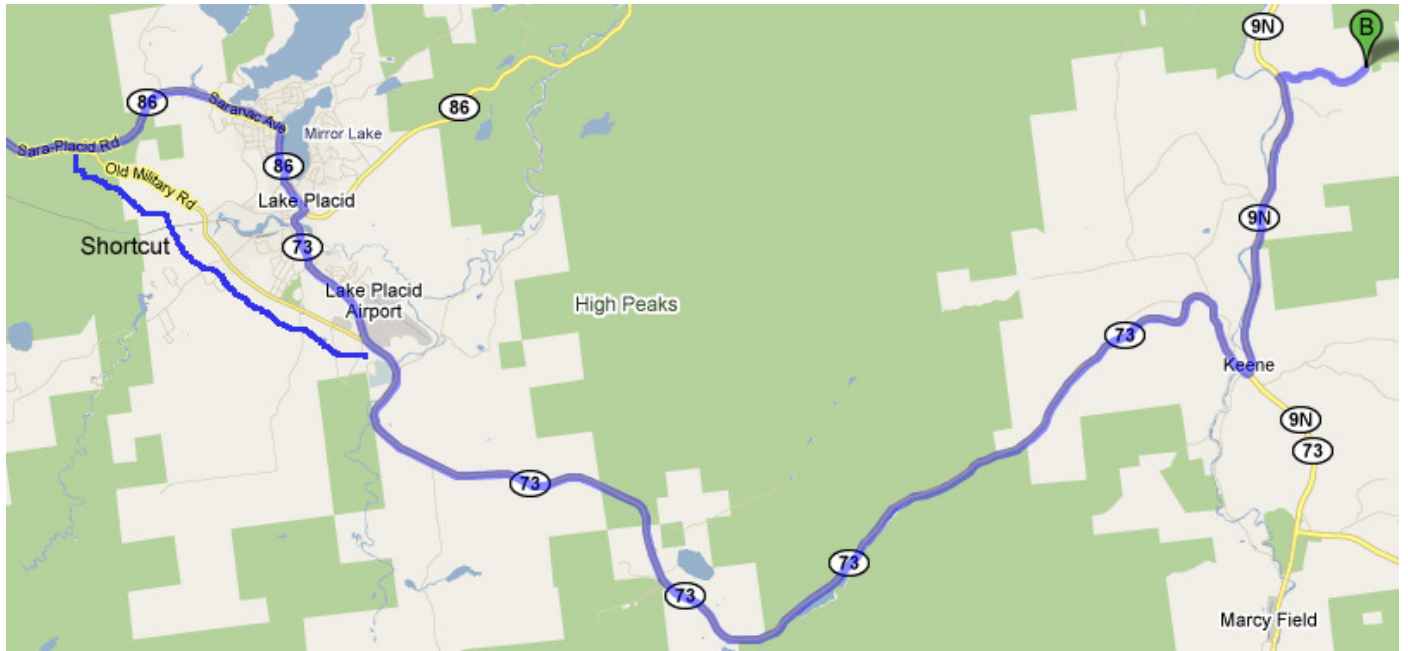
Directions to ACC Hut

From Ottawa, take Highway 417 east until exit 58 and turn right onto Highway 138 south to Cornwall and follow signs for Bridge to USA. Cross over the bridge (toll payment required), go through Customs, and take Highway 37 east to Malone. In Malone, Highway 37 changes to Highway 30 south to Paul Smiths. Take a left turn onto Highway 86 to Lake Placid. A short cut, bypassing Lake Placid, may be taken by turning right on County Road 35 (Old Military Road); then turning right on Highway 73 east. Otherwise, proceed into and through Lake Placid, turning right onto Highway 73 east. Keep on Highway 73 until Keene. In Keene, turn left onto 9N. Travel 5km and turn right on to Styles Brook Road. Go 1.5km up a hill to the small sign for the ACC Montreal Section. Turn left into the parking lot and hike up the hill to the hut. The path to the hut is at the far end of the parking lot, up through the trees. The path to the camping field is directly ahead of the driveway where it turns left into the parking lot; up a small hill.

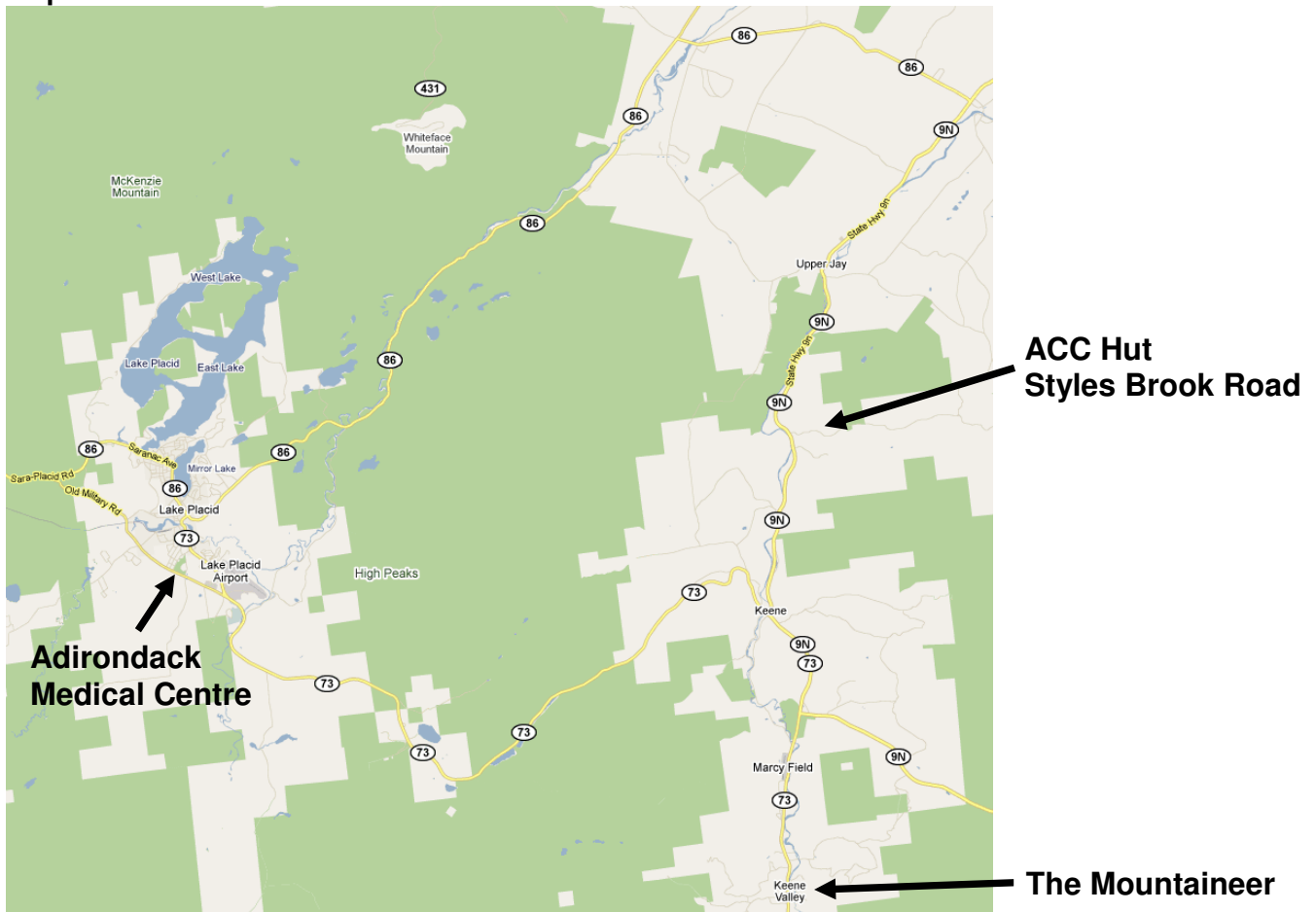
Map to Lake Placid & ACC Hut



Shortcut around Lake Placid



Map to Hut



Shelburne Camping Area



Directory of Services

EMERGENCY PHONE NUMBERS — Police/Fire/Ambulance: 911
RECREATION — 2 Pools, Play area, Volleyball, Tether Ball, Horseshoe Pits and Game Room
SERVICES — Store, Ice, Coffee, Restaurant & Lodging, Fire Rings, Firewood, Propane, Picnic Tables, Public Phone, Laundry, Dump Station & Recycling Bins, Flush Toiletes, Free Hot Showers, Cable Television Available

Entrance Drive
5 miles per hour
throughout complex!

YOUR SITE # IS _____



Shelburne Supermarket



20 Shelburne Shopping Park
Shelburne, Vermont

Monday - Saturday: 8:00am - 8:00pm
Sunday: 8:00am - 7:00pm



Ferry: Essex (NY) to Charlotte (VT)

★ 2012 Rates	
Each Way	
Driver & Vehicle <19'	\$9.50
Adult Passenger	\$3.75
Child (6-12)	\$1.50
Child (Under 6)	FREE
Motorcycle & Driver	\$6.00
Bicyclist	\$4.75
Vehicle over 19'	Please see rates page



Crossing time is 25 minutes.

Fuel surcharge of 3.5%.

Charlotte, Vermont to Essex, New York

Early Spring 2012 Schedule - April 2 - May 6

Days of the Week:	Departs Vermont	Departs New York
Monday - Sunday	6:00 am	6:30 am
	7:00 am	7:30 am
	8:00 am	8:30 am
	9:00 am	9:30 am
	10:00 am	10:30 am
	11:00 am	11:30 am
	12:00 pm	12:30 pm
	1:00 pm	1:30 pm
	2:00 pm	2:30 pm
	3:00 pm	3:30 pm
	4:00 pm	4:30 pm
	5:00 pm	5:30 pm
	6:00 pm	6:30 pm
	7:00 pm	7:30 pm
	8:00 pm	8:30 pm

Ferry: Chimney Point (VT) to Crown Point (NY)

Chimney Point, VT Crown Point, NY



24-Hour Service, 7 Days a Week, Year Round

★ **Temporary Crossing** ★

Departures every 15 minutes during peak hours.

Departs Vermont Departures on the hour & ½ hour	Departs New York Departures on the 15s & 45s
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2011 Rates
As a result of the Champlain Bridge demolition, LCT has been contracted by the states to provide a temporary ferry service between Chimney Point, VT, and Crown Point, NY. This ferry is subsidized by the states until further notice.
There is NO CHARGE at this crossing.

Getting Here:
From Vermont: Take Rt. 22A to VT 17 W
From New York: *From South:* Exit 28, Rt. 9N south to Bridge Rd./NY-185 E. *From North:* Exit 31 to Rt. 9 to Bridge Rd./NY-185 E

Ferry Info:
Crossing Time: 15 minutes
Max. Wt. Per Vehicle: No trucks over legal limit
Max. Width: 15'

Chimney Point Dock • 8061 Route 17 West • Addison, VT 05491
Crown Point Dock • 814 Bridge Rd. • Crown Point, NY 12928
www.ferries.com • 802.864.9804

The Shelburne Country Store

29 Falls Road
Shelburne, Vermont

Open 9:00am - 6:00pm daily.



**THE SHELBURNE
COUNTRY STORE**

Cycling Speed

Saturday (85km)			Sunday (50km)	
Actual Time (hours)	Calculated Speed (km/h)	Actual	Estimated Time Required (h)	Actual
1	85.0		0.6	
1 ½	56.7		0.9	
2	42.5		1.2	
2 ½	34.0		1.5	
3	28.3		1.8	
3 ½	24.3		2.1	
4	21.3		2.4	
4 ½	18.9		2.6	
5	17.0		2.9	
5 ½	15.5		3.2	
6	14.2		3.5	
6 ½	13.1		3.8	
7	12.1		4.1	
7 ½	11.3		4.4	
8	10.6		4.7	
8 ½	10.0		5.0	
9	9.4		5.3	
9 1/2	8.9		5.6	
10	8.5		5.9	

Saturday

Depart Keene: _____

Arrive Ferry: _____

Depart Ferry: _____

Arrive Grocery Store: _____

Depart Grocery Store: _____

Arrive Campground: _____

Short cut used? _____

Actual Cycling Time: _____

Sunday

Depart Campground: _____ (necessary)

Depart Campground: _____ (actual)

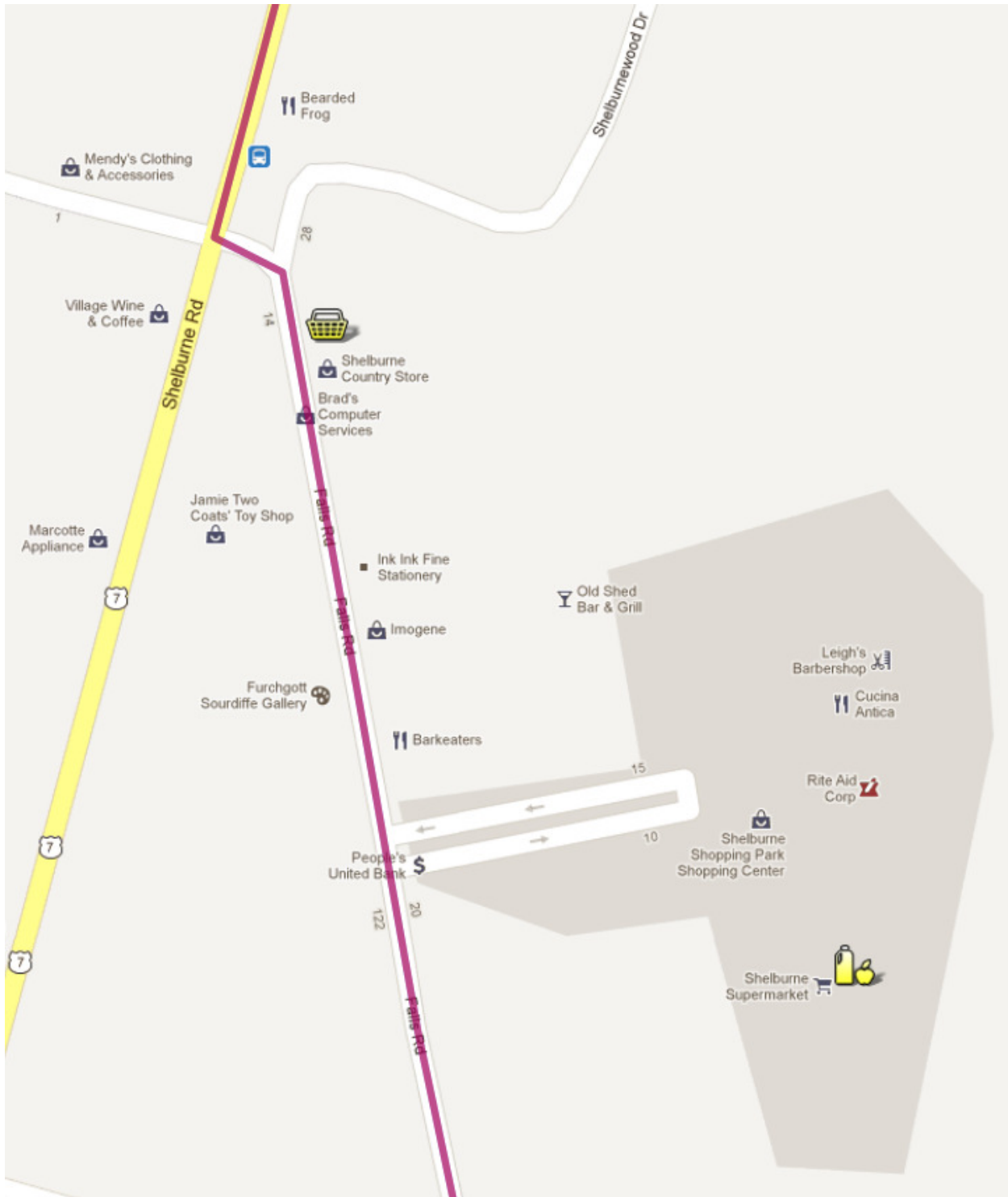
Arrive Ferry: _____

Actual Cycling Time: _____

Use only actual cycling time in the Saturday time calculation.

Use Sunday estimated cycling time required to ensure departure is early enough, cycling speed is fast enough, and any stops are not too long. To ensure arrival at finish on time.

Shelburne Village

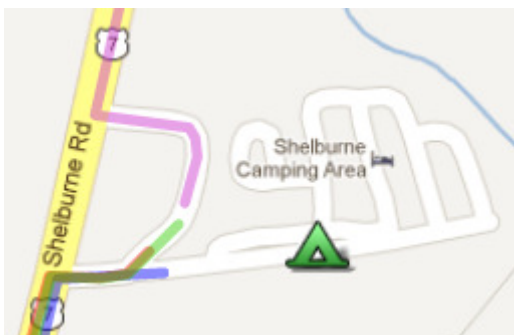
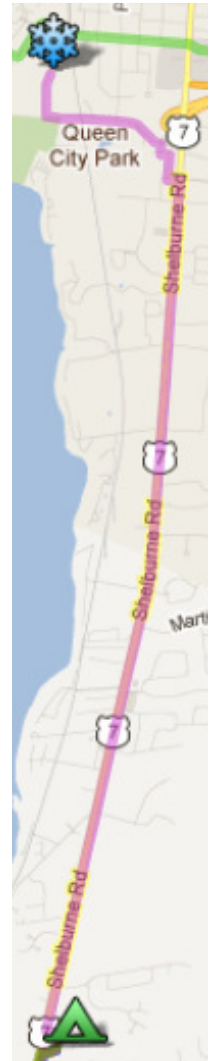
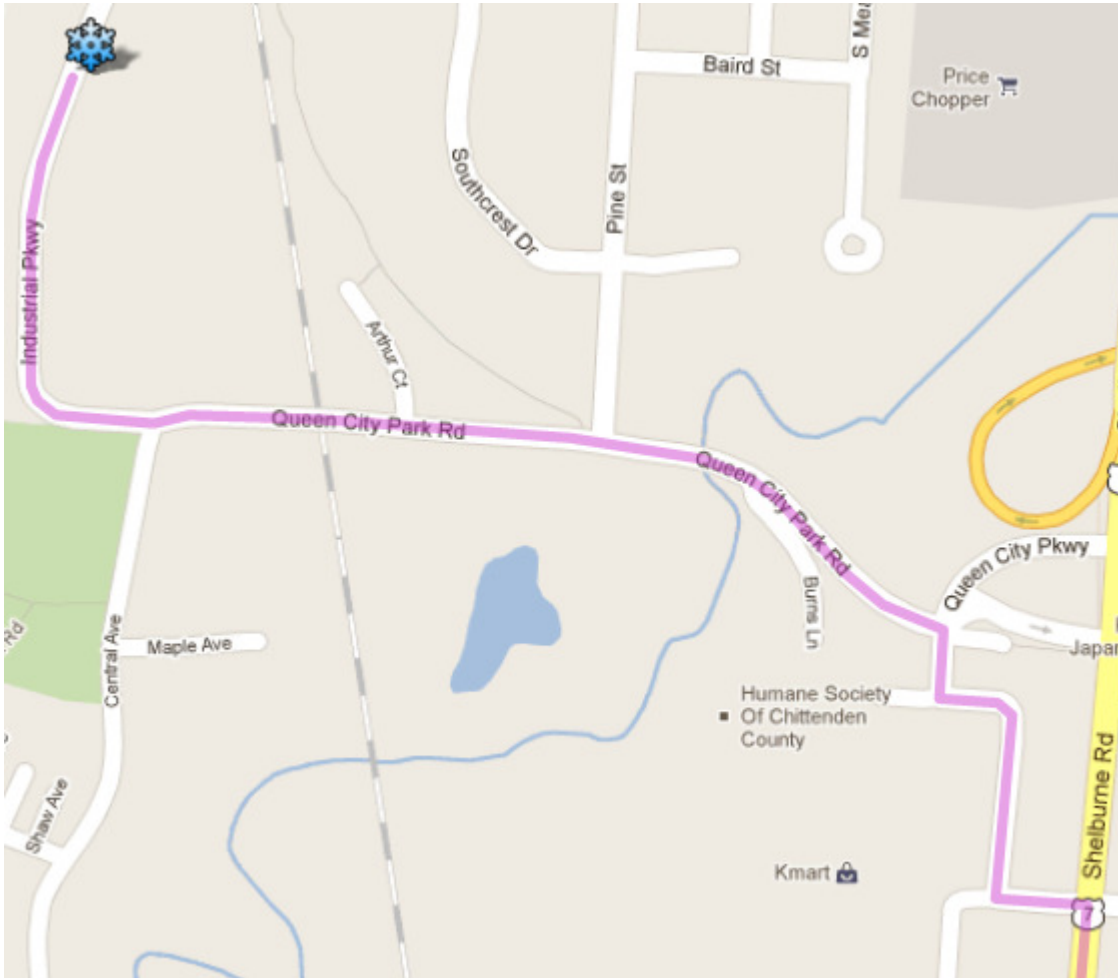


Burton Flagship Store

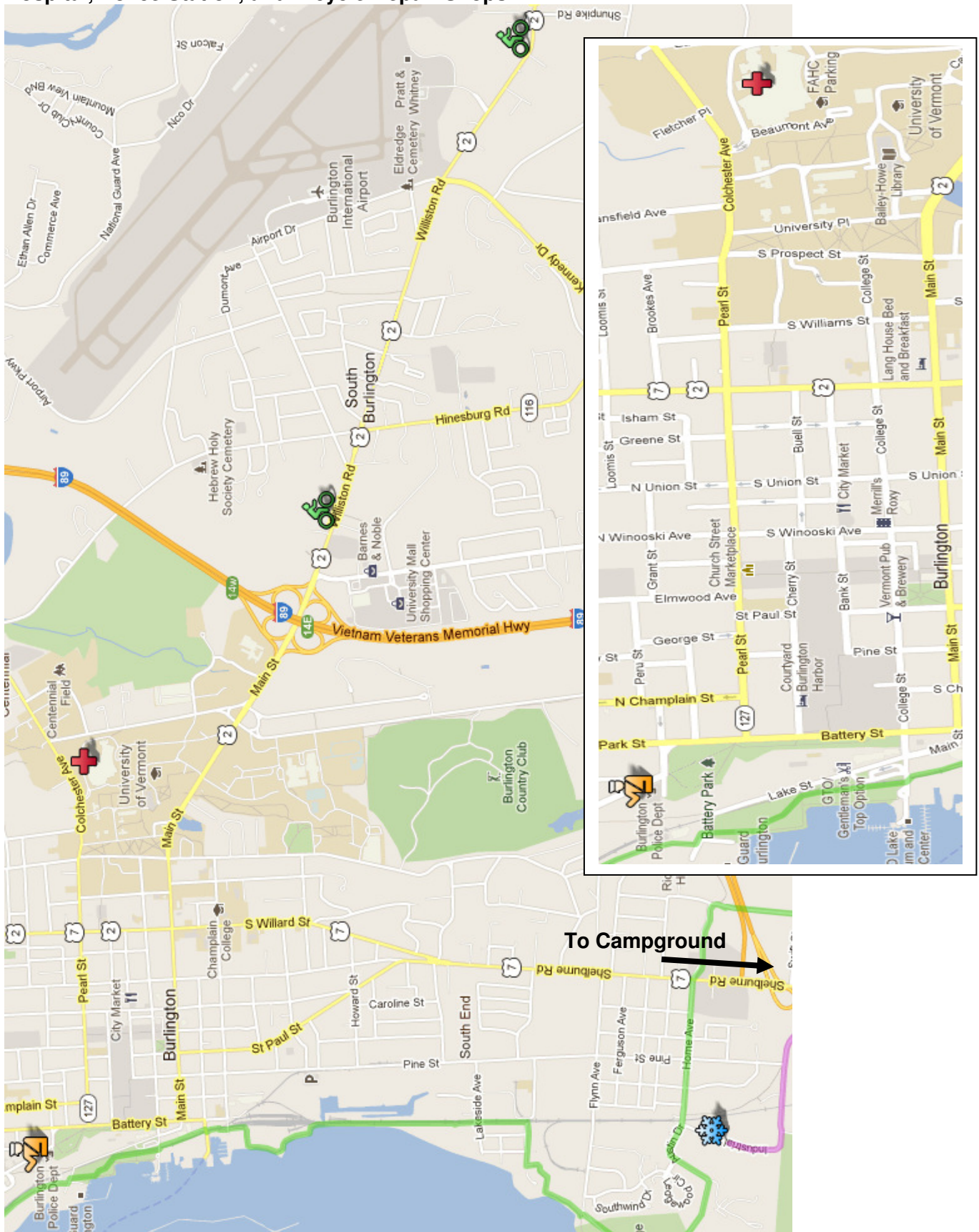
80 Industrial Parkway
Burlington, Vermont
05401
(802) 660-3200

7km from campground.

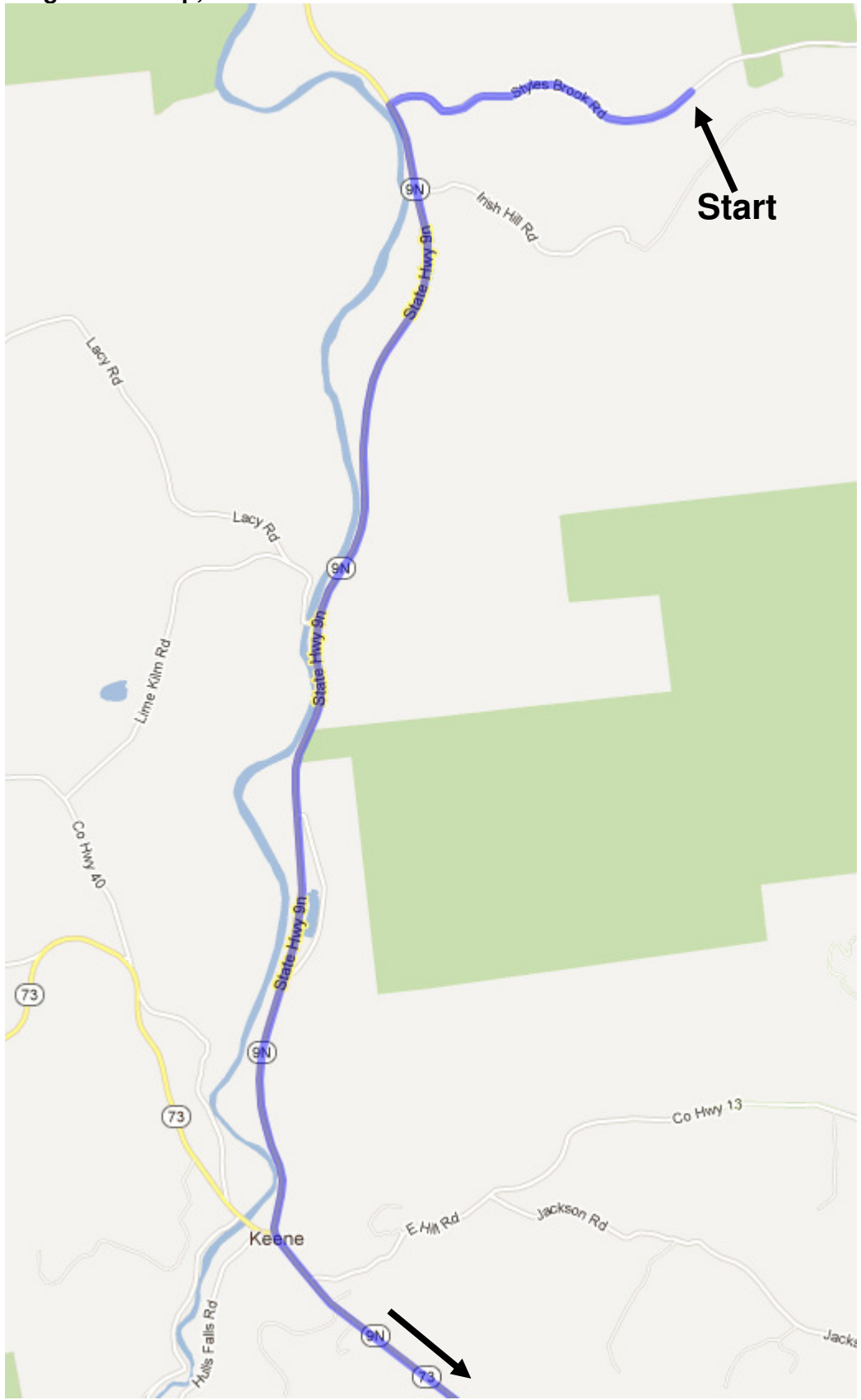
Monday - Saturday: 10:00am - 7:00pm
Sunday: 11:00am - 6:00pm



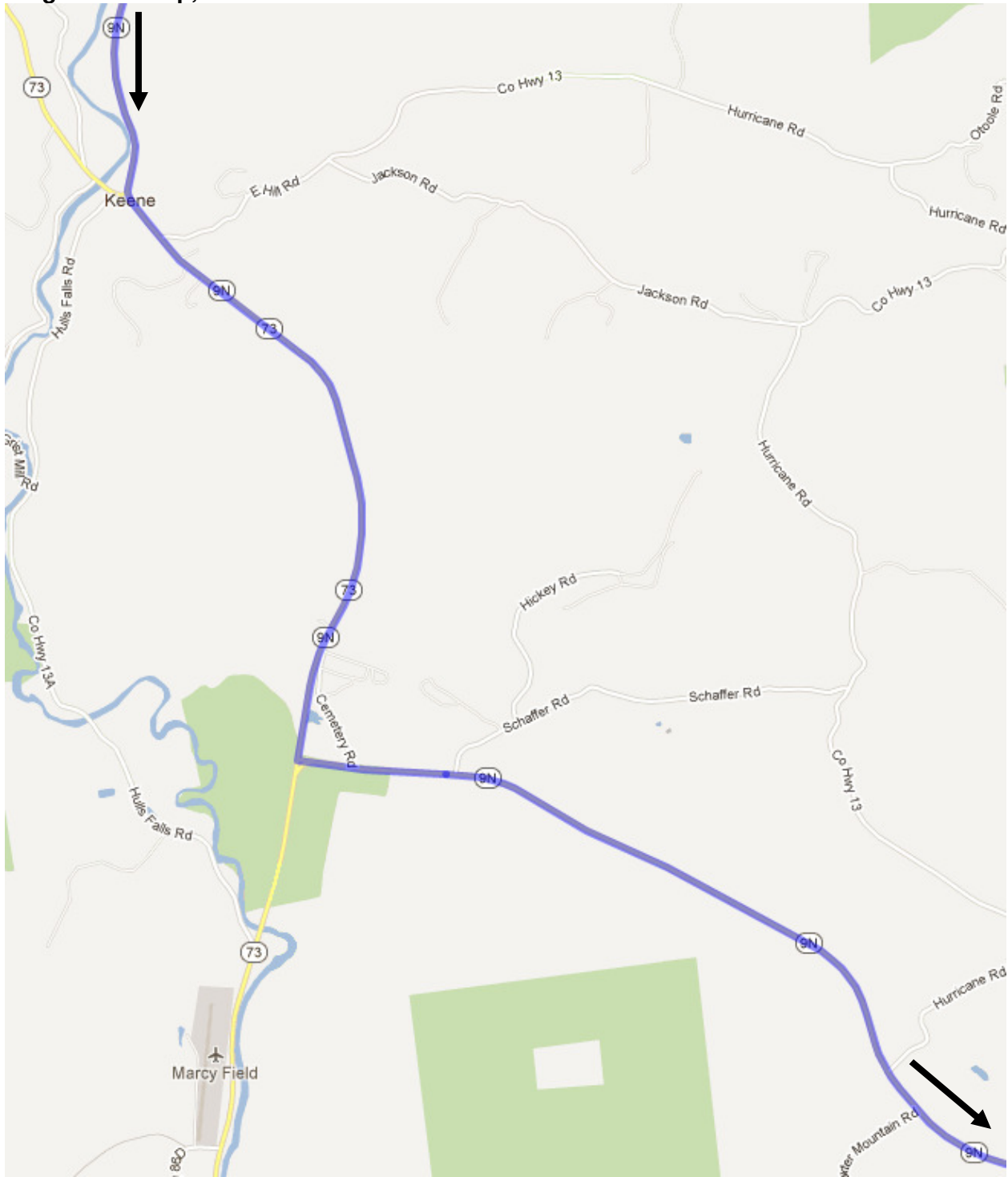
Hospital, Police Station, and Bicycle Repair Shops



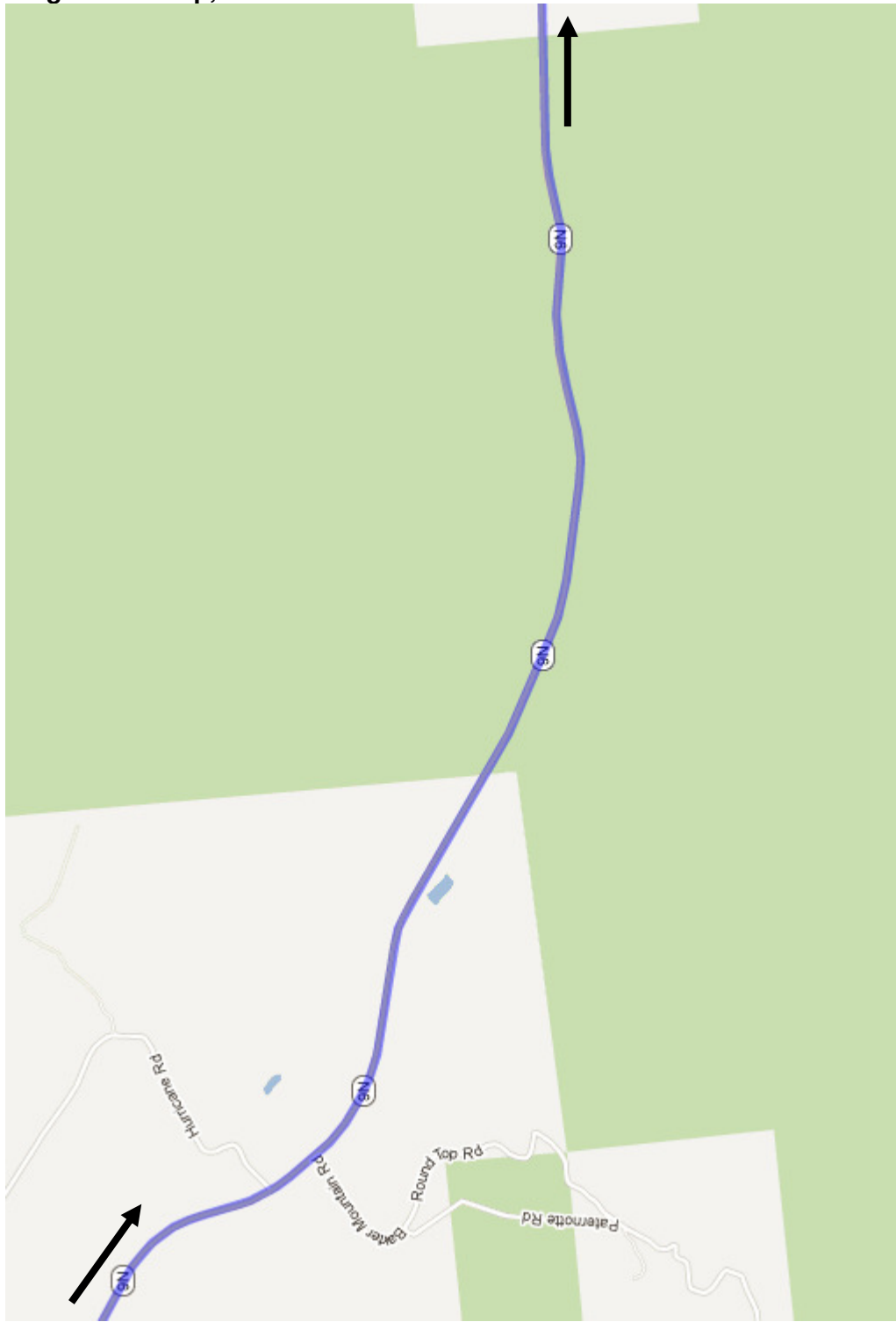
Large Scale Map, Sheet #1



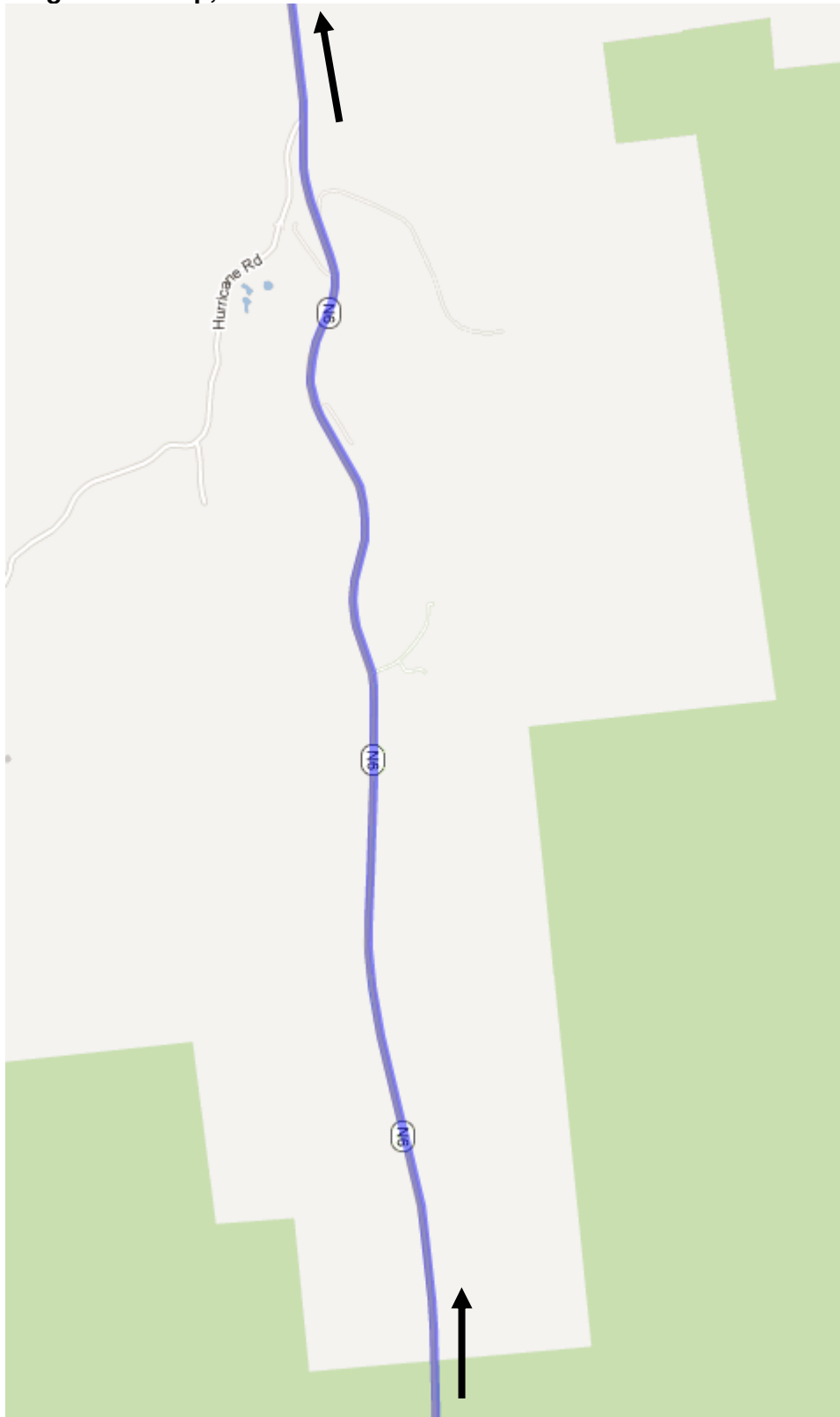
Large Scale Map, Sheet #2



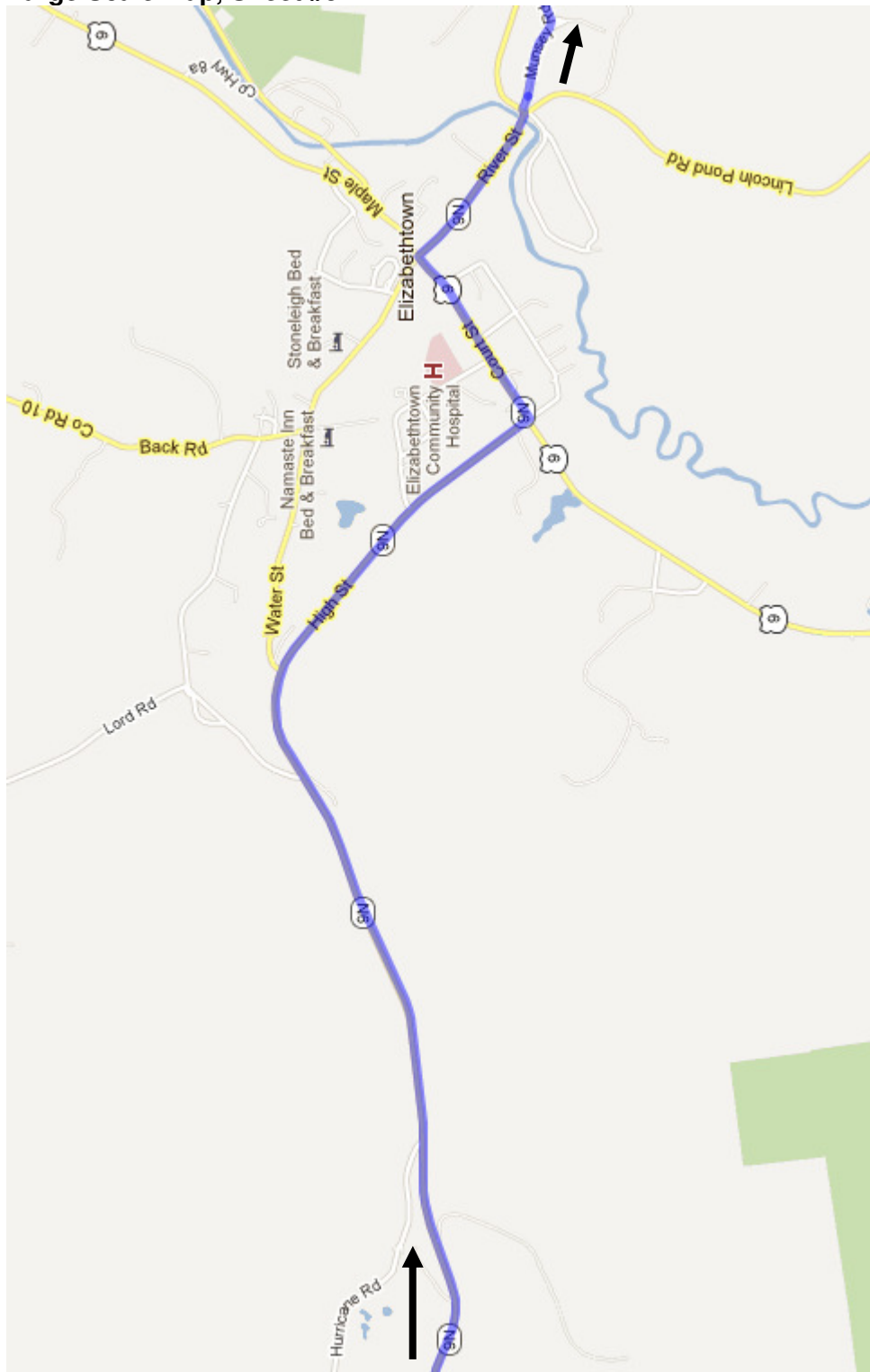
Large Scale Map, Sheet #3



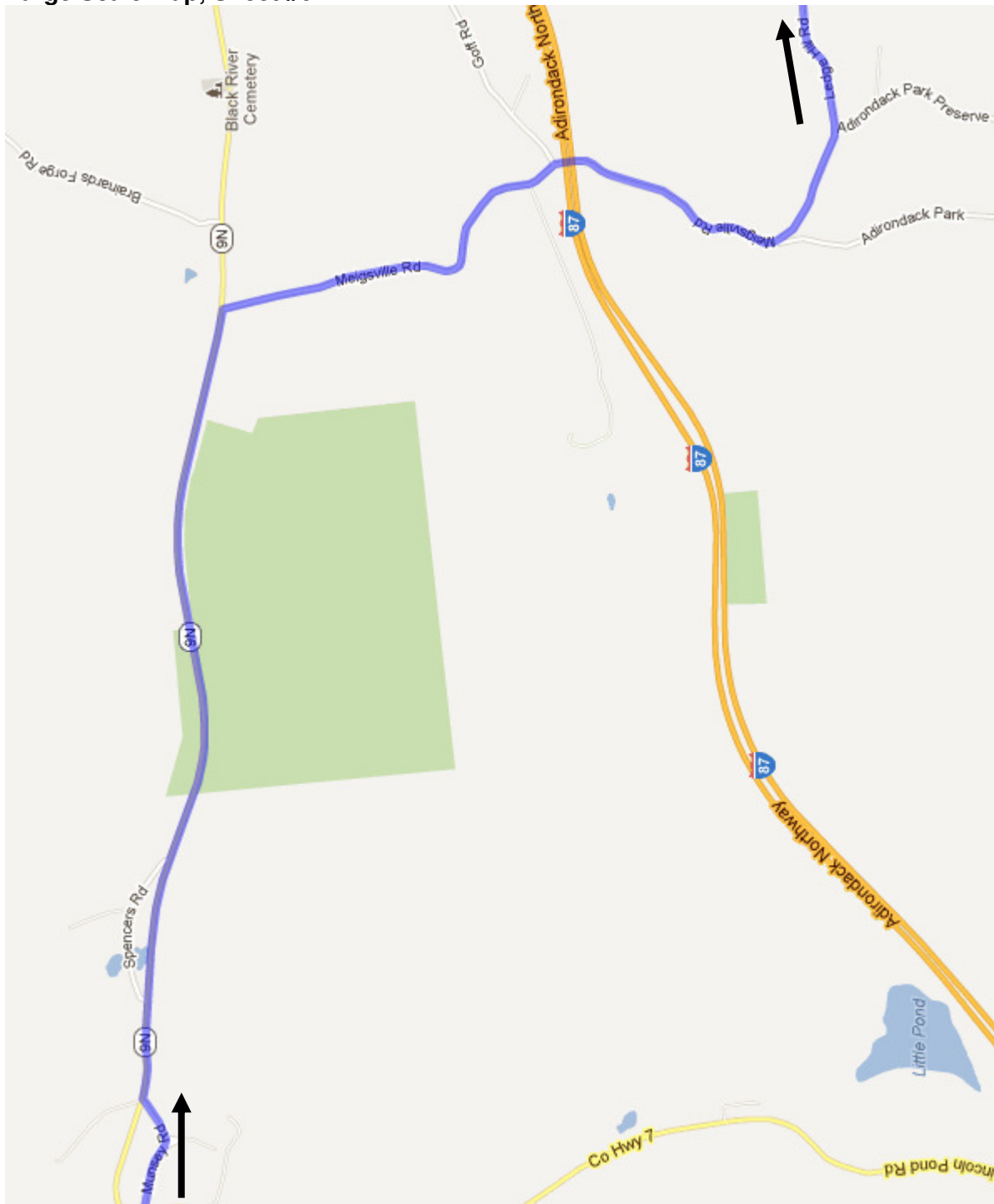
Large Scale Map, Sheet #4



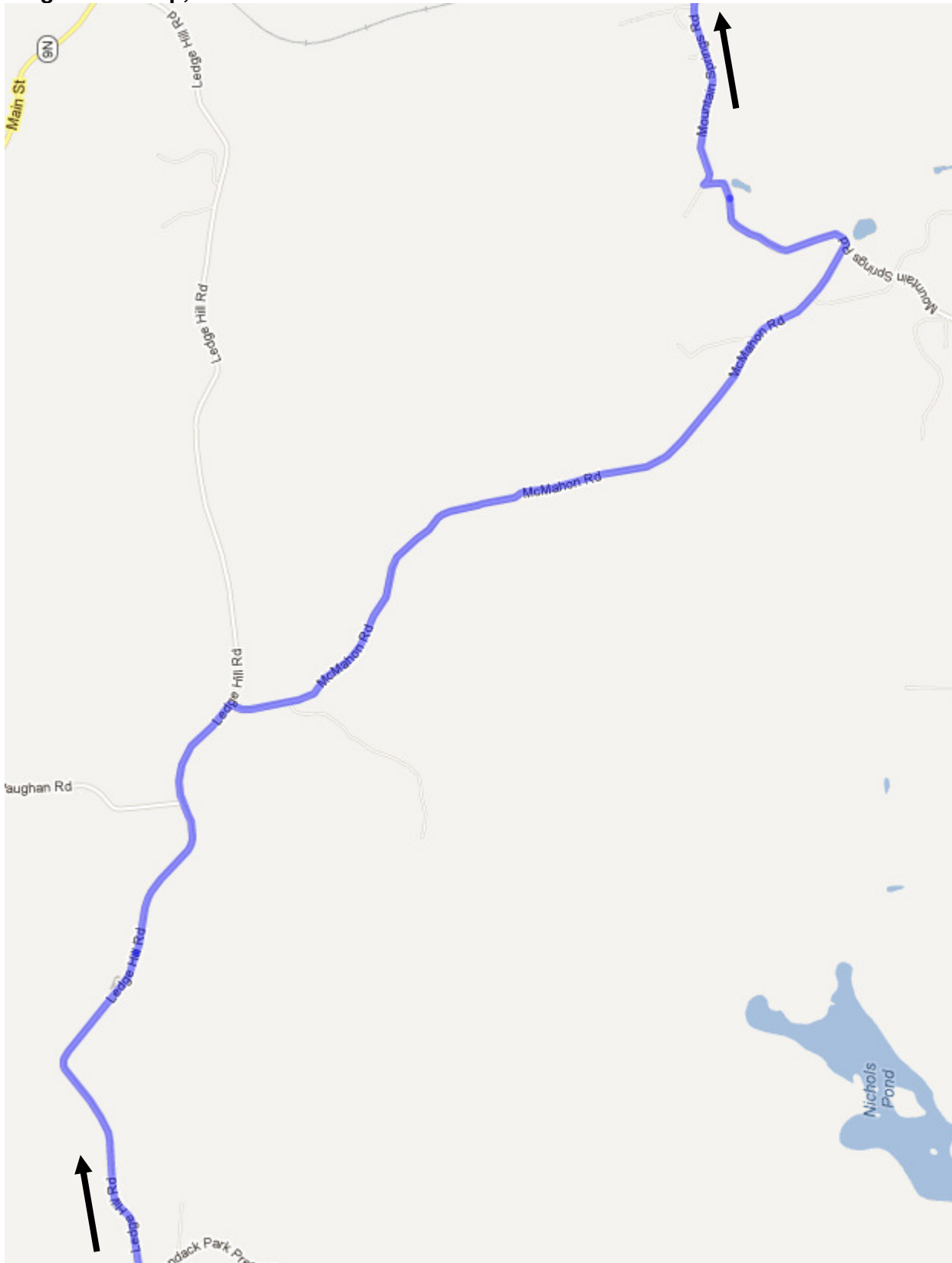
Large Scale Map, Sheet #5



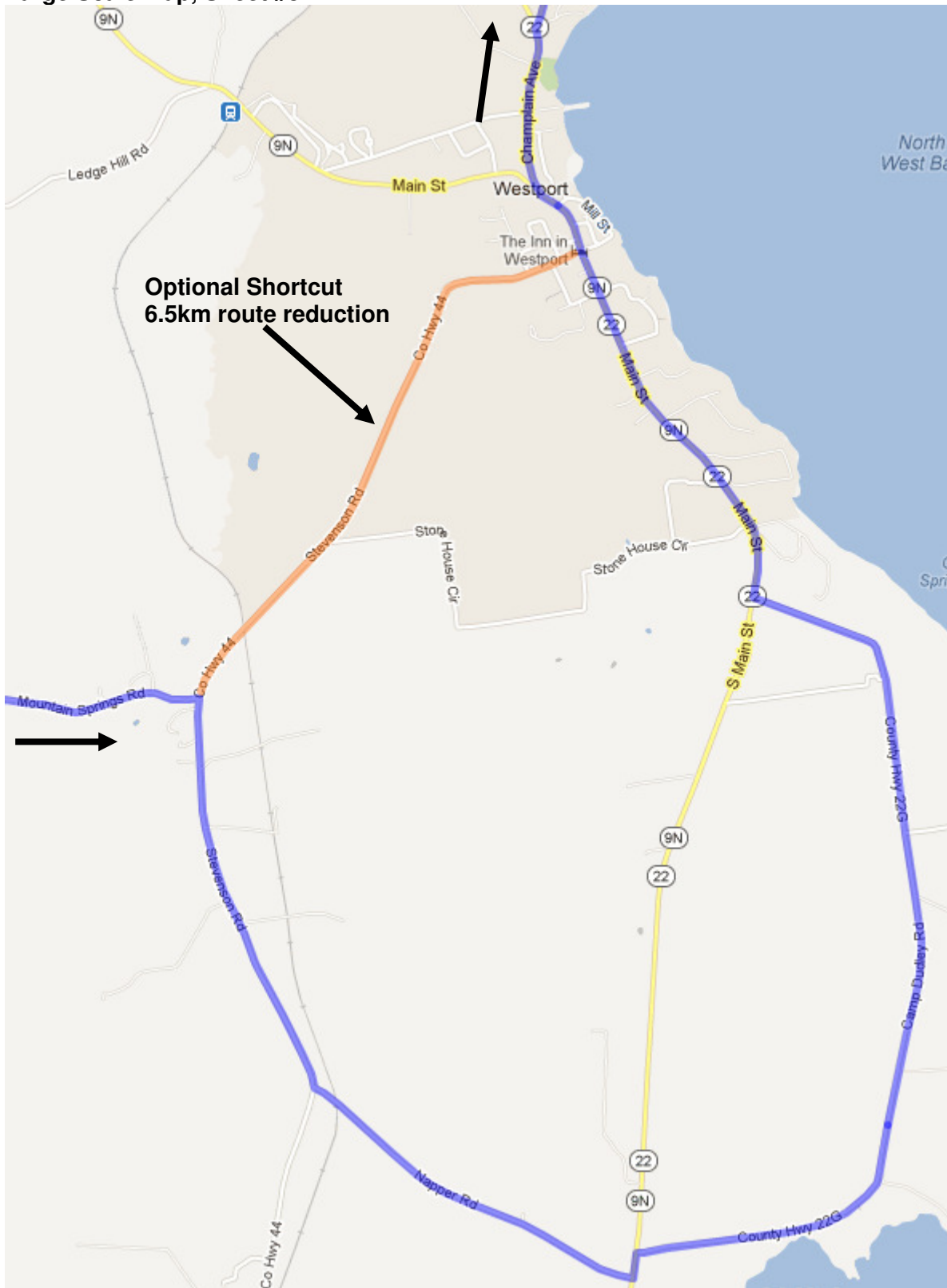
Large Scale Map, Sheet #6



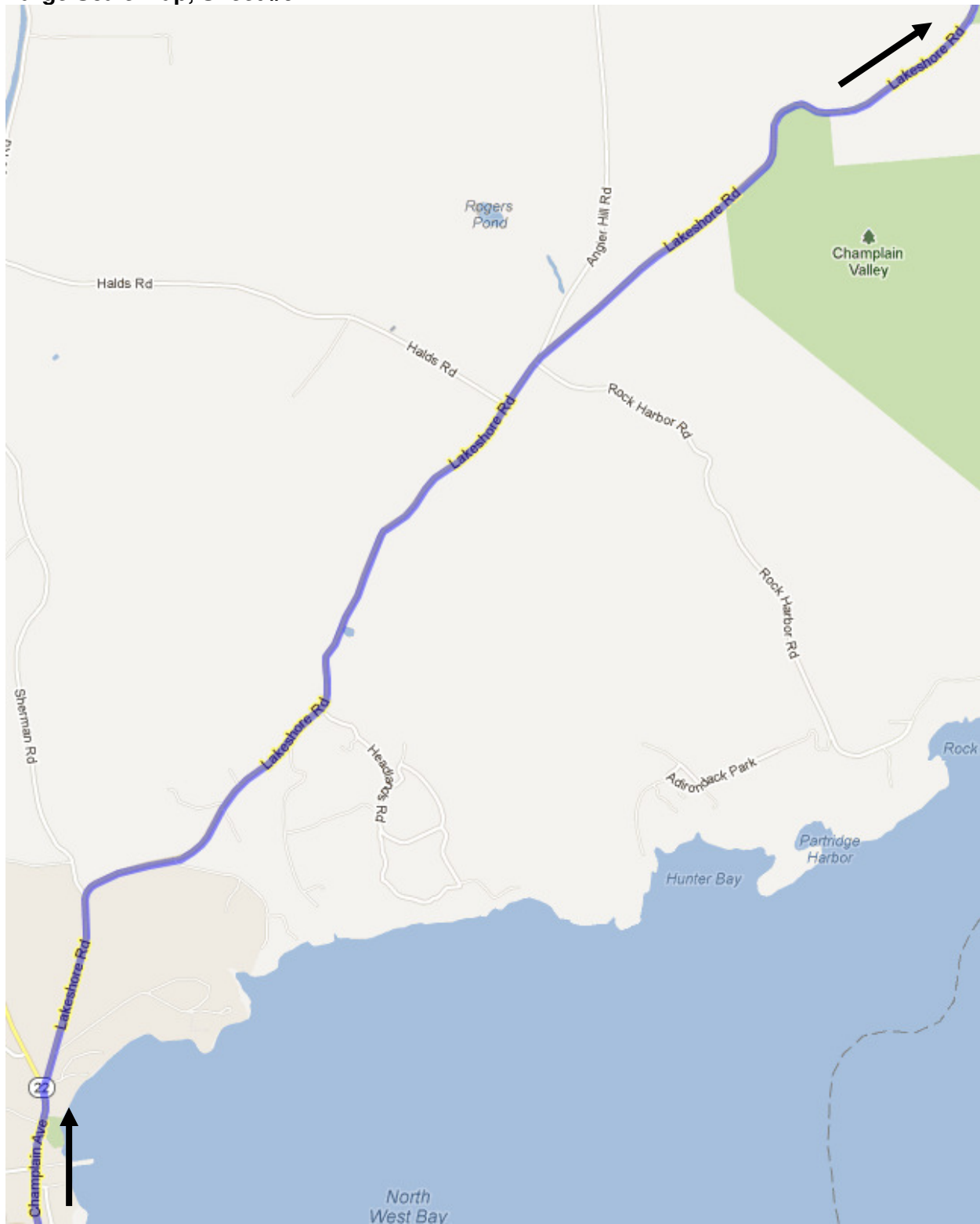
Large Scale Map, Sheet #7



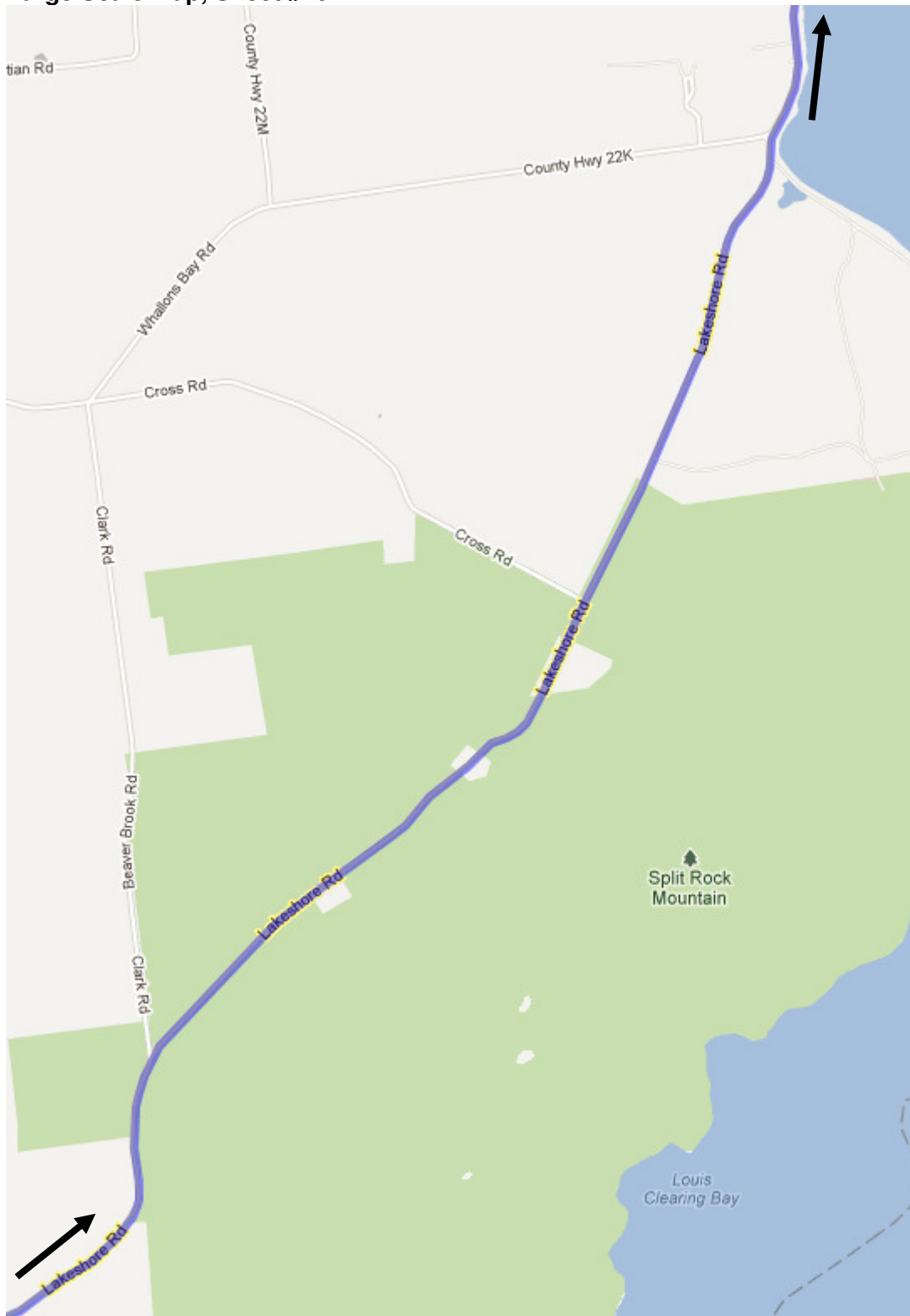
Large Scale Map, Sheet #8



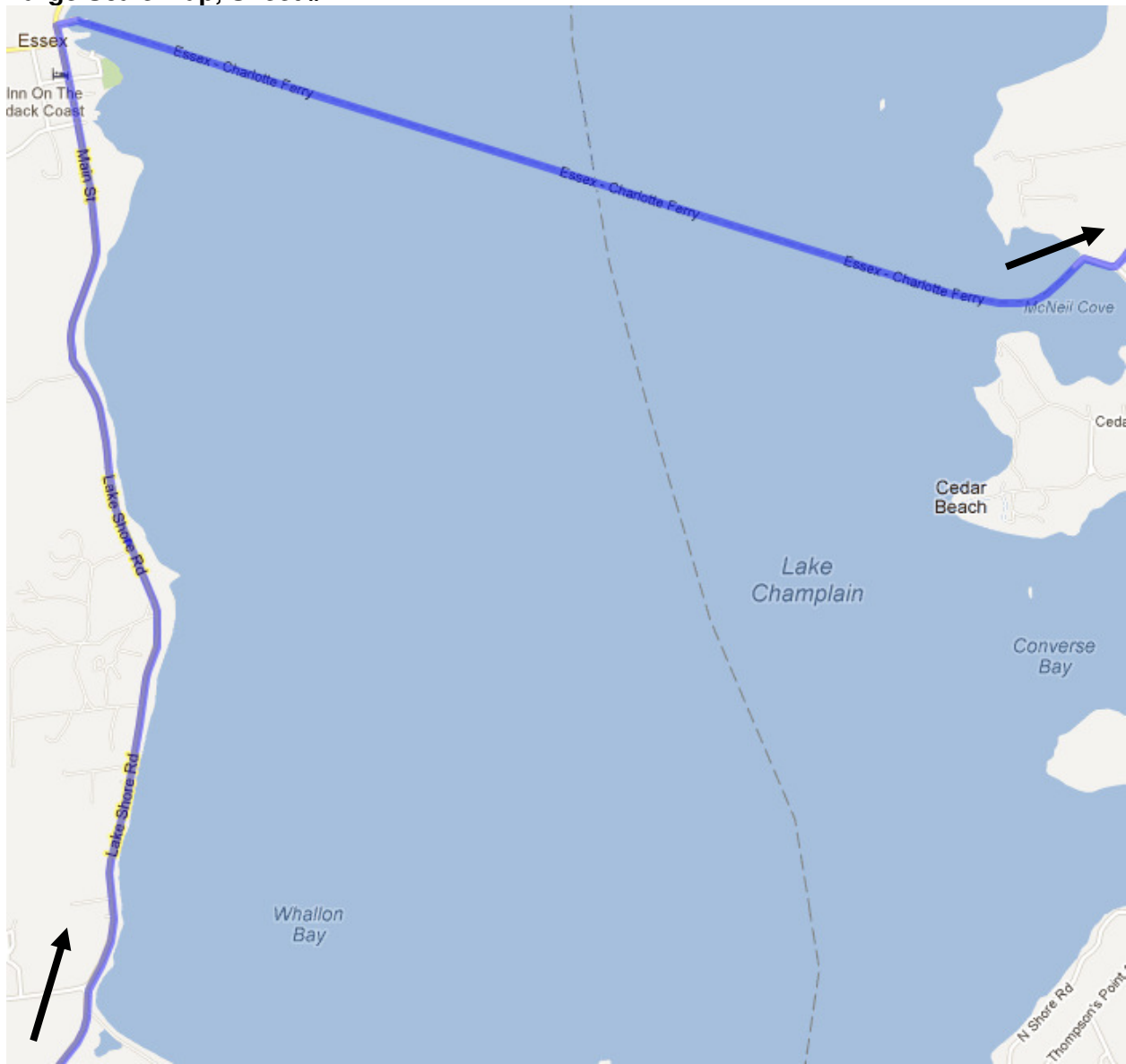
Large Scale Map, Sheet #9



Large Scale Map, Sheet #10



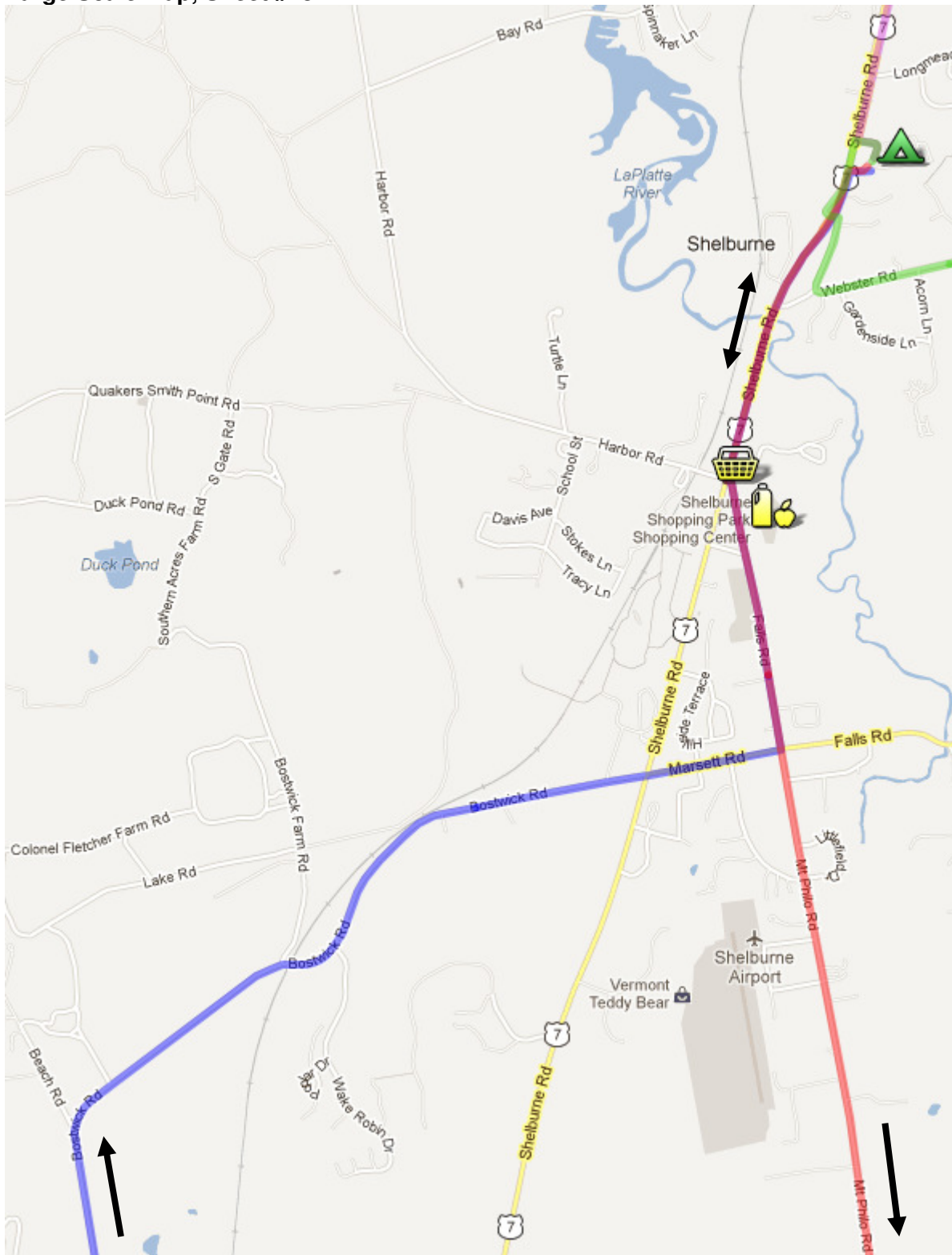
Large Scale Map, Sheet #11



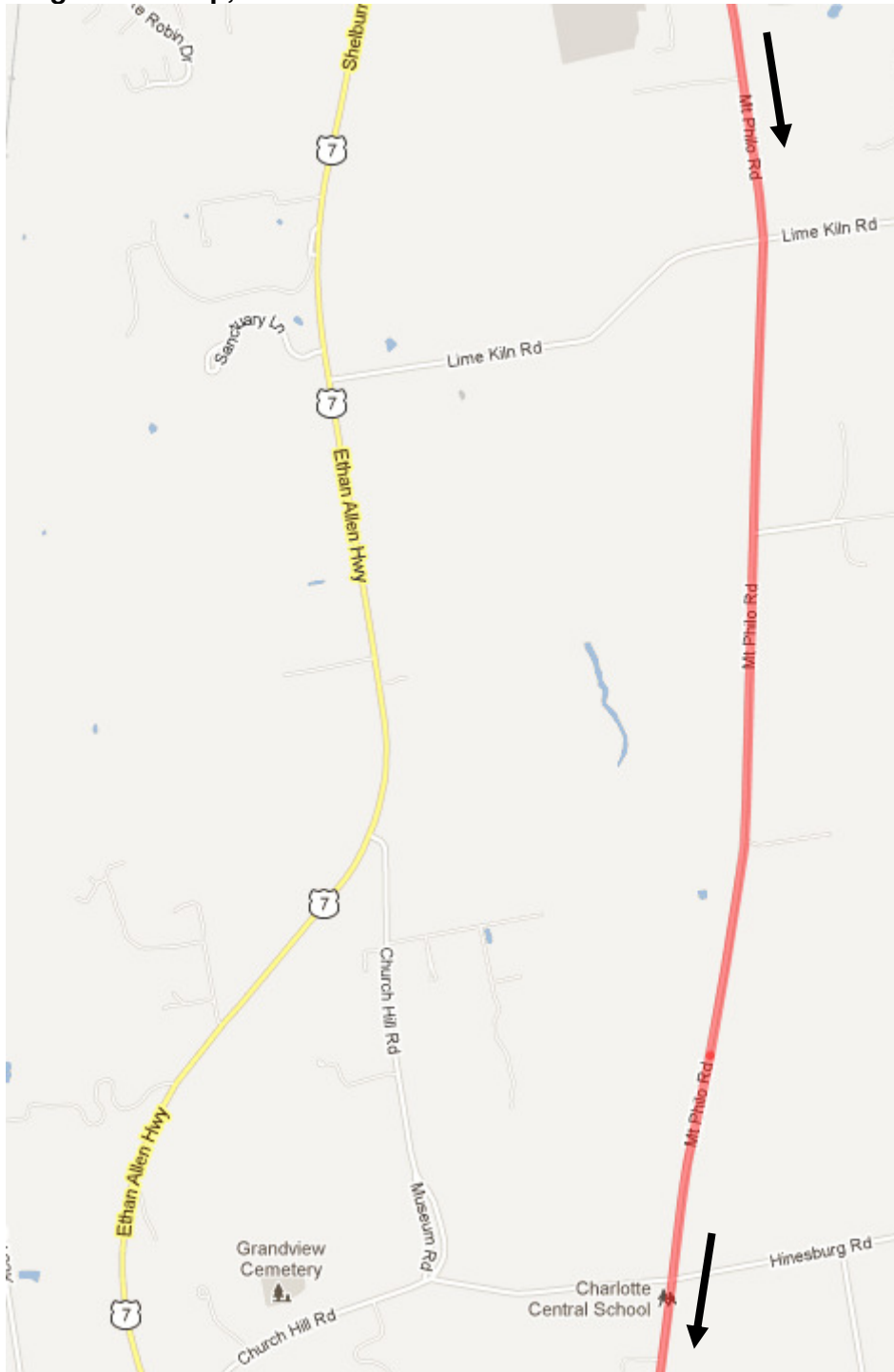
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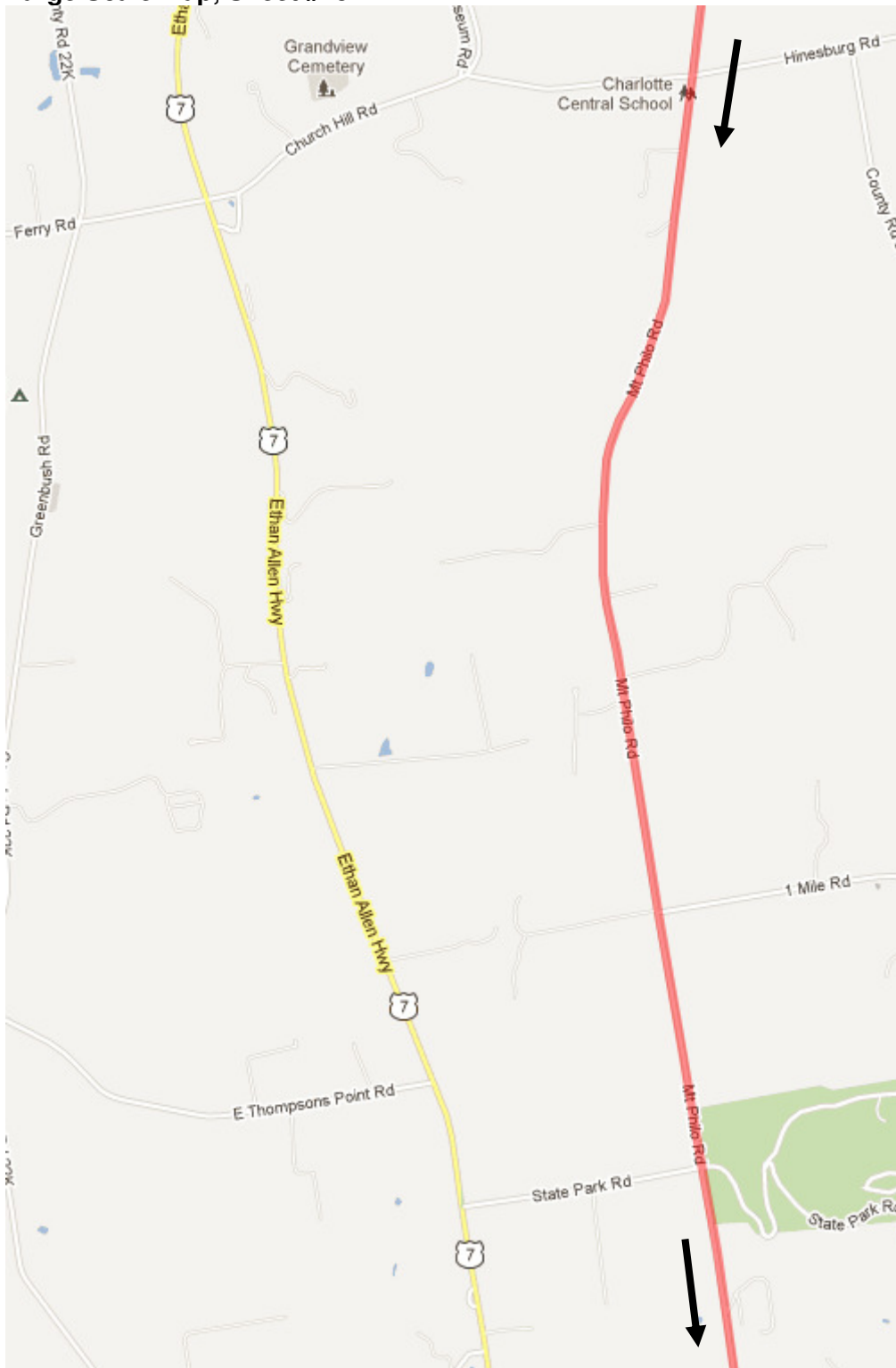
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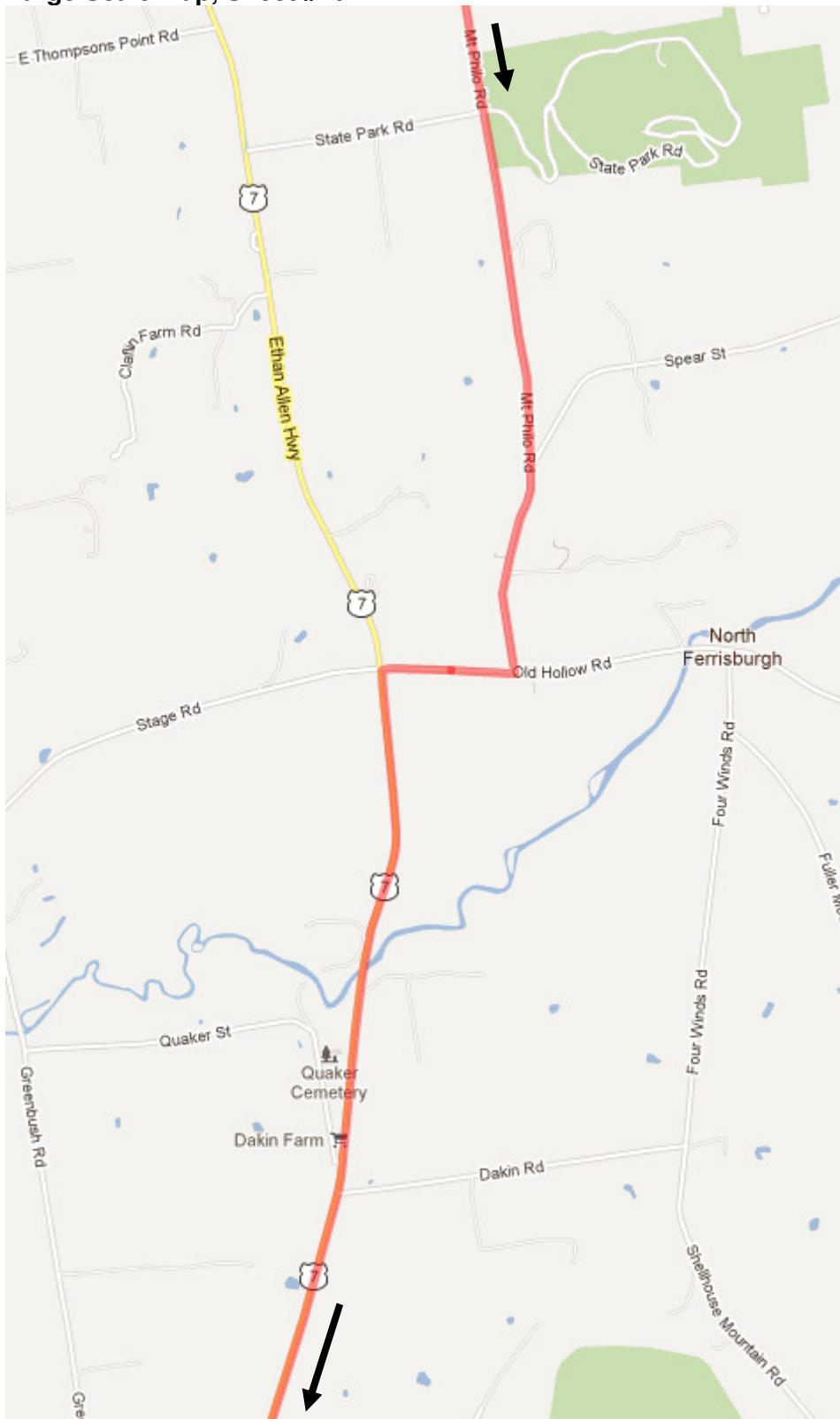
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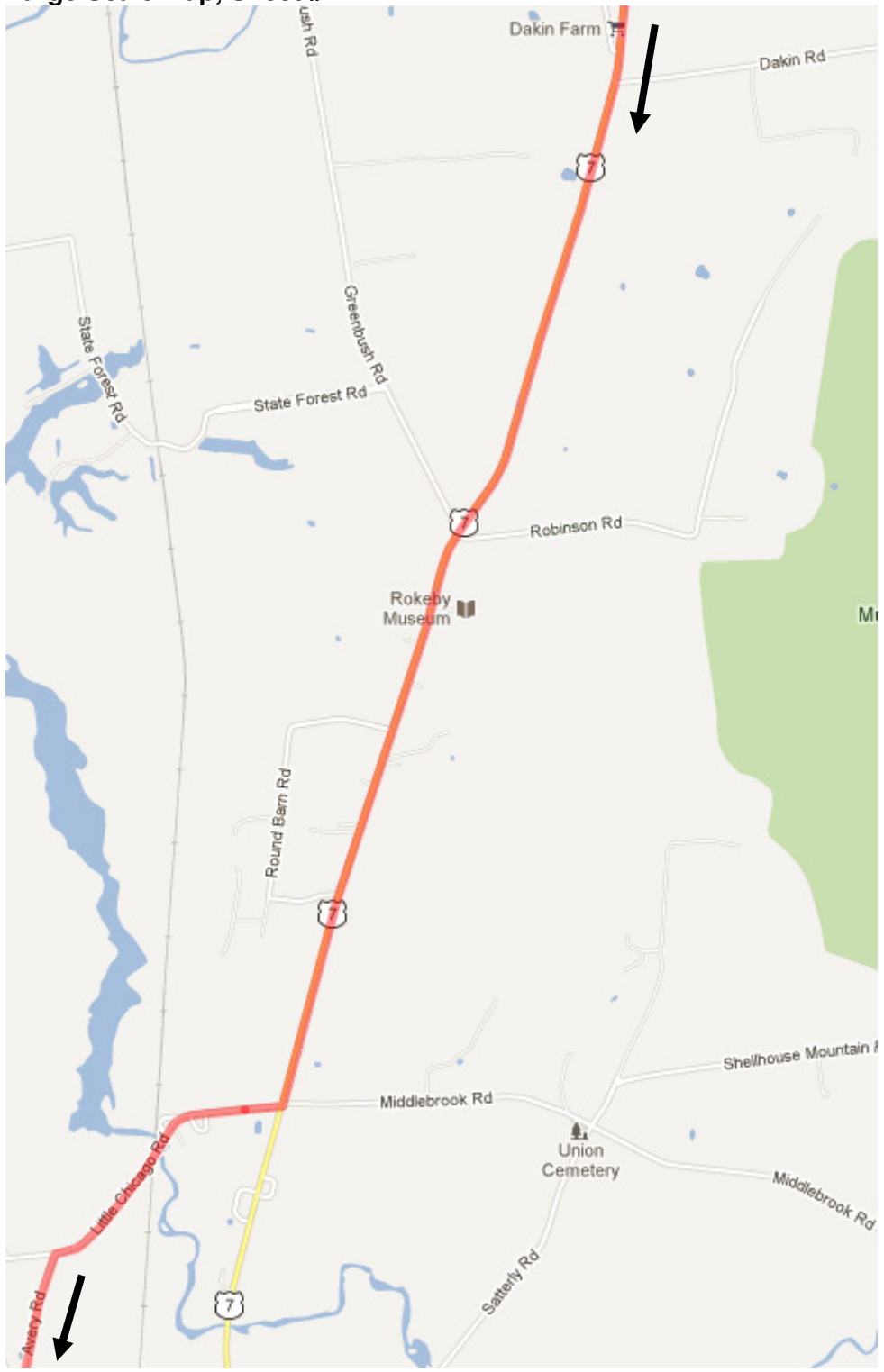
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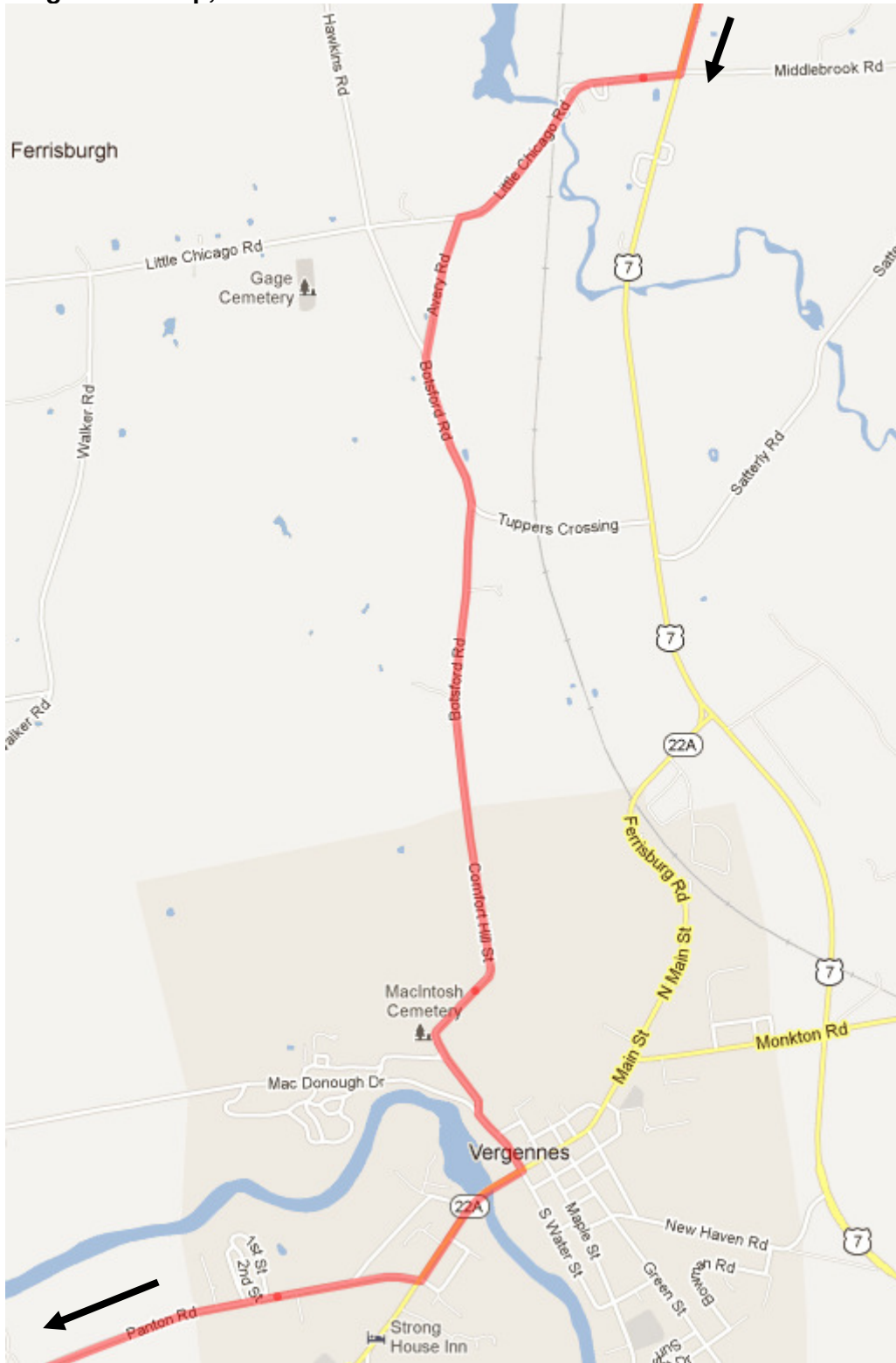
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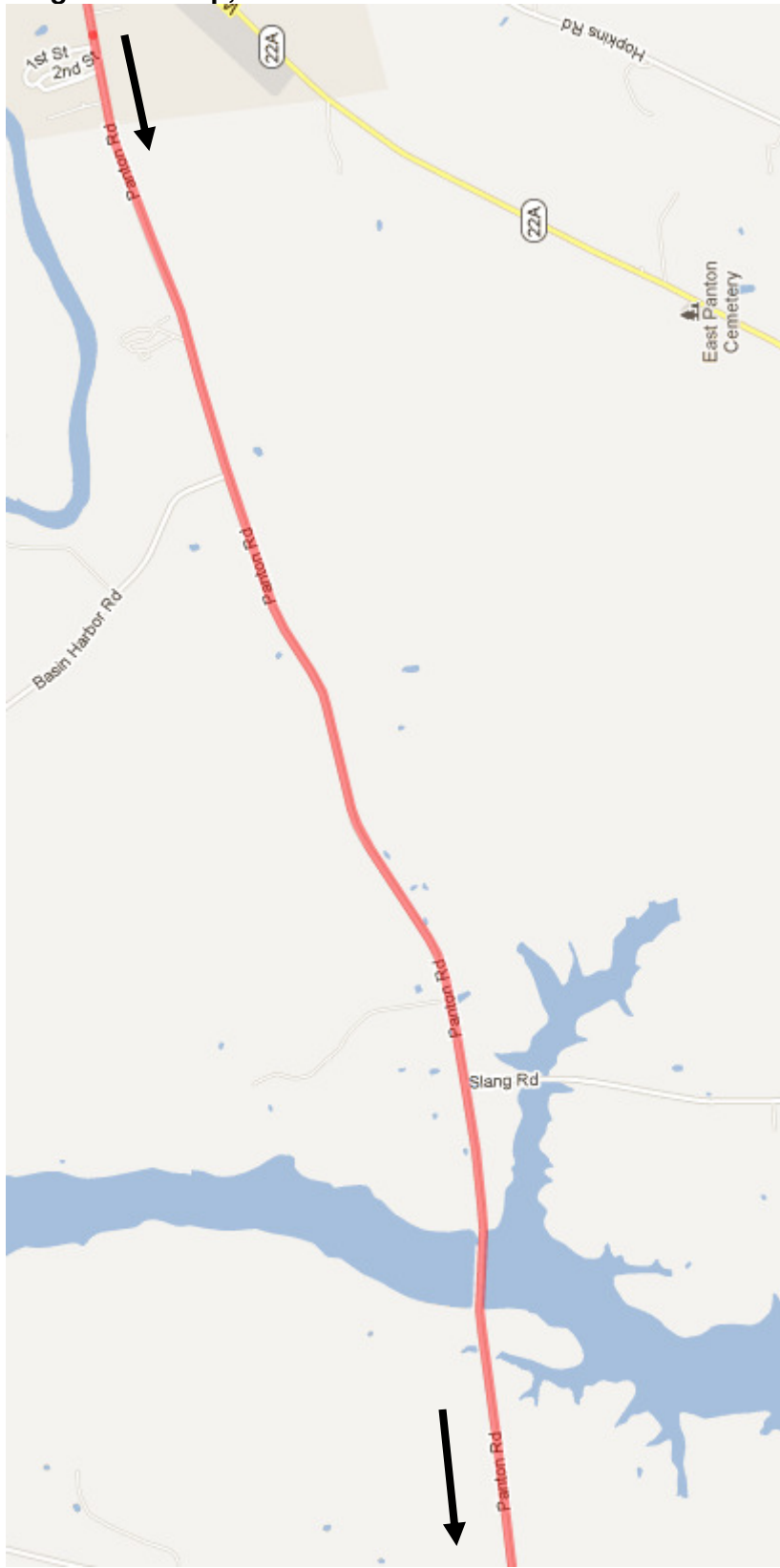
Large Scale Map, Sheet #17



Large Scale Map, Sheet #18



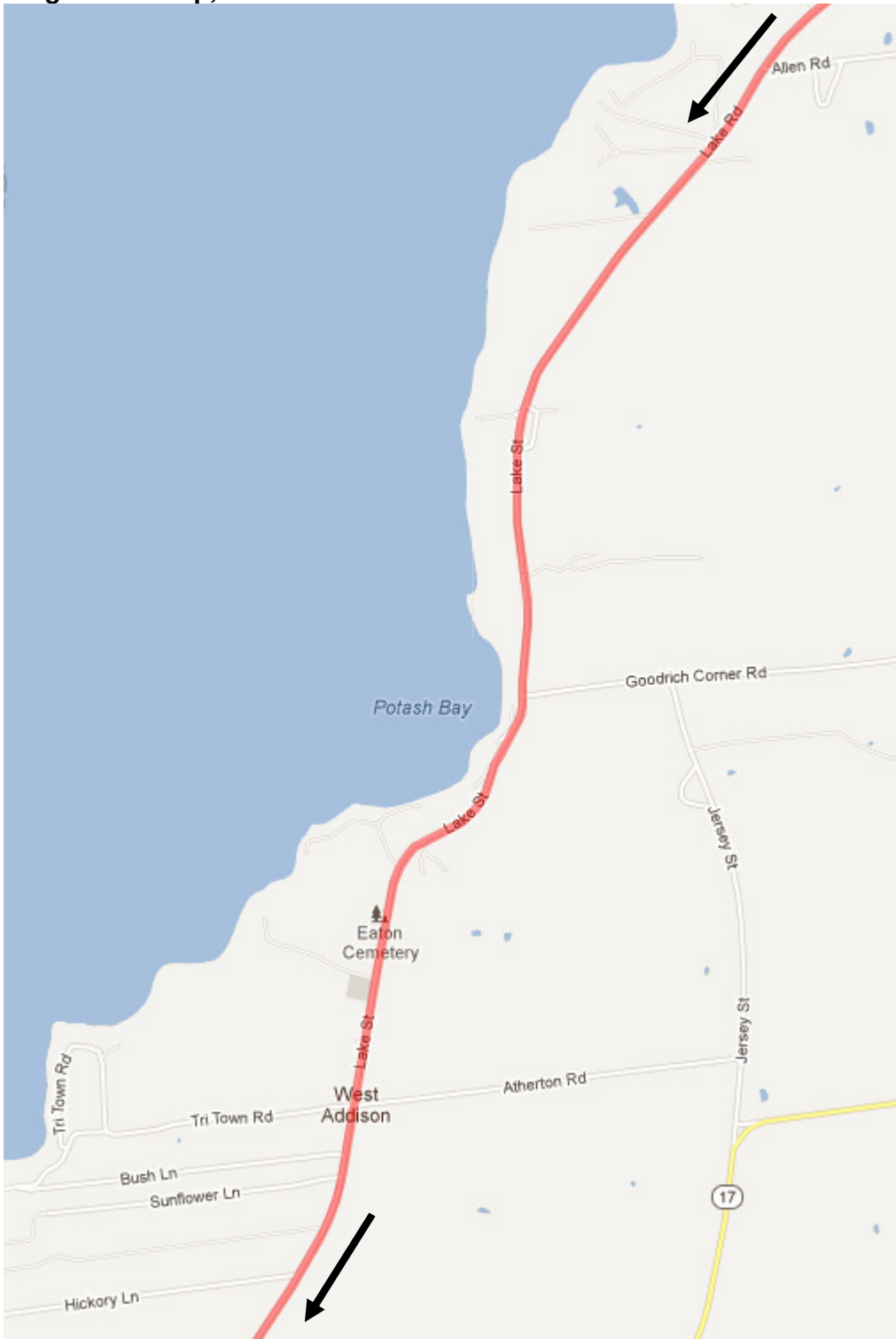
Large Scale Map, Sheet #19



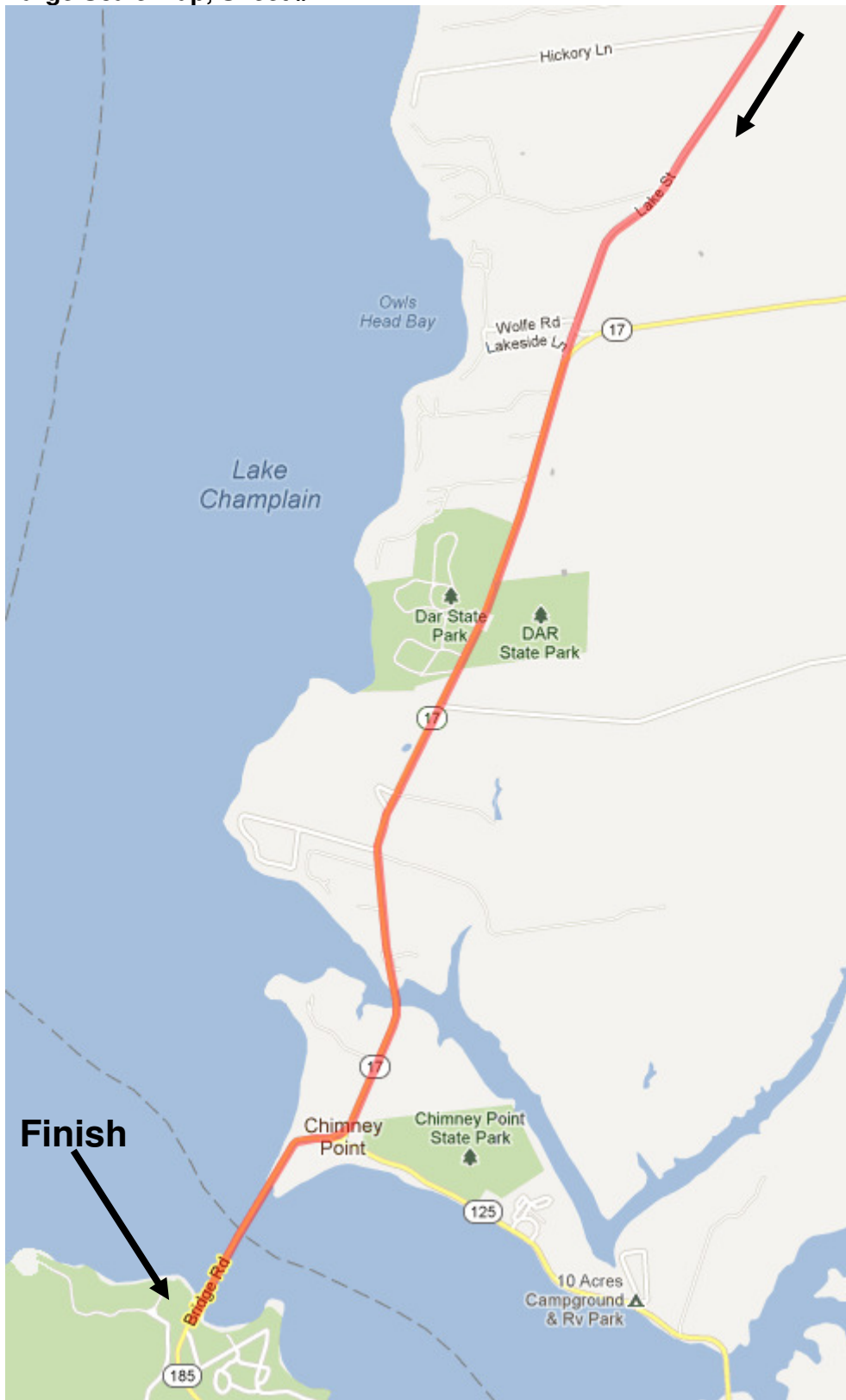
Large Scale Map, Sheet #20



Large Scale Map, Sheet #21



Large Scale Map, Sheet #22



Report

I would consider this trip to be a successful failure. For those of you who are not Apollo fans, that was the term NASA used to describe the Apollo 13 mission. While we didn't get everybody around the tour, we did get everybody safely home. All the Venturers were challenged both physically and mentally; a wee bit more than anybody had planned. They said the Saturday ride was the absolute hardest thing they had ever done. Within a week or so, they will have forgotten the pain, and will be very proud of their achievement, Stew and I certainly are.

I just found that Google Earth will give elevation profiles based on the route plotted in Google Maps (<http://g.co/maps/t4pye>), so we get the following details on the route taken. This would have been quite handy before the trip :)

Route Statistics

Day	Distance	Elevation		Max Slope		Avg Slope		Planned	Actual	
		Gain	Loss	Up	Down	Up	Down	Time	Time	Avg Speed
Saturday	79 km	1,046m	1,347m	10.8%	14.1%	2.4%	2.7%	6 hours	9 ½ hours	8 km/hour
Sunday	51 km	630m	650m	12.8%	8.3%	1.9%	2.1%	4 hours	4 ½ hours	11 km/hour

Saturday was actually 8 ½ hours of bicycling, as 1 hour was taken up dealing with Laura's roll. Thus gives an average speed of 9 km/hour.

Bicycle Timing

Day	Location / Activity	Arrive	Depart
Saturday	ACC Hut		10:00am
	ACC Hut hill after Laura's roll		11:00am
	Charlotte for Ferry	2:30pm	2:30pm
	Shelburne Supermarket	7:30pm	
	Shelburne Camping Area	8:00pm	
Sunday	Shelburne Camping Area		8:45am
	Crown Point	1:15pm	
	Leader's arrive	2:15pm	
	Everybody depart		3:00pm

Friday started off fine with Stew picking up the rental bicycles and panniers in Picton (Prince Edward County) at the Bloomfield bicycle shop. The bikes looked nice, though Sam figured he got stuck with worst colour, poor baby. The bikes has been preset by the shop to match the Venturers height & inseam, and labeled. The Ventures started showing up at 5:00pm. Calvin remembered to show up this time, but Lochlan forgot his bike again :) Luckily he didn't need it this time :) We then went to pick up Nick; but he didn't have a bike helmet! Why didn't he say something earlier, as the bike shop hand them out free with the rentals if needed! So back into Merrickville to grab one of the extra helmets at Sam's house (regular bike paradise that place).

Crossed the border fine at Cornwall (\$5 bridge toll due to third axle!), with all the permission slips examined in details, into the Indian reservation and then things started going downhill. The transmission in the truck started acting up, and then it went completely :(We pulled over to the side of the road, and luckily Stew noticed we had stopped and he pulled over about a kilometer in front of us. Laura and Aidan set off jogging to fetch him back. This was 8:00pm. Before he arrived back, a tribal police car stopped to see if we needed help. The police officer had a look at the engine and diagnosed a burst automatic transmission hose from the transmission cooler. All the ATF fluid had been dumped on the road. We were directed across the road to a gas station parking lot, and the police ordered a tow for us.

There were several options at this point: Call home to be picked up (we were about 1 ½ hours from Merrickville), get a tow from Merrickville, take a motel for the night (there was one just up the road), or try to get to Keene and save the trip. We decided to go for the last option, as we had all the bikes and thus couldn't recover any expenses, and it would be a pity to spoil all the preparations (it took a lot of effort just to get to this point).

We were near a pizza place, but the police office said it was really sketchy, and to definitely not go into the bar area. So Stew to Mary Lou up the road to Subway for supper. The police eventually left us, but gave us the dispatch telephone number in case the tow truck didn't arrive. Well, after calling every half hour for the next two hours, at 10:00pm the tow truck finally showed up; with the sign 'One Call Does it All!!' on the side! We explained our predicament, weekend plans, and desires. It turned out his sons are in Scouts and one of the one of the police dispatchers is a Scout Master! The tow truck operator is also a mechanic, so he said he would tow the truck and cargo trailer (he brought a flatbed) to Keene, bring the truck back to his shop in Malone, and then try and get it fixed for us on Saturday. What an amazingly nice guy!

The ride to Keene was an experience in itself. There was five of us in the tow truck (all with seat belts) and two in Stew's van. The van had it nice, but in the truck the heat was stifling and country music to boot! It is normally a 1 ½ hour drive to Keene from there, but it took us three hours. We arrived at the ACC hut at 1:00am. The Venturers had been calculating during the drive how hours of sleep they would get (not many is the answer :)). Stew went off to his bed & breakfast and we crept into the hut. To keep the disturbance to the minimum, four of the lads slept on the padded benches around the wood stove in the living room. The other three of us found mattresses in the main sleeping loft.

It took me a while to get to sleep, a lot of adrenaline running around in my system I think. But I awoke by 7am. I let the Venturers sleep until 7:30am, as that was the planned rise time, and I figured they would need as much sleep as possible (little did I know...). Good breakfast and they made themselves wraps for lunch. Stew showed up bright eyed and bushy tailed at 8:30am and we started the bike packing. All the personal and group gear packed into the two panniers and on the back rack much easier than we thought it would. Though bungeeing on Lochlan's suitcase was a little tricky! A little MacGyver work got Sam's handle bar bag attached.

A little test ride around the parking lot had Aidan's chain falling off a lot; once he had figured out toe clips that is :) One of the gears was bent, and a little bit of work with pliers seemed to address that. Nick complained his front/rear brakes were swapped, but there was no time to play with that. At 10:00am, one hour behind schedule, they were ready to go. Off they went, around the corner, out of sight, out of mind... or so we thought...

15 seconds down the steep hill leading from the hut, they encountered what is termed "speed wobble". As they picked up speed, some of the bikes started rapidly swaying and the front wheel vibrating back and forth. It turns out this is quite common with loaded bikes, but was not something we had come across in all our due diligence research. Laura lost control at this point and went head over heels, bike and all. Stew was driving back to his inn at this point, and came across the Venturers on the side of the road. Laura was patched up and she tried again, but had lost confidence and was a little shocky. So all the group gear she was carrying was transferred to the other bikes, and Stew brought her back to me at the hut.

During the repair work on Laura, it was believed that there was no medical tape in the first aid kit they were carrying. So Stew drove back to the hut and retrieved the tape from our expedition first aid kit. Upon reviewing the first aid kit upon our return, I found there was tape present (I last used it to bandage a puncture in Lochlan's leg when he slipped on an apple :)). This underscores the importance of reviewing the first aid kit before a trip. We do this as a matter of standard practice with our expedition kit before our canoe trips, but did not do it for this small kit of Allan's before this trip. The small kit was used to minimise the weight carried.

The remaining Venturers carried on, taking the shortcut on the route (knocking 6.5km off). They reached the ferry bang on the half hour, and thus didn't have to wait for the crossing. No problem purchasing the tickets. At the bottom of a number of the hills they found the chains coming off the bikes. Aidan tells of a "near death experience" with speed wobble while bombing one hill! He's now a born again Christian and plans to attend church every week :) They reached the grocery store at 7:30pm.

Remember the saying about never go grocery shopping when you are hungry? Well the Venturers were starving when they entered the supermarket, and it shows. They first purchased a few bars to keep themselves alive while shopping. Sam and Calvin continued on to the campground, 1km up the road, to empty their panniers to make room for the groceries, and then returned. They couldn't find hamburger patties, so just got ground beef and made patties with that (just that!). Sausages for breakfast. The only real waste was the discarded condiments. More thought should go into efficient and cost effective meals for future trips. Scan of the receipt included below as Cheryl got such a kick out of it, so other mothers might as well. We hadn't had a discussion with respect to a food budget during the route, but we need to for next time... They did actually eat quite healthy, including \$30 worth of fresh organic berries! The lights were being turned off for the night in the store as they finished their shopping.

They arrived at the campsite at 8:00pm, and not surprisingly the office was closed. So they just grabbed the first site that took their fancy. They managed to find some firewood and had a campfire. The stove, an MSR Dragonfly, was taking too long to fry the hamburgers, so they used fire (lucky they had an old beat up one; they couldn't have done that with our good pots). They visited the office in the morning and paid. A table in the trip plan allowed them to calculate the necessary departure time in the morning, based on their speed today. They had been so slow, they were almost off the bottom of the table :)

The Sunday route went fine, with the Venturers stopping for pizza along the way, and arriving at the pickup at 1:15pm, well ahead of the 2:00pm schedule. The websites and ferry schedule we examined showed a temporary ferry at the finish, but the replacement bridge had actually been in place for at least a year! The Venturers did say that the scenery was very beautiful throughout the route, and they loved the camel they saw guarding sheep.

Stew and Allan arrived at the Crown Point finish at 2:15pm. It took us longer than we thought it would to drive from Keene (45 minutes). The Venturers were sprawled out on a grassy hill; we didn't even see them initially. That is, all except Nick who was curled up in a sunny corner fast asleep. The panniers were all emptied and the bicycles and gear loaded into the cargo trailer for the trip home. Unfortunately Sam left his father's toolkit in the saddle bag, and it wasn't noticed until after the bikes had been dropped back off Picton. We'll have to go pick it up or get it shipped back.

However, the lads couldn't wait to tell us about Saturday. It turned out that a combination of not enough food, food not spread out over the day, too many hills, bikes heavy with panniers, not used to bicycling with a loaded bike, and a long route made the day extremely long and challenging. They said it was the most mentally and physically challenging thing they had ever done, and had been pushed way beyond where they thought their limits were. They had to walk up a number of the hills. They considered stopping multiple times, and just camping by the side of the road, but they had no food and took the route page by page and made it through. They said if we had showed up at the campsite, they wouldn't have had very many nice things to say :) i.e. they would have killed us! Sunday was much more enjoyable, although a number of them were very saddle sore. Also by that time, they were getting used to bicycling with panniers. No hills had to be walked on Sunday.

The Venturers wrote down a few more comments on things they learnt:

- Electrolytes helped a lot on Sunday.
- Cliff bars were a good choice.
- Alternative campsites should have been found ahead of time and placed on the map.
- Later in the season next time, so it would be a little warmer overnight.
- Shopping worked well.
- Good location for bicycling. Paved shoulders everywhere, sometimes even wider than the car lane, and little traffic.
- Hills should be taken into account on the route.
- Smaller snacks rather than one large meal for lunch.

They didn't get receipts for all their expenses, but that hadn't been discussed ahead of time. Out of the US\$400 they had with them, they spent \$178 on food, camping, and the ferry.

Weather in April is always hit and miss. We had good luck last year, and again this year. While the forecast for Sunday kept alternating between sun and 20mm of rain, we ended up with sun and warmth. It was a little chilly overnight, just below freezing, but nothing to write home about. In fact, the Venturers said they were glad it wasn't really hot, or Saturday would have been an even worse killer.

On Saturday at about 2:00pm, Stew received a call from our friendly mechanic, indicating that the truck had been fixed. Stew picked Allan up at the ACC hut, and we drove 1 ½ hours back to Malone. We picked up the truck and returned to Keene with both vehicles. The tow truck operator had arrived back in Malone between 3:00am and 4:00am, and was awake at 6:00am! The blown hose/pipe had been temporarily fixed, but the transmission was not in good shape. It was reluctant to get into 3rd gear, and wouldn't go into 4th. But 3rd gear seemed solid once it was in, so we should be good for the trip home. Maximum speed in that gear is ~100km/hour. Stew got the home address of the mechanic / tow operator, and we will get the Venturers to at least send him a thank you card, and we may send him a little gift as well; he really went above and beyond for us.

We stopped at The Mountaineer in Keene Valley, arriving at 3:30pm, to allow the Venturers to purchase hiking boots for Europe. The reason for stopping here was that from talking with the staff, I had a real warm fuzzy feeling that they would fit the boots well. The owner had also hiked the Tour du Mont Blanc a couple of years ago, and thus knew which boots would be most appropriate. They gave us a 10% discount and then no HST! Total purchase was: 8 x boots, 1 x rucksack, 4 x socks, 1 x rain jacket, and 1 x rain pants. They also threw in a Mountaineer bandana for each of us, just requesting a photo of us in the alps for their website. Lochlan had left his jacket in the ACC hut on Saturday morning (silly boy!), so Stew went to fetch this while the rest of us did the boot fitting.

Then off to the ADK Café in Keen for supper at 4:30pm. We went here during our ice climbing trip, based on a recommendation from the Mountaineer, and the food is absolutely delicious! They didn't disappoint us this time. Meat loaf, chicken pot pie, lasagna, and Lochlan's half chicken with macaroni and cheese (that was some pile of food!). Departed 6:00pm, for the drive home. I would have thought everyone would go straight to sleep, but they chattered like magpies all the way back. Aidan dropped off at Highway 416 and Oxford Station Road at 9:15pm. Nick and Calvin dropped off at home, and finally Sam at 9:55pm. Each Venturer took a portion of a tent home for cleaning and drying.

Stew and Allan had interesting drives through the Adirondacks and on paved county roads through New York state via Potsdam on the way back to the border crossing at Johnstown, following the fastest routes chosen by the GPS. The one through the Adirondacks back to Keene Valley from Lake Champlain was a slalom course.

Stew, bless his heart, returned the bicycles on Monday to Picton.

Photos can be found at <http://1stmerrickville.ca/venturers/pictures/2011/2012-04-27/index.htm>. The Venturers took quite a few during the route, but didn't get any of the campsite!

Certainly a trip to remember :) Definitely educational for the Venturers, and that's what matters.



SHELBURNE SUPERMARKET
 20 Shelburne Shopping Park
 Shelburne, VT, 05482
 802-985-8520
 Store:1

Cashier: Sophie

04/28/12 19:58:29

Gatorade Lmn/Lime 8-	8.89
Planters Cocktail Pe	3.79
TriscuitHint of Salt	3.69
Heinz org ketchup 15	3.55
Odwalla Berries Go	2.99
Planters Mixed Nuts	2.69
Frenchs Yellow Musta	2.39
Del Monte Sliced Pea	2.09
Del Monte Mandarin O	2.09
Motts Original Apple	2.00
SUGGESTED RETAIL PRICE	2.89
Clif Crunchy Peanut	1.69
Clif Crunchy Peanut	1.69
Clif Crunchy Peanut	1.69
Clif Crunchy Peanut	1.69
Clif Crunchy Peanut	1.69
Grocery	.99
1# org Strawberries	5.99
1# org Strawberries	5.99
Raspberry Organic	5.99
Raspberry Organic	5.99
Bolthouse Mango Lem	3.99
Driscolls Blackberri	3.99
4.64 lb @ 1 lb /	1.39
Granny Smith Apple	6.45
Sargento Slice Mozz	3.99
ArizonaAPGrnHafnhal	.99
Anzio & Sons Sub Rol	4.19
Anizo & Son Kaiser 8	4.19
Lean Grnd Beef 80% L	7.10
Lean Grnd Beef 80% L	6.96
JimsOwnSweetSaus	6.05
JimsOwnSweetSaus	5.94
SUBTOTAL	121.41
TOTAL TAX	.00
TOTAL	121.41
CASH TENDER	125.01
CASH CHANGE	3.60
NUMBER OF ITEMS	31

Trx:266 Term:1 Store:1 20:01:32