

SJW Vermont Ride: Sugar and Spice

Sugar and Spice is NOT everything nice. In spite of the cutesy name, this is a tough climbing ride. You can do it if your bike has some big cogs and your body is sugar charged. Realistically, this is not for beginners, the wrong bike, or the out of shape.

0.0	-	Sugar & Spice parking lot	Inn at Long Trail: 800-325-2540
0.1	L	Meadow Lake Rd (from Rt 4)	
0.3	L	*don't take Sherwood	<u>Bike Shops: (full sales & service = FSS)</u>
1.7	R	Chittenden	First Stop: West Bridgewater, Rt 4 + 100
3.4	R	Main at Y, not Power Rd	802-422-9050 (FSS)
4.5	L	Holden	True Wheels: in Basin Ski Shop, @ 1 mile up
4.6	L	Holden, after bridge	Killington Rd 802-422-3234 (FSS & rental)
4.8	R	Holden, not Beebe	Great Outdoors: Rt.4 across from Rutland HS
5.4	R	Holden, at PowerHouse Rd	802-775-9989 (FSS & rental)
7.0	*	very steep decline	Green Mountain: 158 N Main St, (Rt 7 north
7.9	L	to Pittsford at Y, becomes Furnace	Rutland) 802-775-0101 (rental, basic service)
9.4	*	another screaming decline	Dicks Sporting Goods: Rt 7 S, before Rt 4 exit,
9.6	R	Furnace at Y, not Adams	802-773-2710 (basic but decent stuff)
10.1	L	Furnace at T, (at Hitchcock)	Start House: Rt 4 Woodstock, 802-457-3377
			(FSS & rental)
11.5	L	Rt 7	gpilling 8/09
12.0	R	Rt 3 at Y, *store	
12.4	L	Cornhill at Y, becomes N. Grove	
16.3	L	McKinley	
17.5	L	Rt 7	
17.6	R	Post Rd	
19.0	L	Post Rd Exit at Y, not Post Rd	
19.3	R	Park Lane at Y	
20.2	L	Rt 4	
20.6	L	Sugar & Spice	

Additional options:

From Sugar & Spice up to Inn adds about 5 miles of climbing.