

VERMONT



FARM TOURS

A TASTE OF PLACE

(802) 922-7346 VermontFarmTours.com

VERMONT FARM TOURS' SECOND ANNUAL HEART OF THE ISLANDS BIKE TOUR TO TAKE PLACE JULY 9

FOR IMMEDIATE RELEASE

Contact: Melissa Meece, Vermont Farm Tours, 802.373.7779, melissa@vermontfarmtours.com
www.vermontfarmtours.com/biketour.html

On Saturday, July 9 bring your bike, friends and family to South Hero, Vermont for the second annual Heart of the Islands Bike Tour. Starting from Snow Farm Vineyard, cyclists will stop at an array of farms and art studios throughout the Lake Champlain Islands during the annual Open Farm and Studio Weekend. The ride is organized by Vermont Farm Tours, a local culinary tour business, as a fundraiser for Local Motion, a nonprofit promoting human-powered transportation and recreation in the greater-Burlington area.

Riders will choose between a 10, 25, or 35-mile route to explore a variety of island farms, art studios, and vineyards. All routes include a mix of lakeside views and scenic back roads. Wide shoulders on paved stretches, smooth dirt roads, and mild hills make for enjoyable cycling. There will be plenty of places to fill water bottles, rest, and purchase lunch or snacks along the route. Bicycles will be available to rent with prior arrangements.

"Last year's inaugural Heart of the Islands Bike Tour was a huge success. The Islands really are a perfect setting for a farm and art-inspired bike tour. We're excited to be working with Local Motion again this year, and can't wait to see some new farms and art studios by bike!"— Chris Howell, Vermont Farm Tours founder and guide.

Pre-registration at VermontFarmTours.com is \$35 for adults, \$15 for youth under 17, and free for kids under 5. Tour registration includes a detailed tour map with turn-by-turn directions, on-call mechanical and route support with ride-along tour marshals, treats at select stops, and a guided tour of Snow Farm Vineyard following the tour. The first 100 registrants receive a Vermont Farm Tours "You Are *Where* You Ride" water bottle, and are entered to win prizes from tour sponsors. In addition, Local Motion is offering a free round trip bike ferry to South Hero for new and existing members on July 9.

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The second annual Heart of the Islands Bike Tour is sponsored by Snow Farm Vineyard, Earl's Cyclery and Fitness, Green Living Journal, Sweet Basil Cards, Cabot Cheese, Vermont Pain Relief, Skinny Pancake, Terry Bicycles, Vermont Wings, Allenholm Farm, Wally's Place Bagel & Deli, Local Banquet Magazine, and Hackett's Orchard.

Vermont Farm Tours is a Burlington, Vermont-based culinary tour company offering guided full-day and half-day tours and workshops throughout Vermont. VermontFarmTours.com

- What:** Heart of the Islands Bike Tour
- When:** 10am-4pm Saturday, July 9, 2011
- Where:** Begin and end at Snow Farm Vineyard, South Hero, VT
- Why:** Support Local Motion and explore the best of the Champlain Islands by bike!
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