

AMC Boston Chapter Bike Committee
Applebrook Lost Nation Ride

Various Ride Options, ranging 37 - 78 miles

Overview: A picturesque tour of the upper Conn. River valley/rolling farmland "north of the notches" with sev options; terrain is flat to rolling with 2-4 climbs depending on the ride chosen.

Details: We descend toward Lancaster, climb the northwest "shoulder" of the Whites then a have great down ride into Ct. river valley. We then turn south along the river and return via Lancaster.

Optional loops go up to Stark and go further south and return via Whitefield.

miles	ride option
37	base ride
54	base ride + Stark loop
53	base ride + S Lancaster
62	base ride + Gilman
78	base ride + Stark + Gilman

Applebrook B&B: 800.545.6504 or 603.586.7713

"Base Ride"

Leg	Cum	Cue
0.0	0.0	L out of Applebrook on Rt 115A
0.5	0.5	L Rt. 2 in Jefferson
0.7	1.2	R North Rd (on downhill-easy to miss)
5.0	6.2	R Grange Rd - rolling for several miles, then a climb, then downhill
11.0	17.2	L at T Rt 110, regroup at covered bridge
0.0	17.2	R at T, Rt 110 for Stark loop, see below cues
0.2	17.4	L Rt 3, buy lunches/bathroom at store on L, Stark loop rejoins
2.5	19.9	R unamed, Northumberland Villiage/Guildhall, VT sign
0.8	20.7	R at T, cross river to VT
0.1	20.8	L Rt 102 in Guildhall Villiage, LUNCH on green on R
6.2	27.0	L Rt 2, cross back into Lancaster
1.8	28.8	L Middle Rd > North Rd at Common Man Café
0.0	28.8	S for longer options, cross Israel river, see other cues
2.1	30.9	S at T with Grange Rd
5.0	35.9	L at T with Rt 2
0.7	36.6	R Rt 115A in Jefferson climb ends!!
0.2	36.8	L for town pool and a well deserved swim
0.3	37.1	R at Applebrook for Happy Hour!

Stark Loop - Start at 17.2 mi cue on basic ride; adds 16 mi.

Leg	Cum	Cue
0.0	0.0	R Rt 110
3.2	3.2	L Emerson Rd
1.8	5.0	R @ North Side Rd.

4.3	9.3	R @ covered bridge in Starck villiage
0.1	9.4	R @ Rt 110
7.0	16.4	L @ Rt 3, join main ride at cue 17.4

S Lancaster Loop w/Return via Whitefield, adds 16 mi

0.0	0.0	S Rt 2/3, cross Israel river
0.1	0.1	R Rt 135
3.9	4.0	L at T, continue S on NH Rt 135 at covered bridge to VT
2.3	6.3	L at Rt 142
7.8	14.1	Whitefield Center, break
0.0	14.1	leave town by Rt 3 north
2.0	16.1	R at Mt View Rd, great views at Mt View resort hotel
1.6	17.7	L at Rt 116
6.6	24.3	R at Rt 2
0.4	24.7	R Rt 115 A, rejoin base ride at cue
0.2	24.9	L for town pool and a well deserved swim
0.3	25.2	R at Applebrook for Happy Hour!

Gilman Vt Loop w/ Return via Whitefield Lancaster, adds 25 miles

0.0	0.0	S Rt 2/3, cross Israel river
0.1	0.1	R Rt 135
3.9	4.0	S at T, cross river into VT on covered bridge
0.3	4.3	L on River Rd in VT
6.1	10.4	L @ Gilman, Mill, cross river
0.2	10.6	L @ Rt 135
3.6	14.2	R @ Y Rt 142 after crossing stream for return via Whitefield area
7.8	22.0	Whitefield Center, break
0.0	22.0	leave town by Rt 3 north
2.0	24.0	R at Mt View Rd, great views at Mt View resort hotel
1.6	25.6	L at Rt 116
6.6	32.2	R at Rt 2
0.4	32.6	R Rt 115 A, rejoin base ride at cue
0.2	32.8	L for town pool and a well deserved swim
0.3	33.1	R at Applebrook for Happy Hour!