

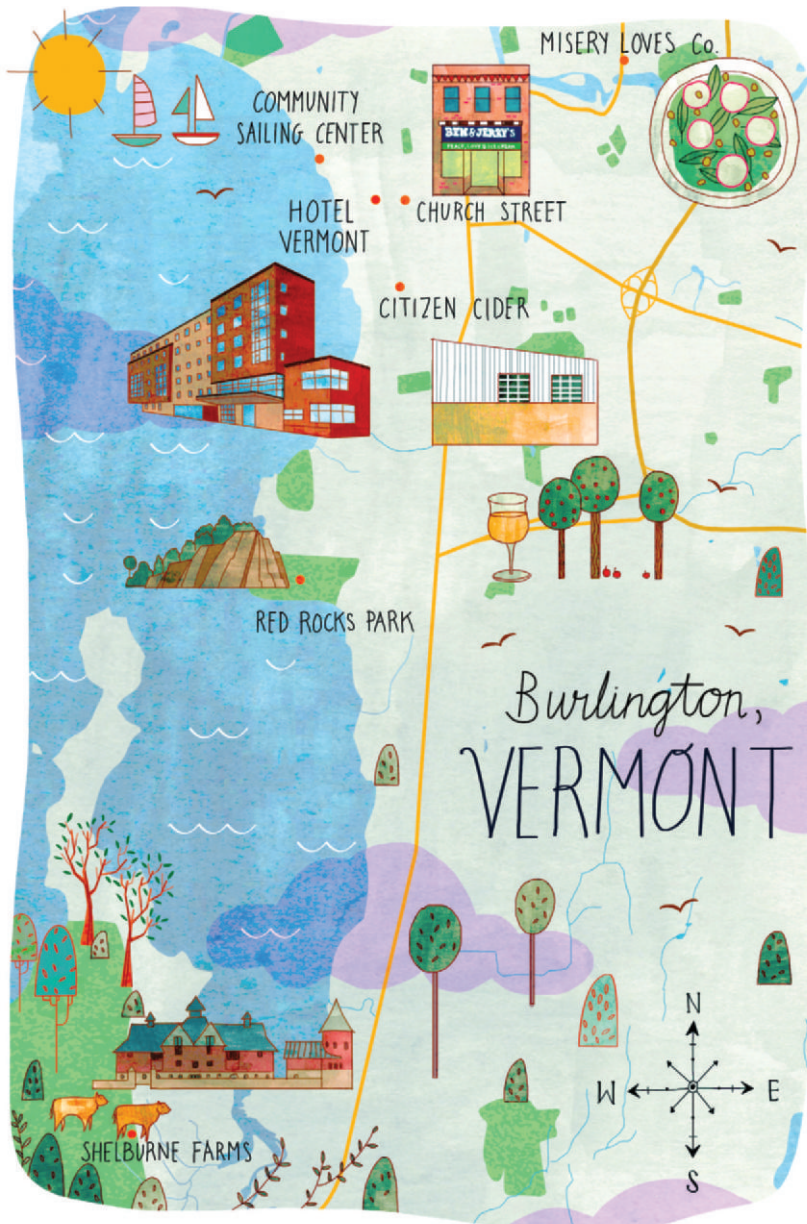
LOCAL FLAVOURS



THE BEST OF BURLINGTON, VERMONT

Less than a two-hour drive from the Quebec border, Burlington offers stunning lake vistas, rich farmland bursting with fresh fare, world-class restaurants, renowned craft breweries and all the hiking, biking and paddling you can handle

BY DOMINIQUE LAMBERTON



SLEEP (AND EAT)

HOTEL VERMONT

Simultaneously luxurious and laid-back, Hotel Vermont is the ideal launching pad from which to explore Burlington and beyond. While it's easy to camp out in your room (which is stocked with a selection of local goods that include bathrobes from the Vermont Flannel Company, aromatherapy products from nearby Lunaroma and turndown sweets from adjacent Hen of the Wood restaurant), there is much to see and do. Sign up for a Bike & Brew Tour, where you'll ride one of the refurbished vintage bicycles on display in the lobby, or take a yoga class. At Juniper, Hotel Vermont's local ingredient-driven restaurant, chef Doug Paine highlights everything from freshly foraged mushrooms to Lake Champlain perch on the regularly changing menus.

VISIT

SHELBURNE FARMS

Hop on the tractor-drawn shuttle from the parking area and, as you come over the lush green meadows, you'll spot the majestic Farm Barn, which dates back to the 1880s. This 1,400-acre working farm and education centre is a short drive from Burlington. Start at the Children's Farmyard, where you'll meet the resident chickens, rabbits and goats (be sure to catch the daily chicken parade at 10:30 a.m.). Then, watch the cheesemakers at work and sample a slice of the award-winning cheddar atop a farm-fresh burger from the Farm Cart.

STROLL

CHURCH STREET

This pedestrian-only street is where you'll find boutiques like Trinket (for made-in-Vermont natural skincare products and locally designed jewellery) and The Outdoor Gear Exchange (to stock up on hiking paraphernalia). Don't leave until you've had a scoop of Vermont's claim to fame: Ben & Jerry's. The flagship shop has flavours not commonly seen in stores (Salted Caramel Blondie, for starters).

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MADE-IN-VERMONT PRODUCTS TO TRY:

○ BREAD BAKERY'S FRESH BREAD

○ JASPER HILL FARM'S CABOT CLOTHBOUND CHEDDAR

○ THE ALCHEMIST'S HEADY TOPPER DOUBLE IPA

SIP

CITIZEN CIDER

You'll soon learn that Vermont is big on beer. When you've had your fill of hops, head to Citizen Cider for a tasting flight. Whet your palette with Unified Press, the most popular (and classic) of their ciders, then give VBS a taste—it's fermented with pressed vidal grape skins, giving it a champagne-like flavour.

EAT

MISERY LOVES CO.

Head over to up-and-coming Winooski, a.k.a. "the Brooklyn of Burlington," for a cocktail and bite at this hip eatery (it was formerly a food truck). Snack on small plates like soft-shell crab with smoky potatoes or go for the nightly meat + three (your choice of meat, like fried chicken or hanger steak, plus three sides).

CHECK OUT

COMMUNITY SAILING CENTER

Whether you want to explore Lake Champlain via sailboat, canoe, kayak or paddleboard, you'll find your vessel of choice here. There are even early morning yoga classes on the dock, or for the well-coordinated, floating yoga practiced on paddleboards.

HIKE

RED ROCKS PARK

Located in South Burlington, about a 10-minute drive from downtown, this park's rocky cliffs jut out 80 metres above the water, providing spectacular views of Lake Champlain and the Adirondacks beyond it. Take a leisurely hike on the 4 km of nature trails, then cool off at the beach.