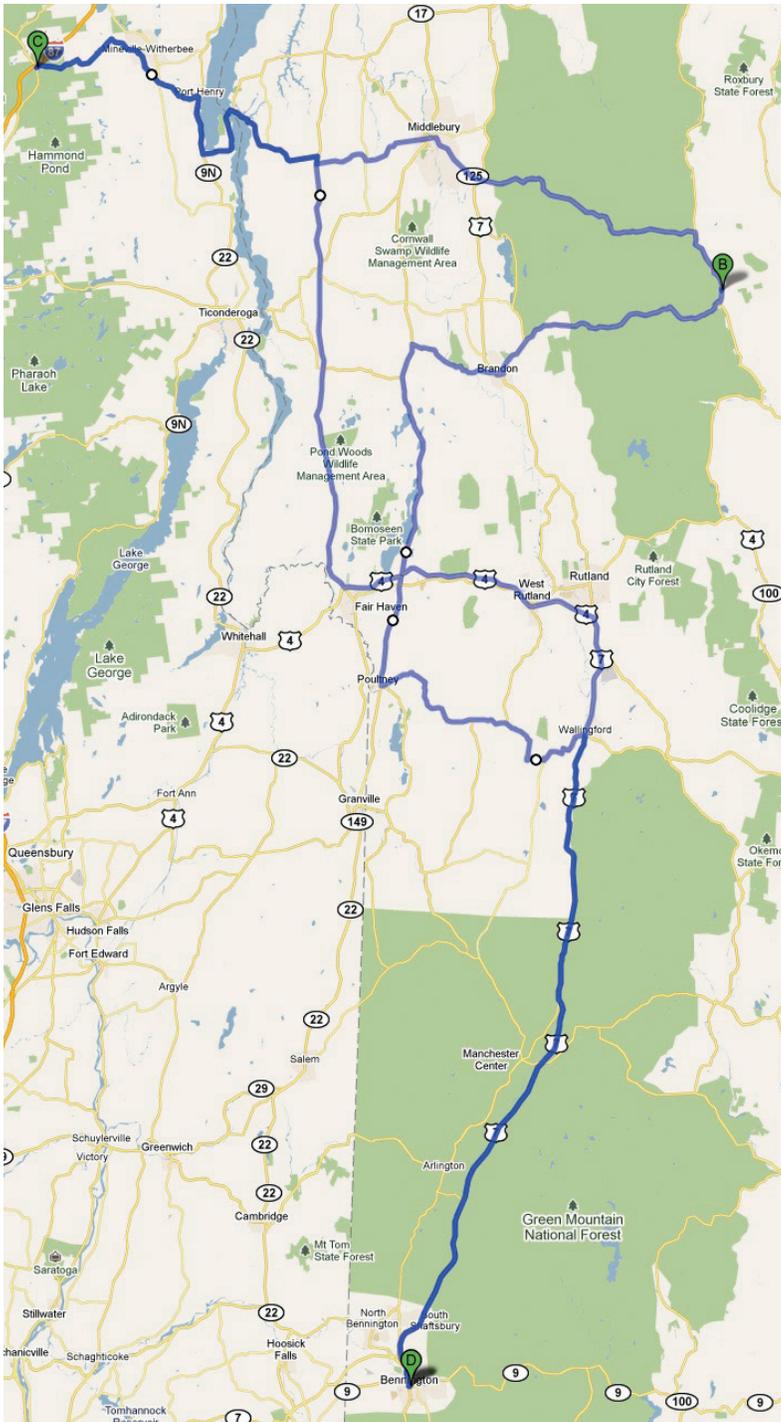# Bennington Triumph Bash Gaps Ride
(Loop of about 300 miles)

From beautiful downtown Bennington, take Rt 7 north towards Rutland. As you're entering Rutland, turn west on Rt 4, then near Castleton, turn onto Rt 30 heading north.

Ride north on Rt 30, enjoying the views of Lake Bomoseen. After Sudbury, make a right (east) onto Rt 73. Pass through Brandon, staying on Rt 73, and ride over the mountain towards Rochester. This road gets twisty, including a 90-degree 15mph right-hand corner, so ride with caution.

At the end of Rt 73, make a left (north) onto Rt 100. You'll enter the town of Rochester; stop for gas and a rest at the gas station adjacent to the town green.

From there, proceed north on Rt 100 to Hancock and make a left (west) onto Rt 125 towards Middlebury. Ride with caution on this road—the pavement can get pretty rough, and there are some tight corners, especially just outside of Ripton. Also, be on the lookout for deer and moose.

When you get to Rt 7, make a right (north) and proceed about two miles to Rosie's Restaurant (on the left) for lunch. (If you prefer fast food, try the A&W drive-in (on the right), which is the only remaining one in New England.)

After lunch, continue north on Rt 7 towards downtown Middlebury and look for the signs to continue on Rt 125 west. Follow 125 to Rt 22A and make a left (south). (Note -- depending on weather and timing, Tito may detour over to NY at this point, so if you're following him and he turns right on 22A instead of left, don't be alarmed.)

Follow 22A down to Fair Haven and get on Rt 4 heading east, then onto Rt 30 heading south. Follow this to Poultney, then turn left onto Rt 140 heading east. Follow this all the way to Rt 7 (caution: the road has some unexpected bends at times). Then turn right onto Rt 7 and follow it back down to Bennington.