

## Lakes and the Seaway Itinerary

<b>DATE</b>	<b>START</b>	<b>FINISH</b>	<b>MILES</b>	<b>CLIMBING</b>
8/11/2018	Arrive in Burlington	Check In Ride to Ben and Jerry's for Ice Cream		
8/12/2018	Burlington	Lake Placid	100	7000' *
8/13/2018	Lake Placid	Old Forge	100	3000'
8/14/2018	Old Forge	Sackets Harbor	75	2000'
8/15/2018	Sackets Harbor	Odgensburg	86	1700'
8/16/2018	Odgensburg	Malone	76	1300'
8/17/2018	Malone	Burlington	76	3700'
8/18/2018	Depart for home			

\*includes the climb up Whiteface Mt is an out and back and can be easily avoided.

513 miles    86 miles per day    18,700' of climbing    averaging 3,116' per day