



## OREGON OREGON COAST ROAD BIKE TOUR

 Road Biking  Hiking

-  Private Tours and Custom Tours  
Solos, Couples & Friends
-  Departure: Portland, OR
-  Tour Offered: Jun, Jul, Aug, Sep
-  Departs On: Sunday

-  Duration: 6 Days
-  Lodging: First-Class Camping or Casual Inns
-  Fitness Level: 2-3
-  Elevation Range: 0 - 1,000 ft.

Rolling down National Scenic Highway 101 along the foothills and beaches of the Pacific Northwest, our Oregon road cycling tour pulls out all the stops to truly showcase and fully savor the beautifully diverse Oregonian coastline, one of the state's Seven Wonders.

Starting from the Columbia River at the state's northwest edge, we wind our way along what locals call the People's Coast, Oregon's entirely public owned coastline—360-miles from end to end—enjoying forested seastacks, sandstone cliffs, vibrant

inlets, not to mention oxygen rich ocean breezes. Blissfully detached from noise, commercialism or the crush of cars, the reality of Coastal Oregon lends itself to unparalleled road biking. Our cycling tour is further distinguished by a hump, or layover day. This break from the saddle affords the opportunity to explore several state parks nearby; enjoying the rugged coast at our respective leisure. We then head to Reedsport, where lush forest gives way to thousands of acres of cream-colored sand dunes in the Oregon Dunes National Recreation Area.

Evenings are spent in quaint campgrounds, or inns; one and all are brought to a theatric close with a brilliant Pacific Ocean sunset. This cycling trips rewards with no less than a lifetime of memories shaped by a weeklong experience that interprets, if not drinks in the very best of coastal Oregon!





# THE ESCAPE ADVENTURES EXPERIENCE

For over 25 years, the hallmark of an Escape Adventures tour is personalized, hands-on service, before, during, and after each trip.

## OUR PEOPLE

Our Trip Leaders are the best in the business. Trained personally by the owners, our WFR certified Leaders understand the areas you ride and the safety of the group.

## OUR COMMITMENT

We don't just preach environmental awareness, we live it. We recycle 90% of our waste and run our LEED Platinum facilities with solar and wind power. Additionally, our facilities are net zero energy (we produce more energy than we consume) which makes us the only commercial outfitter in the world who is net positive energy.

## OUR FOOD

Our Leaders prepare meals on the trip with an emphasis on fresh, local and organic foods, ensuring you have the fuel you need to ride, and a delicious, meal at the same time.

## OUR SUPPORT VEHICLES

We provide a support van and trailer for every 9 guests on all of our trips so you can count on us to be there when you need us.





## DAY 1 | Ft. Stevens State Park to Manzanita

Meet in Portland. From a morning pick-up at the hotel, we'll shuttle two-and-a-half hours to Ft. Stevens State Park. We'll get acquainted over a lunch, prepared by your guides. Built in 1863 to repel anticipated British naval assaults, our first stage kicks off from Ft. Stevens at the mouth of the Columbia River. Sweeping south, we'll pass through the town of Seaside, hugging the coast toward Cannon Beach. Called one of the world's most beautiful places by National Geographic, Cannon Beach is a seaside village of art galleries, glassblowing studios and smart cafes. Besides its wide, white-sand beach Cannon Beach can lay claim to one of the largest coastal monoliths in the world: 327-ft tall Haystack Rock. The centerpiece of a national wildlife refuge, Haystack Rock looms a half-mile offshore. Pushed by an oxygen rich sea breeze, our peloton continues along the coast. Manzanita, a charming coastal town stretched across seven miles of sandy shoreline closes out today's stage.

Total Moderate Mileage | 39 Miles  
Casual Inn | Sunset Surf Motel  
Camp | Nehalem Bay State Park

Feet Gain | 1278



## DAY 2 | Manzanita to Pacific City

Today's stage transitions from lush coastal rainforests to dairy country. Departing Manzanita in soft morning light, we sweep along the North Oregon coast toward Rockaway Beach, a family-friendly vacation spot since 1920. Next up is Tillamook, where cows far outnumber people. After taking in the home base of the world-famous cheese producer, this stage then merges onto the wildly scenic Three Capes scenic route (alternate to US-101). Segments along this 40-mile stage range from old growth forest to high coastal headlands where Grey whales are often sighted. We close out with panoramic flourish at Pacific City, the southernmost settlement along the Three Capes route.

Total Moderate Mileage | 52 Miles  
Casual | Inn at Cape Kiwanda  
Camp | Webb Campground

Feet Gain | 1285





## DAY 3 | Layover Day

Call it the ultimate layover day. Giving the legs a day to refresh, we explore nearby Cape Kiwanda State Natural Area. Here you can ogle hang gliders soaring over the seaside bluffs, lose yourself in perfect crests of sand dunes, or watch fishing dories launch from the beach. If a more up-tempo option is preferable, you can thru-hike to Hart's Cove: a wonderfully seaside inlet nestled within the stunning Cascade Head Scenic Research Area, or Cape Lookout. There's also Option Three: get barreled Pacific Northwest style. To that end, Pacific City offers both surfboard rentals. Option Four: The Happy Hollow Loop bike ride.

Total Moderate Mileage | 33 Miles

Feet Gain | 2067

Layover Day – Hike, Surf, Explore

Casual Inn | Inn at Cape Kiwanda

Camp | Webb Campground



## DAY 4 | Pacific City to Newport

Today's stage, sweeps south as we route through a number of state parks, including Siletz Bay: a federal wildlife refuge where hawks and herons gather above prime Chinook salmon and Cutthroat trout habitat. We end our day in Newport, (pop. 9,989), a 151-year old settlement. Home to the Yaquina Head Outstanding Natural Area, Newport can claim not only the state's tallest lighthouse, but a mile-wide stretch of basalt rocks below that applaud the oncoming tidal surges. At the Old Bay Front, Newport's 19-century roots are on full display along a lively, if well preserved waterfront. But that dazzle extends clear out into the Pacific, given Newport's status as one of Oregon's premier ocean diving areas. The evening is given over to a sweet stroll through town and along Main Street.

Total Moderate Mileage | 47 Miles

Feet Gain | 1718

Casual Inn | Hallmark Resort

Camp | Beverly Beach State Park





## DAY 5 | Newport to Cape Perpetua

Heading south, our stage from Newport to Cape Perpetua sweeps through a series of coastal towns: from Seal Rock to Waldport and Yachats. Stretched five miles along Oregon PCH-1, Seal Rock is defined by tide pools, estuaries, and ancient rock formations, or “seal rocks” on one side. Riding through Waldport (pop. 2033), 18-miles south of Newport, we’ll traverse one of the region’s best-known scenic bridges. Next, we pass through Yachats (pop. 690), a crabbing, clamming and storm-watching spot. At the center of Central Oregon, the town’s name can be traced to the Chinook Indian word Yahuts: meaning dark water at the foot of the mountain. We stop here, at “the little village with a big smile”; relishing the space between lush rainforests of the Coast Range and the Pacific. The stage continues through the 630,000-acre Siuslaw National Forest to Cape Perpetua. A large, forested headland, Cape Perpetua offers terrific leg stretching: 26-miles of hiking trail through old growth forest. From a lookout atop the Cape, we glimpse Thor’s Wall. A deep, basalt cavern—or, perhaps a collapsed sea cave—Thor’s is but one enthralling feature set within the larger, utterly captivating shoreline.



Total Moderate Mileage | 33 Miles

Feet Gain | 518

Casual Inn | The Adobe Resort

Camp | Cape Perpetua National Park



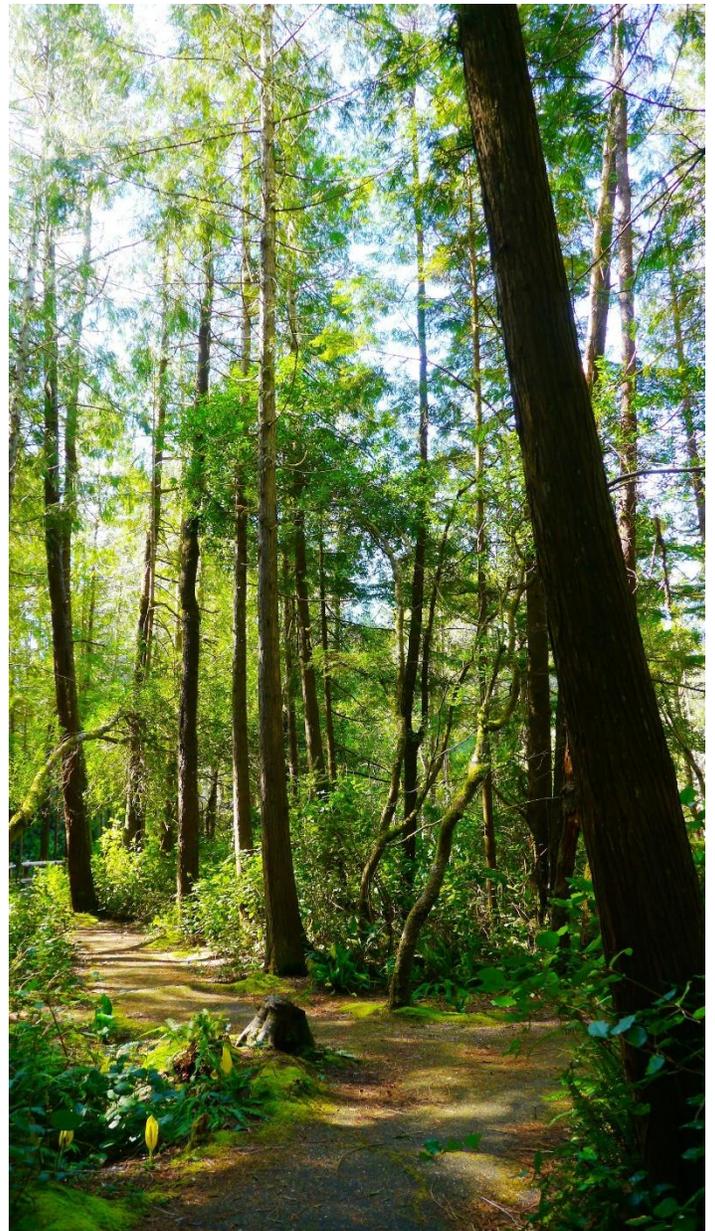


## DAY 6 | Cape Perpetua to Florence

Today, we transition from coastline to big dune country. Two unique stops on this final stage add the punctuation to our Oregon Coast tour. From Cape Perpetua, we stop at the 125-year old Heceta Lighthouse, 13-miles south of Yachats, for an exclusive private tour of the Keeper's House. Considered amongst the most beautiful lighthouses the world over, Heceta stands 205-ft above the ocean. Next up, we sweep into an alien world... or a B-movie set at the Darlingtonia State Natural Area. An 18-acre botanical preserve dedicated to just one species the Cobra Lily: a 10-20 inch carnivore. At Jesse M Honeymoon State Park, we close out with a picnic set alongside an idyllic lake. After lunch, we shuttle back to Portland, arriving between 4-5 p.m.

Total Moderate Mileage | 31 Miles

Feet Gain | 655



## Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking			39	1278		
2	Road Biking			52	1285		
3	Road Biking			33	2067		
	Layover Day - Hike, Surf, Explore						
4	Road Biking			47	1718		
5	Road Biking			33	518		
6	Road Biking			31	665		

## Road Bike Tour Fitness Levels

Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Mles	Hiking Mles	
Easy	1	1-3	1000	10-20	1-5
	2	2-4	2000	20-30	5-8
Moderate	3	3-5	3000	30-45	8-10
Seasoned	4	4-6	4000	45-75	10-12
	5	5-7	5000	75+	12-16+



# HOW TO PREPARE

## ROAD BIKE

For optimal physical preparation, we recommend that you ride at least several hours per week during the month preceding the tour. During the tour you will be on your bike every day, and we can assure you that an unprepared bottom is a sore one! If you can't ride your bike, or don't own one, take a spin class at your local gym a few times a week.

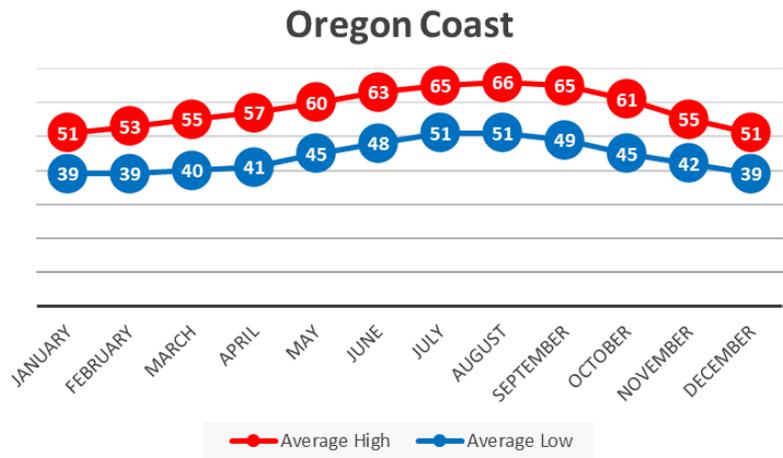


## HIKING

To prepare for the tour, we recommend that you hike, jog or run at least several hours per week during the month preceding the tour. Walk/run in the shoes and sock you are bringing on the trip. This will help prevent blisters and sore feet.

## WEATHER

Weather predictions in this area are predictable but given the distance you will cover, be prepared for all types. It is best to be prepared for cold evenings and inclement weather. Please use the following locations when checking the weather online: **Manzanita, Florence, Pacific City, Oregon**



## PACKING

Luggage is limited to one small soft-shelled suitcase or medium/large sized duffel bag (no heavier than 40 pounds). Please ensure your luggage container is water repellant. We also suggest bringing a hydration daypack or small backpack for valuables.

A complete list of what we consider essentials for every trip, as well as items that can be rented from Escape Adventures, is available at <http://www.escapeadventures.com/packing-lists/>

# BICYCLES AND GEAR

Make your trip as comfortable as possible on the body, as simple as possible for traveling, and hassle free on tour. By choosing to rent a bike from us, we will fit you with the newest, highest quality gear in the industry. Escape Adventures provides only high-end bicycles. All of our bikes are equipped with carbon fiber frames and disc brakes designed for a smooth, comfortable ride.

## Specialized Roubaix Disc



Specialized has perfected the road bike. Ride confidently and comfortably for longer distances.

## Specialized SIRRUS



Our most popular bike for moderate road bike tours is the proven SIRRUS. This bike is suited for a wide range of cyclists.

## Co-Motion Periscope Tandem



Our tandem is ideal for getting you and your partner or child out together, Tandem is available on request at an additional charge.

## Specialized Como eBike



For those of you who have wanted to join a bike tour but feared your fitness would hold you or the group back, fear no more.

## BIKE GEAR

### Garmin Edge Explore GPS

All of our road bike trips include a Garmin GPS device to help you navigate through each day safely and smoothly. You'll know how far, fast, and high you've ridden on the flats or climbs or on your way through each day. Simply turn it on and start riding. No paper maps needed!



### Be Seen, Be Safe

When you are on the road in the daytime, it is important to us to make sure you are seen from all directions. We offer the best daytime lighting by our partner NiteRider. Each road bike is equipped with a LUMINA MICRO 550 AND SABRE 80 COMBO with a Lumen Output: 550 and Run Time: 1:30 – 20:00 hrs.



## TRIP COST INCLUDES

All meals starting with lunch on the first day through lunch on the last day, support vehicles, snacks, first-aid, bike maintenance, community gear, and a custom sublimated Limited-Edition Jersey.



## TRIP COST DOES NOT INCLUDE

Airfare to and from departure point, lodging before or after the tour, personal camping gear (if applicable), or gratuities to Escape Adventures Trip Leaders. Tips to the Trip Leaders are given at your discretion and based on the quality of your experience. We suggest 10-20% of your trip cost to be divided between all Trip Leaders.

## MEALS

Our Trip Leaders prepare all of your meals on our camping trips. On inns tours our Trip Leaders prepare all of your picnic style lunches and breakfasts and dinners are served in the best local restaurants.

## TRIP AMENITIES

First-class campers will enjoy well-maintained public campgrounds. Inns on this tour are chosen for comfort, scenery, and proximity to our activities. Cell service for this tour is spotty, Verizon is the best service to have for this area.



## KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll notify you of any changes prior to departure; other changes may be communicated on the trip by your Trip Leaders.

This is a general itinerary and may vary. Escape Adventures reserves the right to make changes due to weather, local conditions, government intervention, or any other unforeseen reasons that may affect the quality of the trip and/or safety of the participants. Accommodations are subject to change.

## ACCOMMODATIONS (Subject to change)



### SUNSET SURF MOTEL

248 Ocean Rd, Manzanita, OR 97130

(800) 243-8035

<http://sunseturfoc.com/>

Imagine waking up in the morning to a sun-kissed ocean view, with the salty aroma of the waves tickling your nose, as you sit back with a hot cup of coffee and relax beside the warmth of your electric fireplace. This must be what heaven feels like... Only you don't have to go nearly as far to experience this level of paradise.



### INN AT CAPE KIWANDA

33105 Cape Kiwanda Dr, Pacific City, OR 97135

(888) 956-7001

<https://www.innatcapekiwanda.com/>

Stay with us and stay close to what really matters: the family and friends you bring with you. Share the ocean views and sunset walks, the dune climbs and sandcastles, the kayak trips and s'mores on the beach. And come away feeling closer than you ever have before.



### HALLMARK RESORT

744 SW Elizabeth St, Newport, OR 97365

(855) 391-2484

<https://www.hallmarkinns.com/newport/>

The beauty of the Oregon Coast is your constant backdrop when you're staying at the Hallmark Resort in Newport. With all of our rooms offering oceanfront views and the award-winning Georgie's Beachside Grill, it's the perfect spot for a frolic-filled family adventure or a serenely romantic escape. So if you're looking for a beachfront resort in Newport, look no further.



### THE ADOBE RESORT

1555 HWY 101 N, Yachats, OR 97498

(541) 547-3141

<https://adoberesort.com/>

Perched right along the edge of the breathtaking Pacific Ocean, The Adobe Resort is a pinnacle destination along the Gem of the Oregon Coast. A full service resort, we invite you to join us to enjoy the wonders we have to offer. Our luxuriously unique rooms and the magnificent adventure that awaits you along our coastline all ensures your vacation to is spectacular.

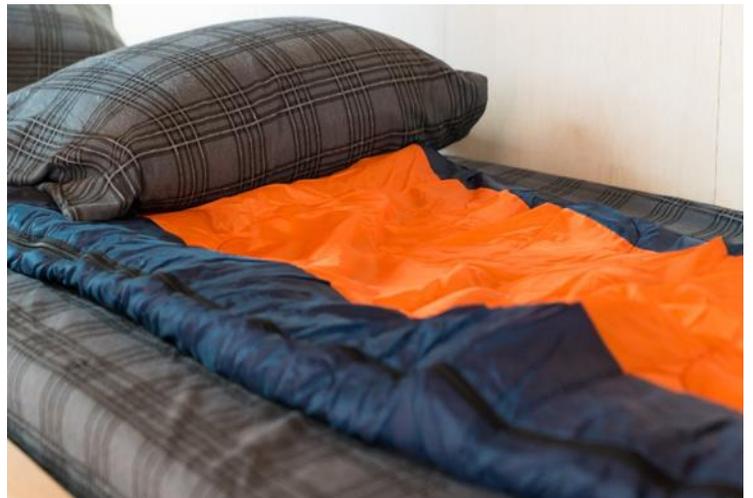
## FIRST-CLASS CAMPING



There is nothing better than rolling into camp to fresh made chips and salsa, homemade guacamole and Dutch oven enchiladas. Then making your way to the inviting campfire, sharing your favorite anecdote or image from the day's activities while marshmallows roast. Enjoy a small-batch local beer before retiring to your tent where inside a sturdy raised cot, fluffy sleeping bag, and a plush full-size pillow await.

We choose well-maintained public campgrounds with scenic vistas. The majority feature indoor facilities and showers. However, in more remote backcountry camping scenarios, we'll provide portable toilets and private solar showers.

**CAMPING GEAR RENTALS - \$100 per camp kit (items also available a-la-cart)**



Camping gear may be rented or you may bring your own. Our camp gear package includes a three-man tent with ground tarp, sleeping bag, bag liner, full size pillow, raised cot and self-inflating ground pad.

# GATEWAY CITY: PORTLAND, OREGON

Portland, Oregon's largest city, sits on the Columbia and Willamette rivers, in the shadow of snow-capped Mount Hood. It's known for its parks, bridges and bicycle paths, as well as for its eco-friendliness and its microbreweries and coffeehouses. Iconic Washington Park encompasses sites from the formal Japanese Garden to Oregon Zoo and its railway. The city hosts thriving art, theater and music scenes.



## FLY THERE

**PORTLAND INTERNATIONAL AIRPORT**  
7000 NE Airport Way, Portland, OR 97218  
(503) 460-4234  
<https://www.flypdx.com/>



Portland International Airport is a joint civil-military airport and the largest airport in the U.S. state of Oregon that accounts for 90% of passenger air travel and more than 95% of air cargo of the state.

## HOTELS

**COURTYARD BY MARRIOTT PORTLAND AIRPORT**  
11550 NE Airport Way, Portland, OR 97220  
(503) 252-3200  
<https://www.marriott.com/>

**HILTON GARDEN INN PORTLAND AIRPORT**  
12048 NE Airport Way, Portland, OR 97220  
(503) 255-8600  
<https://hiltongardeninn3.hilton.com/>

## MEETING LOCATION

**COURTYARD BY MARRIOTT PORTLAND AIRPORT**  
11550 NE Airport Way, Portland, OR 97220  
(503) 252-3200  
<https://www.marriott.com/>



## DEPARTURE TIME

9:00 AM on the first day of the tour.

## RETURN TIME

Around 5:00 PM on the last day of the tour.

## CANCELLATION POLICY

In order to keep our tours affordable and provide proper notice to our lodging partners, we must adhere to this timeline, no exceptions. After our refund deadline has passed, we cannot provide a refund for any reason, including circumstances beyond your control such as weather-related travel delays, family emergency, or injury. There is also no partial refund if you arrive late to your tour, or depart early. Insurance agencies however, offer a full or partial refund in many circumstances if you purchase travel insurance to cover your tour. Payment in full is due 60 days prior to trip departure.

<b>IF YOU CANCEL YOUR TRIP</b>	<b>YOU WILL RECEIVE</b>
Up until 60 days prior to trip departure	100% of what you have paid minus a \$200 processing fee per person
59-45 days prior to trip departure	50% of what you have paid minus a \$200 processing fee per person
45-30 days prior to trip departure	15% of what you have paid minus a \$200 processing fee per person
29-0 days prior trip departure	No Refund

### TRAVEL INSURANCE

We strongly encourage you to purchase travel insurance to protect against extenuating circumstances such as illness and injury- believe us, they do come up! We have a special arrangement with TravelGuard insurance so that you may purchase reasonably-priced travel insurance at the same time you place your tour reservation. For a detailed description of the TravelGuard policy we offer, visit our website or call 866-385-4839 and ask about product 007715.

### TRANSFER POLICY

If you would like to change to a different tour or departure date after signing up, we will be happy to transfer you on a space available basis up until 60 days prior to your tour. Please provide your transfer request in writing - email is sufficient. Please note, a \$25 transfer fee will be deducted from your previous payments for each transfer, and if you later choose to cancel your tour, the cancellation deadlines will apply to the date of the originally scheduled tour.

### TOUR CONFIRMATION

Escape confirms tours 60 days prior to tour departure; prior to this time, tours may be cancelled due to low enrollment. After your tour is confirmed, it will not be cancelled for low-enrollment, but in rare cases may be cancelled due to weather, government intervention, unsafe trail conditions, or any other reason that would affect the quality of the scheduled tour or the safety of its participants. If we are forced to cancel your tour, we will provide a 100% refund and work to add you to another trip that works for you.

### TRAVEL PLANS

We advise you to avoid non-refundable flights and other travel arrangements and are not responsible for the costs of such arrangement in the event your tour is cancelled. The travel insurance offered in conjunction with our tours covers the cost of your tour but does not cover additional costs such as travel to and from your tour departure location, and hotel stays prior to or following your tour. Please consider purchasing additional insurance coverage.



## SIMILAR TRIPS FROM ESCAPE ADVENTURES

### IDAHO ROAD BIKE TOUR THE GEM STATE

-  Families with Older Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Boise, ID
-  Tour Offered: Jun, Jul, Aug, Sep
-  Departs On: Monday
-  Duration: 5 Days, 190-265 Miles
-  Lodging: First-Class Camping or Casual Inns
-  Fitness Level: 2-4
-  Elevation Range: 4,000 - 8,000 ft.

Picture yourself cruising all day, thoroughly gassed but still blissed out by a beautiful road ride that truly took your measure. Before you can kick off your cycling shoes, you're led to a freshly prepared, scrumptious dinner. Beyond that multicourse fare, lay a cascading natural hot spring.



### BIG SUR ROAD BIKE TOUR CALIFORNIA COAST

-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Santa Barbara, CA
-  Tour Offered: Mar, Apr, May, Sep, Oct
-  Departs On: Sunday
-  Duration: 6 Days
-  Lodging: Luxury Inns & Restaurants
-  Fitness Level: 2-4
-  Elevation Range: 0 - 2,000 ft.

The highly influential, early 20th century watercolorist and muralist, Francis McComas defined California's Central Coast Big Sur as "the greatest meeting of land sea."

