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## Napa Valley & Cycling Wine Country

LENGTH: 6 Days / 5 Nights

ACCOMMODATIONS: Luxury Inns

FITNESS LEVEL: Intermediate

[For up-to-date pricing and dates, please visit our website.](#)



escape adventures®

Just 35 miles north of San Francisco, the winding Russian River meets the dramatic Pacific coastline, harboring a world all its own. Our cycling tour experiences this romantic landscape; quilted with a colorful patchwork of old growth redwoods, fruitful vineyards, historic towns, and beautiful gardens. Here, the old Napa way is very much still alive.

The richness of the region is all around us as we roll over orchard-covered hills and wind through giant redwood forests. A mild maritime breeze carries with it the fruitful aroma of the vineyards where the freshest organic produce is grown for our dinner table. We sample the distinctive flavors of the county's diverse regions at charming multi-generational family vineyards and farms, and unwind at intimate bed-and-breakfasts, and old world-style hotel & spas.

You can customize your cycling experience on tour, but whether you choose to move at a relaxing pace to rejuvenate your senses, or athletic pace to challenge your muscles, this tour will satisfy your inner hunger, while fantastic lodging and meals exceed your expectations.

### **Trip Amenities**

Cell phone service is spotty, but pay phones are available. Inns on this trip are often remote, appropriate to the locations in which we ride. They are chosen for comfort, scenery, and proximity to our activities.



## Day 1 | Calistoga

After meeting in Santa Rosa, Meet in Santa Rosa, 55-miles north of San Francisco; wine country's urban hub. Cycle through graceful Napa Valley Park, amidst mixed chaparral and woodlands that shade Lake Hennessey, as well as its adjacent Redwood preserve. Sweeping past numerous picturesque vineyards and wineries, the Silverado Trail shadows a stagecoach route built in 1852 to service nearby cinnabar mines. Then retire to a thoughtfully preserved vision of early wine country culture, Calistoga, where we are welcomed by its famous hot springs.

**Total Mileage** | 12-30 miles

**Inn** | Calistoga, Mount View Hotel and Spa

**Total ascent** | 653-1,598 ft

## Day 2 | Healdsburg

On this beautiful morning we mount up for Healdsburg, with a stop to marvel—or spritz—at California's own Old Faithful geyser. Reaching Healdsburg, continually cited as one of America's top ten small towns, explore Pine Flat Road. Exquisitely scenic, Pine Flat reaches into the Mayacamas, a sub range of the Northern Inner Coast Mountains, high point in this rich riparian area.

**Total Mileage** | 17-54 miles

**Inn** | Madrona Manor or Honor Mansion

**Total ascent** | 463-4,070 ft

## Day 3 | Northern Sonoma County

From our lodgings in Healdsburg, shoot west from lowlands alongside the Russian River into northern Sonoma County. Ride along Lake Sonoma and choose to test your lungs on the optional out-and-back ride up Rock Creek Road with stunning view finding of the big, green-gold landscape.

**Total Mileage** | 15-61 miles

**Inn** | Madrona Manor or Honor Mansion

**Total ascent** | 652-5,033 ft





## Day 4 | Guerneville and Armstrong Redwoods Reserve

Leaving Healdsburg, cycle on the famous West Side Road to Guerneville. En route we'll dismount to stroll the most inviting vineyards, as well as cross a historic bridge. Dismounting in Guerneville, we tread into the nearby 805-acre Armstrong Redwoods Reserve. Hiking amongst/marveling at the giants who reign over this temperate rainforest, we meet the tallest, 310-ft tall Parson Jones. Then pay respects to the elder statesman, 1400-year old Colonel Armstrong.

**Total Mileage** | 13-29 miles

**Inn** | West Sonoma Inn and Spa

**Total ascent** | 577-2,582 ft

## Day 5 | Bodega Bay

From Guerneville drop toward the enormous, raucous Pacific. A brisk, exhilarating wind, the ocean's churning, plus a chorus of barking seals lend the ride a high-spirited ambient. From upland marine prairie layered above coastal bluffs and terraces, we revel in near coast sea stacks. Wrapping up in frothy, romantic Bodega Bay, we enjoy the best farm-to-table cuisine and locally caught, or harvested seafood/shellfish.

**Total Mileage** | 21-32 miles Opt 1 mile hike

**Inn** | Bodega Coast Inn

**Total ascent** | 1,268-2,133ft

## Day 6 | Bodega Bay to Freestone

Wake up to crashing ocean waves before ascending Bay Hill. Set along the rugged, rolling Sonoma Coast, and rich Grey whale habitat we roll into Bodega: location for Alfred Hitchcock's "The Birds". After visiting the legendary "Birds" house, we gently finish our tour in Freestone: a 19th century stone quarry and logging town. Here, in the town's handsome historic district, we enjoy some of the best home baked bread anywhere. Our tour ends today at 2:00 pm. We conclude with a shuttle back to Santa Rosa.

**Total Mileage** | 10 miles

**Total ascent** | 1082 ft



## WHAT SETS US APART?

**Our People:** Our guides are the best in the business! Trained personally by the owners, our guides 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, run our facilities with solar and wind power, and we are the world's 1st carbon-neutral outfitter.

**Our Food:** Our guides lovingly prepare meals for 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- including dessert!

## Specific Trip Tips

- San Francisco is the next closest city with a major airport and car rentals but we recommend that you fly directly to Santa Rosa.
- Arrive in Santa Rosa at least 12 hours prior to your departure time in order to have time to rest before the tour
- Hotel La Rose is Northwest of the intersection of Highway 101 and Highway 12.

**Trip Cost Includes:** Two guides, all meals starting with lunch on the first day through lunch on the last day, support vehicle, snacks, first-aid, bike maintenance, community gear, and a souvenir shirt.

**Trip Cost Does Not Include:** Airfare to and from our departure point, lodging before or after the tour, personal camping gear, rental bike, or gratuities to Escape Adventures guides. Tips to the guides 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 the guides.

*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 unforeseen reasons that may affect the quality of the trip and/or safety of the participants. Inns are subject to change.*



## The Basics

**State:** California

**Duration:** 6 days/5 Nights

**Type:** Luxury Inns

**Mileage:** 88-217 Miles

**Season:** 4 Seasons

**Airport:** San Francisco, CA

## MEETING INFORMATION

**Location:** Hotel La Rose

**Address:** 308 Wilson Street, Santa Rosa CA

**Time:** 9:00pm

\* We will return to Santa Rosa by 4:00pm on the last day.

## BIKE RENTALS

Specialized bikes. Please click for more information. [Learn more about our rental gear on our website.](#)

## RESERVATIONS

We require that solo travelers on this trip pay a single supplement. Many of the chosen inns on this trip only offer rooms with one bed.