



WASHINGTON & OREGON VOLCANOES & WATERFALLS 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: Monday

-  Duration: 5 Days
-  Lodging: Casual Inns
-  Fitness Level: 2-5
-  Elevation Range: 1,000 - 6,000 ft.

An incredibly diverse succession of terrain, from glacial plains to volcanic blast zones; exalted mountain ridges, rainforests, woodlands to lava flows frozen in time, all come to define this Northwest road cycling epic. And keep your eye out for emus.

From the site of our country's single most amazing eruption, Mount St. Helen's, we range further into the Cascade Range, into the heart of Pacific Northwest's ring of fire. Sweeping into Mount Rainier National Park, we behold the highest peak in the Cascades, 14,114-ft. Rainier, both a Washington State icon if not a sacred place, is the embodiment of the goddess Tahoma to the Coast Salish people.

On scenic roads, historic highways, over visually enthralling bridges, our tour winds up atop the breathtaking Columbia River Gorge; then pays homage to Oregon's most prominent landmark, 11,249-ft Mt. Hood. Notwithstanding its twelve snowfields and glaciers, Mt. Hood is every bit as noteworthy or vital for the active stratovolcano beneath it.





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 | Ike Kinswa State Park to Ashford

After meeting in Portland, Oregon, a.k.a. City of Roses, a 100-mile shuttle, north, brings us to Ike Kinswa State Park: a 421-acre preserve, defined predominantly by broad shoreline along Mayfield Lake. The day's first ride shoots east, routing towards Mount St. Helens: the most active stratovolcano in the Cascade Range. Triggered by a 5.1 Richter scale earthquake, Mount St. Helen's summit was reduced, at once, one third of a mile, or four-football fields: from 9677-ft. to 8363-ft. A subsequent debris avalanche carved out a deep, mile-wide crescent from Helen's crown. Given those cues and atmospheric, expect nothing but an epic climb to the blast zone. Nicknamed "Fuji-san" (pre-eruption) we sweep past conspicuous layers of basalt flanked by broad channels of volcanic rock. Frozen igneous rock to moving ice, Mount St. Helens is now distinct for having the only known advancing glacier in the contiguous US. We sweep around 23-mile long Riffe Lake, a reservoir on the Cowlitz River to the town of Morton. Refueled by lunch, our afternoon ride churns up, down; then ascends again, as though commencing an extended cycling pilgrimage to Mount Rainier's western slope. Not only the apex within the Cascades, Rainier's 14,411-ft peak is the most glaciated in the lower 48. Our ride closes out in Ashland, (pop. 21,117). Known for world-class theatre productions, such as the Oregon Shakespeare Festival (OSF), as well as ultra-inviting spa retreats, our Ashford accommodations—Deep Forest Cabins and Valley Cottages—are a made-for base for cyclotouring, explorations and lengthy chin stroking around Mt. Rainier.



Total Moderate Mileage | 41 Miles
Casual Inn | Whittaker's Bunkhouse

Feet Gain | 3314



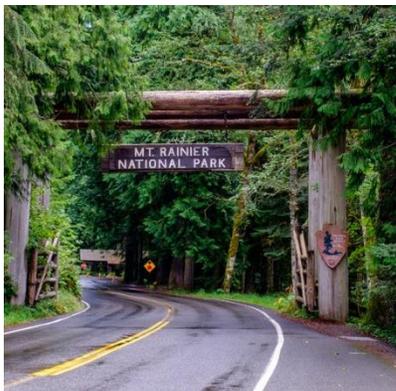
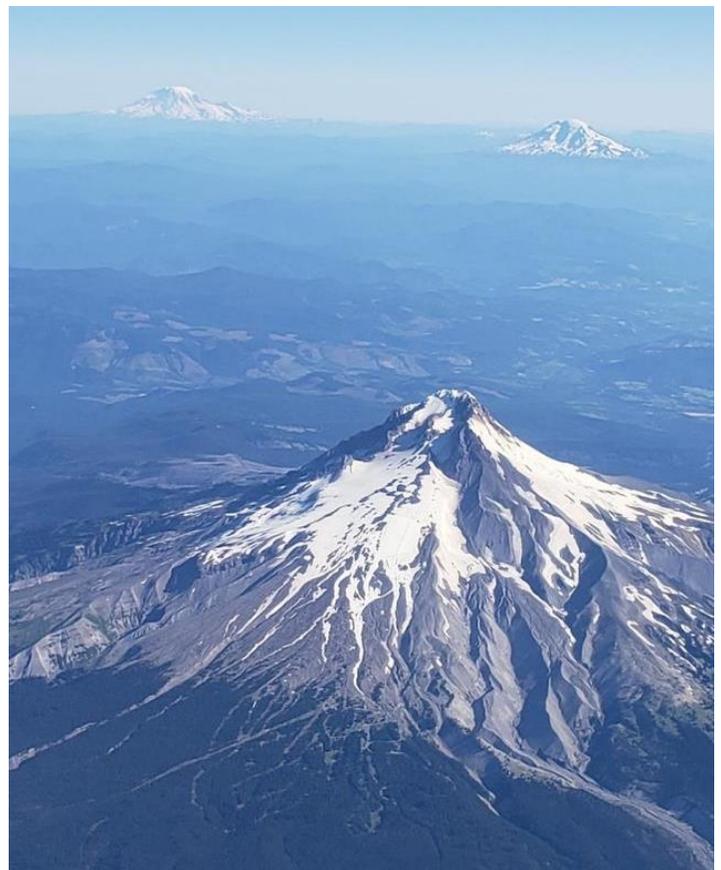


DAY 2 | Mount Rainier National Park

Today's ride sweeps up the western side of 236,381-acre Mount Rainier National Park. Designated by President McKinley in 1899, Rainier became America's fifth national park. Eleven years earlier, John Muir was among a rather accomplished group of five to summit. One of the highlights of today's stage is a sweep past Nisqually Glacier. Occupying the southwest face of Rainier, the four-mile long Nisqually Glacier peaked size-wise in 1850, during The Little Ice Age. Nearly two miles in total area, Nisqually lurches approximately 29-inches each day. From a high plateau alongside Nisqually, the most high-def of Rainier's 35-miles of glaciers and snowfields, our routing transitions into a long, Danish buttery smooth descent. Rolling past the 6900-ft Tatoosh Peaks, we visually immerse in 25 equally distinctive and prominent peaks: from Moon Mountain to Unicorn Peak. The ride ultimately wends into the Grove of the Patriarchs: a remote, deep valley given palpable majesty by stands of enormous old growth trees. From the Ohanapecoh area at the southeast edge of Mount Rainier National Park, our peloton sweeps along the Cowlitz River. A tributary of the Columbia River, the Cowlitz also represents a significant piece of the 2586-sq mile drainage basin that draws from Mount St. Helen's, Rainier and Mount Adams. Merging onto US Route 12, we throttle back on level blacktop 15-miles to the Crest Trail Lodge, our comfy if small-town modest layover spot.

Total Moderate Mileage | 34 Miles
Total Seasoned Mileage | 61 Miles
Casual Inn | Crest Trail Lodge

Feet Gain | 1974
Feet Gain | 6287





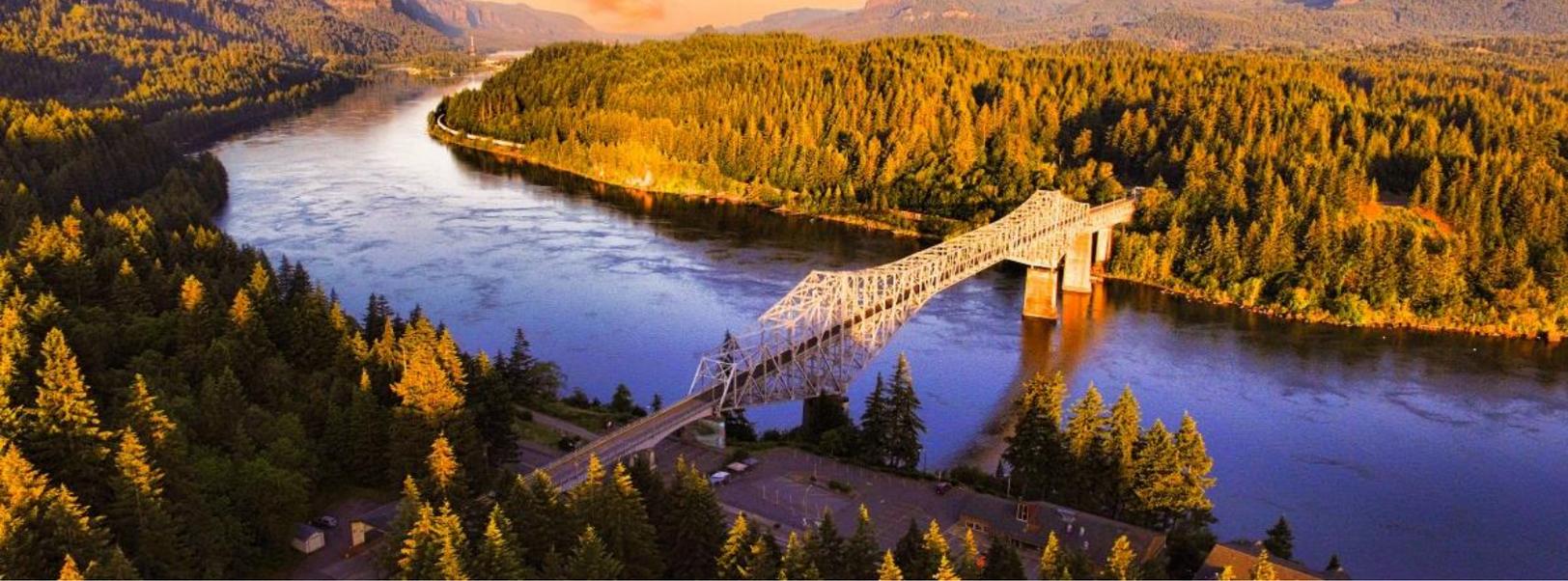
DAY 3 | Mount St. Helens National Volcanic Monument

Our magnificent ride ranges from 22 to 97 phenomenal, Pacific Rim miles. Paralleling the Cowlitz River, our group surges through the hamlet of Randle; then into the 1.32-million acre Gifford Pinchot National Forest, one of America's oldest national forests (set aside in 1908). Continuing to run alongside the Cowlitz River, our route delivers stellar views of both Mount St. Helens, as well as Mount Adams to the east. Peaking out at 12,276-ft., Adams symbolizes the high point in the Gifford-Pinchot National Forest. Answering only to Rainier, Adams is the second tallest mountain in Washington State. Amongst Mother Nature's foremost attributes, Mount St. Helens' more recent narrative has been one of profound rebirth. Notwithstanding the sole advancing glacier in the entire Lower 48, a whole new world of vibrant forest, creeks, lakes and waterfalls spreads in the shadow of a once iconic peak. To that end, today's ride is given over to exploring the Mount St. Helens National Volcanic Monument, as well as the surrounding Gifford Pinchot National Forest. From up-close/long exposure to volcanic lahars to the wildly adaptable if not resilient terrain created by the eruption, our group also sweeps through soothing evergreen forest. A different kind of eruption, that of wildflowers blooming overcomes the subalpine meadows edging our route. In sum, from great destruction comes truly staggering renewal. Our day wraps at the Columbia River Gorge. More than 4000-ft deep and stretching some 80-miles in length, the Columbia River Gorge acts as the boundary between Washington and Oregon. A dynamic and varied landscape, the gorge transitions from temperate rainforest to dry grasslands; no less than 90 waterfalls tumble from its Oregon side. The gorge's deep cut not only renders it the only navigable route through the Cascades, windsurfers and kite surfers flock here in great numbers for the enviable wind-tunnel effect. We overnight in luxury at the Skamania Lodge resort in Stevenson, WA. (within the Columbia Gorge National Scenic Area. Think Northwest style posh.



Total Easy Mileage | 22 Miles
Total Moderate Mileage | 62 Miles
Total Seasoned Mileage | 97 Miles
Casual Inn | Skamania Lodge

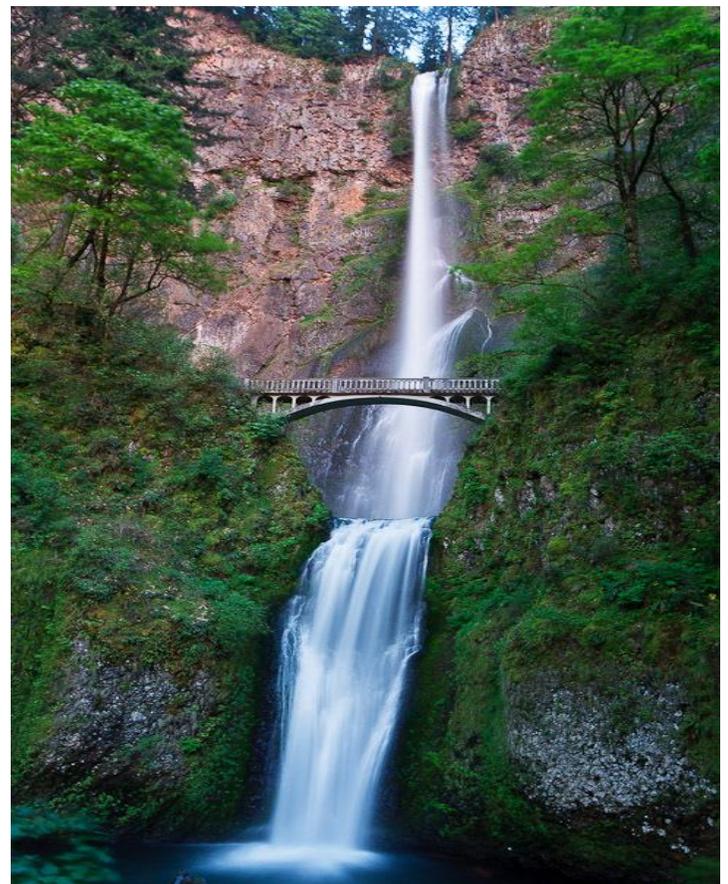
Feet Gain | 1207
Feet Gain | 4314
Feet Gain | 8451



DAY 4 | Hiking Multnomah Falls and Bridge of the Gods

Our top of the morning unfolds, via shuttle, following the Columbia River. Heading east, we hike into Multnomah Falls. At 620-ft. high, dropping down two tiers and given dramatic framing by basalt cliffs, Multnomah is Oregon’s tallest waterfall, the second highest in America. It is also the most viewed/visited natural site in the Pacific Northwest. Our epic stage finds dramatic flourish, 40-miles east of Portland at the Bridge of the Gods. Where Charles Lindberg flew his “Spirit of St. Louis” beneath the steel cantilever and truss bridge in 1927, we sweep over its 1856-ft long span, 140-ft above the Columbia River. Riding the Lewis and Clark Highway, with the Columbia River a churning-rushing constant on one side, our peloton sweeps into and out of hillsides. The stage climaxes at Hood River. We overnight in style at the Columbia River Gorge Hotel and Spa.

Total Moderate Mileage | 25 Miles Feet Gain | 2186
Total Hiking Mileage | 2.5 Miles Feet Gain | 987
Casual Inn | Columbia River Gorge Hotel and Spa



DAY 5 | Columbia River Highway

Closing out, our ride pours over the historic Columbia River Highway. Built from 1913 to 1922, this scenic byway—originally promoted by the lawyer-businessman Sam Hill—overlooks the Gorge before linking with Highway 2. Now closed to cars, the erstwhile highway has been reimagined and reborn into a rather exemplary bike path, sweeping through a succession of timeworn tunnels and along broad, picturesque cliffs. After lunch, we shuttle back to Portland.

Total Moderate Mileage | 22 Miles Feet Gain | 2169



Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking			41	3341		
2	Road Biking			34	1974	61	6287
3	Road Biking	22	1207	62	4314	97	8451
4	Road Biking			25	2186		
	Hiking			2.5	987		
5	Road Biking			22	2169		

Road Bike Tour Fitness Levels

Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles
Easy	1	1000	10-20	1-5
	2	2000	20-30	5-8
Moderate	3	3000	30-45	8-10
Seasoned	4	4000	45-75	10-12
	5	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.

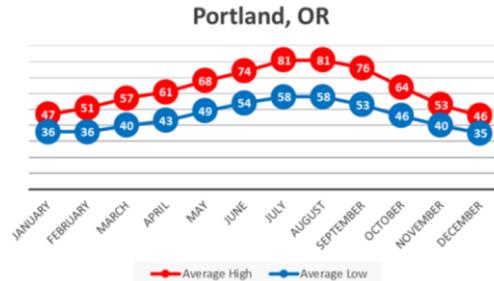
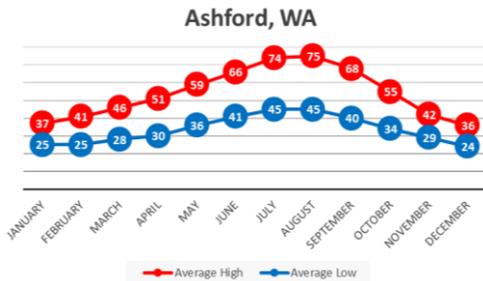


HIKING

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

You will be riding and sleeping at elevations over 4,000 ft. for this trip. Weather predictions in this area are often unreliable due to the elevation, so it is best to be prepared for cold evenings and inclement weather. Please use the following locations when checking the weather online: **ASHFORD, WA** and **PORTLAND, OR**



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 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, 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 picnic style lunches and breakfasts and dinners are served in the best local restaurants.



TRIP AMENITIES

Inns on this tour are chosen for comfort, scenery, and proximity to our activities.

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. Inns are subject to change.



WHITTAKER'S MOTEL AND HISTORIC BUNKHOUSE
30205 WA-706, Ashford, WA 98304
(360) 569-2439
www.whittakersbunkhouse.com

Set along the National Park Highway, this informal motel and early-1900s bunkhouse is 6 miles from the Nisqually Entrance to Mount Rainier National Park, and 7.7 miles from Mount Rainier.



CREST TRAIL LODGE
12729 US-12, Packwood, WA 98361
(360) 494-4944
www.whitepasstravel.com/cresttrail

This simple mountain lodge on US Highway 12 is 1.5 miles from Packwood, 11 miles from Mount Rainier National Park and 15 miles from Randle and the turnoff for Mount St Helens.



SKAMANIA LODGE
1131 SW Skamania Lodge Way, Stevenson, WA 98648
(509) 314-4177
www.skamania.com

"Skamania" is the Chinook Indian word for "swift water." Set on 175 wooded acres, this upscale resort is a 6-minute walk from the Columbia Gorge Interpretive Center Museum and 2 miles from the Bridge of the Gods.



COLUMBIA GORGE HOTEL & SPA
4000 Westcliff Dr, Hood River, OR 97031
(541) 386-5566
www.columbiagorgehotel.com

The Columbia River Gorge hotel is aptly named, as it overlooks the majestic Columbia River that divides Oregon and Washington. There are also over 70 waterfalls nearby, including the famous Multnomah Falls, which at 620 feet, is the fifth highest waterfall in the United States.

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



PORTLAND INTERNATIONAL AIRPORT

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7000 NE Airport Way, Portland, OR 97218

(503) 460-4234

www.portlandairport.com

PDX, is the largest airport in the state of Oregon. The airport is located inside the Portland city limits, 12 miles (10 km) northeast of Downtown Portland. It offers direct flights to more than 100 cities worldwide, as well as excellent shopping and dining options and, frequently, live piano music.



PORTLAND HOTELS

MCMENAMINS CRYSTAL HOTEL

303 SW 12th Ave, Portland, OR 97205

(503) 972-2670

www.mcmenamins.com/crystal-hotel

KIMPTON RIVERPLACE

1510 SW Harbor Way Portland, OR 97201

(503) 228-3233

www.riverplacehotel.com

MEETING AND DEPARTURE INFORMATION

MEETING LOCATION

COURTYARD BY MARRIOTT PORTLAND AIRPORT

11550 NE Airport Way, Portland, OR 97220

(503) 252-3200

www.marriott.com/Portland

DEPARTURE TIME

8:00 AM on the first day of the tour.

RETURN TIME

By 4:00 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.

IF YOU CANCEL YOUR TRIP	YOU WILL RECEIVE
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

BRYCE, ZION & GRAND CANYON ROAD BIKE TOUR

-  Families with Older Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: St. George, UT
-  Tour Offered: May, Jun, Jul, Aug, Sep
-  Departs On: Sunday
-  Duration: 7 Days
-  Lodging: First-Class Camping or Casual Inns
-  Fitness Level: 3-5
-  Elevation Range: 4,000 - 10,000 ft.

Bryce Canyon, Zion National Park, and the Grand Canyon, are a trio of nature's finest. 3 national parks, one tour!



ROCKY MOUNTAIN ROAD BIKE TOUR

-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Durango, CO
-  Tour Offered: Jun, Jul, Aug, Sep
-  Departs On: Monday
-  Duration: 5 Days
-  Lodging: Casual Inns
-  Fitness Level: 3-5
-  Elevation Range: 6,000 - 11,000 ft.

Breathe the crisp mountain air, as picturesque roads lead you through a sea of Rocky Mountain peaks rising all around you.

