



## CALIFORNIA BIG SUR ROAD BIKE TOUR

 Road Biking  Hiking

 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.

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

With that visionary exactness as our guide, we shaped a virtuoso velo interpretation of the Golden State's Central Coast: animated as much by sea cliffs and rolling wine country, iconic Highway One to Redwoods, breaching Gray whales to far more furtive sea otters. The same confluence of unique, wild character lured Henry Miller, Jack Kerouac, The Beats, if not an untold number of artists, such as the aforementioned McComas.

From the burly rawness of Big Sur to the Mediterranean-like aesthetic seen in Santa Barbara's coastline—aka the American Riviera—our big brushstrokes in the saddle sweep past ranch, farmland if not great spans of ocean. At the same time, a dreamy, viscous, essentially California-quality light outlines each successive landscape.

Each day's epic resolves into equally sublime soft-notes and local-regional qualities. From clam chowder in Pismo Beach to Pinot Noir in Monterey, groves of wind-sculpted Cypress on 17-Mile Drive, historic lighthouses to the Heart Castle.

Closing out on a different type of replenishment, at every setting we contemplate and savor superb regional cuisine shaped by a fulsome farm-to-table ethos.





# 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 | Santa Barbara

Meet in Santa Barbara, upscale tourist resort college town. Then a short shuttle to Los Olivos (pop. 1138): one of a handful of small communities dotting the bucolic Santa Ynez Valley. Saddle up for a legwarmer ride, sweeping past the rich vineyards mixed with humble farmlands of the Santa Ynez.

Our second stage ends at Solvang, (Danish for “sunny field”). Some 46-miles northwest of Santa Barbara, Solvang (pop. 5245) is a 107-year old Danish-Lutheran colony, replete with windmills and characteristic half-timbered Scandinavian architecture. Besides Euro-centric shops next to handsome dining spots, the area around Solvang claims many wine and olive oil tastings.

Total Easy Mileage | 12.7 Miles

Feet Gain | 606

Casual Inn | Fess Parker Wine Country Inn



## DAY 2 | Pismo Beach

Waking to the valley’s cool, embracing air, Day Two’s first stage shoots toward the coast. We stop in Los Alamos, hailed as “the coolest town in Santa Barbara County.” Picture Tuscany meets Taos: low slung, no fuss Old West stagecoach stop turned hip getaway destination. The next stage follows gorgeous back roads, a superb cyclo-touring route that swerves into Pismo Beach, a classic Central Coast community (pop 7931). Stopping at the Monarch Butterfly Grove, we take in more orange and black than the Sturgis or Laughlin Harley-Davidson runs. Walking distance from the ocean, tens of thousands of Monarch butterflies gather here in stands of Eucalyptus and Cypress.

Total Easy Mileage | 33

Feet Gain | 569

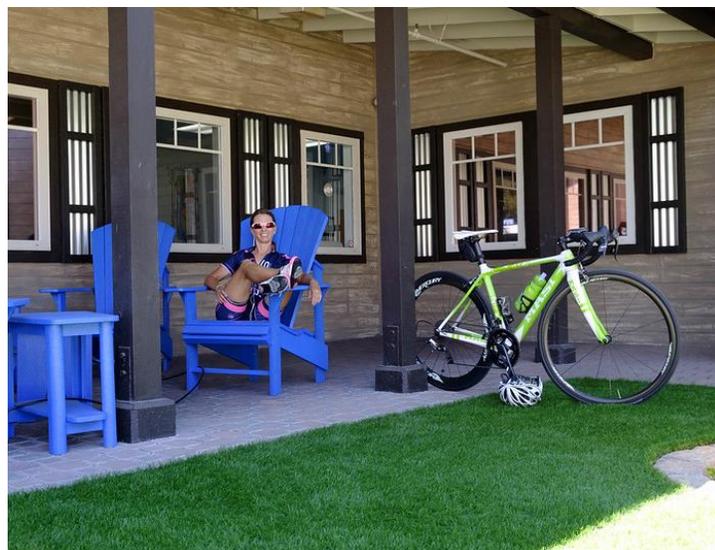
Total Moderate Mileage | 43

Feet Gain | 1429

Total Seasoned Mileage | 63 Miles

Feet Gain | 1615

Casual Inn | Inn at the Pier





## DAY 3 | Big Sur / Central Coast

Day Three, surge up the ruggedly beautiful Big Sur/Central Coast, all bluffs, sea and sky: a holy trinity that blesses our ride. The area's dramatic atmospheric, alternately bruised or golden viscous light and moody weather, not unlike Ireland's or Scotland's west coast drew the likes of Henry Miller, The Beats and Kerouac, finding a rich font of inspiration. Following the dotted line, we sweep toward Cambria (pop. 6000), a low-fi art colony tucked into the Pines. Passing Morro Bay, Estero Bay, as well as the Harmony Headlands State Park, our routing flows across rolling hills overflowed by Giant Pelicans, not to mention a host of other sea and shorebirds.

Total Easy Mileage | 27

Feet Gain | 1100

Total Moderate Mileage | 50 Miles

Feet Gain | 1810

Casual Inn | Blue Dolphin Inn



## DAY 4 | Ragged Point

Egressing from Cambria the next morning, powered-up by great coffee and exhilarating sea air, Day Four's first stage shoots north. Paralleling the coast we might catch glimpse of either Grey or Blue whales in the near distance. This stage is suffused with sights and Central Coast culture. At the Piedras Blancas Lighthouse, we roll up to a historic 70-ft light station. Built in 1874, atop white rocks on a jutting spit of headland, we're welcomed to Piedras Blancas by a chorus from the resident, if occasionally raucous sea lion colony. At McWay Falls, amidst a secluded cove, we glimpse an 80-ft plume of freshwater emerge from a granite cliff, spilling onto the sandy beach below. Overnight in Big Sur Village, its seaside cliffs framed by Redwoods.

Total Easy Mileage | 23 Miles

Feet Gain | 1074

Total Moderate Mileage | 37 Miles

Feet Gain | 4700

Total Seasoned Mileage | 74 Miles

Feet Gain | 8100

Casual Inn | Big Sur River Inn





## DAY 5 | Monterey

The day's opener beelines from the Big Sur coast toward Point Lobos: a broad sweep of raw coastal park with a refreshingly anti-industrial tourism/keep-it-real vibe. A made-for-viewing spot, we peer out, hoping to see Grey or Blue whales, harbor seals or sea lions. After a lunch in the park, a short shuttle delivers us to Carmel by the Sea. We overnight here on the ocean. From rare and unique shops, shaped by local ocean-going culture, our early afternoon might also fit in the Monterey Bay Aquarium, the standard bearer for viewing sea-life. A wonderfully repurposed sardine cannery, The Monterey Aquarium is defined by soaring glass walled tanks that showcase 35,000 animals plus 550 plant species.

Total Moderate Mileage | 22 Miles

Feet Gain | 1927

Casual Inn | InterContinental The Clement Monterey



## DAY 6 | 17 Mile Drive

Our closing stage transits the world-famous 17-Mile Drive. Privately managed and minimally traveled, this phenomenal cycling route follows a smooth roadbed that hugs the coastline, from Pebble Beach to Pacific Grove. Sweeping through a wind sculpted grove of Cypress trees, we take in visually arresting mansions and unique, architecturally significant dwellings. The trip culminates with a shuttle back to Santa Barbara, if not warm and hearty goodbyes.

Total Moderate Mileage | 17 Miles

Feet Gain | 1467



## Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking	12.7	606				
2	Road Biking	33	569	43	1429	63	1615
3	Road Biking	27	1100	50	1810		
	Hiking	2-5 Miles					
4	Road Biking	23	1047	37	4700	74	8100
5	Road Biking			22	1927		
6	Road Biking			17	1467		

## Road Bike Tour Fitness Levels

Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles	
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.

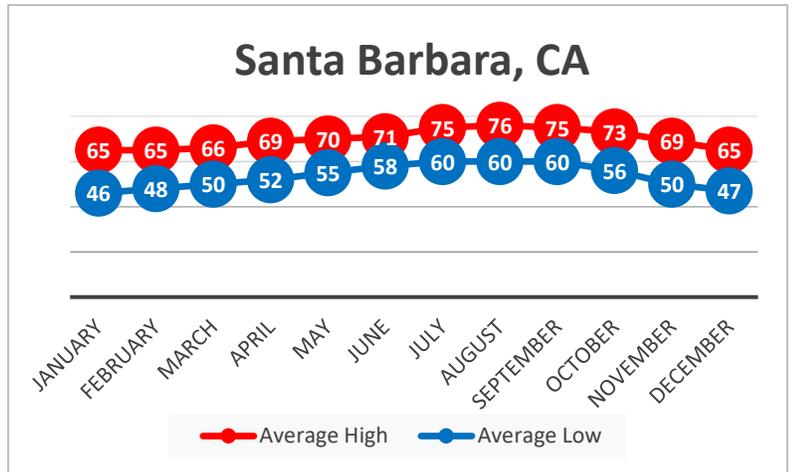


## HIKING

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 California can be unreliable, so it is best to be prepared for cool evenings and some inclement weather. Please use the following locations when checking the weather online: **Santa Barbara, Solvang, Monterey**



# 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/](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 Creo eBike



## 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. The new Turbo eBikes from Escape Adventures now allow you to travel further distances and explore new areas. The pedal assisted technology also allows beginner and novice riders to join in on more challenging routes and terrain.

# 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, Specialized road bike rental, 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 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. 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)

### Fess Parker Wine Country Inn | Los Olivos, CA 2860 Grand Ave Los Olivos, CA 93441

Located in downtown Los Olivos, this quiet hamlet offers wine tasting in several different tasting rooms. Fess Parker Wine Country Inn guests will also enjoy complimentary wine tasting for two at the Parker Family tasting rooms.

### Inn at the Pier | Pismo Beach, CA 601 Cypress Street Pismo Beach, CA 93449

Overlooking the golden sand of Pismo Beach – just footsteps from the pier and boardwalk – you’re invited to experience Inn at the Pier. Located on Cypress Street, this upscale, craftsman-style oceanfront hotel in Pismo Beach features boutique guest rooms and first-class amenities reminiscent of a luxurious beach house.

### Blue Dolphin Inn | Cambria, CA 6470 Moonstone Beach Drive Cambria, CA 93428

Overlooking the Pacific Ocean on Moonstone Beach, this inn is 10 minutes to the Hearst Castle. A fireplace, bathrobes and slippers are provided in all rooms. Moonstone Boardwalk is 100 feet away. Select rooms feature a full or partial ocean view at Blue Dolphin Inn.

### Big Sur River Inn 46800 Highway One Big Sur, CA 93920

Adjacent to the Big Sur River, this California hotel features an on-site restaurant and bar. Pfeiffer Day Use Beach is 10 minutes away. A private entrance, free toiletries and a private bathroom are featured in each room at Big Sur River Inn.

### InterContinental The Clement Monterey 750 Cannery Row Monterey, CA 93940

Located in the heart of Monterey’s historic Cannery Row, InterContinental The Clement Monterey features elegant accommodations, on-site dining options and modern amenities. The rooms offer a TV and in-room movies, electronics charging station, a coffee machine, and a mini bar.



# GATEWAY CITY: SANTA BARBARA, CALIFORNIA

Santa Barbara is a city on the central California coast, with the Santa Ynez Mountains as dramatic backdrop. Downtown, Mediterranean-style white stucco buildings with red-tile roofs reflect the city's Spanish colonial heritage. Upscale boutiques and restaurants offering local wines and seasonal fare line State Street. On a nearby hill, Mission Santa Barbara, founded in 1786, houses Franciscan friars and a museum.



## SANTA BARBARA AIRPORT

### SANTA BARBARA AIRPORT

500 James Fowler Rd, Santa Barbara, CA 93117  
(805) 683-4011

<https://www.santabarbaraca.gov/>

Santa Barbara Municipal Airport is 7 miles west of downtown Santa Barbara, California. SBA covers 948 acres of land. It is near the University of California, Santa Barbara and the city of Goleta.



## SANTA BARBARA HOTELS

### FRANCISCAN INN & SUITES

109 Bath St, Santa Barbara, CA 93101  
(805) 963-8845

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

### HILTON SANTA BARBARA BEACHFRONT RESORT

633 E Cabrillo Blvd, Santa Barbara, CA 93103  
(805) 564-4333

[https://www3.hilton.com/en/hotels/california/hilton-santa-barbara-beachfront-resort-SBAFPHH/index.html?SEO\\_id=GMB-HI-SBAFPHH](https://www3.hilton.com/en/hotels/california/hilton-santa-barbara-beachfront-resort-SBAFPHH/index.html?SEO_id=GMB-HI-SBAFPHH)

## MEETING AND DEPARTURE INFORMATION

### MEETING LOCATION

#### HOTEL CALIFORNIAN

36 State St, Santa Barbara, CA 93101  
(805) 882-0100

<https://www.hotelcalifornian.com>



### DEPARTURE TIME

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

### RETURN TIME

Around 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.

