




WASHINGTON

SAN JUAN ISLANDS / WASHINGTON ISLANDS

ROAD BIKE TOUR

 Road Biking  Hiking


 Private Tours and Custom Tours
Solos, Couples & Friends

 Departure: Seattle, WA

 Tour Offered: Jun, Jul, Aug, Sep

 Departs On: Sunday

 Duration: 6 Days, 115-170 Miles

 Lodging: First-Class Camping or Luxury Inns & Restaurants

 Fitness Level: 1-3

 Elevation Range: 0 - 3,000 ft.

From quiet pebble beaches to blossoming meadows, San Juan Islands cycling is a peaceful retreat from busy everyday life.

A scenic ferry ride from Washington's Fidalgo Island brings us to the maritime world of the San Juan's. Here we cycle on serene island roads, navigating around harbors, inlets, bays, and rolling, green mountains. We ride through color tulip nurseries and old sheep farms. We visit artist colonies and taste fresh seafood cuisine. In the Fall, we can pick our fill of wild berries from just about anywhere along the way.

A half-day's ride takes us to the top of Mt. Constitution, where we climb up an old stone Princess tower for a bird's-eye view of the entire San Juan Island chain, the Pacific Ocean, Puget Sound, Olympic National Park, and Cascade mountain range.

The San Juan's are also a natural haven for wildlife. Great blue herons, black-tailed deer, cormorants, seals, sea otters, and King Fishers make their homes here. We watch for dolphins and orca whales as we ferry through the island channels, where whale sightings occur regularly in season.

When you think of the Northwest, you are thinking of the San Juan's!





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.

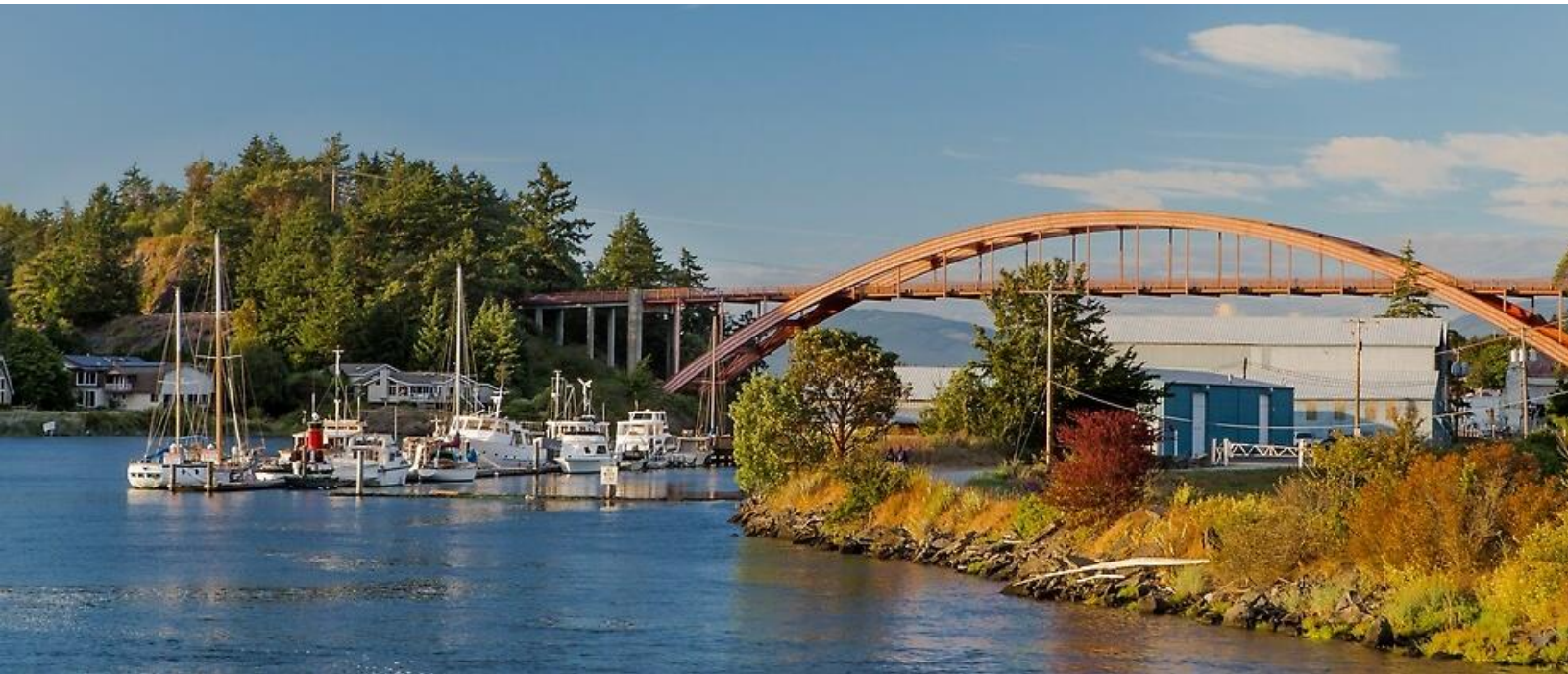
OUR FOOD

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 | La Conner

We begin by picking you up in Seattle, land of contrasts, a sprawling metropolis dropped into a rainforest climate. Then an hour shuttle takes us where your scenic ride begins; La Conner. Located in the Skagit River delta, La Conner is small, charming fishing village that's fertile with fields of vibrant flowers. La Conner is home to an annual Daffodil Festival, and Skagit Valley has its own Tulip Festival, but you'll also marvel at the fields of irises coloring the landscape (in fact, Skagit County produces more tulip, daffodil, and iris bulbs than any other U.S. county). You'll heartily breathe in the Puget Sound fresh air as you ride past fragrant, colorful vistas of purple, red, yellow, and white. But don't forget to glance at the skies for the numerous birding opportunities. There's plenty of waterfowl amidst the wetlands and estuaries, as well as birds of prey and songbirds gliding through the dry forests of ponderosa pine. We return to La Conner for the night, but this has been an ideal warm-up for our coming exploration of the magical San Juan Islands.

Total Mileage | 21 Miles

Feet Gain | 318

Luxury Inn | Wild Iris Inn

First-Class Camping | Cranberry Lake Campground





DAY 2 | La Conner to Orcas Island

From La Conner, we ride across the Swinomish Channel to Fidalgo Island through Swinomish Indian territory. Fidalgo Island boasts a drier climate than Seattle (it experiences about a foot less of rain every year than its large neighbor to the south). After an 11-mile journey north along the coast of Fidalgo Bay, you'll arrive in the waterfront resort town of Anacortes, a warm tourist getaway that will give you your first clear views of the San Juan Islands. While Anacortes is thick with hiking trails and parks, our ultimate destination beckons about four miles west to the Anacortes Ferry Terminal, where we'll hop the ferry to fabled Orcas Island. Then it's an 8-mile bike ride to Eastsound, the island's main commercial center, where you'll be treated to a special surprise. You'll be shuttled to the Rosario Mansion to learn about its builder and local philanthropist Robert Moran. We'll conclude our evening with a concert in the music room, where Moran's original 1913 Aeolian Pipe Organ and 1900 Steinway Grand Piano are still housed. Then it's time to enjoy a nice, restful sleep. The magic has just begun.



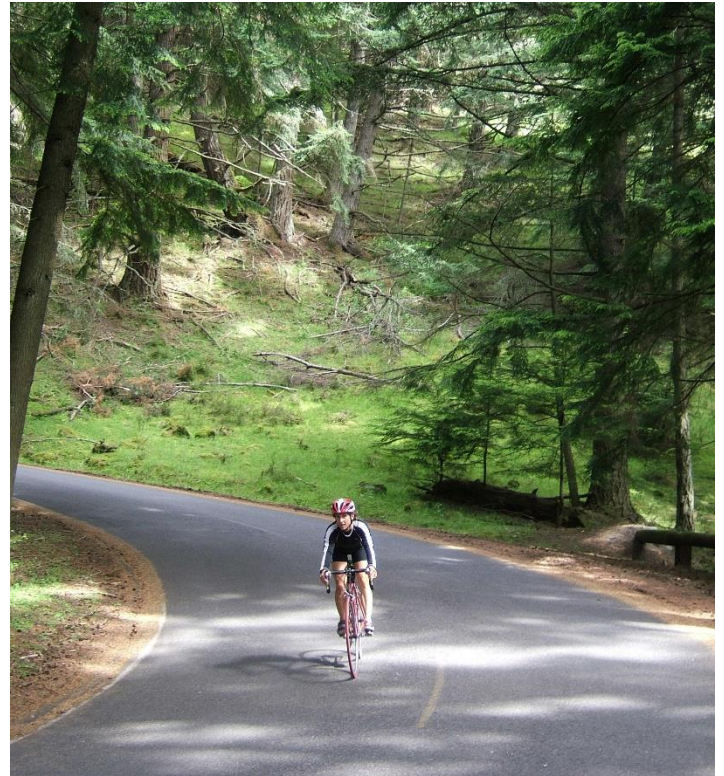
Total Easy Mileage | 9 Miles
Total Moderate Mileage | 26 Miles
Total Seasoned Mileage | 29 Miles
Luxury Inn | Outlook Inn on Orcas Island
First-Class Camping | Moran State Park

Feet Gain | 773
Feet Gain | 1624
Feet Gain | 1977



DAY 3 | Orcas Island

Prepare to discover the high points (literally) of the largest of the San Juan Islands. Orcas Island is not named after killers whales, but, rather comes from the Viceroy of Mexico who sent an expedition to the island in 1791. The horseshoe-shaped island is 57-square miles of sometimes rugged terrain with awe-inspiring sights, including panoramic views of the Olympic and Cascade mountain ranges. You'll travel to the east side of the horseshoe, heading south on Olga Road, then roam down the rocky coastline of the East Sound, dotted with madrona trees that loom over the choppy turf, their reddish bark providing a stunning contrast to the deep blue water in the distance. You'll stop at popular Cascade Lake in Moran State Park for a siesta before embarking on the quest to Mount Constitution. The highest point in the San Juans, Mount Constitution has an elevation of 2,409 ft., with a road that sometimes steepens to a 15% grade (it has an average grade of 8.5%), so dig in for a hearty climb. The view from the summit is worth the trek. You'll see vast horizons of both mountain ranges piercing the shimmering heavens, and the sparkling topography of islands arrayed in the swirling seas. From the base of the mountain, we move south a couple of miles to Olga, which is at the southern tip of the island on Buck Bay. This beautiful hamlet has a thriving arts community, so enjoy the communion of natural wonders and the creative handiwork of skilled artisans before embarking on the trip back to Eastsound.



Total Easy Mileage | 16 Miles
Total Seasoned Mileage | 26 Miles
Luxury Inn | Outlook Inn on Orcas Island
First-Class Camping | Moran State Park

Feet Gain | 805
Feet Gain | 3446



DAY 4 | Orcas Island to San Juan Island

Yesterday we explored the east side of Orca’s horseshoe—now it’s time for a little west side sightseeing. We begin with a short cruise to the shore of the President Channel, where you may want to stop into Orca’s Island Pottery on West Beach, a store abundant with eye-catching handmade crafts you won’t find in any mainland chain stores. We continue on our twisty, curvy ride around the north coast of the West Sound to Deer Harbor, which is plentiful with Dungeness crab, rock crab, and shrimp, so lunch may be in order. From there, we reverse our journey around the West Sound, then head south to the place where we started this island journey, Orcas, where we’ll catch the ferry to San Juan Island. The most populous of the San Juans, this postcard-worthy island is filled with majestic lighthouses over serene vistas, occasionally disturbed by a whale splashing through the calm surf. We’ll stay in Friday Harbor, a warm, welcoming seaport filled with charming shops and numerous places to sit and enjoy one of the most beautiful sunsets in the region. Take it all in and rest up for tomorrow’s exploration of San Juan.



Total Easy Mileage | 8.3 Miles Feet Gain | 695
Total Moderate Mileage | 19 Miles Feet Gain | 1622
Luxury Inn | Tucker House Inn
First-Class Camping | Lakedale Resort at Three Lakes





DAY 5 | San Juan Island

We're taking a tour of the entire San Juan Island, heading south from Friday Harbor through San Juan National Historical Park to the southern tip of the island, where we encounter a piece of forgotten history. This park is also known as the "American and English Camps" that we're established during the Pig War of 1859, which was triggered by the killing of an actual pig followed by barely restrained hostilities lasting for 12 years. The American Camp is located at the southern tip of the island, the English at the Northwest side of San Juan. Both camp sites are listed as National Historic Landmarks and still have many of their original structures intact. We'll make our way back up north, riding along the western shore around False Bay, up through fertile fields of prairie land. While San Juan Island is known for coastline sightings of whale pods and harbor seals, there's plenty to see inland. This is a significant birding destination, where you may spot a great blue heron, peregrine falcons, and even bald eagles. We'll make our way back to the coast, and after riding about 5.5 miles from False Bay, we'll arrive at Lime Kiln State Park. This small seaside park is one of the best land sites in the world for whale watching. In fact, it's the only state park in the country devoted to watching orca whales. From Lime Kiln State Park, we'll head north for another curvy 10 miles past the English Camp to Roche Harbor, which is an official U.S. port of entry. We'll return south down hilly roads to Friday Harbor. Take a walk or visit the Whale Museum, then enjoy another splendid sunset. You've earned it.



Total Easy Mileage | 22 Miles Feet Gain | 1233
Total Moderate Mileage | 34 Miles Feet Gain | 2300
Total Seasoned Mileage | 42 Miles Feet Gain | 2807
Luxury Inn | Tucker House Inn
First-Class Camping | Lakedale Resort at Three Lakes



DAY 6 | Lopez Island

This morning we ferry to Lopez Island, where we enter from the very top of the island and move down well-traveled Ferry Road. Lopez Island is the flattest of the three largest San Juans, with rich, spacious farmland and thick forests. We'll ride toward the eastern coast along Swifts Bay past the wooded hills of Spencer Spit State Park. Then we'll head down to the south end of the island for lunch on a secluded beach. From here you'll see the Strait of Juan de Fuca to the south and Victoria Island to the west, along with a view of the majestic Olympic Mountains. Then it's up north, where we'll travel along the west coast of the island toward Shark Reef Sanctuary, a terrific spot to watch seals and sea lions off the rocky coast. Then we make our way up to the ferry at the north of the island for our trip back to Anacortes. Take a breather and prepare for shuttle back to Seattle. You've enjoyed a hidden jewel of America's vast natural treasures!

Total Moderate Mileage | 29 Miles

Feet Gain | 1900



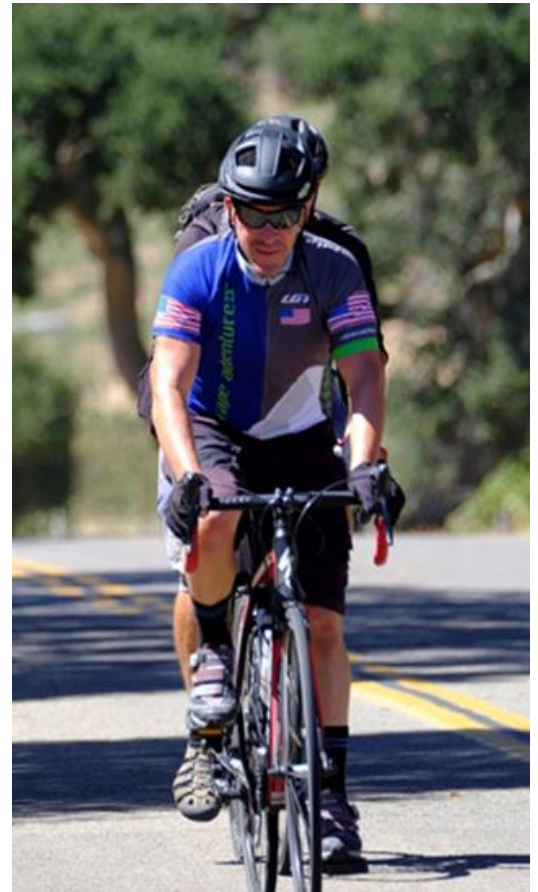
THE IMPORTANT STUFF

Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking	21	318				
2	Road Biking	9	773	26	1624	29	1977
3	Road Biking	16	805			26	3446
4	Road Biking	8.3	695	19	1622		
5	Road Biking	22	1233	34	2300	42	2807
6	Road Biking			29	1900		

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.

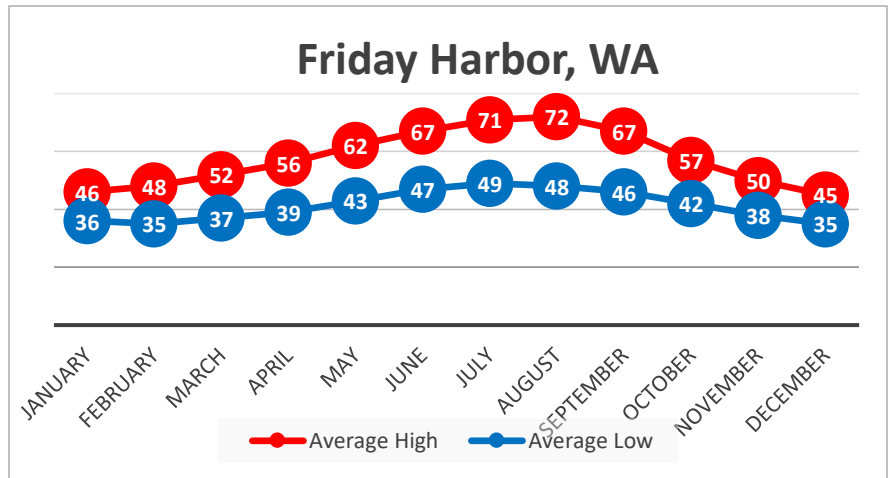


HIKING

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 are often unreliable, so it is best to be prepared for inclement weather. Please use the following locations when checking the weather online: Friday Harbor, WA



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.

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.

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 Allez 24"



The Allez Junior is specifically designed for younger riders looking to keep up (or pass) Mom and Dad. The Allez gives all the performance they need to go fast!

Specialized Hotrock 20" & 24"



Escape Adventures is one of the only tour companies to provide a specific selectin of kid's bikes for touring. Your child will feel confident on the Hotrock.

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 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. Inns are subject to change.

ACCOMMODATIONS



WILD IRIS INN

121 Maple Ave, La Conner, WA 98257

(360) 466-1400

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

Our elegant Washington accommodations capture the essence of a quaint country inn with all the luxuries and amenities of a five-star hotel. From romantic fireplace suites with garden access to lovely and spacious king and queen rooms, all of our guests enjoy in-room features including high speed wi-fi, a flatscreen HDTV, and luxury beds with top-quality linens.



OUTLOOK INN ON ORCAS ISLAND

171 Main St, Eastsound, WA 98245

(360) 376-2200

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

The outlook inn has a rich and colorful history on orcas island. It's presently owned by the Farish family and operated by Sara Farish. At the inn you will be cared for by her loyal team of islanders, made up of the most passionate, creative, hard-working people you'll ever meet in the hospitality industry.



TUCKER HOUSE INN FRIDAY HARBOR

275 C St, Friday Harbor, Wa 98250

(360) 378-2783

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

Located in a quiet residential neighborhood, steps from the Friday Harbor ferry landing, The Tucker House Inn is convenient to whale watching, beaches, kayaking, restaurants and more. Start your day off with a gourmet breakfast made from local ingredients at one of the most beautiful Friday Harbor inns – perfect to fuel your San Juan Island exploration.

GATEWAY CITY: SEATTLE, WASHINGTON

Seattle, a city on Puget Sound in the Pacific Northwest, is surrounded by water, mountains and evergreen forests, and contains thousands of acres of parkland. Washington State's largest city, it's home to a large tech industry, with Microsoft and Amazon headquartered in its metropolitan area. The futuristic Space Needle, a 1962 World's Fair legacy, is its most iconic landmark.



SEATTLE AIRPORT

SEATTLE-TACOMA INTERNATIONAL AIRPORT

17801 International Blvd, Seattle, WA 98158

(206) 787-5388

<https://www.portseattle.org/sea-tac>

Seattle-Tacoma International Airport, also referred to as Sea-Tac Airport or Sea-Tac, is the primary commercial airport serving the Seattle metropolitan area in the U.S. state of Washington



LITTLE ROCK HOTELS

BEST WESTERN SEATTLE AIRPORT HOTEL

20717 International Blvd, Seattle, WA 98198

(206) 878-3300

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

HYATT AT OLIVE 8

1635 8th Ave, Seattle, WA 98101

(206) 695-1234

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

MEETING AND DEPARTURE INFORMATION

MEETING LOCATION

BEST WESTERN SEATTLE AIRPORT HOTEL

20717 International Blvd, Seattle, WA 98198

(206) 878-3300

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

DEPARTURE TIME

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

RETURN TIME

Around 6:00 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

BIG SUR ROAD BIKE TOUR CALIFORNIA COAST SANTA BARBARA TO BIG SUR

-  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.

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



MAUI MULTI-SPORT WINTERTIME FAMILY GETAWAY

-  Families with Older Kids
Private Tours and Custom Tours
Solos, Couples & Friends
-  Departure: Maui, HI
-  Tour Offered:
Jan, Feb, Mar, Apr, May, Jun, Sep, Oct, Nov, Dec
-  Departs On: Sunday

-  Duration: 6 Days
-  Lodging: Inns and Coastal Cottages
-  Fitness Level: 2-4
-  Elevation Range: 0 - 10,000 ft.

Referred to by Hawaiians as the "Valley Isle", the tropical Maui valley connects two of the world's largest volcanoes into one island cycling paradise.

