

LIFECYCLE ADVENTURES



CALIFORNIA WINE COUNTRY BIKING

888-NOW-BIKE | +1 415-366-3806

info@lifecycleadventures.com

- 4-day/3-nights
- Beginner to advanced riders
- From 25 miles/day
- You choose the start date

From: \$1870 per person

Check
Availability

Culinary Cruising

A Luxury Bike Tour of the California Wine Country

This trip was designed for my sister and her partner for their honeymoon. For them it was about riding during the day and being pampered in the evening.

This experience is all about luxury & sensory pleasures: wine tasting, eating, spa treatments and, of course, cycling. We design the routes to match your fitness & appetite; choosing rides from 20 to 80 miles per day. All with a little wine tasting *en route*. After your ride, relax with a massage or other spa treatments. In the evening eat at one of five Michelin starred restaurants.

You stay at the best boutique hotels in the area with spa facilities on site. The first night is in St Helena – at the northern end of the Napa Valley. The next two nights are in Healdsburg – at the head of the Dry Creek domain.

Your ride ends in the Redwoods. More energetic riders might go the extra mile (or 12) to finish at the Pacific Ocean.

If you would like to know more, send me an email at info@lifecycleadventures.com – or just ask my sister!

Tony Blakey
Founder



"The Napa Valley is one of the few places where people come with the sole purpose of eating."
Thomas Keller, French Laundry

Includes:

- Private transfer from San Francisco and back again
- Luxury lodging with breakfast
- Luggage transported between lodgings
- Reservations at hard to get into restaurants
- Hybrid bikes
- Van support
- Wine collections service
- Customized routes and a personalized guidebook
- Maps and mile-by-mile directions

Lodging:

- The Inn at Southbridge, St Helena
- Hotel Healdsburg, Healdsburg (x2)

Dining options:

- The Restaurant at Meadowood, St Helena - two Michelin stars
- Terra, St Helena – one Michelin star
- The Martini House, St Helena – One Michelin star
- Cyrus, Healdsburg – two Michelin stars
- Dry Creek Kitchen, Healdsburg
- Madrona Manor, Healdsburg – one Michelin star

Optional Extras:

- Upgrade to the Meadowood or the Auberge du Soleil
- Switch your Healdsburg accommodation to the Madrona Manor
- Spa treatments
- Balloon flight over the Napa Valley
- Upgrade to a high specification road bike