

# LIFECYCLE ADVENTURES



CALIFORNIA WINE COUNTRY BIKING

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info@lifecycleadventures.com

- 6-day/5-nights
- Beginner and intermediate riders
- 25 to 30 miles/day
- You choose the start date

From: \$1990 per person

Check  
Availability

## Cabernet to Coast Cruise

A Self-guided Bike Tour of the California Wine Country

I designed this trip for two close friends of mine – Steve & Kerry Wylie. They were in good shape but were new to riding. They wanted a bike tour in Napa & Sonoma that balanced riding with tasting at the wineries and exploring the small towns.

For the first four nights you stay at two charming B&Bs. You end the trip at a boutique country hotel set among the redwoods. If you feel like celebrating, there is an award-winning restaurant on the property.

You ride on quiet back roads past some of the best scenery in the region. We suggest some wineries to visit as well as providing you with tasting notes and route directions. If you buy any wine, just let us know and we'll collect it for you so you can cycle unencumbered.

Your ride ends triumphantly at the Pacific Ocean.

If you would like to know more, use the [Check Availability](#) button in the left margin – or just ask Steve and Kerry!

Tony Blakey  
Founder



*"We just wanted to do our own thing. This was perfect, thank you."*  
Steve & Kerry Wylie

### Includes:

- Transfer from San Francisco and back again
- Lodging with breakfast
- Luggage transported between lodgings
- Hybrid bikes
- Van support
- Wine collections service
- Customized routes and a personalized guidebook
- Maps and mile-by-mile directions

### Lodging:

- Garnett Creek Inn, Calistoga (x2)
- Haydon Street Inn, Healdsburg (x2)
- Applewood Inn, Guerneville

### Optional Extras:

- Spa treatments including the famous mud baths of Calistoga
- Balloon flight
- Kayaking on the Russian River
- Upgrade to all boutique hotels
- Upgrade to a high specification road bike

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