

DAY 1: San Francisco to St Helena



Starting out: We get equipped and checked out with our bikes of the next six days.



Pulling off the planned route for a tasting. The view from Sterling vineyards.

DAY 2: In and Around St Helena



Lessons in flat repair, lessons in drinking a flat at a brew pub and lessons in lying flat in a mud bath.



This sign means a 12 mile climb for no reason as the road dead-ends (you just come back down). Ian did this one; I bailed at 4 miles up. Fast and fun decent back down.



Nightly route planning was important!

DAY 4: St Helena to Healdsburg



Sue climbs to the Sonoma County line, Jo-Anne awaits.



They seem to grow grapes everywhere (for some reason my camera thinks it is 2008).



1st class hoteling after a day on the road.

Day 5: Healdsburg to Loop Rides



A sign like this means most people go left, fools like Ian and I take the shortcut to the right.



My speedometer as I climb a couple of miles up the 'short-cut'. Yes that 3 MPH while riding up a 20% grade (who makes a road a 20% grade?).



Back to the main road and Armstrong State Redwood Park where the girls await us (after all we took the 'short cut').



*Giant redwoods (look very closely, there is a guy walking on the trail)
We hang out in a tree.*

DAY 6: Healdsburg to Bodega Bay



*Our route followed the Russian River to the ocean and across this bridge onto
Highway 1 along the coast.*



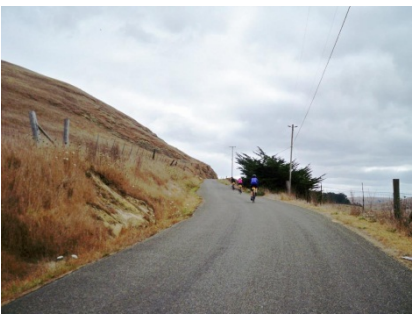
The Coastal Road



a Pacific Beach



and windswept trees.



Marin County is rolling empty hills. Climbing up some Cliff road in Marin County.



Marin County has Land Trusts so there are more cows than people. Our endpoint in Point Reyes which came about when we stopped for lunch 15 miles short of our pick-up point and the guide drove by looking for us with the van. So we climbed in for a driving tour to San Francisco!

The Epilogue



An impromptu driving tour – San Francisco in the background, right.



The Bay Bridge looking down from Knob Hill.



Some samples that I found in my suit-case.

The End