



**BLACK  
SHEEP**  
ADVENTURES

HIKE. BIKE. RAIL. TRAVEL EWEPHORIA.

**Bike.**

# Sonoma & Napa Valley Bike Tour

May-October

TOUR RATING: **INTERMEDIATE**



## TOUR HIGHLIGHTS

- Bike past the Pacific Coast, along the Russian River, beneath coastal redwoods and among the vineyards
- Experience the best of both Napa & Sonoma
- Taste wine at award-winning wineries
- Enjoy exceptional meals from guide-prepared picnics to elegant dinners

With great weather, breathtaking scenery and over 500 vineyards, the valleys of Napa and Sonoma are a cyclist's paradise. You'll find terrain suitable for all abilities, just one of the reasons Bicycling Magazine described pedaling here as "the perfect cycling vacation." Off the bike you'll be treated to wine tastings, world-class cuisine and delightful accommodations.

Questions?

Call 866-OH-SHEEP (866-647-4337)

900 Doolittle Drive • Suite 3A • San Leandro, CA 94577  
Fax 800-881-2443 info@BlackSheepAdventures.com

[BlackSheepAdventures.com](http://BlackSheepAdventures.com)



DAY  
1

## Biking to Bodega Bay – 31 miles

After pickup in San Francisco, you'll be shuttled to the pastoral, ranching part of Sonoma County near the coast. After a brief orientation, you pedal along a favorite route past an incredible local bakery known for their delectable breads (don't worry, celiacs, they have two kinds of gluten-free scones, so you can enjoy too). The reward today is a sweet climb and descent along Coleman Valley Road, which on sunny days offers an incredible view of the Pacific Ocean. We'll end up at our hotel for the night and the first of many great meals together. Meals included: Dinner

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DAY  
2

## Biking among Redwoods – 25, 45 or 60 miles, Hiking – 2 miles

After breakfast you'll head up along the rugged Pacific Coast and along the Russian River into the heart of the redwoods. You'll savor a visit to a state park that includes 1,400-year-old trees that tower over 300 feet, creating an enchanting ambience. If you choose to cycle after lunch, you'll continue up the Russian River to Healdsburg. En route, you'll pass many wineries on quiet roads. Today's itinerary includes a wine tasting at one of the area's best wineries. Meals Included: Breakfast, Lunch & Dinner

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DAY  
3

## Biking Dry Creek – 22 or 55 miles

How much you cycle today is – as always – up to you. You may choose to spend more time exploring the charming town of Healdsburg, but if you'd rather, you can spend more time riding the Dry Creek Valley. From here you'll look out across acres of vines with the Mayacamas Mountains framing the scene. In short, you'll enjoy some truly classic wine country riding on lightly trafficked roads where there seems to be a winery every half mile. Meals included: Breakfast & Dinner

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DAY  
4

## Biking Alexander Valley – 21 or 47 miles

Today you'll bike the Alexander Valley, Knights Valley and Northern Napa. You'll find many opportunities to visit famous wineries along the way. Indeed, you'll savor a gourmet picnic lunch overlooking the vineyards of one such oasis before touring the winery. You'll stay the next two nights in the quaint Napa County town of Calistoga known for its boutique shops and excellent restaurants. Meals Included: Breakfast & Lunch

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**DAY  
5**

**Biking Napa Valley – 40 or 71 miles**

This morning you'll take to the Silverado Trail which affords a great view across the Napa Valley as well as being home to some of the best known wineries in the area. You're welcome to continue on a more extensive ride, but we encourage you to relax with an optional spa treatment for which Calistoga is famous. Choose from massage, hydrotherapy, mud baths, facials and more. Tonight, you'll enjoy recalling the stories of the week with the rest of the group over your farewell dinner. Meals included: Breakfast & Dinner

**DAY  
6**

**Biking Crystal Springs Loop – 18 miles**

Today's ride is a short loop past some of the smaller wineries of Napa. Of course, you can choose to sleep in and relax or enjoy another chance to explore town. Either way you'll have some time to get ready and pack up before being shuttled back across the Golden Gate Bridge to downtown San Francisco. Meals included: Breakfast

# Pricing

TRIP COST	PAYMENT TERMS
<ul style="list-style-type: none"> <li>• \$3,095 each based on double occupancy</li> <li>• Single Supplement: \$995</li> </ul>	<ul style="list-style-type: none"> <li>• \$750 deposit due to hold space</li> <li>• Balance due 90 days prior to departure (can be auto-collected if you pay by credit card)</li> </ul>

TRIP PRICE INCLUDES	TRIP PRICE EXCLUDES
<ul style="list-style-type: none"> <li>• Lodging as outlined in lodging section below based on double occupancy</li> <li>• Meals as noted in itinerary above</li> <li>• Non-optional activities as outlined in itinerary above</li> <li>• Ride-friendly snacks and beverages throughout each day</li> <li>• Hybrid or alloy road bike rental – carbon road bike or E-bike available for an upgrade fee</li> <li>• Services of professional trip leader(s)</li> <li>• Van support during the trip &amp; portering service</li> <li>• Black Sheep Adventures jersey, water bottles &amp; luggage tags</li> </ul>	<ul style="list-style-type: none"> <li>• Pre &amp; post tour travel</li> <li>• Alcoholic beverages</li> <li>• Optional activities such as spa treatments</li> <li>• Gratuities for your BSA guides</li> </ul>



# Lodging

## Bodega Bay Lodge - 1 night

Poised atop a tranquil bluff overlooking the Pacific Ocean, Bodega Bay Lodge reflects the wild beauty of this romantic region and offers an array of incredible things to do in Sonoma. Watch the fishermen ply the bay for the day's catch. Spot migrating whales in the waves. Scout for rare birds in a location prized by the Audubon Society and Alfred Hitchcock.

## h2hotel - 2 nights

Glimpse the undulating "Green Roof" of h2hotel and you'll know you've arrived to the charming historic town of Healdsburg, where h2hotel is rooted. To the heart of Northern Sonoma Wine Country, which unfolds just outside its doors. To one of our 36 eco-chic rooms – all with private balconies or patios; a simple, organic aesthetic; and creative amenities – that's just waiting for you.

## Calistoga Motor Lodge and Spa - 2 nights

Every great journey needs a worthy destination. Welcome to the hoteliers'. They fell in love with a 1940's roadside motel (formerly the Sunburst Calistoga) perfectly placed at the head of the Silverado Trail, in the heart of California's most scenic wine region. They cleaned her up and gave her new life as the Calistoga Motor Lodge and Spa - an epic ode to the Great American Road Trip of the 50's, 60's, and 70's. Framed by vineyards and bike trails, and with pools fed by geothermal waters flowing underneath their grounds, their stylish Mid-Century Modern digs are the perfect foundation for those looking to find their next great adventure from the perfect home base. Whether it's backroad wine country or a relaxing mineral bath, their backyard can be your backyard, and it's anything but ordinary.

# Terms

## CANCELLATION POLICY

If you cancel for any reason the following refund schedule applies:

- 91+ days prior to trip start: A \$100 fee per person will be deducted from any refund.
- 61-90 days prior to trip start: Cancellation fee equal to 25% of trip cost
- 31-60 days prior to trip start: Cancellation fee equal to 50% of trip cost
- 0-30 days prior to trip start: No refund

## TRAVEL INSURANCE

We recommend travel insurance. For more information and to purchase, go to [my.travelinsure.com/blacksheepadventures](http://my.travelinsure.com/blacksheepadventures)

## WAIVER

All participants must complete our waiver online at [www.smartwaiver.com/v/bsawaiver/](http://www.smartwaiver.com/v/bsawaiver/)

## DISCLAIMER

The above itinerary is subject to change depending on a variety of factors. In every case, Black Sheep Adventures will endeavor to make you aware of changes as soon as possible, but, occasionally, changes must be made immediately prior to, or during, a departure. We strive to offer the best quality trip for each area and will make every effort to offer a comparable or better vacation. Rest assured our goal is to leave you with the best possible experience so you choose to travel with us again and tell your friends all about us. Black Sheep Adventures acts only as an agent for the various independent suppliers that provide hotel accommodations, transportation, sightseeing, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Black Sheep Adventures and their respective employees, agents, representatives, and assigns accept no liability whatsoever from any injury, damage, loss, accident, delay, or any other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Responsibility is not accepted for losses, injury, damages or expenses of any kind due to sickness, weather, strikes, hostilities, wars, terrorist acts, acts of nature, local laws or other such causes. All services and accommodations are subject to the laws and regulations of the country in which they are provided. Black Sheep Adventures is not responsible for any baggage or personal effects (including bicycles or bicycle gear) of any individual participating in the tours arranged by Black Sheep Adventures. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.

## IMPORTANT NOTE ON BRINGING YOUR OWN BIKE

If you are bringing your own bike, per the above disclaimer, it is at your own risk. BSA will transport it, and our guides will endeavor to protect your bike as best they can. If you have a custom bicycle, rare bike or one that you are just terribly fond of, we encourage you to carefully consider the choice to bring it. If you do choose to bring your own bike, please ensure your homeowner's, renter's or trip insurance policy will cover the bike for loss to your satisfaction. Alternatively, please consider renting a bicycle from us. We have some nice full carbon and alloy road bikes for rent at a reduced rate.

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