

2017 CALIFORNIA WINE COAST SELF-GUIDED ITINERARY

This extraordinary tour encompasses the best of the wine country and the Pacific coast. This is not your typical bike loop of Napa and Sonoma - venture off the beaten path on lightly traveled roads and visit an array of wineries – all at your own pace. The region's top accommodations lend sophisticated yet unpretentious elegance to your vacation. Add to this, a two-night stay on the coast where you will have the opportunity for amazing cycling and easy hiking – both offering spectacular scenery – and you have the most comprehensive and luxurious trip in northern California's wine country. Ride through California's world-famous Russian River Valley, home to towering coastal redwoods and some of the finest Pinot Noir on earth. The Dry Creek and Alexander Valleys, Chalk Hill, and the Sonoma Coast regions offer scenery as varied as the wines each appellation produces. Even if you aren't partial to wine, you'll be awed by the stunning scenery and fantastic cycling routes. This trip is recommended for strong, independent cyclists only.

Sunday - Day 1: Transport yourself to Madrona Manor in Healdsburg, the heart of northern Sonoma County Wine Country. A ride through the Dry Creek Valley offers the opportunity to visit a number of wineries such as Ferrari Carano, Quivera, and Lambert Bridge. The Dry Creek Valley is one of the smallest appellations but is famous for their diverse selection of wines ranging from Zinfandel to Mediterranean and Bordeaux varietals. The French, and later the Italians, were the first to plant vineyards in the region. If you are up for it, tackle the climb at the north end of the valley for spectacular views atop a jagged ridgeline. Madrona Manor, a top-rated wine country inn, is set amidst beautiful gardens and has a highly-acclaimed dining room. There is a pool on the property.

Lodging: Madrona Manor Healdsburg, CA 707-433-4231

www.madronamanor.com

Cycling Option: 26 miles plus a 5-12 mile epic option

Monday – Day 2: Chalk Hill & the Southern Alexander Valley – Cycle along the east side of the Russian River as it winds south of Healdsburg and you'll soon be gliding through the quiet farmland of tiny Chalk Hill, a sub-appellation of the Russian River Valley AVA. Olive orchards as well as vegetable and flowers gardens share the land with vineyards in this diverse agricultural region that thrives on the volcanic ash soil. Emerge on the other side of Chalk Hill in the Alexander Valley, famous for Cabernet Sauvignon. A variety of wineries such as Fieldstone, Hanna, and Alexander Valley Vineyards offer tasting options along the route. Strong cyclists might choose the stunning option to climb high into the Audubon Society's Mayacamas Mt. Reserve. Sample wines at a variety of wineries along the route. Return to Healdsburg to browse the shops in town or head for the pool at Madrona Manor. This evening, venture into town for dinner at one of many fine restaurants.

Lodging: Madrona Manor Healdsburg, CA 707-433-4231

www.madronamanor.com

Cycling Options: 35 miles, plus 10-13 mile epic option

Tuesday – Day 3: The Russian River Valley & the Pacific Coast – Leave the Mediterranean climate behind and cycle west through the lush Russian River Valley to the sea. Hillsides of vineyards give way to stands of redwood trees. Explore Armstrong Redwoods reserve and marvel at the majesty of this ancient grove of towering redwood trees. Visit the eclectic towns of Guerneville and Duncan’s Mills as you follow the winding Russian River to the sea. At the mouth of the river, observe a resident colony of harbor seals. Take a walk high above the surf where the coastline extends as far as you can see both north and south. Spin south along the coast to Bodega Bay. The final 10-miles of the ride provide continuous views of the ocean and stunning coastline. The Bodega Bay Lodge is situated overlooking the bay and offers spacious and luxurious rooms, heated outdoor pool, Jacuzzi, spa and their renowned restaurant, the Duck Club. Dine in the Duck Club or at one of the restaurants along the wharf in town.

Lodging: *Bodega Bay Lodge & Spa* Bodega Bay, CA 707-875-3525 www.bodegabaylodge.com

Cycling Options: 49 miles

Wednesday – Day 4: Bodega Bay and the Coastal Highlands – Following breakfast, cycle to the opposite side of the bay for a stunning walk along the headland. Bodega Bay is a haven for coastal birds and wildlife, and a variety of shorebirds are often seen along the morning cycling route. The open fields that cover the sprawling headland are home to deer and rabbits. Watch seals and sea lions in the waters below and, in spring and fall, spot grey whales on their annual migration between Baja and Alaska. This afternoon, relax at the Lodge, walk the beach, or challenge yourself on an epic cycle option over legendary Coleman Valley Road, one of the famed rides in the annual Tour of California professional cycling race. This incredible route climbs through eucalyptus and redwood trees, pitches and rolls along a spectacular ridgeline, and then plunges back to sea level. Lunch and dinner are available at various locations in Bodega Bay and at Bodega Bay Lodge.

Lodging: *Bodega Bay Lodge & Spa* Bodega Bay, CA 707-875-3525 www.bodegabaylodge.com

Cycling Option: 11 mile, plus 7 and 21 mile epic options

Thursday – Day 5: The Sonoma Coast Region – The scenery changes yet again as you ride south through rolling farmland on very lightly traveled routes. You’ll be amazed by the miles of open farmland that sprawl in every direction. Despite its proximity to the coast and the heart of the wine country, this is sheep and cattle country. Ride through groves of fragrant eucalyptus. This quiet corner of the county offers fabulous cycling through peaceful countryside. Stop for lunch at the Tomales Bakery – a favorite destination for local cyclists - before heading to the funky town of Occidental where the main street is lined with boutiques. Enjoy gracious hospitality in an atmosphere of understated elegance during your stay at the Inn at Occidental. Soak in your in-room Jacuzzi before toasting the week’s adventures during late afternoon wine and cheese at the Inn. Choose from several nearby restaurants in town for dinner.

Lodging: *The Inn at Occidental* Occidental, CA 707-522-6324 www.innatoccidental.com

Cycling Options: 13 or 42 miles

Friday – Day 6: Occidental, Green Valley & the Russian River Valley – Today’s ride today passes through the Green Valley, a small sub-appellation of the Russian River Valley AVA. The cooler Green Valley is a favored area for growing apples and pears, in addition to grapes. Cross back over the Russian River and enjoy options for visits and tastings at several wineries such as Gary Farrell, Twomey, Arista, and Rochioli. This is the heart of one the finest Pinot Noir regions in the world. An epic extra option climbs through lush farmland and dense woods on a roller coaster ride through open range. Showers are available at Madrona Manor upon the conclusion of your ride.

Cycling Options: 23 miles, plus a 7 mile out and back epic option

TRAVEL & TOUR QUICK FACTS

Tour Start	Plan to arrive at Madrona Manor in Healdsburg at 12 noon. If Sojourn has arranged bikes for you they will be delivered to Madrona Manor and pedals installed as requested. Check-in to your room will not be available until you return from your ride however you can leave your luggage with the staff. Please note that check-in at Madrona Manor begins at 4:00 PM.
Tour Conclusion	Madrona Manor in Healdsburg.
Travel To/From Tour	We suggest flying into either San Francisco (SFO) or Oakland (OAK) as there is limited flight service into Sonoma County Airport (Alaska Airlines). There is a regularly scheduled airport shuttle service from both SFO and OAK to the Sonoma County Airport in Santa Rosa. Both shuttle trips are approximately two hours long depending upon traffic. Once you arrive at the airport in Santa Rosa, take a cab to Madrona Manor. The taxi fare is roughly \$35 plus tip from the Sonoma County Airport to Madrona Manor. Healdsburg Taxi (707) 433-7088. Car rentals are available at all airports and parking is available at Madrona Manor for the duration of your trip.
Pre-Tour Lodging	Recommended hotels provided upon reservation.
Days/Nights	6 days/5 nights
Included Meals	Breakfast each morning at the inn.
Rating	Intermediate. 35-50 miles/day over rolling terrain with a few longer climbs. More challenging epic options available on certain days.
Activities	Cycling, hiking, options for golf and surfing, spa facilities.

STANDARD INCLUDED ASPECTS

Equipment	Helmet, tool bag (spare tube, tire irons, pump), water bottle, and t-shirt. Bring clipless pedals, seat, or helmet for custom fit.
Luggage Transfers	Sojourn will arrange transport of your luggage between inns.
Ride Information	Detailed route directions and maps are provided.
Office Support	At your service 9:00am – 6:00pm EST, Monday – Friday. 800-730-4771
Detailed Information	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

BICYCLE REQUIREMENTS

Guests must provide their own bicycles or arrange a local rental. Sojourn is happy to provide recommendations on preferred local rental shops but will not be responsible for actual bike reservations.

DATES & PRICING

California Wine Coast 2017 Dates	Per Person DBL Occupancy*	Single Room Supplement
April – August	\$1895.00	\$695.00
September-October	\$1995.00	\$795.00

*Pricing is based on availability of Sojourn's contracted room types and a Sunday start. Alternative room types or Friday and Saturday night stays may result in pricing increase.

WEATHER

Healdsburg Region	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg. High	57°	64°	66°	72°	78°	84°	88°	88°	86°	78°	65°	57°
Avg. Low	38°	41°	44°	45°	48°	52°	54°	54°	52°	48°	44°	38°
Avg. Precip.	9.1 in	6.7 in	5.7 in	2.4 in	0.5 in	0.3 in	0.1 in	0.3 in	0.6 in	2.5 in	6.9 in	7.4 in

Degrees in Fahrenheit

Bodega Bay	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg. High	56°	61°	64°	68°	75°	80°	84°	84°	82°	76°	64°	56°
Avg. Low	35°	37°	38°	40°	44°	47°	48°	48°	47°	44°	38°	35°
Avg. Precip.	9.0 in	6.3 in	5.6 in	2.3 in	0.5 in	0.3 in	0.1 in	0.1 in	0.5 in	2.4 in	6.5 in	7.1 in

Degrees in Fahrenheit