

OREGON COLUMBIA RIVER GORGE & CASCADES 2016 TOUR ITINERARY

Oregon's Columbia Gorge region is tough to beat for spectacular scenery, amazing cycling routes, beautiful hiking trails, and exciting (but not over the top!) river rafting. In short, this trip ranks as one of the most comprehensive and fun-filled summer adventures will find in the Pacific Northwest. Stunning vistas highlight rides along the Columbia Gorge Historic Highway, a gorgeous two lane road and the first National Scenic Highway in the country. This winding route provides stunning views as it passes the world's greatest concentration of waterfalls, and offers magnificent vistas over the Gorge. Colorful displays of wildflowers fill alpine meadows, and snow-capped peaks tower majestically above crystal clear glacial lakes. Visit a remote alpine lake fed by glaciers high on the flanks of Mt. Hood, Oregon's tallest peak. Go for a swim or paddle a canoe in the pristine water before cycling through orchards and rolling farmland into the Hood River Valley. The town of Hood River is a cultural hub for outdoor enthusiasts of all kinds and home to coffee houses, eclectic shops, cafes, and an early microbrew pioneer.

Sunday – Day 1: Meet your tour leaders at the RiverPlace Hotel in Portland for a spin through the city along a bike path that *Bicycling* magazine describes as a “must ride.” Follow the Willamette River as it passes through natural areas before returning to the bustling downtown area. The RiverPlace Hotel is one of Portland’s premiere hotels and is located in a beautiful park-like setting overlooking the Willamette River. This luxury boutique property is just steps from shops and restaurants lining the pedestrian walkway along the banks of the river. Unwind in the whirlpool or sauna, and then enjoy a glass of wine before dining in the hotel’s restaurant that overlooks the marina.

Lodging: RiverPlace Hotel Portland, OR 503-228-3233

www.riverplacehotel.com

Cycling Options: 16 miles

Monday – Day 2: Waterfalls of the Columbia River Gorge – The Columbia River Gorge affords some of the most spectacular scenery in the Pacific Northwest. Construction was completed on the Historic Columbia River Highway in 1922 and the route is designated a National Scenic Byway and National Historic Landmark. This spectacular two-lane road winds past seven waterfalls including Multnomah Falls, the second highest year-round waterfall in the nation. Short hikes along paths at several of the falls enable up-close viewing of these towering cascades. Your leaders will host a delicious picnic lunch along the route. Continue cycling this afternoon and stop along the Columbia to visit a fish hatchery or hop the

van shuttle to the hotel. The Columbia Gorge Hotel, your home for the next four evenings, is a majestic, landmark property overlooking a 208' waterfall and the Columbia River Gorge. Visit the spa or relax in the gardens before a welcome reception. This evening, join your fellow travelers for fabulous cuisine on the terrace of the hotel's dining room—one of the most highly rated in all of Oregon.

Lodging: Columbia Gorge Hotel Hood River, OR 541-386-5566

www.columbiagorgehotel.com

Cycling Options: 16, 26, or 42 miles

Tuesday – Day 3: Mount Hood and the Hood River Valley – Begin your day with a challenging ride up Lost Lake Road to the aptly-named alpine lake or save some energy for the rest of the day's activities by riding the van shuttle. If you're not making the ride up, enjoy a lovely three mile hike around this remote lake which offers spectacular views of Mount Hood, Oregon's highest peak at 11,239'. Take a dip or paddle a canoe in the crystal clear waters before your tour leaders host a delicious picnic lunch. Coast your way downhill from this alpine oasis into the patchwork farmland of the Hood River Valley. Visit a historic farm with a wide array of options: amazing orchards that produce refreshing pear wines and hard ciders, not to mention fields of flowers, scrumptious fresh fruit, and spectacular mountain views. Ride through pear and apple orchards along the valley's gently rolling roads. Following a return to the hotel, browse the shops in Hood River and seek out a restaurant for dinner this evening. Beautiful, friendly, and funky Hood River has frequently been named one of the top US towns for outdoor enthusiasts.

Lodging: Columbia Gorge Hotel Hood River, OR 541-386-5566

www.columbiagorgehotel.com

Cycling Options: 35 or 50 miles

Hiking Option: 3 miles (available with 35-mile cycling option)

Wednesday – Day 4: Cycle Washington and Raft the White Salmon River – A short shuttle carries you across the Columbia River (no bikes allowed on the bridge) north to Washington's quiet roads. Ride past open fields with views extending to massive Mount Adams, the dormant volcano not far from Mount Saint Helens. Pass through a wildlife refuge that provides habitat for a variety of waterfowl, birds of prey, and other wildlife. Ride lightly traveled roads that sweep through farmland and a coniferous forest. Enjoy a picnic lunch on the banks of the glacier-fed White Salmon River, one of the first to be designated a Wild & Scenic River. This afternoon, see the countryside from another perspective during an exhilarating raft trip conducted by professional river guides. The White Salmon provides a safe and enjoyable introduction to rafting while still affording a level of excitement. The river alternates between short stretches of Class III and IV rapids and longer sections of flat water. Seasoned guides are at the helm of each raft to ensure safety and fun for all participants. Following your trip on the river, the group will head back to Hood River for sustenance and suds at Full Sail Brewery.

Lodging: Columbia Gorge Hotel Hood River, OR 541-386-5566

www.columbiagorgehotel.com

Cycling Options: 26 or 33 miles

Thursday – Day 5: Hike Mount Hood's Alpine Meadows – This morning, your guides will lead you on a hike that will feature stunning views and the best examples of wildflowers of the season. Visit Mount Hood's famed Timberline Lodge, built during the Great Depression as part of the Works Progress Administration's emergency relief program. Numerous movies have been filmed at the Lodge, including Steven King's *The Shining*. Walk on the glacier and hike along a nearby trail before lunch at the Lodge

which features expansive views south over the Cascades. The highest peaks of the Cascades, such as Mount Hood and Mount Adams, are glaciated and remain snow-covered throughout the summer and make for exceptional photographic opportunities. Return to Hood River for an afternoon bike ride, a visit to nearby wineries, a windsurfing lesson, a round of golf, a massage, or hire a guide and go fishing. This evening, toast the week's adventures with your fellow travelers during a final dinner together in the Columbia Gorge Hotel's dining room.

Lodging: *Columbia Gorge Hotel Hood River, OR 541-386-5566*

www.columbiagorgehotel.com

Cycling Option: *17 miles*

Hiking Options: *2 – 6 mile hike*

Friday – Day 6: The Rowena Crest and Columbia Gorge Discovery Center – Your final day of cycling offers spectacular riding through the Gorge to the east of Hood River. Follow a beautiful bike path as it winds out of town to connect with the two-lane Historic Columbia River Highway high above the Gorge. This section of the ride was described by *Bicycling* magazine as one of the best rides in the US, and the stunning scenery along this winding and rolling route serves to confirm this. Visit the Columbia Gorge Discovery Center, the official interpretive center for the Columbia River Gorge National Scenic Area. Exhibits detail the volcanic activity and floods that formed the gorge during the last Ice Age. There are also cultural exhibits related to Lewis & Clark's journeys as well as the Native American inhabitants so important to the region's history. Return to the hotel for showers before being transported back to the airport in Portland.

Cycling Options: *19, 24, or 47 miles*

TRAVEL & TOUR QUICK FACTS

Tour Start	1:00pm Day 1 – Meet at the RiverPlace Hotel, Portland.
Tour Conclusion	4:00-4:30pm Day 6 – Group return to Portland International Airport. Departure flights should not be scheduled prior to 6:00pm.
Travel To/From Tour	Fly into Portland International Airport (PDX). Parking available at PDX for those driving to tour.
Pre-Tour Lodging	Portland hotel recommendations will be sent to you upon booking.
Days/Nights	6 days/5 nights
Included Meals	All meals included except for two lunches and one dinner.
Rating	Intermediate. 30 – 50 miles/day over rolling terrain with some longer hills. Challenging epic options available on certain days.
Activities	Cycling, hiking, river rafting, options for wind surfing, golf and fishing.

STANDARD INCLUDED ASPECTS

Equipment	Computer-equipped road or hybrid bike, helmet, rear bag, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for custom fit.
Van Support	Rides supported by a Sojourn van as well as a tour leader on a bicycle.
Tour Leaders	Two experienced tour leaders guide each trip from start to finish.
Ride Nourishment	A selection of snacks and refreshments are supplied throughout all rides.
Ride Information	Detailed route directions, maps, and a daily briefing 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.

DATES & PRICING

Oregon Columbia River Gorge & Cascades 2016 Tour Dates	Per Person DBL Occupancy	Single Room Supplement
July 10 – 15	\$2,595.00	\$595.00
July 17 – 22	\$2,595.00	\$595.00
July 24 – August 29	\$2,595.00	\$595.00

WEATHER

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg. High	40°	46°	54°	60°	67°	74°	80°	80°	74°	64°	48°	41°
Avg. Low	28°	31°	34°	38°	44°	50°	54°	52°	45°	38°	34°	28°
Avg. Precip.	5.4 in	3.9 in	2.9 in	1.6 in	1.0 in	0.7 in	0.3 in	0.6 in	1.1 in	2.3 in	5.1 in	6.0 in

Degrees in Fahrenheit