



CALIFORNIA WINE COUNTRY BIKE TOUR

NAPA, SONOMA, AND THE RUSSIAN RIVER VALLEY

Saturate your senses in one of the world’s premier cycling regions on our California Wine Country Bike Tour. Is there anything more elegant than a week spent drinking in the breathtaking views and the outstanding wine in Napa and Sonoma? Add luxurious accommodations and unparalleled adventures, and you’ve got an unforgettable blend of indulgence and experience. Sun-drenched vineyards flank us on every side as we pedal through the famed centuries-old Armstrong Redwoods and build an appetite for the farm-to-table fresh food to come. We’ll visit local wineries, savor their favorite varietals, and saturate ourselves in the culinary culture of this foodie heaven. This isn’t just a wine tour. Nor is it just a bike tour. It’s a voyage for your senses from top to bottom. Immerse yourself in the wine, food, and finer side of life in California Wine Country. [Book your trip with confidence »](#)

From
\$3799

Rider Type
Recreational

Hotel Style
Luxury

Duration
6 days | 5 nights

Start | End
Napa, California

Dates
**2021/May/Jun/Sep/Oct/
Nov**

TRIP WOWS

Awaken your senses as you discover the best of the California wine country – tasting seasonal cuisine, inhaling the aroma of fine wine and spirits, and exploring the majestic redwoods

Relax and rejuvenate in Sonoma’s finest accommodations – we’ve booked your stay at Healdsburg’s premiere hotel, Harmon Guest House

Enjoy an exclusive tour of the family-owned Summit Lake Vineyard and savor a gourmet picnic lunch and a glass of wine in quintessential wine country

Discover the varied and vineyard-lined terrain of Sonoma County’s big three appellations: Russian River, Dry Creek



DAILY ITINERARY

2021

Day

1

TODAY'S RIDE:

Napa to Clif Family Winery
Approximately 19 miles with 560 feet of climbing

TODAY'S ACTIVITY:

Wine Tasting at Clif Family Winery

DESCRIPTION:

You'll meet your guides at the Westin Verasa (Napa, CA) at 9:30 AM. Your trip begins bright and leisurely in downtown Napa, where you'll get a feel for the weekend buzz of a trendy, developing young city. After a quick shuttle, your guides will get you geared up to ride to the Clif Family Winery Tasting Room, a local cycling hotspot owned by the Clif family (of Clif Bar fame). Sample the signature Clif Family Wines, inherently well-paired with their gourmet, on-site food truck specialties. After lunch, meander through their charming courtyard. Then, with a few Clif Family treats tucked into your daybag, you'll jump in for a quick shuttle to your home for the next two nights, the bohemian hideaway, Indian Springs Resort and Spa. On your way, pass by the world-famous Culinary Institute of America at Greystone, the historic Charles Krug Winery, and beautiful Markham Vineyards. This evening, we'll gather for drinks and dinner at Sam's Social Club. Offering rustic American cuisine prepared with the freshest seasonal ingredients, here you'll find a new twist on classic dishes. Paired with artisan cocktails, local wine, or a craft beer that's brewed on site, you won't second guess why the NY Times hailed it, "the tastiest food in Napa Valley."

HOTEL:

Indian Springs Resort and Spa
[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch | Social Hour | Dinner

Day

2

TODAY'S RIDE:

Calistoga to Summit Lake Vineyard

Approximately 37 miles with 3,400 feet of climbing

SHORT OPTION:

Calistoga to Pope Chiles Valley Country Store with shuttle

Approximately 30 miles with 1,700 feet of climbing

AVID OPTION:

Calistoga to Summit Lakes Vineyard Loop

Approximately 54 miles with 3,800 feet of climbing

DESCRIPTION:

Options abound today as you leave Napa Valley and pedal into the pristine Pope and Chiles Valleys. You'll ride switchbacks through high canyon walls and hillsides covered with scrub brush as you make your way along the shores of Lake Hennessey. Enjoy the peace and tranquility of California wine country over a gourmet Trek Travel picnic and private tour of Summit Lake Vineyards, residing high above Napa Valley on Howell Mountain. Owners Bob & Sue Brakesman made their dream a reality on a small plot of land over 40 years ago. Today, Bob's daughter, Heather shares their passion for this lifestyle with every Trek Travel guest that passes down their gravel driveway. Spend the afternoon discovering Calistoga on foot or relaxing at the incredible Indian Springs Resort and Spa. Have a soak in their very own Olympic-sized mineral pool, built in 1913. Or, take to their spa and enjoy a signature mud bath of volcanic ash, which is unique to the region. The Indian Springs property is blessed with rare resources such as the geysers and a volcanic ash deposit, which have inspired a long tradition of healing and renewal. (Please make any spa reservations at Indian Springs Resort & Spa before your trip for any time after 4:00 PM today.) This evening, dine on your own at a suggested bistro or any other in town.

HOTEL:

Indian Springs Resort and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch

Day

3

TODAY'S RIDE:

Calistoga to Healdsburg

Approximately 29 miles with 1,400 feet of climbing

AVID OPTION:

DESCRIPTION:

Today we'll cycle north from Napa Valley into Sonoma County. Enjoy a morning climb to cross the county line or opt to take a shuttle over the hills and save your energy for the eucalyptus-lined country roads of the Knights and Alexander Valleys. Take a break from pedaling and stop to taste a crisp Sauvignon Blanc at Silver Oak or a robust Zinfandel at Alexander Valley Vineyard. Lunch is on your own in the quaint and inviting town of Healdsburg, your home for the next three nights. Spend the afternoon by the pool or indulging in an afternoon nap. Or wander the town plaza and the many boutiques and galleries nearby, stopping for a cappuccino at the guide favorite, Flying Goat Coffee. Tasting rooms abound in town, making it convenient for you to stroll around and discover a new favorite wine. Tonight, you'll celebrate an exquisite meal at Dry Creek Kitchen, part of renowned chef Charlie Palmer's group of classic restaurants.

HOTEL:

Harmon Guest House

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Social Hour | Dinner

Day

4

TODAY'S RIDE:

Healdsburg to Dry Creek Loop

Approximately 40 miles with 1,900 feet of climbing

AVID OPTION:

Healdsburg to Lake Sonoma with Rockpile Road

47 miles with 2990 feet of climbing

DESCRIPTION:

Today you'll follow the tranquil byways through the Alexander and Dry Creek Valleys. If you're up for it, challenge yourself on Rockpile Road, a beautiful detour through the Lake Sonoma Recreation Area with views of Lake Sonoma. You'll pass many distinctive wineries in the Dry Creek Valley, home to more than 50 wineries and one of the top Zinfandel producing regions. Pause at your leisure to indulge your palate at local favorites such as SIMI Winery, taste from the barrel at Zichichi, or refresh with a cool, crisp, biodynamic Sauvignon Blanc in Quivira's solar-powered tasting room on our way to stop for lunch in Geyserville. After we return to Healdsburg, experiment with a different taste of Sonoma: a Trek Travel-exclusive tasting at Alley 6 Craft Distillery. This is a true, small batch, grain-to-glass operation, nestled a few quiet blocks away from the lively town square. Maybe take a bottle of their signature Rye Whiskey home to share with friends. Tonight we'll head down to the lively and vibrant Spoonbar to enjoy a beautiful presentation of delicious, creative Sonoma County fare. Everything about Spoonbar is a rich alchemy of art and craft, from the place to the plate. Tonight, it's yours to indulge in.

HOTEL:

Harmon Guest House

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

5

TODAY'S RIDE:

Hotel Healdsburg to Armstrong Return

Approximately 40 miles with 800 feet of climbing

SHORT OPTION:

Hotel Healdsburg to Armstrong

Approximately 20 miles with 400 feet of climbing

AVID OPTION:

Hotel Healdsburg to Sweetwater Springs – Armstrong With Westside Road Return

Approximately 42 miles with 1,500 feet of climbing

DESCRIPTION:

This morning offers a great opportunity for a walk over to our guide favorite, Flying Goat Coffee. Sit and enjoy a macchiato and watch the square come alive before strolling back to the hotel for our ride start. Today we ride through the Russian River Valley, known for its tantalizing Pinot Noir on our way to Armstrong State Natural Reserve. Avid riders can push their legs by tackling the toughest climb of the week, Sweetwater Springs, with grades reaching 20%. There is also a gentler ride to Armstrong Woods Park via Westside Road. Once you've arrived, stop and admire the majestic towering redwoods and enjoy a hike to visit the oldest or tallest trees in the park—1,400 years old and 310 feet high respectively. Lunch is on your own today in the town of Guerneville, or stop off at Korbel's on-site gourmet deli. You may even choose to cleanse the palate with a little bubbly! Then, choose a shuttle back to our hotel, or venture into Healdsburg for some shopping and a tasting at one of the many winery rooms on the square. If you decide to ride back, you'll have the opportunity to sample at a variety of wineries like Gary Farrell, Porter Creek, or Armida. Tonight you'll gather with your fellow travelers and head out for an incredible Californian farm-to-table feast at our local favorite restaurant, Chalkboard. It is here that the farm culture of Sonoma comes to life and is embodied in fresh, local savory foods that make this area second-to-none. *Please note that the ability to enjoy this route is contingent upon reconstruction completion at the Armstrong Redwoods State Natural Reserve, scheduled to be completed late spring or early summer of 2021. We have a spectacular alternative to the Pacific Ocean at 60 miles and 2,900 feet of elevation gain.*

HOTEL:

Harmon Guest House

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Social Hour | Dinner

Day

6

TODAY'S RIDE:

Hotel Healdsburg Yoakim Bridge Loop

Approximately 20 miles with 400 feet of climbing

SHORT OPTION:

Hotel Healdsburg Lambert Bridge Short

Approximately 11 miles with 200 feet of climbing

DESCRIPTION:

To close our your California Wine Country Bike Tour, take a final morning spin through the charming Dry Creek Valley to loosen up your legs or enjoy a peaceful morning in Healdsburg relaxing at the hotel. Or feel free to take a stroll for a coffee at the guide favorite, Flying Goat. If you choose to ride, hurry out to Healdsburg's town square for a little last-minute shopping, or wine tasting before grabbing some lunch at the famed Oakville Grocery. Take some time to freshen up before checking out of the hotel. You'll board a private shuttle at 11:00 AM, taking you to the Napa Transit Center in downtown Napa.

INCLUDED MEALS:

Breakfast |

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- Five nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, three lunches, and four dinners
- Three social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep

• Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle, and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals)

- Bontrager WaveCel helmets
- All gratuities for drivers, local experts, and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized digital photobook of your trip
- Entrance fees for all activities, private tours, and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
- Upgrade your bike to a Trek Electric-Assist Domane+ LT carbon road bike with Shimano Di2 electronic shifting
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care, and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



INDIAN SPRINGS RESORT AND SPA

CALISTOGA, CALIFORNIA

Located in the heart of the spa town of Calistoga, this cozy bohemian hideaway tucked in the Northern end of Napa Valley celebrates its Spanish history while offering supremely comfortable, modern luxuries that will sweep you off of your feet. After a long day exploring, allow yourself to soak in the mineral thermal pools from the four on-site geysers. A unique experience you'll likely not find anywhere else!



HARMON GUEST HOUSE

HEALDSBURG, CALIFORNIA

New hotel for 2021! Located in the heart of North Sonoma Wine Country, Harmon Guest House is the ideal venue for a romantic weekend or celebration. Rise above it all on The Rooftop's terrace and indulge in views of Fitch Mountain, the Sonoma hills, and downtown Healdsburg. Gather around the fire pit and sip a glass of wine at sunset. With its location in the heart of downtown, you'll be steps away from local shops, cafes and bakeries, and several tasting rooms.



HOTEL VARIATION | H2HOTEL

HEALDSBURG, CALIFORNIA

Located just off the plaza in downtown Healdsburg, h2hotel is rooted in nature and fluid by design. Built to LEED Gold Green Building Certification, all aspects in form and function at h2hotel take an eco-friendly view. With its location in the heart of downtown, you'll be steps away from local shops, cafes and bakeries, and several tasting rooms. **You will stay at h2hotel in place of the Harmon Guest House on select 2021 dates.**



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the start of your California Wine Country Bike Tour, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Charles M. Schulz-Sonoma County Airport (STS), San Francisco International Airport (SFO) or Oakland International Airport (OAK). You could also fly into Sacramento International Airport (SMF).

Taxi and shuttle services are available from all airports to downtown Napa. We recommend either Evans Transportation, which can transfer to and from desired hotels and is \$40-60 per way per person or the Napa Airporter, which has 24-hour service and costs \$75 per way per person.

Before: Napa, California

Soak in the delights of wine country with a stay in Napa. Enjoy a stroll along the down's riverfront promenade as you enjoy local shops and restaurants. Consider spending an evening at the Napa Valley Opera House or visit the Oxbow Public Market to discover local foods and wines. We recommend the following accommodations for your pre-trip hotel:

Meeting Time And Location

Your Trek Travel guides will meet you at the Westin Verasa Napa lobby (1314 McKinstry Street, Napa, CA 94559) at 9:30 AM on the first day of the California Wine Country Bike Tour. We'll have a quick shuttle to our ride start, where you'll take a moment to gear up and grab a little fuel. Be sure to have your cycling gear, including shoes and pedals, packed in a small bag separate and apart from your luggage. We will provide a custom bike fit before beginning our first day's ride to through the valley, stopping for lunch and your first wine tasting at Clif Family Winery in St. Helena.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Indian Springs Resort and Spa (707) 942-4913, and leave a message with your expected arrival time and contact details.

Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Harmon Guest House should you decide to have the day on your own to explore Healdsburg or head to your next trip destination. Trek Travel provides one complimentary shuttle to the Soscol Gateway Transit Center in downtown Napa arriving at approximately 12:00 PM. Taxi and shuttle services are available to both airports. If you plan to fly out of the Bay area on Friday, please avoid scheduling your flight any earlier than 5:30 PM.

WESTIN VERASA NAPA

A revitalizing respite amid the breathtaking California wine country, The Westin Verasa Napa blends downtown convenience with upscale comfort. Unwind in rejuvenating hotel accommodations with plush furnishings, 24-hour room service, coffee makers and cable channels. Stay just down the road from Oxbow Public Market and right across the street from the famous Napa Wine Train.

www.marriott.com/hotels/travel/sfonw-the-westin-verasa-napa/ | ~\$310

ANDAZ NAPA

Retreat to rustic-chic boutique rooms featuring hardwood floors and deep soaking tubs. Choose a loft accommodation with a sleek fireplace or upgrade to a suite with a furnished terrace overlooking downtown Napa.

www.hyatt.com | ~\$280

NAPA RIVER INN

Luxury reigns at the Napa River Inn, situated among the bustling renaissance of downtown Napa's Riverfront District. Their waterfront location within the Historic Napa Mill offers easy walking access to the neighborhood with specialty shops, gourmet restaurants, and world-renowned wines all waiting to be uncorked.

www.napariverinn.com | ~\$299

After: San Francisco, California

Keep in mind that San Francisco is a city best explored via foot and cable car and involves a great deal of hill walking. There are numerous attractions in the San Francisco area - from the Golden Gate Bridge, Chinatown, Fisherman's Wharf, and Alcatraz to Ghirardelli and Union Square. For a preview and help in planning, try www.OnlyinSanFrancisco.com or one of the many websites available on the city. There are endless options and - whether you pre-plan and book your itinerary, or just arrive with no plans - you're sure to be charmed by the City on the Bay! We recommend the following accommodations for your post-trip hotel:

MANSION AT SUTTER

The historic Mansion on Sutter is an opulent Victorian mansion built in 1881. The property is a design masterpiece crafted with rich cedar, stained glass, gilded ceilings, and breathtaking chandeliers. Art, history, and elegance grace each of the finely appointed guest rooms.

www.mansiononsutter.com

WESTIN ST. FRANCIS

Renowned for its legendary service, the historic Westin St. Francis boasts luxurious guest rooms and world-class dining.

www.Westin.com

W SAN FRANCISCO

A chic, modern hotel set in the heart of downtown San Francisco, W San Francisco was listed on Condé Nast Traveler's Gold List in 2002.

www.StarwoodHotels.com

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 2 - Recreational
- Average Daily Mileage | 30
- Terrain | Hilly
- Average Daily Elevation | 1,138 feet
- Total Miles | 179
- Total Elevation | 6,830 feet

Averages and totals are calculated from our "Today's Ride" options.

The terrain is generally rolling, with a few flat stretches on quiet but sometimes narrow roads. For those seeking more challenging rides, the hills to the east or west of the valley are sure to please even the most avid cyclist. Our California Wine Country Bike Tour is best suited for our Type 2 Riders. Our Trek Travel guides can also easily accommodate Type 1 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 3 Riders will enjoy the extra mileage

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on our California Wine Country Bike Tour are:

- Shop in boutiques all around Sonoma, Yountville, and Healdsburg
- Enjoy winery tours and tasting available at The Hess Collection, Silver Oak, and Porter Creek, to name a few
- Walk and explore the Armstrong Redwoods State Park
- Enjoy a relaxing and rejuvenating afternoon at one of the many exceptional spas.

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times, routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.

the avid route options offer.