



The perfect combo

California Wine Country Biking

California wine country has been on the map of serious oenophiles since California wines beat out French wines in a blind tasting at the Paris Wine Tasting Competition of 1976. About five million visitors visit the region each year. Wine is the focus but food comes a close second with a huge choice of excellent restaurants, lots of farmers markets and culinary courses available. You will be pleasantly surprised by the interesting pastoral and hilly vistas.

Wine country is located about 1 ½ hours by car north of San Francisco. It encompasses Napa and Sonoma County and includes a number of small cities and towns. Best known is the city of Napa with a population of 75,000. You will also find the towns of Sonoma, St. Helena, Calistoga, Healdsburg and

Santa Rosa and the hamlets of Yountville, Glen Ellen, Rutherford and Geyserville.

This is close to perfect cycling country. Rural roads take you by internationally famous wineries, first class restaurants and luxurious accommodation options. The cycling is easy and the distance between towns is very manageable. There are always options for hills and more miles. Drivers are for the most part very considerate. We recommend getting one of the road maps available detailing the safest roads on which to travel. A circular route is laid out herein that loops through wine country and can include a ride to the Armstrong Redwoods Park and over to the coastal highway along Highway 101.

Seven to ten days is about the ideal amount of time to allot for this trip. A longer stay allows you to explore beyond wine country to the wild beaches of the Pacific Ocean and the giant redwoods in Armstrong Redwoods State Park. The weather is best between April and October. Summers are hot and very busy whereas winters are rainy and should be avoided altogether. Early April and late October can be unpredictable but will reward you with green hills in the spring and fall colours later in October.

There are many tour companies offering one day to one week tours but this is an area to contemplate a self supported ride. Bike rentals are available in Santa Rosa, Napa, St. Helena and Healdsburg so any of these spots could be the start of your loop. Bringing your own bike offers you familiar comfort but the airlines are making this a get rich quick scheme. The biggest downside to a self supported trip is that you can't carry much wine and dinner options are fewer, especially in the fall with darkness setting in early. The roads are unsafe to ride any distance at night and taxis are a rarity. However, touring on your own can also be almost half the price of what a guided tour might cost.

Outside of riding and wine tasting you can look forward to an eclectic mix of activities including cooking classes, mud baths and spa visits, ballooning, bird watching, canoeing and wonderful dining.

Day to Day Summary (beginning in Santa Rosa)

Day 1

Arrive in Santa Rosa, home to Snoopy creator, Charles Schultz. Pick up your rental bike, check out the city and if interested in wine tasting try out a local tasting room representing some of Sonoma's small production wineries.

Day 2

Cycle from Santa Rosa to Napa, a distance of 29 miles. Take time to wander through Glen Ellen, the town of Sonoma and try a wine tasting at some of the wineries in between. If you like red wines try an afternoon barrel tasting at Del Dotto winery in Napa. You'll need to allow 1 1/2 hours for that.

Day 3

Cycle the Silverado Trail to St. Helena, stopping at any wineries along the way that interest you. You'll pass many familiar names and some 'over the top' architecture. Pick up picnic supplies at the Oakville Grocery store and either eat at one of the picnic tables in the back or head to a winery with picnic facilities. Total mileage for the day is 21 miles.

Day 4

Spend a second day in the St. Helena area and choose from a wide variety of activities. You could cycle a 55 mile loop out to Lake Berryessa (though there are shorter versions), schedule some wine tours, take a cooking class at the Culinary Institute, shop or do nothing but relax.

HIGHLIGHTS

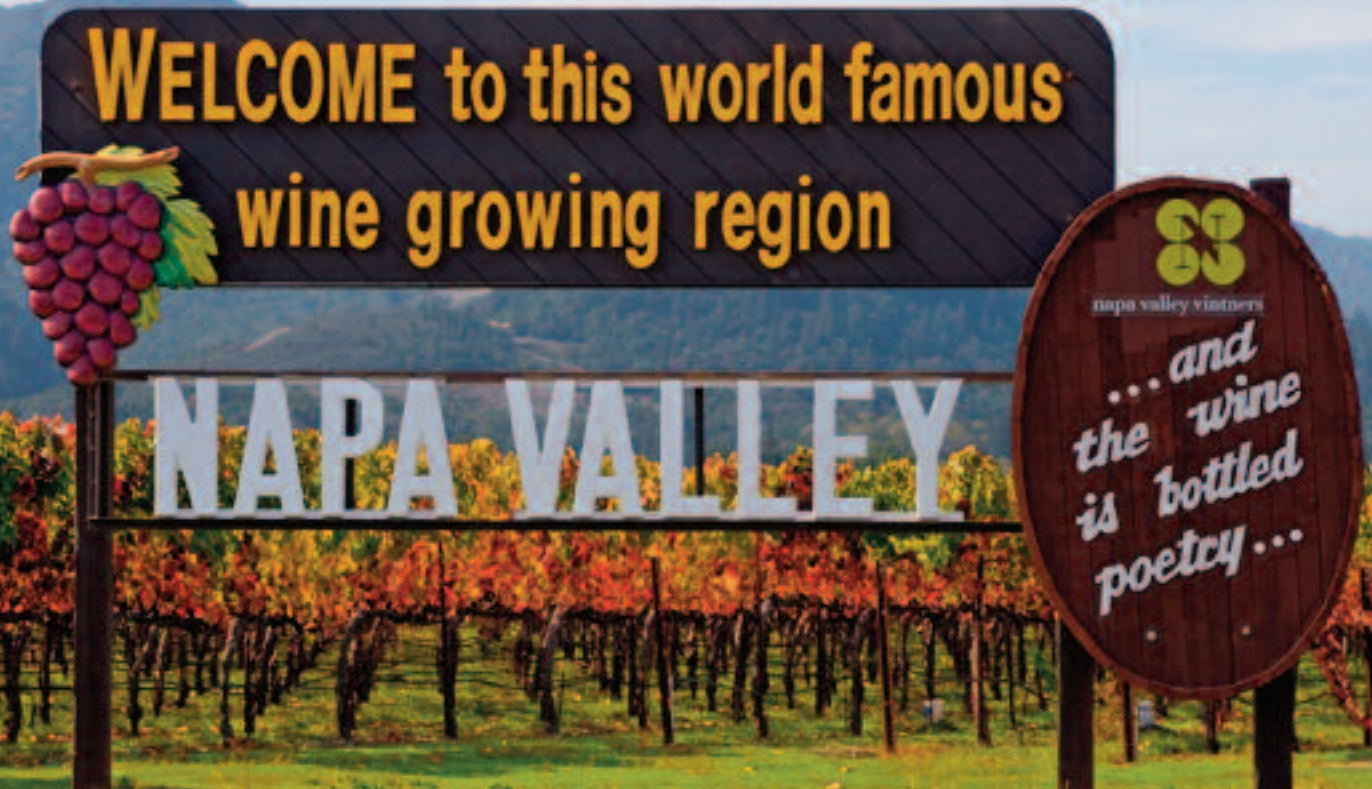
- Beautiful vineyards in a rural setting
- World class wine tasting rooms and tasting experience
- Notable dining options
- Lovely quiet rides off the beaten path
- A wide range of accommodation choices
- Small towns with very friendly people
- Bike under a redwoods canopy
- Ride the Pacific Coast Highway

Day 5

Cycle and sip your way 35 miles to Healdsburg. You'll pass Castello di Amorosa, a winery housed in a castle that would have been at home in medieval Tuscany as well as several other big name spots. Lunch in Calistoga where you might want to try a mud bath. In the afternoon cycle the quiet and beautiful backroads en route to Healdsburg.

Day 6

Spend a second night in the Healdsburg area so you have time to cycle the scenic Dry Creek area of Sonoma. This is quieter country with smaller, family run wineries as compared to Napa. Poke about in shops and galleries lining the square in Healdsburg.



Day 7

Cycle to Guerneville, located on the Russian River. There are some excellent wineries to stop at along the way including Hop Kiln, one of the oldest in the country and Gary Farrell which sports spectacular views after a nasty climb to get there! Allow time to ride to Armstrong Redwoods State Park and if you are feeling energetic climb the 3 miles up a very steep hill to admire the views.

Day 8

A short ride will take you to the ocean where you can head south along the winding California Highway 1. Enjoy spectacular vistas and beach walking. Pick up supplies for a picnic lunch. Overnight in Bodega Bay.

Day 9

Ride 28 miles to Santa Rosa through lovely rural countryside. The final 7-8 miles will take you along a 'Rails to Trails' bike trail from Sebastopol to Santa Rosa. Return your bikes and begin your journey home.

Getting to Wine Country

Driving to the Napa and Sonoma areas is an obvious option for people living in western Canada or the western US. I suspect the majority of visitors come via a flight to San Francisco airport followed by a car rental or shuttle service. Recently added service has made Santa Rosa airport a viable option for anyone who can fly Alaskan or Horizon Airlines.

VIA THE SANTA ROSA AIRPORT

If you are lucky enough to live in an area serviced by Alaska or Horizon then consider flying directly into Santa Rosa. It is a small and extremely easy airport to navigate and best of all it is only a short taxi ride to Santa Rosa or Napa. Taxis are on the pricier side. Allow about \$35 to get downtown. You can also rent a car at the airport from Hertz, Avis or Enterprise. Even though the airport is small I am told that you can ship your bikes for a charge but check with the airlines because this can be prohibitively expensive in very short order when you consider the round trip charges. (You could also ship your bike ahead of time via UPS.)

VIA SAN FRANCISCO AIRPORT

There are a couple of shuttle services that will take you to Santa Rosa, Napa or Yountville.

SONOMA COUNTY AIRPORT EXPRESS

www.airportexpressinc.com/

There is a bus that leaves almost hourly from San Francisco airport and will deposit you at the Sonoma County airport in Santa Rosa in 2 ¼ hours. A one way fare is \$32.

EVANS TRANSPORTATION

www.evanstransportation.com/

They offer a cash only service nine times a day between San Francisco Airport and their terminal in Napa for \$29. They have a baggage limit which probably won't allow you to bring your bike or if you do will incur an additional \$10 handling fee if it is in excess of 50 pounds. If you schedule a hotel pickup in the Napa area then the charge is \$45 one way and a reservation is required. Travel times vary from 1 ½ hours to 2 ½ hours depending on the time of day.

Bike Rental Companies in Wine Country

ST. HELENA CYCLERY

www.sthelenacyclery.com

In St. Helena Ph: 707-963-7736

You can rent a bike equipped for touring from them.

SPOKE FOLK CYCLERY

www.spokefolk.com

In Healdsburg Ph: 707-433-7171

Rent bikes and enjoy self guided trips around Sonoma's Dry Creek, Alexander and Russian River Valleys. Their bikes are better for 1 day rides.

WINE COUNTRY BIKES

www.winecountrybikes.com/

In Healdsburg Ph: 707-473-0610

They offer bike rentals at \$145 per week. One day to 7 day tours are also available.

NAPA RIVER VELO

www.naparivervelo.com

In Napa Ph: 707-258-8729

They offer bike rentals and area trail maps.

RINCON CYCLERY

www.rinconcyclery.com

4927 Sonoma Highway, #H, Santa Rosa

Ph: 707-538-0868

Their weekly rate is \$100 and includes a rack but no panniers.

Detailed Itinerary, starting in Santa Rosa

Day 1 — Arrive in Santa Rosa

If you plan on renting a bike in Santa Rosa then you will need to ensure that you get to the bike shop before it closes. You may need to organize a taxi to get there as it is out of town, but once you've got your bike then take the time to walk the downtown core, in particular around the historic Railroad Square where you'll see a number of larger than life Peanuts characters. Charles M. Schultz called Santa Rosa home for 30 years and you can also visit the museum named in his honour.

If you enjoy wine tasting, you may also want to try one of the local wine cellars such as Cellars of Sonoma, found on Railroad Square. It and others represent a number of the small regional wine makers making small lot wines that aren't available in the traditional marketplace.

Remember to ask at each hotel along the way what they might have in the way of coupons for complimentary wine tastings!!

Santa Rosa Accommodation

There are chain hotels but in my view some of the charm of travelling is trying the local and more eclectic places or those that reflect a strong sense of place. In this itinerary the hotel chains don't get much attention. I also like the fact that by staying in locally run accommodations the profits tend to stay in the community.

HOTEL LA ROSE

www.hotellarose.com/

308 Wilson Street Ph: 800-527-6738 or 707-579-3200

The hotel is part of the group of Historic Hotels of America. This one is located on Santa Rosa's Railroad Square and has plenty of charm. The staff is very friendly. Rates start at \$US119 per night with breakfast.

FOUNTAIN GROVE INN

www.fountaingroveinn.com

101 Fountaingrove Parkway Ph: 800-222-6101

Prices range from \$139 to \$450. It is also a conference center so it is likely to have a lot of business types.

Santa Rosa Restaurants

There is lots of choice so consider this a sampling of what is out there.

SYRAH BISTRO

www.syrabhistro.com

205 5th Street Ph: 707-568-4002

Changing monthly menus focus on local artisanal foods. Excellent food at reasonable prices.

WILLIS WINE BAR

www.williswinebar.net

4404 Old Redwood Highway Ph: 707-526-3096

Over 30 small plates are on the menu which can be matched with wines that are available in 2 ounce pours.

MONTI'S ROTISSERIE & BAR

www.montisroti.net

714 Village Court Ph: 707-568-4404

Features rotisserie foods and over 40 wines.

JOHN ASH & CO.

www.vintnersinn.com

4330 Barnes Road Ph: 707-527-7687

Located next to the Vintners Inn though not easily accessible if you only have a bike. One of the first to serve local produce and match with wines.

ROSSO PIZZERIA

www.rossopizzeria.com/

53 Montgomery Drive in the Creekside Center

Ph: 707-544-3221

This is supposed to be some of the best in the area.

Day 2 — Cycle from Santa Rosa to Napa

TOTAL DISTANCE

About 29 miles (47 kms)

LEVEL OF DIFFICULTY

Easy with only a few minor hills.

HIGHLIGHTS

Pretty wine country scenery, wine tastings, hamlet of Glen Ellen

Additional Activities in the Napa Area

WINE TOURS

There are many wineries between Santa Rosa and Napa that are fair game for a tasting. Most tastings take upwards of an hour so you need to budget that time into your day. I personally recommend the Del Dotto barrel tasting just outside of Napa. You can do it late in the day (with 3:30 pm being the last tour) but you'll need a reservation and it's only worthwhile if you enjoy red wine. Visit www.deldottovineyards.com for more information and phone 707-963-2134 to make a reservation. It is \$40 per person.

Other wineries in the Napa area of interest include:

The Hess Collection with notable wines and art. Visit www.hesscollection.com/ for more information.

Domaine Carneros featuring champagne, sparkling wine and pinot noir.

See www.domainecarneros.com/ for tour and tasting details.



Hop Kiln Winery

THE NAPA VALLEY WINE TRAIN

Enjoy a 25 mile ride on the antique train through the heart of the Napa Valley. You can choose from a gourmet lunch, dinner or winery tour. Board the train in Napa and then sit back and enjoy the food, wine and scenery. For more information visit www.winetrain.com/ or phone 707-253-2111.

Route — Santa Rosa to Napa

The directions begin from the bike shop on Sonoma Highway (California Highway 12) at the junction with Middle Rincon Road which is about 4 miles east of downtown Santa Rosa.

Head east on CA12 for 6.1 miles along a fairly busy road with a sizeable shoulder. There are decent sized hills to marvel at on your left and in no time you'll be into wine country. The fall is a great time to cycle and enjoy the wafting aromas of crushed grapes.



Turn right (south) on Lawndale Road and follow it as it jogs, steps and curves around to meet Warm Springs Road in 3.4 miles. *If you are interested in wine tours in the Kenwood area turn left (north) on Warm Springs and follow it about a mile. Kunde Estate and Chateau St. Jean are two of the well known wineries in the area.* Otherwise turn right (south) on the pretty and quiet Warm Springs Road and follow to Arnold Road into the hamlet of Glen Ellen, 3.9 miles away.

The hamlet of Glen Ellen is a charming spot and would make a lovely home for the night if you wanted to focus on wine tasting in the area. However if you started in Santa Rosa you might find that you haven't covered enough miles to warrant a stay since they are only about 10 miles apart. It is only another 18 miles to Napa.

To continue to Napa turn right on Arnold Drive, proceed through Glen Ellen and stay on it for a further 5.1 miles to West Verano Road. It is very pleasant and relatively quiet cycling through here. Turn left (east) on Verano and stay on it for 1.4 miles crossing over and past CA 12.

The Sonoma historic plaza, in the vicinity of Broadway and Spain Streets, is laid out in the stan-

dard form used in Mexican towns, a remnant of the town's Spanish colonial past. This is where you will also find the bulk of the B&B's and hotels mentioned below as well as about 30 restaurants. The Plaza is a National Historic Landmark and serves as the town's focal point.

Turn right (south) off of Verano onto 5th Street West and follow it down only a block or two until you reach an obvious and signed bike path. Turn left (east) on the bike path and follow it through Sonoma State Historic Park and across several roadways for about a mile in total. When you reach 4th Street East turn left and immediately right on Lovall Valley Road.

Follow Lovall Valley Road over to and turn left (north) on 7th street for a couple hundred feet before picking Lovall Valley up again on your right. Continue on it for about a mile in total until you reach Old Winery Road and then turn right (south). The roads in this area don't have a shoulder but they are mostly very quiet and scenic as they pass stretches of vineyards.

Follow Old Winery Road south to East Napa and turn right (west) and then make an immediate left on 8th Street East. Take it south for 0.75 miles and turn left (east) onto Denmark Street. Follow it east then south after a sharp right turn to stay on Denmark Street and continue south until you reach CA12/Napa Road.



Napa Valley grapevines

Turn left (east) onto CA12 and follow it to the intersection with highway CA 121. Turn left onto CA 121 / CA 12 and this will take you right to Napa but to avoid the worst of the traffic it would be wise to take the quieter Old Sonoma Road into Napa. So continue on the CA121 / CA 12 for 5.9 miles to the Old Sonoma Road turnoff. Just before the turnoff you will pass the Domaine Carneros Winery, which enjoys beautiful views and would be worthy of a visit if you have the time.

Turn left (north) onto Old Sonoma Road and stay left at the first intersection. Follow it for 4 miles through rolling vineyards and over the busy CA 29 until it ends at Jefferson Street.

Turn left (north) on Jefferson and then take the first right (east) onto Ash Street. Ash Street ends at South Coombs Street where you need to make a



left(north) to continue to the downtown core. Continue for 9 blocks, past old historic houses until you reach 2nd street. Turn right (east) and follow it 2 blocks to Main Street and the centre of town. Head to your accommodation for the night from here.

Glen Ellen Accommodation

GAIGE HOUSE

www.gaige.com
13540 Arnold Drive Ph: 800-935-0237 or 707-935-0237
The hotel has 23 Asian inspired luxurious rooms. Rates start at \$239 per night.

JACK LONDON LODGE

www.jacklondonlodge.com/
13740 Arnold Drive Ph: 707-938-8510
Rates start at \$120 per night.

THE GLEN ELLEN INN

www.glenelleninn.com/
13670 Arnold Drive Ph: 707-996-6409
Rates start at \$139 per night. The Oyster Grill & Martini Bar are part of the Inn.

BELTANE RANCH

www.beltaneranch.com
11775 Sonoma Highway Ph: 707-996-6501
The ranch is 3 miles north of Glen Ellen and its restaurants. This isn't so bad in the summer but can be an issue if travelling by bike at other times of the year. Extensive walking trails, a vineyard and olive groves plus seating areas for rest and relaxation could make you want to stay for more than one night!

Glen Ellen Restaurants

SAFFRON

www.saffronrestaurant.com/
13648 Arnold Drive Ph: 707-938-4844
Known for it's Californian fusion cuisine and a signature dish of paella.

THE FIG CAFÉ

www.thegirlandthefig.com/
13690 Arnold Drive Ph: 707-938-2130
Neighbourhood café that doesn't take reservations. Can be noisy.

Sonoma Accommodation

SONOMA MISSION INN

www.fairmont.com/sonoma
100 Boyes Boulevard
Ph: 866-540-4499 or 707-938-9000
Five star luxury accommodation with spa services. On site bistro. Rates are about \$259 and up.

SONOMA HOTEL

www.sonomahotel.com/
110 West Spain Street Ph: 800-468-6016
Located on the historic plaza and offering 16 rooms for \$115 and up.

SONOMA CREEK INN

www.sonomacreekinn.com/
239 Boyes Boulevard
Ph: 888-712-1289 or 707-939-9463
Rates range from \$89-\$199 and Saturdays require a two night stay.

INN AT SONOMA

www.innatsonoma.com/
630 Broadway Ph: 888-568-9818
Rates range from \$215-\$290 and include breakfast and afternoon wine and hors d'oeuvres.

BUNGALOWS 313

www.bungalows313.com/
313- 1st Street East Ph: 707-996-8091
It is only half a block from the Sonoma Plaza. Features private bungalows. Rates start at about \$229 and go up from there.

MACARTHUR PLACE

www.macarthurplace.com/
29 East MacArthur Street
Ph: 800-722-1866 or 707-938-2929
This is an inn and spa set on seven acres of gardens. Rates are approximately \$199 to \$475 per night.

Sonoma Restaurants

THE GIRL AND THE FIG

www.thegirlandthefig.com/
110 West Spain Street Ph: 707-938-3634
Outdoor patio serving French style country food including cheese and charcuterie platters.

SONOMA MERITAGE

www.sonomameritage.com/
165 West Napa Street Ph: 707-938-9430
Award winning restaurant specializing in southern French and northern Italian cuisine. Reserve.

Napa Accommodation

There is a lot to choose from but the starting price points are on the higher side here.

THE CARNEROS INN

www.thecarnerosinn.com/
4048 Sonoma Highway
Ph: 888-400-9000 or 707-299-4900
Stays at this remarkable spot which includes 86 individual cottages are not cheap. In the slow season, rates start at about \$500 per night and go up considerably from there. They were included in National Geographic Traveler magazine's list of hotels with a 'sense of place'.

RIVER TERRACE INN

www.riverterraceinn.com
1600 Soscol Avenue Ph: 866-627-386
Not much of a soul to the place but pleasant rooms and you can enjoy a drink or breakfast alongside the river. Excellent granola at breakfast and accommodating staff. Rates start at \$199 per night.

THE INN ON FIRST

www.theinnonfirst.com
1938 First Street Ph: 866-253-1331 or 707-253-1331
Rates are \$185 to \$315 a night. It is consistently given excellent reviews on Trip Advisor.

NAPA INN

www.napainn.com
1137 Warren Ph: 800-435-1144
Rates vary from \$140 to \$295 per night.

MCCLELLAND-PRIEST

www.mcclellandpriest.com/
569 Randolph Street Ph: 800-290-6881 or 707-224-6875
Breakfast and a wine reception are provided. Prices start at \$169 per night.

CHURCHILL MANOR

www.churchillmanor.com/
485 Brown Street Ph: 800-799-7733 or 707-253-7733
They offer 10 rooms with modern conveniences in a 115 year old house. Rates start at \$165 per night.

HENNESSEY HOUSE

www.hennesseyhouse.com/
1727 Main Street Ph: 707-226-3774
Rooms start at \$139 per night.

Napa Restaurants

Napa Valley restaurants uphold a high standard. You shouldn't have any trouble dining very well.

CELADON RESTAURANT

www.celadonnapa.com/
500 Main Street, Suite G Ph: 707-254-9690
Selections are a blend of Californian and international cuisine with mains in the \$30-\$40 price range.





Ripened Napa Valley Grapes

ANGELE RESTAURANT & BAR

www.angelerestaurant.com/

540 Main Street Ph: 707-252-8115

French cuisine with contemporary influences.

CAMPADRES RIO GRILLE

www.compadresriogrille.com/

505 Lincoln Avenue Ph: 707-253-1111

This restaurant is voted best in town by the locals for Mexican food.

BARBERSQ RESTAURANT

www.barbersq.com/

3900 D Bel Aire Plaza Ph: 707-224-6600

This is a little ways out of the downtown core but it boasts excellent BBQ food. Very reasonably priced.

RISTORANTE ALLEGRIA

www.ristoranteallegria.com/

1026 First Street Ph: 707-254-9917

An Italian restaurant located in the Old Union Bank building.

THE BOON FLY CAFÉ AT CARNEROS INN

www.thecarnerosinn.com/

4048 Sonoma Highway Ph: 707-299-4870

They offer modern rustic cuisine inspired by the local region. Comfortable ambience.

BISTRO DON GIOVANNI

www.bistrodongiovanni.com/

4110 Howard Lane Ph: 707-224-3300

Contemporary Italian cuisine from a wood burning oven. There is a lively bar and terrace overlooking the surrounding vineyards.

UBUNTU

www.ubuntunapa.com/

1140 Main Street Ph: 707-251-5656

This restaurant is not for everyone as the focus is organic vegetarian and vegan. They use only the freshest ingredients. It is given very good reviews.

UVA

www.uvatrattoria.com/

1040 Clinton Street Ph: 707-255-6646

Diverse Italian fare is presented using local and organic produce. Live music and a great atmosphere make it a popular spot.

COLE'S CHOP HOUSE

www.coleschophouse.com/

1122 Main Street Ph: 707-224-6328

This is a classic American steakhouse located in a beautifully restored stone building.

Day 3 — Cycle from Napa to St. Helena

TOTAL DISTANCE

Approximately 21 miles (34 kms) and more depending on how many side roads you decide to ride

LEVEL OF DIFFICULTY

There is nothing difficult about the day and best enjoyed if you stay off of Highway CA29 as much as you can.

HIGHLIGHTS

Wine tasting and visiting some very distinctive wineries, Yountville, Oakville Grocery, shops of St. Helena, excellent dining, olive oil tasting in Rutherford

Additional Activities

St. Helena is a fun town to poke around. If you have additional time then check the resources out at the back of this itinerary and consider a cooking class, spa visit or early morning ballooning.

WINE TASTING

There are many books written about the wines of Napa Valley and which wineries warrant a visit. The list below is incomplete and based on my experience. I also don't think you can reasonably expect to do more than three to four in a day unless you plan to spit a lot. I found it interesting just wandering the grounds of a few of the places.

- **Cakebread** – make a reservation. High end delicious wines for a very reasonable tasting fee (\$10pp) plus you get a tour.
- **Robert Mondavi** – educational and he is one of the pioneers that moved the California wine business into the limelight
- **Grgich Hills** – notable wine maker
- **Far Niente** – need a reservation. Expensive tasting (\$50pp) but delicious wines and beautiful property
- **Del Dotto Winery** – In St. Helena if you missed the Napa barrel tasting
- **Opus One** – impressive looking winery and worth a wander around
- **Beaulieu Vineyard** – only consider the reserve tasting
- **Beringer** – be prepared for crowds

Route Description

From the corner of Main and Lincoln in downtown Napa head east on Lincoln for 0.4 miles to reach Soscol Avenue which has a wide bike lane. Turn left (north) and follow it for a mile and a bit to Trancas Street. Turn right (east) and follow Trancas for about half a mile to reach the Silverado

If you missed the Del Dotto Winery Cave tour yesterday you might consider going straight past the Silverado turnoff to the junction with Monticello Road CA 128. Bear left and follow CA 128 to Atlas Peak Road and turn left. Del Dotto is just up on the left hand side.



Trail. Turn left (north). As you go north you will pass the following large wineries: Darioush, Signorello, Clos du Val, Chimney Rock, Stag's Leap and Robert Sinskey.

The big route picture in Napa Valley is that a very busy/noisy CA 29 runs up the middle of the valley and the much quieter Silverado Trail runs parallel up the east side of the valley. So the basic idea is to follow the Silverado Trail north and to cross over to CA 29 to visit some of the big name wineries located on the very busy CA 29. Presented below are several cross road options from the Silverado trail over to CA 29:

CROSS ROAD OPTION # 1

It is 7.5 miles north on the Silverado Trail to the Yountville Cross Road which takes you on quieter roads west to the hamlet of Yountville, known for its amazing restaurants. It is 2.2 miles to Yount Street and if you want to visit the Yountville town center turn left. If you turn right at Yount Street you can enjoy about 2.5 miles of quiet scenic back road cycling following Yount Road north and then

turning left on Yount Mill Road and following it over to highway CA 29. You will end up on highway CA 29 north of Yountville.

Now you can turn right and head north on CA 29 towards Rutherford which is a distance of "4.5 busy, noisy miles" and then to St. Helena "a further 4.1 busy and noisy miles away". You will pass some of the quintessential Napa wineries including Opus One, Nickel & Nickel, Cakebread, Sequoia Grove, Robert Mondavi, Grgich Hills, Del Dotto and Merryvale. You will also pass through Oakville which isn't much but the Oakville Grocery is a place worthy of a stop to pick up picnic supplies. Just don't be in too much of a rush as service is slow. There is a picnic table behind the store.

CROSS ROAD OPTION # 2

You have 5.9 miles of cycling past the Yountville Cross Road to reach Conn Creek Road, your next best choice as a cross road to CA29. That side road is labelled CA128 and it will also take you to the hamlet of Rutherford, a total distance of 2.8 miles

across. When you reach CA 29 turn right and St. Helena is about 4.1 miles north.

CROSS ROAD OPTION #3

Pope Street is the next side road recommended and it will take you right into St. Helena. It is a further 3.2 miles along the Silverado Trail from the Conn Creek turnoff. Pope Street itself is less than a mile in length. Once in St. Helena all accommodation and restaurant choices are very close by.

Yountville Accommodation

VILLAGIO INN & SPA

www.villagio.com/villagio/home.html
6481 Washington Street
Ph: 800-351-1133 or 707-944-8877
Rates are \$340 per night and up.

MAISON FLEURIE

www.maisonfleuriennapa.com/
6529 Yount Street Ph: 800-788-0369
Rates are \$140-\$300 per night.

PETIT LOGIS INN

www.petitlogis.com/

6527 Yount Street Ph: 877-944-2332

Five guest rooms are available at rates of \$185 and up with breakfast, cheaper without.

Yountville Restaurants

For a small hamlet it has an incredible number of excellent restaurants.

FRENCH LAUNDRY

www.frenchlaundry.com/

6640 Washington Street Ph: 707-944-2380

Two unique nine course tasting menus are featured daily. Reservations need to be made 60 days ahead of time, the minute the phone lines open. The restaurant is in a turn of the century stone building surrounded by gorgeous gardens.

BISTRO JEANTY

www.bistrojeanty.com/

6510 Washington Street Ph: 707-944-0103

It is casual yet elegant and offers homey French cuisine. It has one Michelin star.

MUSTARDS GRILL

www.mustardsgrill.com/

7399 Saint Helena Highway Ph: 707-944-2424

California wine country cuisine in a contemporary roadhouse.

NAPA VALLEY GRILLE

www.napavalleygrille.com/yountville/about.php

6795 Washington Street Ph: 707-944-8686

Innovative grill cuisine and original Mediterranean style dishes. Extensive Californian wine list.

PACIFIC BLUES CAFÉ

www.pacificbluescafe.com/

6525 Washington Street Ph: 707-944-4455

Burgers, salads and breakfast service.

HURLEY'S

www.hurleysrestaurant.com/

6518 Washington Street Ph: 707-944-2345

Local ingredients with a Mediterranean flare.

BOUCHON

www.bouchonbistro.com/

6534 Washington Street Ph: 707-944-8037

The owners of the famous **French Laundry** opened up this European style brasserie. It serves a late night menu.

BOTTEGA

www.botteganapavalley.com/

6525 Washington Street Ph: 707-945-1095

Bold Italian flavours. It is Zagat's best new restaurant in the area.

BRIX

www.brix.com/

7377 St. Helena Highway Ph: 707-944-2749

Offering Pacific Rim and Californian fusion cuisine in a vineyard and garden setting with a focus on farm to table dining.

Rutherford Accommodation

RANCHO CAYMUS

www.ranchocaymus.com/

1140 Rutherford Road Ph: 800-845-1777

Well appointed large rooms though bathrooms need updating and breakfasts are pretty basic for the price. Rates start at about \$249 a night.

AUBERGE DU SOLEIL

www.aubergedusoleil.com/

180 Rutherford Hill Road

Ph: 800-348-5406 or 707-963-1211

Gorgeous views, gorgeous rooms and lots of amenities come at the starter price of \$725 per night in cycling season. (April 1 – November 30th)

Rutherford Restaurants

RUTHERFORD GRILL

www.hillstone.com

1180 Rutherford Road Ph: 707-963-1792

Expect casual dining. There is a large patio with outdoor bar and fireplace. Excellent grilled and ro-tisserie items.



AUBERGE DU SOLEIL

www.aubergedusoleil.com/
180 Rutherford Hill Road
Ph: 800-348-5406 or 707-963-1211

The restaurant features romantic dining overlooking the Napa Valley and specializes in California style French cuisine. They also have a bistro and bar menu.

St. Helena Accommodation

Look out for minimum stays of two nights at most places.

THE INN AT SOUTHBRIDGE

www.innatsouthbridge.com/
1020 Main Street Ph: 800-520-6800 or 707-967-9400

It is a member of the 'Small Luxury Hotels' group. Rooms in late October start at about \$400 per night.

MEADOWOOD

www.meadowood.com/
900 Meadowood Lane
Ph: 800-458-8080 or 707-963-3646

Eighty five cottages, suites and lodges are located against the hillside off of the Silverado Trail. Rates start at \$575 per night.

ZINFANDEL INN

www.zinfandelinn.com
800 Zinfandel Lane Ph: 707-963-3512

Spacious rooms. Rates are \$175 to \$330 per night depending on the season.

ADAGIO INN

www.adagioinn.com
1417 Kearney Street Ph: 888-823-2446 or 707-963-2238

Located in a turn of the century home and only two blocks from downtown. Rates vary from \$275 to \$385 and there are 2 night minimums on weekends.

THE WINE COUNTRY INN

www.winecountryinn.com/
1152 Lodi Lane Ph: 888-465-4608 or 707-963-7077

The Inn is a member of the Select Registry. They offer a complimentary Napa Valley restaurant shuttle and afternoon wine and appetizers. Rooms are \$184 (for a tiny room) and up.

St. Helena Restaurants

TRAVIGNE

www.travignerestaurant.com
1050 Charter Oak Avenue Ph: 707-963-4444

This place is a favourite for locals and tourists and serves Italian cuisine.

CINDY'S BACK STREET KITCHEN

www.cindysbackstreetkitchen.com/
1327 Railroad Avenue
Ph: 707-963-1200

Offers American home-style cooking.

MARKET

www.marketsthehena.com/
1347 Main Street Ph: 707-963-3799

American cuisine with a seasonal approach.

THE RESTAURANT AT MEADOWOOD

www.meadowood.com/
900 Meadowood Lane Ph: 707-963-3646

The restaurant offers continental cuisine and lighter spa dishes. It has earned 2 Michelin stars.

TERRA

www.terrarestaurant.com/
1345 Railroad Avenue Ph: 707-963-8931

The restaurant offers sophisticated fusion cuisine. You need to dress appropriately for a formal setting. It has one Michelin star.

GO FISH RESTAURANT

www.gofishrestaurant.net/
641 Main Street Ph: 707-963-0700
Seafood cuisine in the heart of St. Helena.

WINE SPECTATOR RESTAURANT AT THE CULINARY INSTITUTE OF AMERICA

www.ciachef.edu/restaurants/wsgr/
2555 Main Street Ph: 707-967-1010

The restaurant is located in the historic Christian Brothers Winery. Seating overlooks the cooking area or is available on an outdoor terrace.

MARTINI HOUSE

www.martinihouse.com/
1245 Spring Street Ph: 707-963-2233

A craftsmen bungalow has been transformed into a warm, clubby restaurant with a contemporary restaurant. Lots of wild, foraged ingredients are used.

Day 4 — Extra day in St. Helena

The St. Helena area is worth an extra day for a multiplicity of reasons. Its location in the heart of the Napa Valley places you in prime wine tasting country. Another day of wine tours and tastings would be most worthwhile. Non biking activities that might catch your attention include an early morning balloon ride, shopping and culinary classes. (see page 21 for more information). And finally there is some extremely beautiful country heading east in the direction of Lake Berryessa that in itself warrants a full day on the bike.

MILEAGE

Short version is 32 miles (51kms) and the long route is 52 miles (83 kms)

LEVEL OF DIFFICULTY

Difficult – lots of short and long very steep hills on both routes.

HIGHLIGHTS

Beautiful canyon scenery, lovely vegetation with giant pinecones, quiet roads, great workout, amazing downhill ride, Lake Berryessa

ROUTE

Be warned this route has an improbable number of different roads with the word “Pope” included so read the road names carefully.

Leave St. Helena by heading northeast on Pope Street for a distance of 0.6 miles to reach the Silverado Trail. Turn right (easterly) and proceed to Sage Canyon Road in 3.3 miles.

Turn left on Sage Canyon Road (CA128). This takes you into very pretty canyon country BUT the road is narrow and winding so stay on high alert for the occasional car or truck. Follow Sage Canyon for 4.9 miles until it reaches the intersection with Chiles and Pope Valley Road near the top end of Lake Hennessey.

Now you have a choice of:

A: a longer route (31 miles),

B: a shorter route (12 miles) which rejoin at **C**

C: an intersection with the same route back to St. Helena.

A — LONGER ROUTE

You are committing to about a 55 mile day – with some long steep hills. So to do the longer route you bear right onto Sage Canyon Road and stay on it for 8 miles. Then you turn left (north) on Berryessa-Knoxville Road to reach the southern end of Lake Berryessa. Continue north along Berryessa-Knoxville Road which hugs the west side of the lake for the better part of 14 miles. Just after the bridge, turn left (west) onto Pope Canyon Road and climb steeply initially. Follow it for 8.9 miles to Pope Valley Cross Road and turn right (west). You will meet the Chiles and Pope Valley Road after 1 mile and you will turn right (northerly). This is the intersection where the shorter route merges so refer to the note C below for further directions on returning to St. Helena.

B — SHORTER ROUTE

Make a left turn off of Sage Canyon Road at the intersection onto the Chiles and Pope Valley Road. The traffic noticeably diminishes. Follow the Chiles/Pope Valley Road northerly for 12 miles through gorgeous, but hilly country until you meet the intersection with Pope Valley Cross Road on your right hand side. This is the intersection with the longer route so refer to note C below for further directions on returning to St. Helena.

C — FINAL LEG TO ST. HELENA

From this intersection of Pope and Chiles Valley Road with Pope Valley Cross Road proceed northerly on Pope and Chiles Valley Road for 0.8 miles to arrive in the hamlet of Pope. Make a left turn on Howell Mountain Road and be prepared for a big climb. From the valley, the road climbs steeply for two miles but there will be an incredible reward. Once you reach the high point it is basically downhill or flat all the way to St. Helena. Stay on Howell Mountain Road as you coast through

Angwin (a Seventh Day Adventist town) and continue for a total of 4 miles to reach Deer Park Road intersection, about 1.5 miles past Angwin. Go straight onto Deer Park Road and enjoy the switchbacks down towards the Silverado Trail, 4.1 miles away. So you have just had a fantastic 8 mile downhill! Cross Silverado Trail and stay on Deer Park to reach CA29 in about half a mile. Turn left (south) on CA29 (you may have to wait awhile if traffic is bad) and follow it past the Culinary Institute of America all the way into St. Helena about a mile away. You’ve done it and what a great though tough ride it was!!

Day 5 — St. Helena to Healdsburg

TOTAL DISTANCE

35 miles (56kms)

LEVEL OF DIFFICULTY

Mostly easy though there are a few hills on the backroads past Calistoga

HIGHLIGHTS

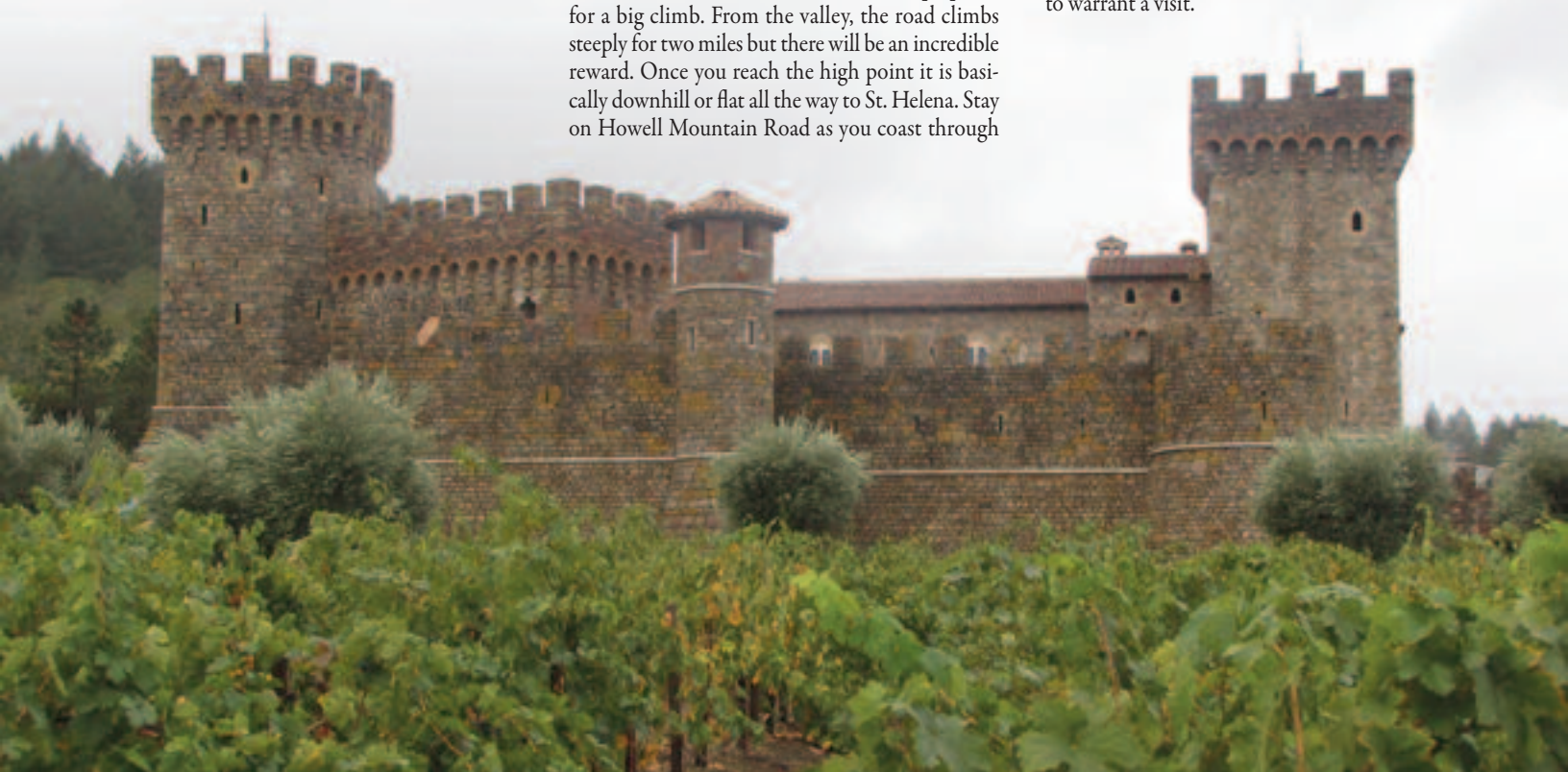
Wineries and tastings, Calistoga, extremely pretty and quiet cycling on the Franz Valley School Roads, the town of Calistoga, Healdsburg.

Wineries worth Visiting between St. Helena and Healdsburg

STERLING VINEYARDS

www.sterlingvineyards.com

A unique entrance to the tasting room at the winery is via an aerial tram. Its location alone is enough to warrant a visit.





CLOS PEGASE

www.clospegase.com

The winery is known for its architecture, art and wine all of which are very interesting, if not outstanding. Service could be a little merrier though!

CASTELLO DI AMOROSA

www.castellodiamorosa.com/

This is your chance to visit a winery housed in a castle such as one would see in medieval Tuscany. You can tour the castle and the winery which focuses on Italian varietals.

SCHRAMSBERG

www.schramberg.com/

Enjoy educational tastings of sparkling wines and visits to their 120 year old caves. Reserve ahead.

Additional Activities

Visit the old faithful geyser in Calistoga which puts on a show hourly and can be found at 1299 Tubbs Lane. Admission fees are \$8 per adult.

Visit the Petrified Forest at 4200 Petrified Forest Road, off of CA29, south of Calistoga. You'll see huge redwood trees petrified after they were covered by ash by a nearby volcano. Admission is \$6.

Route Description

You'll be passing some notable wineries today including Castello di Amorosa (a replication of a medieval Tuscan castle), Freemark Abbey, Twomey, Sterling and Clos Pegase on the way to Calistoga.

Leave St. Helena by way of Main Street / CA 29 and cycle north for 7 miles until you reach Dunaweal Lane.

Turn right onto Dunaweal Lane and in a few hundred feet look for a well marked bike path on your left. Stay on it as it takes you into Calistoga, only 1.5 miles away. When the bike path ends continue straight on the road to Lincoln Avenue where you will find many shops and restaurants.

After your visit in Calistoga head out southerly on Lincoln Avenue towards Foothill Blvd (CA128). Turn right. Stay on Foothill Blvd / CA 128 for a mile to Petrified Forest Road.

Here you have a choice:

CHOICE 1

To visit the Calistoga geyser you will have to continue straight on CA 128 another 1.1 miles past the Petrified Forest Road turnoff to Tubbs Lane and turn right (north). The entrance is about 1 mile up on the left (west) side. After your visit we recommend you back track back to the Petrified Forest Turnoff.

CHOICE 2

From the intersection of Foothills / CA 128 proceed southwest (left if Calistoga is at your back) on Petrified Forest Road. At the first intersection in 0.6 miles turn right onto Franz Valley School Road. This road has a few hills but is a scenic and very quiet back route.

Franz Valley School Road bears right and becomes Franz Valley Road after 4.3 miles. Continue on Franz Valley Road for another 4.5 miles as it winds up and down through pastoral and forested countryside.

The route jogs left then right at Spencer Lane and then carries you over to highway CA128. Turn left (northwest) and stay on the highway for 9.7 miles. This is delightful riding on a mostly gentle downhill gradient. When you reach Alexander Valley Road turn left. Stay on Alexander Valley Road (still CA 128) for 3.5 miles. You'll pass a lot of wineries on this stretch so you might want to make time for a tasting.

Alexander Valley Road swings around to the south and it runs into Healdsburg Avenue. Bear left. You have 2.7 miles left to go! Follow the road south as it becomes West Street as you get closer to town and stay on West Street until you reach the square in Healdsburg. From the square your accommodation choices are all nearby.

Calistoga

Calistoga began as a hot springs resort in the 1860's and still attracts lots of visitors because of the reputed health benefits of the mud baths and hot springs. You've also probably seen Calistoga mineral water in grocery stores too, which comes from here. It feels more laid back than the southern Napa Valley and in fact, franchise fast food is outlawed.

Calistoga Accommodation

SOLAGE CALISTOGA

www.solagecalistoga.com/
755 Calistoga Trail Ph: 866-942-7442

Well appointed rooms with rates starting at \$405 per night.

CALISTOGA RANCH

www.calistogaranch.com/
580 Lommel Road Ph: 800-942-4220 or 707-254-2800
A 46 room luxury resort which looks amazing but prices start at about \$600 per night; it is a member of the 'Leading Small Hotels of the World' group.

GARNETT CREEK INN

www.garnettcreekinn.com/
1139 Lincoln Avenue Ph: 707-942-9797
It is in a Victorian home on the main street. Rates are \$165-\$270 per night.

CASA LANA

www.casalana.com/
1316 South Oak Street Ph: 707-942-0615
Set on the river but close to downtown. Rates are \$219 to \$319 per night.

BRANNAN COTTAGE INN

www.brannancottageinn.com
109 Wapoo Avenue Ph: 707-942-4200
Rates are \$185 to \$255 per night.

CRAFTSMEN INN

www.thecraftsmaninn.com/
1213 Foothill Boulevard Ph: 707-341-3035
Rates are \$150-\$349. This is Calistoga's newest addition of luxury B&B's.

Calistoga Restaurants

BRANNAN'S

www.brannansgrill.com/
1374 Lincoln Avenue Ph: 707-942-2233
Fine dining with a California focus adjacent to the Calistoga spa.

BOSKO'S TRATTORIA

www.boskos.com/
1364 Lincoln Avenue Ph: 707-942-9088
Casual Italian dining and thin crust pizza.

BUSTER'S SOUTHERN BBQ

www.busterssouthernbbq.com/
1207 Foothill Boulevard Ph: 707-942-5605
BBQ food at reasonable prices.

SOLBAR

www.solagecalistoga.com/
755 Calistoga Trail Ph: 707-226-0850
Upscale restaurant that is part of Solage Calistoga. Serves breakfast, lunch and dinner.

JOLE

www.jolorestaurant.com/
1457 Lincoln Avenue Ph: 707-942-5938
Contemporary American with a focus on organic and local ingredients.

Healdsburg Accommodation

There are lots of two night minimums with Healdsburg hotels which is another reason to stay an extra night and explore the immediate area.

MADRONA MANOR

www.madronamanor.com/
1001 Westside Road Ph: 800-258-4003 or 707-433-4231
Luxuriously appointed guest rooms with a pool to boot with rates from \$225 to \$625 per night.

HONOR MANSION

www.honormansion.com/
14891 Grove Street Ph: 800-554-4667
They are a member of Unique Inns and the Select Registry. Rates vary from \$230 to \$600 depending on time of the year. They are the number one rated hotel by Trip Advisor for Healdsburg.

DUCHAMP

www.duchamphotel.com
421 Foss Street Ph: 800-431-9341 or 707-431-1300
They have six cottage suites in a unique contemporary hotel. Rooms run from \$350 to \$425 per night.

HEALDSBURG INN

www.healdsburginn.com/
112 Matheson Street Ph: 800-431-8663
It is located right on the plaza. Rooms are well appointed and breakfasts are very good. The King Spa guest room was very nice but the Carriage House needs improvement with its bathroom and seems overpriced.

HOTEL HEALDSBURG

www.hotelhealdsburg.com/
25 Matheson Street Ph: 800-889-7188
Rooms are very well appointed. Rates range from \$360 to \$510 per night in season. They offer a pool, spa and fitness center if you didn't get enough exercise on your bike.

410 MATHESON LUXURY INN

www.410matheson.com/
410 Matheson Ph: 707-433-4230
This is a luxury inn housed in a historic landmark. Rates start at \$285 per night with a two night minimum.

HAYDON STREET INN

www.haydon.com/
321 Haydon Street Ph: 800-528-3703 or 707-433-5228
This is a small B&B in a residential neighbourhood. Rates are \$190 to \$425 per night.

GRAPE LEAF INN

www.grapeleafinn.com/
539 Johnson Street Ph: 866-433-8140 or 707-433-8140
An elegant inn set in an early 1900's Queen Anne House. Rates are \$265 and up.

Healdsburg Restaurants

So many great dining choices are available. There are also a few noteworthy coffee shops including Flying Goat Coffee at 324 Center Street where the locals go and Costeaux French Bakery at 417 Healdsburg Avenue for lunches, pastries and coffees.

WILLI'S SEAFOOD & RAW BAR

www.starkrestaurants.com/willis_seafood.html
403 Healdsburg Avenue Ph: 707-433-9191
A popular spot serving small plates.

BISTRO RALPH

www.bistoralph.com/
109 Plaza Street Ph: 707-433-1380
A popular, busy spot offering bistro food.

ZIN RESTAURANT AND WINE BAR

www.zinrestaurant.com
344 Center Street Ph: 707-473-0946
Lots of zin in the delicious dishes prepared with a farm to table philosophy.

MADRONA MANOR

www.madronamanor.com/restaurant.htm
1001 Westside Road Ph: 800-258-4003
This is considered to be Healdsburg's romantic din-

REDWOOD TREE FACTS



They occupy a narrow strip of land along the Pacific coast that is only 450 miles in length.

The tallest and oldest trees are found in deep gullies and valleys where fog drip and stream water is regular.

Bark is up to 12 inches (30 cms) thick.

The oldest trees are over 2000 years old and trees around 700 years of age are common.

Trees over 200 feet tall are widespread and many are over 300 feet tall.

A circumference of 26 feet at chest level has been recorded.

ing destination. A la carte and tasting menus are offered. It has earned one Michelin star.

CYRUS

www.cyrusrestaurant.com/

29 North Street Ph: 707-433-3311

Run by America's best new chef in 2006 and is referred to as The French Laundry of Healdsburg. It has 2 Michelin stars. The restaurant is located in Les Mars Hotel, a Relais and Chateaux property.

DRY CREEK KITCHEN

www.charliepalmer.com/Properties/DryCreekKitchen/

317 Healdsburg Avenue Ph: 707-431-0330

This hopping spot is located in Hotel Healdsburg.

Day 6 — Extra Day in Healdsburg

If you can afford the time then an extra day in Healdsburg is very worthwhile. There is a scenic loop up the Dry Creek Valley which offers many worthwhile wine tasting experiences. Pick up a picnic lunch at the Dry Creek store to enjoy with your wine tasting, though the place can be slow and very busy.

If wine isn't your thing then perhaps you might enjoy an extra day of just cycling one of the scenic but very

quiet roads. You could do a loop to include Chalk Hill, Old Redwood and Eastside Roads. Westside Road and the Alexander Valley are also worthwhile cycling destinations.

Shopping and browsing in one of Healdsburg's two independent bookstores, both of which are found on the plaza, can while away many hours. Look for other unique stores on the plaza including Oakville Grocery, a gourmet food store and several clothing and accessories stores. Throw in a long lunch and a spa service and your day will be over, all too quickly.

TOTAL DISTANCE

30 miles (50kms) to do the loop as outlined in the route description

LEVEL OF DIFFICULTY

Easy

HIGHLIGHTS

Beautiful scenery in the Dry Creek Valley, first class wines and wineries

WINE TASTING

Plan a day based on your personal preferences and solicit advice from others on the fun and delicious

wineries to visit. You don't have to go more than a few miles in either direction to keep yourself busy for the day.

Route Description

Includes a loop from Healdsburg north up the Dry Creek Valley vineyards to Lake Sonoma, back down and across to Geyserville and out east and around vineyards back to Healdsburg.

Leave the Healdsburg square at the corner of Healdsburg and Matheson Street by heading west on Matheson to Grove Street. Turn right on Grove and follow it for a mile to Dry Creek Road.

Turn left on Dry Creek Road and follow it for 3.4 miles until you reach Lambert Bridge Road which comes in from the west. Here you will see the Dry Creek Grocery on your right, a great spot to pick up a picnic lunch.

Now you have two options:

1 — continue north on Dry Creek Road which will meet up with option 2 at the Yoakim Bridge

or

2 — cross west on Lambert Bridge Road to West Dry Creek which is even quieter. There are numer-

ous wineries all over this valley so plan ahead of time where you might want to go and don't forget to pick up complimentary tasting tickets from your hotel.

For the quieter option 2 turn left on Lambert Bridge Road and stay on it for 0.7 miles to the end. Turn right onto West Dry Creek. This road will wind through vineyards and fields for about 4.8 miles to Yoakim Bridge Road where it rejoins option 1 on Dry Creek Road.

Turn left (north), if on Option 2 or if joining from Option 1 keep going north on Dry Creek Road.

You can follow Dry Creek Road up to the base of Lake Sonoma dam. For the energetic crowd, you can continue on Skagg Creek Road and can climb on up to Lake Sonoma and even the recreation area just on a short distance away over the bridge on Rock Pile Road. Picnic time?

On the way back, whether you climbed to Lake Sonoma or not, you may very well have noticed the Sbragia Family Winery which will appear on your left in just under a mile from the base of the dam. It is well worth a visit for wine tasting and its lovely terrace could also be a picnic opportunity as it sits up on a hill with picturesque views of the valley.

Continue heading south (left out of the Sbragia winery) on Dry Creek Road. In 1.1 miles the Ferrari-Carano winery appears and it is certainly worth a visit, even if it is just to see the home and gardens. We hear the premium wine tasting in the basement (not the main level) is the one to do.

Back on Dry Creek Road continue south (right out of the winery) and continue on Dry Creek Road for 1.1 miles. A short distance past Yoakim Bridge Road turn left (east) on Canyon Road and follow it for 2.2 miles across and to just east of the busy California Highway 101. Turn right (south) onto Geyserville Avenue and in about a mile you'll be in the small hamlet of Geyserville. It has a few shops, hotels and restaurants.

As you go south in Geyserville itself, look out for CA128 on your left. Turn left onto CA128 and continue for 3.7 miles as it twists and turns through expansive vineyards until you reach Geysers Road and then turn right. Continue for 0.2 miles and then take a hard left to stay on CA128. Follow it for 1.8 miles to reach Alexander Valley Road. Turn right (west).

You are in familiar territory as this road is part of the loop you covered yesterday. Stay on Alexan-



der Valley Road for 3.3 miles until it merges with Healdsburg Valley Road. Continue southerly on it to the plaza, 2.7 miles away.

Day 7 — Healdsburg to Guerneville

TOTAL DISTANCE

18 miles (29kms) + a minimum of 6 miles (10kms) to do the return trip to Armstrong Redwoods State Park

LEVEL OF DIFFICULTY

Easy to Guerneville and into the Armstrong Redwoods Park. Difficult optional climb to the Austin Creek State Recreation area.

HIGHLIGHTS

Wineries, great tasting rooms, scenic mostly quiet roads, giant redwood trees, quirky Guerneville.

Wineries worth Visiting

HOP KILN

www.hopkilnwinery.com/
6050 Westside Road

The winery is housed in a historic kiln, used previously for processing hops. Their grounds are beautiful and worthy of a picnic stop and the reds are reputed to be excellent. A busy winery!

GARY FARRELL

www.garyfarrellwines.com/
10701 Westside Road

A steep climb takes you to a winery with outstand-

ing views and outstanding wines. Well worth a visit. No reservations needed. A favourite!

KORBEL CHAMPAGNE

www.korbel.com/
13250 River Road

They offer daily garden and winery tours and have an onsite deli, making a picnic possible. Known for traditionally made champagne.

ROUTE DESCRIPTION

From the east side of the main square in Healdsburg head south on Center Street and in 0.1 miles make a right onto Mill Street. Follow it under Highway 101 where it turns into Westside Road.

Very quickly you are in lovely countryside. Follow the road on a big turn to the left (south) and continue on Westside Road for 5.7 miles to reach the Hop Kiln Winery. The winery is located in a historic building that processed hops up until 1950. It sells picnic food and welcomes guests to stay and enjoy a picnic lunch.

Continue south on Westside Road and pass many more wineries and tasting rooms. You don't have far to go today so take advantage of the tasting opportunities. Another 5.1 miles of cycling will bring you to the turnoff to Gary Ferrell Wines, a very worthwhile stop despite the winery being at the top of a very steep road. It's worth the climb! Careful on the downhill out of the winery and turn right on to Westside Road.

Carry on for another 1.8 miles of generally quiet biking beyond the Gary Ferrell winery and you will merge with River Road (referring to the nearby Russian River). Now it becomes busier as you continue towards Guerneville with tighter shoulders in places with more and bigger vehicles. There is also a lot of redwood tree debris on the road shoulder. Be aware.

If you have a taste for Champagne perhaps try the Korbel Champagne Cellars along the way. Stay on River Road for 5.1 miles until you reach Guerneville. All the accommodation choices are a short distance away from the main street.

Loop to Armstrong Redwoods State Park

At the east end of Guerneville look for Armstrong Redwoods Road heading north. Take that road for 2.3 miles to the entrance of the Park which is free to pedestrians and cyclists. Continue through the park on narrow roads. You'll notice an instant drop in temperature since the sun doesn't get a chance to penetrate very deeply. Take some time to enjoy the sight of these enormous and stately trees.

After about a mile into the park you will come to a three way intersection. The centre road is an epic 3 mile (one way) climb on an out and back trip. Now you can either pass on this epic option and explore the park or even go for a hike. But if you are feeling frisky, take the narrow road straight ahead and you will have a challenging but ultimately very rewarding ride. The road has grades of up to 12% (you can

INTERESTING WINE FACTS

- Leaving wine unprotected in a hot car on a hot day can 'cook' the wine in only 30 minutes making it undrinkable or turning it into a lesser wine.
- A winery in the US has no legal duty to employ any standards when using the term 'Reserve'.
- An American oak barrel costs upwards of \$700 per barrel whereas French oak can start at closer to \$900 per barrel. Barrels can have different levels of toasting depending on how long the barrel is fired.
- The biggest bottle is called a Goliath/Primat and can hold 3 cases of wine – 27 litres in total!!
- A corked wine is affected by TCA (trichloroanisole) and the telltale odour is that of wet socks or wet newspaper.
- 1 barrel = 25 cases of wine
- Napa vineyard values range from a low of \$US70, 000 per acre in the Chiles Valley to \$US350, 000 per acre in the Rutherford area. Ouch!
- Bottle sizes are important because they influence the speed of aging. Magnums (the equivalent of 2-750 ml bottles) are considered to be the perfect size for ageing.
- The vineyards of Sonoma are much more affordable. Their range is \$US70, 000 to \$US125, 000 in the Russian River area.
- 1 ton of grapes = 149 gallons of wine or 744 bottles of wine
- 1 acre of mature vineyard provides 2-8 tons of grapes

always push your bike) but it's definitely worth it. Once at the top enjoy views over the Austin Creek State Recreation area. Return the same way you came and allow about 1 1/2 hours to cycle from Guerneville to the top and back, and even more time for photography and walking.

Guerneville & Area Accommodation

APPLEWOOD INN

www.applewoodinn.com/

13555 Highway 116 Ph: 707-869-9093

This is a lovely spot with well appointed rooms, large common rooms and a pool/hot tub area. An excellent restaurant is on the premises too. Rates are \$195 to \$345 per night.

BOON HOTEL

www.boonhotels.com

14711 Armstrong Woods Road Ph: 707-869-2721

It bills itself as a hip boutique hotel. Rates are \$185 to \$250 per night.

SONOMA ORCHID INN

www.sonomaorchidinn.com

12850 River Road Ph: 888-877-4466 or 707-887-1033

Rooms are \$149 per night and up. It is located on the hillside above the Russian River.

FERN GROVE COTTAGES

www.ferngrove.com/

16650 Highway 116 Ph: 888-243-2674

Cottages, some with full kitchen are available and breakfasts are included. Rates are \$89-\$139 per night.

Guerneville Restaurants

This is a much smaller spot so there isn't the choice of restaurants that you will find in wine country. There are pizza places and Chinese restaurants as well as those listed below.

APPLEWOOD RESTAURANT

www.dineatapplewood.com

13555 Highway 116 Ph: 707-869-9093

Fine dining at the Applewood Inn and voted in the top 10 for best overall meal by Open Table diners. It was good but not sure it was that GOOD.

BOON EAT & DRINK

www.eatatboon.com/

16248 Main Street Ph: 707-869-0780

Simple, locally sourced food is used for small plates, charcuterie, paninis, salads and seasonal main dishes.

FARMHOUSE INN (IN FORESTVILLE)

www.farmhouseinn.com/

7871 River Road, Forestville

Ph: 800-464-6642 or 707-887-3300

It is located 7 miles east of Guerneville so difficult on a bike but it has received a Michelin star and lots of awards. It is part of an interesting looking inn.

PAT'S RESTAURANT

www.pats-restaurant.com/

16236 Main Street Ph: 707-869-9904

American comfort food in leather booths.

Day 8 — Guerneville to Bodega Bay

TOTAL DISTANCE

22 miles (35kms)

LEVEL OF DIFFICULTY

Easy with only one climb as you near the coast but do watch for traffic as the road can be narrow

HIGHLIGHTS

Redwoods, Russian River scenery, gorgeous coastal scenery, beaches

ADDITIONAL ACTIVITIES

Paddling and horseback riding – look on page 21 for more information

Route Description

Head west out of Guerneville on Main Street which is also River Road/CA 116. Be careful as the sides of the roads can be littered with redwood tree debris though fortunately the roads aren't too busy. Follow River Road/ CA 116 past the turnoff for Monte Rio, and continue through Duncan's Mills just after the 8 mile mark. It is a total of 12 miles to the intersection with the Coast Highway 1. We are headed south but if you turn right and head north you will quickly reach the small community of Jenner.

So turn left (south) on Highway 1, and cross the bridge over the Russian River. Climb for the better part of a mile until you reach the first of a series of State parks that dot the coast in both directions. You are now on the iconic California Highway 1. There isn't much of a shoulder so be very careful with the cars. There are lots of beaches from here to Bodega Bay to pull over and explore.

To reach Bodega Bay continue south on CA1 for about 8.5 miles. The community is spread out over a few miles so it is wise to know ahead of time where you are spending the night and where you plan on eating, especially when the days are short.

Bodega Bay and Area Accommodations

There are several small communities in the Russian River area near Guerneville. Monte Rio, 4 miles west of Guerneville offers the area's only movie theatre plus live theatre. Duncan Mills another 4 miles west offers shopping, art galleries, wine tasting, a general

store and restaurants. Six miles south of Monte Rio is Occidental known for Italian restaurants and shopping. We recommend staying in either Bodega Bay or Jenner as it positions you better to complete the wine route unless you have some extra time.

Bodega Bay is 9 miles south of the intersection of California Highway 1 and 116. It is a fishing village with crab shacks, seafood restaurants and offers excellent opportunities for bird and whale watching. Greater Bodega Bay seems to stretch south along the highway.

Jenner is 16 miles west of Guerneville, just north of the intersection of California Highways 1 and 116. It is a quaint oceanside village overlooking the mouth of the Russian River. It offers great views, excellent restaurants and is close to the lovely beach of Goat Rock State Park.

Here are two accommodation choices but there are others especially in Bodega Bay.

RIVER'S END

www.ilovesunsets.com/

11048 Highway 1, Jenner Ph: 707-865-2484

You'll find this place 16 miles west of Guerneville. They have simple accommodation with great vistas of the Sonoma Coast. Rates are \$120 to \$200.

BODEGA BAY LODGE

www.bodegabaylodge.com/

103 Coast Highway 1 Ph: 888-875-2250

Rates are \$190 and up. The views are nice but we didn't find it to be very personable or friendly.

Bodega Bay Restaurants

TERRAPIN CREEK CAFE

www.terrapincreekcafe.com

1580 Eastshore Road Ph: 707-875-2700

A casual neighbourhood spot serving very good, responsibly sourced food.

DUCK CLUB RESTAURANT

www.bodegabaylodge.com/hotel-dining.html

103 Coast Highway 1 Ph: 888-875-2250

Serves better than expected Californian continental cuisine with excellent service.

SPUD POINT CRAB COMPANY

www.spudpointcrab.com/

1860 Westshore Road Ph: 707-875-9472

This is the place for clam chowder and crab and shrimp sandwiches. You can eat fresh crab on a table outside.

Day 9 — Bodega Bay to Santa Rosa

TOTAL DISTANCE

28 miles (45 kms)

LEVEL OF DIFFICULTY

Easy

HIGHLIGHTS

Friendly cafe in Bodega, lovely cycling from Bodega Bay to Sebastopol, especially on the back roads, relaxing bike path from Sebastopol to Santa Rosa

Route Description

From the main section of Bodega Bay head south for 5 miles along CA1. Turn left at Bodega Highway and in 0.6 miles you will find yourself in the small community of Bodega which has an excellent coffee shop.

Stay on the Bodega highway as it winds through agricultural country until you reach Barnett Valley Road, 5.2 miles along. Turn right (south).

This next section will keep you on quieter roads to Sebastopol though at times you may wonder where you're being lead. The roads are narrow but scenic.

Stay on Barnett Valley Road until you reach Thorn in about 4 miles. There are a few short but steep hills to deal with. Turn right (south) on Thorn and then follow the main road left (east) on Kennedy. Stay on Kennedy for 1.1 miles where it runs into Bloomfield and Pleasant Hill Road. Take a sharp left onto Pleasant Hill Road.

Turn right (south) on Main Street and follow it south across the Bodega Highway/Sebastopol Avenue again. Continue south and in 1 ½ blocks look for the 'Joe Rodota Trail', on your left and over half a block. This is a bike path that will take you all the way to Santa Rosa.

Stay on the well signed trail for 7.5 miles until you reach Santa Rosa. This is actually some of the least interesting cycling of the whole trip but it is flat, quiet and fast cycling. Once In Santa Rosa look for cross streets and work your way up and off the trail to a known point and from there to your accommodation or the bike rental shop. Well done; one wine country coastal California loop complete!

Other Activities

California wine country area has much more to offer than just wine tasting and biking. A culinary vacation is a possibility with several culinary schools offering courses in the area. If you pair that, with trips to the local farmers markets, then you'll have a better sense of the local food scene.

If you include the Guerneville area in your plans then horseback riding and paddling options are feasible. Throughout the region there are numerous spas with the mud baths of Calistoga being unique. And, an early morning ballooning trips will give you a bird's eye view of the valley. Listed below are some of the companies offering some of these activities. Most require reservations. A date with a culinary course would definitely require some advance planning.

BALLOONING

Allow 3 to 5 hours per tour and plan to start at dawn. If you're lucky you'll be able to see the San Francisco skyline. Expect to pay about \$225 per person and most include a champagne lunch afterwards.

ABOVE THE WINE COUNTRY BALLOONING

www.balloontours.com
Ph: 888-238-6359 or 707-538-7359

AEROSTAT ADVENTURES

www.aerostat-adventures.com
Ph: 800-579-0183 or 707-433-3777

BALLOONS ABOVE THE VALLEY

www.balloonrides.com
Ph: 800-464-6824 or 707-253-2222

NAPA VALLEY BALLOONS

www.napavalleyballoons.com
Ph: 800-253-2224 or 707-944-0228

HORSEBACK RIDING

ARMSTRONG WOODS TRAIL RIDES & PACK STATION

www.redwoodhorses.com
In Guerneville Ph: 707-887-2939
They offer part day to full day rides.

CHANSLOR RANCH NEAR BODEGA BAY

www.chanslor.com
Ph: 707-875-3333
They offer trail and beach rides from ½ hour to 1 ½ hours.

TRIPLE CREEK HORSE OUTFIT

www.triplecreekhorseoutfit.com/
Ph: 707-933-1600
They offer one to three hour rides through three different California state parks.

PADDLING

BURKE'S CANOE TRIPS ON THE RUSSIAN RIVER

www.burkescanoetrips.com
Ph: 707-887-1222
They offer self guided or multiday canoe trips through the heart of the redwoods.

SPAS

There is no shortage of spas in either the Napa or Sonoma regions. Napa boasts 21 of them while Sonoma is home to 14. Here is a sprinkling of them:

CALISTOGA OASIS SPA

1300 Washington Street, Calistoga Ph: 707-942-4441
You could try the Calistoga immersion mud bath.

CALISTOGA HOT SPRINGS

www.calistogaspaspa.com
1006 Washington Street, Calistoga
Ph: 866-822-5772 or 707-942-6269

THE CARNEROS INN

www.thecarnerosinn.com
4048 Sonoma Highway, Napa Ph: 707-299-4850
A warm goat butter massage is one of the current favourites.



LINCOLN AVENUE SPA

www.lincolnavenuespa.com
1339 Lincoln Avenue, Calistoga Ph: 707-942-2950
They offer the classic body mud mask.

SPA SOLAGE

www.solagecalistoga.com
755 Silverado Trail, Calistoga Ph: 866-942-7442
They offer the full body mud cocktail.

THE FAIRMONT SONOMA MISSION INN & SPA

www.fairmont.com/sonoma
100 Boyes Blvd. Sonoma Ph: 707-938-9000

FARMER'S MARKETS

Most towns have their own version of a farmer's market. Call to get their current location and schedule.

CALISTOGA

Saturdays from 8:30am - noon. Ph: 707-942-8892

HEALDSBURG

Saturdays from 9am-noon and Tuesdays 4 - 6:30 pm
Ph: 707-431-1956.

SONOMA

Tuesdays from 5:30-8pm and Fridays from 9am -
12:30pm Ph: 707-538-7023.

ST. HELENA

Fridays from 7:30am - noon Ph: 707-486-2662.

SANTA ROSA

Saturdays from 9 am - noon. Ph: 707-538-7023.
Wednesdays and Saturdays from 8:30am - noon
Ph: 707-522-8629.
Wednesdays from 5pm - 8:30pm Ph: 707-524-2123.

NAPA

At the Napa Wine Train station on Saturday mornings
Ph: 707-252-7142
The Chef's Market on Thursdays from 5pm - 9pm
Ph: 707-257-0322
Oxbow Public Market from Monday to Saturday 9am -
9pm and on Sundays until 5 pm. Ph: 707- 963-1345.

COOKING SCHOOLS

CASA LANA

www.casalana.com/
Ph: 877-968-2665 or 707-942-2665
They offer 5 hour to 5 day cooking classes plus
weekend cooking classes.

CULINARY INSTITUTE OF AMERICA

www.ciachef.edu/california/
Ph: 707-967-1100
Choose from a culinary boot camp to weekend
courses to demonstrations. Located in a beautiful
building just north of St. Helena.

HUGH CARPENTER, CAMP NAPA

www.hughcarpenter.com
Ph: 707-252-9773
Week long courses only.

PINE RIDGE WINERY

www.pineridgewinery.com
Ph: 707-253-7500
They offer food and wine pairing seminars every
Sunday.

TAXIS AND LIMOS IN THE NAPA VALLEY

You might consider putting your bike away for a
day and enjoying the services of a limo driver who
can then transport you and your wine too. There
are lots of limos to choose from and here are a few
of them:

KMA CORPORATE SEDAN & LIMOUSINE SERVICE

www.kmalimo.com
Gerry Brenner is a professional chauffeur. Contact
him at 707-426-9800.

VALLEY VALET TAXI - YOUR DESIGNATED DRIVER!

Ph: 707-942-9009

LIMOS AMERICA WINE TOURS

www.limosamerica.com
They offer package tours and 'As Directed' tours.

TOUR COMPANIES IN WINE COUNTRY

Despite our best efforts to lay it all out in this guide
and make it simple, some of you might still be in-
terested in having a touring company handle all the
reservations and detailed planning. In the
Napa/Sonoma areas you certainly have lots of
choice and price points for the tour companies.
Near Healdsburg we saw 5 different tour compa-
nies operating on one day alone.

GETAWAY ADVENTURES

www.getawayadventures.com
Ph: 800-499-2453 or 707-568-3040
They offer day or week long bicycle tours.

GOODTIME TOURING COMPANY

www.goodtimetouring.com
Ph: 888-525-0453 or 707-938-0453
They offer one day lunch tours for \$US135.

NAPA VALLEY BIKE TOURS

www.napavalleybiketours.com
Ph: 800-707-2453 or 707-944-2953
They offer half day to one day guided or self guided
tours starting at \$US79 per person which includes
a picnic lunch.

WINE COUNTRY BIKES

www.winecountrybikes.com/
Ph: 866-922-4537
They offer tours varying in length from one day to
one week in both guided and self guided formats.

LIFECYCLE ADVENTURES

www.lifecycleadventures.com/index.php
Ph: 888-669-2453
They offer an assortment of tours varying in length

from 3 days to 7 days covering a wide spectrum of accommodation options. Rates start at \$US950 per person for 2 nights/3 days for clean and simple hotels and go up from there.

BACKROADS

www.backroads.com

Ph: 800-462-2848 or 510-527-1555

They offer a 5 night/6 day trip at casual inns for \$US2198 per person or at premier inns for \$US2698 per person. A 2 night/ 3 day weekend is also offered in the Alexander Valley for \$US1598 per person.

SOJURN TOURS

www.gosojourn.com/

Ph: 800-730-4771

They offer 6 day tours of the Sonoma area for \$US2295 per person.

TREK TOURS

www.trektravel.com/

Ph: 866-464-8735

They offer a variety of tours including a California Coast Tour, California wine tour and long weekend and weekend versions. Rates vary from \$US1595 per person for the weekend to \$US2795 per person for a week's tour. They will also do custom tours.

BICYCLE ADVENTURES

www.bicycleadventures.com/

Ph: 800-443-6060

They offer budget, redwoods, 4 day and 6 day tours to the area. A 5 night/6 day tour runs \$US2656 per person.

Useful Information

SONOMA TRANSIT/NAPA TRAIN

www.sctransit.com

You can actually get around the Napa Valley and north of Healdsburg using public transit. Visit their website for schedules and pricing.

NAPA WEATHER

www.weather.com/weather/tenday/94558

CURRENCY CONVERTER

www.xe.com

MILEAGE CONVERTER

1 kilometre = 0.621371192 miles or visit www.metric-conversions.org

Maps

We highly recommend you order a detailed map ahead of time so you can get a better sense of where wineries are and exactly where YOU want to go. Try either of the following.

www.bikesonoma.org

You can order the Sonoma County bicycle map online for \$10.95 + tax and shipping. It is also locally available in bike stores.

www.krebscycleproducts.com/

Order the North San Francisco Bay & Wine Country map online for \$10 + tax and shipping. It is an excellent map with amazing detail.



Wine Country of California

hikebikettravel.com



Winery Legend

- A Del Dotto Napa
- B Benziger Winery
- C Robert Mondavi

- D Cakebread
- E Grgich Hills
- F Castello di Amorosa
- G Clos du Val

- H Sbragia Family Vineyards
- I Ferrari Carano
- J Gary Ferrell
- K Hop Kiln



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