

Colorado HeartCycle

2010 - 2011 Tours

June 22, 2010

Home Page: www.heartcycle.org

**PLAN A BICYCLE TOUR WITH COLORADO HEARTCYCLE!
A HEARTCYCLE TOUR OFFERS VARIETY, CHALLENGE, AND GREAT PLACES TO VISIT
ALL AT A PRICE TO KEEP YOU SMILING**

We offer:

- Road bike tours of a week or longer in Colorado, North America, and Worldwide
- Road bike tours for shorter schedules, including weekends
- Weekend Training rides
- Small groups (usually 30 or less)
- Friendly people - all ages
- Experienced leaders

OUR 32nd SUCCESSFUL YEAR!

WHAT IS HEARTCYCLE?

The Colorado HeartCycle Association, Inc. is a non-profit Colorado corporation in its 32nd year of providing bicycle tours. The club is organized and run by volunteers who enjoy the challenge and the fun of cyclotouring and want to share their enthusiasm. HeartCycle has the unique distinction of having originally been formed as a cardiac research project (hence the name), but has long since become simply a non-profit bicycling club that promotes multi-day, SAG supported tours. A volunteer Board of Directors meets monthly and welcomes member attendance and participation in planning and running events. HeartCycle also has many other volunteers working to assist the Board. During 2010, HeartCycle will be offering 13 tours in Colorado, California, Oregon, Arizona, Utah, Virginia, Washington, Idaho, New Hampshire, Germany and a very unique tour, the third leg of our Ride Across America. All tours are led by volunteers, and the costs are kept as low as possible consistent with providing quality lodging facilities and support on the road.

WHAT CAN YOU EXPECT ON A HEARTCYCLE TOUR?

Each bicycle tour will be led by a knowledgeable and experienced leader, and usually is limited to 30 people, including support personnel. One or more support (SAG) vehicles will accompany each tour to carry luggage, water, snacks, first aid supplies, repair equipment, and to transport riders in **emergency** situations. The SAG will stop at designated locations to provide riders with water, snacks and lunch. Breakfast and supper are usually at the rider's expense. You must provide your own bicycle. For most tours any bicycle that is lightweight, with a wide gear ratio and clip-less pedals is acceptable.

Each cyclist must wear a helmet and carry water. Panniers are not necessary. However, we strongly recommend carrying spare clothing, rain jacket and pants, sun screen, pump, spare tube, tire irons, basic tools, snacks and other personal items. Keep in mind that temperatures can range from below freezing at higher elevations to above 100 degrees in desert regions. All tour participants are expected to train adequately to ensure their ability to complete the tour. Please come prepared to be a safe and self-reliant rider.

Motel rooms will be comfortable, with two persons per room. No smoking is permitted in any motel rooms. If you do not specify a desired roommate, you will be matched with a rider of the same sex. It may be possible to provide you with a private room at an additional cost of 50% of the tour price. If you request a private room, your leader will contact you about whether your request can be fulfilled. Unless otherwise stated in the tour description, tour

costs include lodging the night before the first day of cycling, but do not include lodging the evening of the last day of riding. Dates listed for all tours begin with the day before the first day of riding. Typically, there will be an organizational meeting of all tour participants on the evening of this date.

It is customary for HeartCycle members to have a collection near the end of the tour to show their appreciation to the leaders and SAGs for their efforts in planning and running a trip that allows HeartCycle to offer a wide variety of trips each year. This recognizes the simple fact without them, HeartCycle would cease to exist.

SELECTING, REGISTERING AND PREPARING FOR A TOUR

WHICH TOUR WOULD YOU LIKE?

The enjoyment you derive from your tour is largely dependent on choosing a tour that suits your ambitions and experience. Some factors to consider as you select a tour include your previous cycling experience, physical condition, the amount of time you will be able to devote to training, and what you want from the tour. We suggest that persons who have not previously ridden on a multi-day tour choose a shorter tour. HeartCycle encourages participation in the sport of bicycling at all levels. For the safety and enjoyment of all tour participants each cyclist must carefully consider the difficulty of the tour they select. Generally the distance per day, type of terrain (mountainous or flat), pavement (smooth, chip and seal, or crushed gravel) and climate govern the classification of HeartCycle tours. For each tour, we provide the name and contact information for the leader. Check with the appropriate tour leader if you have specific questions about a tour you are considering or your ability to participate.

COLORADO HEARTCYCLE TOUR RATINGS

All of our tours are rated using our tour rating system. The system uses a two position code to describe the **Terrain** and the **Distances** involved. Terrain is the first character and is **E** (Easy), **I** (Intermediate), **A** (Advanced) and **X** (Expert), as described below. The second position in the code indicates the daily mileage. Where necessary, tour leaders will indicate a range of overall codes.

Easy: Mostly flat with few, short, and low gradient hills.

Intermediate: More frequent hills, but usually less than 7% grade and less than 2000 feet of daily vertical climbing total.

Advanced: More frequent hills, with up to 9% grade and up to 4000 feet of daily vertical climbing total.

EXpert: Frequent climbs exceeding 9% gradient or vertical climbing exceeding 4000 feet daily vertical climbing total.

Of course, there are other factors such as the risk of bad weather, sustained high elevations, motorized traffic intensity, etc. but some of these are difficult to predict in advance, and altitude should be obvious from a tour's description; altitude is also implicit in the above ratings, since it would be difficult to find elevation gains of 4,000 feet at low altitude.

Mileage range is indicated in all tour descriptions, but where necessary, tour leaders have indicated unusual combinations that may be present on a tour, such as an overall Intermediate terrain tour with mileages from 60-87 miles may have one difficult terrain day with an **A-87** day which riders should be aware of. In such a case, the tour might have a code of **I-60/75 to A-87(1)**.

HOW MUCH SHOULD YOU TRAIN?

Adequate training is essential for enjoyment of your HeartCycle tour. Try to begin your training three to four months prior to the tour. Incorporate as much hill climbing into your schedule as possible to prepare for mountain climbs. Your training should also depend on the rating of your selected tour as well as its scheduled departure. For example, for an Intermediate to Advanced tour scheduled for July, you might begin in March with rides of 10-20

miles per day, two to three days per week. In April, increase mileage to over 50 miles per week while riding three to four days a week. In May and June, gradually increase your mileage to over 150 miles per week in four to five rides; including two rides of 50-70 miles each, with one involving extensive climbing. For tours earlier in the year, you need to stay in condition, possibly with spinning classes or XC skiing.

You need to train your body to meet the demands of bicycle touring in the mountains. We strongly urge residents of the Colorado Front Range to take advantage of the Colorado HeartCycle training program outlined in this brochure. If you cannot train with us, you can use this schedule as an indication of the amount of training to pursue.

If necessary, discuss your training schedule with the tour leader to see if your training will be adequate for the tour.

CYCLING SAFETY

- * Use a rear-view mirror
- *Wear bright clothing.
- * Bring enough clothing. The weather can change rapidly, and descents at high altitude can be unbelievably cold.
- * Drink enough water; consider a back-pack hydration system
- *Eat enough snacks.
- * Never pass another cyclist on the right. When passing, call out "On your left!"
- * Cross railroad tracks or cattle guards at right angles.
- * If you are the first to spot traffic approaching from the rear, call out "Car back!" (Do not say this when passing another rider!)
- * Point out obstacles and hazards to following cyclists.
- * Ride double file only when no cars are present (never ride triple file).
- * Draft only if you are experienced and everyone in the pace line is, also.
- *Consider a handlebar-mounted mapholder.

YOU MUST WEAR AN ANSI-APPROVED HELMET WHILE CYCLING ON ANY HEARTCYCLE TOUR AND/OR TRAINING RIDE.

HOW DO YOU SIGN UP FOR A TOUR?

1. You must be a Colorado HeartCycle member to participate in a tour.
2. You may register at online at www.heartcycleregistration.org or by completing the **Membership Form** located in this brochure.
3. If you are completing the forms available in the brochure, please include any **membership fees** in your payment. Fill out the **Tour Registration Form** in its entirety. Indicate your roommate preference (if you have one), or whether you would like a private room, if available, for a 50% surcharge (contact the tour leader for availability of a private room). Further, select your preference concerning what we should do if the tour is full (choose either "Place me on a wait list" or "Return my uncashed check"). Include the **required tour deposit** in your payment (or full payment if past the due date for the tour).

Send payment and forms to: Colorado HeartCycle, P.O. Box 100743, Denver, Colorado 80250-0743

4. Note that tour registration is based on **postmark date** ("first-come, first-served"). Please do not call to inquire if space is available on a tour. A summary of tour status is in each month's newsletter and on the website. Spaces in unfilled tours cannot be reserved by phone or email, and we cannot guarantee that available spaces will be open by the time your registration is received. The Registrar will confirm your tour status by mail shortly after your payment is received.
5. Send your **final payment** to Colorado HeartCycle by the **due date** for payment of the balance. (See each tour description for the balance due date.) Failure to pay the balance by the due date may result in losing your space on the trip.

6. Read the following **refund and change policy** and consider the purchase of **trip cancellation insurance** (described below).
7. Contact the tour leader listed for your tour with any questions you might have as the tour date nears. The Tour Leader will also contact you approximately 2 months before the start of the tour.

REFUND AND CHANGE POLICY

Colorado HeartCycle is a non-profit volunteer organization and offers high quality tours at the lowest possible price. Colorado HeartCycle must make financial commitments well before any tour begins, and late withdrawals from tours can cause significant losses. Refund and Change requests must be made in writing and directed to the Registrar. Email is acceptable. If you cancel 60+ days prior to a tour, you will receive a full refund less a \$25 handling fee. If you cancel between 30-60 days prior to a tour all monies will be refunded EXCEPT for the amount equal to 50% of the tour deposit. No refunds will be granted for cancellations less than 30 days prior to a tour **and the full tour fee is payable.** Some tours may have more restrictive cancellation policies. Membership dues are not refundable. Also, if Colorado HeartCycle is able to replace you with someone from a trip waiting list, you may receive a full refund minus at least a \$25 handling fee. If Colorado HeartCycle cancels a trip for any reason, you will receive a full refund or you may transfer to another trip at your option. **At the end of each years tour season the HeartCycle board reserves the right to modify and/or waive these policies in accordance with the best interests of the club.** Note: Colorado HeartCycle is not responsible for any consequential or incidental expenses you may incur including, but not limited to, nonrefundable airfare.

TRIP CANCELLATION INSURANCE

Please note that at the discretion of the Board of Directors, Colorado HeartCycle may cancel any trip. We will always try to give as much advance warning as possible about such a possibility. Also, if you cannot participate in a trip that you have registered for due to unforeseen circumstance a refund may not be available. **See the above Refund Policy.** For these and other reasons, you are advised to consider trip cancellation insurance. HeartCycle does not recommend any particular policy, and you should inquire carefully about coverage and conditions. For a comparative analysis of travel insurance companies and their policies go to: **www.insuremytrip.com**. Or you can call them at (800) 487-4722.

2010 Colorado HeartCycle Tours

Notes: Actual full cycling days are in **BOLD**. Tour leaders will conduct an evening meeting on the first *unbolded date*, which you should attend unless otherwise informed. For example, the dates for Arizona – Missions, Mines and Missiles tour are February 21, **22-28**, which means you should meet in Tucson, Arizona the evening of the 21st and start riding on February 22. Rest days if indicated often have optional rides. The last date indicated for a tour does not normally include lodging. In this example, lodging is paid for the evenings of February 21-27, but not the evening of the 28th.

Crater Lake National Park to Lava Beds National Monument

June 25, **June 26-July 3, 2010** Medford, Oregon
400 miles/8 days (2 rest days) Rating: A76-X86, I100 (17,500 feet climbing)
\$1,355/\$400 deposit

Balance due April 19, 2010

Our journey into the rugged Cascade Range begins in the beautiful city of Medford, which is located on the Rouge River in south central Oregon. Our first day will take us on a long gradual climb up to Crater Lake National Park, where we will spend the next two nights at the lodge on the rim of the lake. The following day's ride is short, with rolling climbs and descents that take us around the lake and offers spectacular views. Our route will then descend from the caldera to where the roads are mostly flat as we ride along the shore of Upper Klamath Lake and through the wildlife refuge. After a rest day in Klamath Falls, we'll have a flat ride through the Tule Lake National Wildlife Refuge out to the rugged landscape of Lava Beds National Monument. The following day takes us up and over the convergence of the Cascade and Siskiyou mountain ranges into Ashland, home of the Oregon Shakespeare Festival. Our second rest day is in Ashland, where we'll attend the afternoon performance of *She Love's Me* (included in the tour price). On our last day, we'll follow back roads to the gold rush town of Jacksonville, where changes in fortune and transportation left the town remarkably well preserved, before returning to our starting point in Medford.

DAY 1 – FRIDAY, JUNE 25 - MEDFORD, OREGON Our journey into the rugged Cascade Range begins in the beautiful city of Medford, which is located on the Rouge River in south central Oregon. Lodging this evening is in the Shilo Inn, with dinner on your own, following our 5:30 pm orientation meeting.

DAY 2 – SATURDAY, JUNE 26 - CRATER LAKE NATIONAL PARK (82 mi, 7200 ft climbing) Following a continental breakfast at the Inn, we will be on the road by 8:00am following the Rouge – Umpqua Scenic Byway up to the Crater Lake National Park. The road takes us through the Umpqua National Forest, with its towering trees, and flower filled meadows, into the volcanic wonderland of the Cascade Mountains, and to Crater Lake. We will be on a gradual climb all day - the downhill will come later in the week. When we arrive at the top we will be rewarded by one of the most spectacular views in our National Parks, the sight of Wizard Island and Crater Lake, the deepest lake in the United States at 1,943 feet. Located at the rim is The Crater Lake Lodge, one of the classic National Park historic lodges, built in 1915. This will be our lodging for the next two nights, with our group dinner at the Lodge dining room that overlooks the lake and serves the finest northwest regional cuisine around. (CB, L, D)

DAY 3 – SUNDAY, JUNE 27 - CRATER LAKE NATIONAL PARK (34 mi, 3040 ft) Breakfast will be on our own this morning, and our start will be at 9:00am, giving the morning a chance to warm up. Today's ride is a 34 mile with rolling climbs and descents that take us around the lake and offers views of the that are spectacular, so be sure to take your time and bring your camera. The pace will be leisurely so we can take advantage of the many scenic pull-outs and short walks to some of the view points. After returning to the Lodge the will be time before dinner, on our own, for a short walk with plenty of photo opportunities at the rim. (L)

DAY 4 – MONDAY, JUNE 28 - KAMATH FALLS, OREGON (71 mi, 1400 ft) Again breakfast is on our own with a 9:00am start time. Today we will be riding through the Upper Klamath National Wildlife Refuge, which is comprised of 15,000 acres of mostly freshwater marsh and open water. These habitats serve as excellent nesting and brood-rearing areas for waterfowl and colonial nesting birds, including American white pelicans and seven heron species; keep an eye out bald eagles and osprey, which nest nearby. After descending from Crater Lake (partial payback from the first day's investment), today's ride will be mostly flat as we ride along the shore of Upper Klamath Lake. Lodging this evening will be at the Quality Inn, located in Klamath Falls, Oregon and is within easy walking distance of downtown. Dinner tonight will be on your own. (L)

DAY 5 – TUESDAY, JUNE 29 - KLAMATH FALLS, OREGON Today is a rest day, so following your continental breakfast you can explore Klamath Falls or just relax. (CB)

DAY 6 – WEDNESDAY, JUNE 30 - KLAMATH FALLS, OREGON (100 mi, 1300 ft) After our continental breakfast we will get an early start at 7:30am to begin our journey to Lava Beds National Monument, a 45-mile ride through the Tule Lake National Wildlife Refuge. Again as we travel through the Refuge keep your eye peeled for the wildlife viewing areas and the inhabitants of this wildlife-rich area. When we enter Lava Beds watch for cinder cones, shield volcanoes, stratovolcanoes, lava tubes, both pahoehoe (smooth ropy) and a'a (rough and clinker-like) lava, spatter cones and chimney which are all part of this area's legacy. The turbulent past that created the rugged landscape also provided the setting for the Modoc Indian war of 1872 in which 52 warriors, held off an army 20 times its size for almost 5 months. Most of today's ride is flat, with some mild climbing up to the monument's visitor center. After returning to Klamath Falls, dinner will again be on your own. (CB, L)

DAY 7 – THURSDAY, JULY 1 - ASHLAND, OREGON (76 mi, 3025 ft) This morning after our continental breakfast we will head along the scenic state highway, Route 66 and over Buck Mountain, elevation 6,247. Next we will enter the Siskiyou National Monument administered by the Bureau of Land Management and established in June, 2000. This Monument, located at the crossroads of the Cascade, Klamath, and Siskiyou mountain ranges, is one of the most diverse ecosystems in the west. This afternoon we will collect on the rest of Saturday's investment as we descend down to the most picturesque town of Ashland, Oregon which is nestled at the convergence of the Cascade and the Siskiyou Mountain ranges, and also the home of the Oregon Shakespeare Festival and several repertoire theaters. Our plan for this evening is dinner on our own which will allow us to take in an evening a play. (CB, L)

DAY 8 – FRIDAY, JULY 2 - ASHLAND, OREGON (optional 54 mi, 5600 ft) After our continental breakfast we have the day to ourselves to explore this quaint little town or to take a ride up Mount Ashland, elevation 7,533 feet. The route is out-and-back so you can turn around and easily be back in time for the play. These activities will take place prior to our afternoon play at 2:00pm the play will be *She Loves Me* (included in the tour price). There is another evening performance, beginning at 8:30 pm, which is not included in our trip package. Dinner will again be on our own this evening. (CB)

DAY 9 – SATURDAY, JULY 3 – MEDFORD, OREGON (34 mi, 1500 ft) This morning's ride takes us through Jacksonville, Oregon, which has long been hailed as one of the most historically significant communities in the western United States. Take the time to explore this town, especially the downtown area along California Street. Our arrival back in Medford will be at lunch time, so if you are planning on departing this afternoon please arrange your flights after 3:00 pm. (CB, L)

Tour leaders – Duncan Rollo and Dan Pappone

For further information contact Duncan Rollo at (970) 224-2783 or duncanrollo@msn.com and Dan Pappone at (408) 316-1667 or danpappone@att.net

Rocky Mountain Ramble

June 26, **27 June-3 July, 2010** Eagle, Colorado

300 miles/7 days (6 riding, 1 rest day)

Rating: E33-70 (*and optional Independence Pass, Vail Pass, Tennessee Pass*)

\$875/\$350 deposit

Balance due on April 19, 2010

The Rocky Mountain Ramble is the ultimate cycling vacation for those who want to enjoy a week with a variety of cycling terrains at a relaxed pace with the option of riding three terrific passes. In the splendor of nature in the Colorado Rocky Mountains, we visit Glenwood Springs, Redstone, Aspen, and Vail where we cycle easy to moderate terrain, with the option of riding up and back 3 passes: Independence Pass 12,095', Vail Pass 10,600' and Tennessee Pass 10,424'. If your idea of a vacation also includes time for poolside lounging, shopping, sightseeing, and time to "smell the roses", then join me for the Rocky Mountain Ramble. We start and end our adventure in Eagle, Colorado, with access to the Eagle Regional Airport. We'll cycle the Glenwood Canyon recreational bike trail along the Colorado River visiting Glenwood Springs, the West Elk Loop Scenic Byway to Redstone (www.redstoneinn.com) with its historic beehive coke ovens, wildflowers in the Marble ghost town, McClure Pass, the majestic vistas of the Maroon Bells at Aspen (www.limelightlodge.com), and the Vail Valley. This tour is structured so that much of its 300 miles is on designated bicycling frontage roads, and recreational byways, which allows for pleasurable cycling on 2% grades; up and back one itty-bitty pass – McClure 8,780'; a rest day in Aspen; and enough time for riding the *optional* three big passes, which provides cumulative 8550 feet of climbing.

TOUR Leader – Sheridan Garcia

SAG Leader – Jeff Messerschmidt

Day 1 Eagle - Glenwood Springs (36 miles)

Day 2 Glenwood Springs – Marble – McClure Pass – Redstone (53 miles)

Day 3 Redstone- Maroon Bells – Aspen (70 miles)

Day 4 Aspen REST DAY (*optional up and back Independence Pass-21 miles, 3995 feet climbing*)

Day 5 Aspen – Carbondale - Glenwood Springs (43 miles)

Day 6 Glenwood Springs – Vail (65 miles) *optional up and back Vail Pass 9.7 miles, 1872 feet climbing*)

Day 7 Vail - Eagle (33 miles) *optional up and back Tennessee Pass 22.4 miles, 2684 feet climbing*)

For further information contact Sheridan Garcia at (303) 638-0330 or sheridangarcia@yahoo.com

Colorado's San Juan Mountains

July 16, **July 17 – 24, 2010** Gunnison, CO

506 miles/ (8 days, 1 rest day) Rating: I88-X64

\$1,050/\$400

Balance due on May 6, 2010

Our signature tour is back. The tour begins and ends in Gunnison, Colorado. Plan to arrive in Gunnison on Friday, July 16 and begin cycling on July 17. We will arrive back in Gunnison on Saturday, July 24.

Day 1 (88 miles, 3,800feet of climbing) takes us along the north rim of the Black Canyon of the Gunnison to Paonia. Those who have ridden it know that this day includes the best 40 miles of pavement for two-wheeled travel in Colorado. The night in Paonia includes a group meal with Dava Parr at her famous Fresh and Wyld Restaurant.

Day 2 (88 miles, 1,900 feet) travels along roads recommended by a Heartcycle member who lives in Paonia. We

venture from Paonia to Ouray, the heart of the Switzerland of Colorado. Enjoy the hot springs pool at the end of the day. This is a day to sit back in the saddle and take in the splendid views of the San Juan Mountains.

Day 3 (71 miles, 6,400 feet) begins the serious climbing of this tour. We go along the “Million Dollar Highway” over Red Mountain, Molas and Coal Bank passes. A long descent ends in Durango where we will spend two nights in the heart of town close to shopping and restaurants.

Day 4 (0 miles, 0 feet) we enjoy a well-deserved rest day in Durango. You can hike, take a trip to Mesa Verde National Park or ride the narrow gauge train to Silverton and back.

Day 5 (90 miles, 3,400 feet) gets us back in the saddle traveling along roads recommended by our Durango members, through the Southern Ute Indian Reservation, ending in Pagosa Springs. (Yes, there is a hot springs in Pagosa Springs.)

Day 6 (64 miles, 6,400 feet) takes us over Wolf Creek Pass down into South Fork and then up the Rio Grande River into Creede. You might be able to catch a performance of the Creede Repertory Theatre this evening.

Day 7 (50 miles, 3,800 feet) moves us from Creede over Spring Creek Pass and then the spectacular and infamous Slungullion Pass before descending into Lake City. Remember to take in the views of Colorado’s largest natural lake, Lake San Cristobol. Enjoy a nice dinner on your own with Bruno at the Moose Alpine Lodge.

Day 8 (55 miles, 2,100 feet) takes us from Lake City along the Lake Fork of the Gunnison River then over Dutch Hill and Ninemile Hill before descending into Gunnison.

Tour Leader: Gary Angerhofer, 303-989-2015, garyangerhofer@gmail.com

San Juan Islands & Western Washington

August 7, **August 8 – 14, 2010** Northwest Washington State
420 miles; 7 days (6 riding, 1 rest/ride)
\$850.00/\$350.00 Deposit Rating: I45 – A65

Balance due on June 4, 2010 .

You are invited to join your fellow Colorado HeartCycle comrades for a tour thru Western Washington and the San Juan Islands. The historic town of Anacortes will serve as home base as we cycle different directions each day to explore the surrounding area and islands. The scenery is guaranteed to be breathtaking with thick, green forests; sparkling blue water, snow capped mountains, and quaint island towns.

This 7 day tour begins in Mukilteo, WA adjacent to Boeings giant airplane factory and Future of Flight Museum. Sunday cycling includes Snohomish and Skagit Valleys with 20 miles of bike trail through farmlands and forests. Sunday evening we will arrive in Anacortes where the Anaco Bay Inn will serve as our base for the week. The motel is about 1.5 miles from “Historic Anacortes” with its wide array of shops and restaurants. On Monday, Wednesday, and Friday we will ferry hop to tranquil Lopez, hilly Orcas, and forested San Juan Islands. Orcas Island offers a steep 2400 ft climb up Mt. Constitution for those looking for a challenge. The panoramic 360° view from the top is worth the climb. San Juan Island offers the potential of Orca whale sightings from our Lime Kiln Point lunch stop. On Tuesday we will cycle the mainland to Bellingham enjoying farmland, forest, ocean, and lake views. Thursday is a day-off with optional short or long cycling routes to the town of LaConner with its varied shops and restaurants. The final day of touring takes us over picturesque Deception Pass then back down Whidbey Island for a ferry ride back to Mukilteo.

Wildlife here is abundant so expect sightings of bald eagles, great blue heron, seals, sea lions, sea otter, deer, and if we are lucky maybe even an Orca whale! Don’t miss this tour through Washington’s most treasured landscape.

Tour Leaders: Ken Condray & Becky Bottino
Contact Information: Ken & Becky phone #: 425-745-1159
Email: condray3@comcast.net or bbottino7@comcast.net

Idaho Panhandle, Lakes, Rivers & Silver Mining

August 21, 22 – 28 August, 2010 Spokane, Washington

400 miles/7 days (1 day off)

\$950/\$350 deposit

Rating: Intermediate I45 – I90

Balance due on June 15, 2010.

Explore mines and waterways of the Idaho Panhandle (North Idaho) on bike. The Spokane, Coeur d'Alene, Clark's Fork and Pend Oreille rivers connect Lake Coeur d'Alene, Lake Pend Oreille and Spokane essentially forming the 400 mile loop. To enhance the quality of the route, a few changes have been incorporated from the 2008 Tour.

The loop will start and end in downtown Spokane, WA at the Red Lion Inn. From downtown, the tour will take a roller coaster ride over the Palouse hills and on to Plummer, Idaho to pick up the Trail of the Coeur d'Alene's. The trail passes along the shoreline of the lake, over the southern end of the lake and on to Harrison, ID, a small picturesque town on the lake, where we'll spend the night.

From Harrison, the route continues to follow an old RR route converted to form the Trail of the Coeur d'Alene's bike path past the Cataldo Mission (oldest building in Idaho, 1844) to Wallace, a town rich in silver mining history, for an overnight stay. The town of Wallace is listed on the National Register of Historic Places. It is in the center of one of the richest silver mining districts in the world. For those interested, Wallace has a railroad museum, a mining museum and a miner's cemetery in addition to other buildings of historic interest. There are also opportunities for mine tours near Wallace.

From Wallace the tour climbs Dobson Pass, descends, passes through the living ghost town of Murray and then continues on up and over Thompson Pass (4860 ft). Descend into Montana, the Big Sky Country. After an overnight stay in Thompson Falls, MT, we will ride down the Clark's Fork River past the Cabinet Mountains and Cabinet Gorge. Please note that some Montana and Idaho roads are a bit narrow. The route passes back into Idaho and soon, the north shore of Lake Pend Oreille begins to come into view. After riding along the lake, our destination for the day will be Sand Point Idaho.

There will be a 2 night stay in Sandpoint, ID on Lake Pend Oreille. Sandpoint offers swimming, hiking, biking, canoeing and other activities. From Sandpoint, the route goes over the "long bridge", west along the Pend Oreille River, through Spirit Lake (started in 1902 as a panhandle lumbering community) and on to the town of Coeur d'Alene for a night on the north shore of the lake.

Please note that the tour will include short sections of unpaved roads which are expected to have good riding surfaces for road bikes. These sections are included to avoid heavily traveled, narrow paved roads.

Please also note that in a couple of towns, the lodging is slightly below HeartCycle standards. The reason for this is that 2 of the towns we stay in are small, interesting towns, but do not offer the choice of lodging which is up to HC standards

On the final day of the tour, the route returns from Coeur d'Alene to Spokane along the Spokane River via the Centennial Trail, past Post Falls, Spokane Falls, Gonzaga University, the 1974 World's Fair site and Riverside State Park.

Tour leaders: Harvey Hoogstrate and Ken Condray

For further information please contact Harvey Hoogstrate at (303) 755-9362 or harvhoog@gmail.com or Ken Condray at (425) 745-1159 or condray3@comcast.net

Fireworks of Fall - The Notches of New Hampshire

Sept 11, **12-19, 2010**

425 miles/8 days (1 day off/ride option)

\$1055/\$350 deposit

New Hampshire

Rating: I57-A68

Balance due on July 9, 2010

Continuing our Fireworks of Fall series, you're invited to join us for a revised version of The Notches of New Hampshire tour. Captivating splashes of Fall Foliage can be seen as we traverse the White Mountain National Forest climbing over 4 of the famous 7 notches: Bear, Crawford, Kinsman and Pinkham, along with the Kancamagus Pass. Views of the Presidential Mountain Range along with as many as 5 Federal Wilderness Areas, Covered Bridges, pristine lakes, waterfalls and wildlife await you on this challenging yet, rewarding tour.

The tour begins and ends in Concord, NH, the State Capital pedaling our way through many charming New England towns and villages throughout the trip.

Day 1 – Concord to Center Harbor – 65 miles 3100 ft. of climbing

Our first day takes us up through the Lakes Region of NH. With a sag stop at the Canterbury Shaker Village (www.shakers.org/), we'll then continue north to Squam Lake on our way towards our nights stay at the Center Harbor Inn (www.centerharborinn.com) on the shore of Lake Winnepesaukee

Day 2 – Center Harbor to Lincoln – 60 miles – 4100 ft. of climbing

Continuing north towards the White Mountains National Forest we'll go up and over Sawyer Hwy on our way to the Lincoln / Woodstock area where you'll get to visit the Woodstock Inn & Brewery (www.woodstockinnnh.com), brewers of fine Craft Ales.

Day 3 – Lincoln to Gorham – 68 miles – 4200 ft. of climbing

Headed east the next day, we'll climb up the Famous Kancamagus Highway. Then, over Bear and Pinkham Notches on our way to Gorham. Lunch stop is in North Conway including Louis Garneau and Pearl Izumi outlet stores.

Day 4, 5 – Gorham to Littleton – 65 miles – 3200 ft. of climbing

The following day, we'll go back over Pinkham Notch into the Heart of the White Mountains proceeding over Crawford Notch on our way to Littleton for 2 nights at the Historic Thayers Inn (www.thayersinn.com). A rest day here will give you a chance to explore this unique village with its numerous shops and eateries, or take an optional ride to the area north of Littleton. – 50 miles – 2237 ft. of climbing*

Day 6 – Littleton to West Lebanon – 70 Miles – 3064 ft. of climbing

Traveling south the next day you'll be treated to the picturesque Connecticut River Valley and Hanover (Home to Dartmouth College) before stopping in West Lebanon for the night. Highlights include the communities of Lancaster, Jefferson, Whitefield and the Seven Barrel Brew pub near the hotel for some fine local ales.

Day 7 – West Lebanon to Keene – 64 miles – 2700 ft. of climbing

Our next destination is Keene for our last night together but not before stopping along the way in Walpole to visit L.A. Burdick Homemade Chocolates (www.burdickchocolate.com/). Dinner included this night.

Day 8 – Keene to Concord – 57 Miles – 2400 ft. of climbing

On our final day, Sunday the 19th, we head east through the Monadnock Region and Merrimack River Valley on a 60 mile route back to our starting point in Concord and showers at end of ride!

Tour Leaders: Jim Bethell and Janet Reilly

For more information contact Jim or Janet @ 518-446-1766 or email jim@bikes5.com

Volcanic Skylines: Lassen Volcanic National Park to Mount Shasta

September 24, September 25 –October 2, 2010

Northern California

468 miles/ 8 days (1 rest day)

Rating: A33 – E93 (29,500 feet climbing)

\$1,180/\$400 deposit

Balance due on July 8, 2010

On this Cascade trip we will explore the southern end of Cascade volcanic mountain range. We'll meet in Redding, CA. Our first day will take us up to the town of Mineral, at the south entrance to Lassen Volcanic National Park. The next day, we'll ride into the park where we'll have the option of hiking to the top of Lassen Peak or past the fumaroles and mud pots of Bumpass Hell before returning to Mineral for the night. The following day, we'll ride through park north to Mt. Shasta, stopping for a night in Burney along the way. Our rest day will be in the town of Mt. Shasta at the base of the 14,162 ft. peak. After the rest day, we'll head west to the Trinity Alps and the town of Etna. From Etna, we will pick up the Trinity Heritage National Scenic Byway, which we will follow adjacent to the spectacular Trinity Alps and Trinity Lake into Weaverville. On our last day, we'll avoid the weekend traffic on Hwy 299 and take the long way around on quiet back roads for our return to Redding. Our ride will finish by crossing over the Sacramento River on the Sundial Bridge. Because of the long mileage for this day, the last night's lodging is included in the tour price.

DAY 1 – FRIDAY, SEPTEMBER 24 – REDDING, CALIFORNIA

On this Cascade trip we will explore the southern end of Cascade volcanic mountain range. Our lodging tonight will be at the Redding Travel Lodge in Redding, California which is located at the northern end of the Sacramento Valley. We will meet at 5:30pm in the meeting room just off the lobby. Following the meeting, dinner will be on our own.

DAY 2 – SATURDAY, SEPTEMBER 25 – MINERAL, CALIFORNIA (62 mi, 5700 ft climbing)

After a continental breakfast we will ride primarily on back roads up into the Cascade Range and to the Lassen National Forest which covers 1.4 million acres. This area was traversed by the famous mountain man, Jedediah Smith, in 1828 and was also the home of Ishi, a Yahi Indian who is considered the nation's last Stone Age survivor. We will learn a lot more about these stories during our travels through this incredible volcanic wonderland. Lodging for the next two evenings will be at the isolated Historic Lassen Mineral Lodge located 9 miles from the park's south entrance. Dinner tonight will be on our own in the restaurant located in the lodge. (CB, L)

DAY 3 – SUNDAY, SEPTEMBER 26 – MT LASSEN VOLCANIC NP (33 mi, 3500 ft)

Today we will start with an 8:00am breakfast followed by a 12-mile ride on the Volcanic Legacy Scenic Byway to the park's visitor center for our introduction to this land of fire. Mt. Lassen (10,462 ft) is the southernmost active volcano in the Cascade Range. There are several great trails at this end of the park. Two of these, the Lassen Peak trail to the top of Mount Lassen and the Bumpass Hell trail will each have a SAG vehicle at the trailhead. Trail and general park information can be found at www.nps.gov/lavo. Lunch will be available at the Lassen Peak trailhead. The afternoon can be spent exploring other trails, relaxing at the lodge or whatever activity suits your fancy. Dinner tonight will be on our own back at the lodge. (L)

DAY 4 – MONDAY, SEPTEMBER 27 – BURNEY (79 mi, 4300 ft)

After breakfast we will ride through the Park taking time to enjoy the geothermal features as well as the numerous lakes and streams along the way. Once we leave the Park we will again be riding through the Lassen National Forest on famous Highway 89 on our way towards Mt. Shasta. We'll make a short detour off of 89 into the town of Burney for the night. The town of Burney sits at the base of an extinct volcano called Burney Mountain (7,863 ft). Dinner tonight will be on our own. (L)

DAY 5 – TUESDAY, SEPTEMBER 28 – TOWN of MT SHASTA (64 mi, 3300 ft)

Following breakfast we will again head north on Highway 89 with a stop at McArthur-Burney Falls Memorial State Park, easily the most unique waterfall in the Cascade Mountains. Next we head over Dead Horse Summit, elevation 4,505 before arriving at the old lumber town of McCloud. The first Europeans to travel through this area were a party of Hudson Bay Company trappers and explorers in 1829. Now we will continue on to the town of Mt Shasta and the Best Western Tree House Motor Inn, our lodging for the next two nights. Dinner tonight will be on our own with the town center (a ten minute walk) or at the restaurant located in the Inn. (L)

DAY 6 – WEDNESDAY, SEPTEMBER 29 – TOWN of MT SHASTA

Today is a rest day, a chance to explore this little town located at the base of Mount Shasta (14,162 ft), or check out the quiet roads that lead out of town. The ride up the flank of Mt. Shasta on the Everett Memorial Highway is a favorite (30 mi, 4200 ft). Again dinner will be on your own. (B, L)

DAY 7 – THURSDAY, SEPTEMBER 30 – ETNA (60 mi, 2900 ft)

After breakfast we will head out of the Cascade Mountains and venture into the Trinity Alps for our ride to small town of Etna, California. Today we will be in the Klamath National Forest and following the Scott River for the last part of the route into Etna. Our lodging tonight will be in the Motel Etna with dinner on our own. (B, L)

DAY 8 – FRIDAY, OCTOBER 1 – WEAVERVILLE (77 mi, 4900 ft)

After breakfast we will pick up the Trinity Heritage National Scenic Byway, which we will follow into Weaverville and the Weaverville Victorian Inn, our lodging for tonight. As we travel south be sure to keep your eyes open for views of Mt Shasta and Mt Eddy, the highest peak in Trinity County. We will be traveling adjacent to the spectacular Trinity Alps and the Trinity Alps Wilderness Area as well as Trinity Lake. As we pass the lake keep a look out for bald eagles and osprey, two raptors that make permanent homes here, as well as numerous water birds and mammals. Photo opportunities, cultural history and natural history will be everywhere so keep your cameras handy. Once we reach the Weaverville Victorian Inn get your swimming suit and enjoy the outdoor pool. Dinner tonight will be on our own. (L)

DAY 9 – SATURDAY, OCTOBER 2 – REDDING (93 mi, 4900 ft)

Following breakfast, we'll avoid the weekend traffic on Hwy 299 and take the long way around on quiet back roads for our return to Redding. Our ride will finish by crossing over the Sacramento River on the Sundial Bridge. The support tower of this bicycle/pedestrian bridge forms a single 217 foot mast that points due north at a cantilevered angle, allowing it to serve as the gnomon of a sundial; it has been billed as the world's largest sundial. The tip of the shadow moves at approximately one foot per minute so that the Earth's rotation about its axis can be seen with the naked eye. Because of the long mileage for this day, the last night's lodging is included in the tour price. (CB)

Tour leaders – Duncan Rollo and Dan Pappone

For further information contact Duncan Rollo at (970) 224-2783 or duncanrollo@msn.com and Dan Pappone at (408) 316-1667 or danpappone@att.net

Moab Skinny Tire Ride

October 8, 9 - 11, 2010 Moab, Utah
148 miles/3days Rating: I39-A64
\$410 due at registration

Total due no later than September 3, 2010

Three days in Moab, Utah in October! It doesn't get much better than this. Cool crisp nights and warm days in the 70s. Great road riding in this area that is known for mountain biking, and wonderful shops and restaurants in town. This is a fixed based ride. We will meet on Friday night to have a brief talk about the next day's riding.

Day 1, Ride to Devils Garden in Arches National Park (45 Miles) This is a magnificent out and back ride though Arches National Park (<http://www.nps.gov/arch/faqs.htm>). This is one of our country's most magnificent parks, with stunning rock formations and many attractions. This is a fairly strenuous ride with several steep climbs lasting a mile or more. But, it is definitely worth the effort. There is the option to do some hiking in Devils Garden.

Day 2, Ride to Dead Horse Point (64 miles) Another out and back ride to Dead Horse Point State Park (http://www.utah.com/stateparks/dead_horse.htm) is on a mesa overlooking the Colorado River 2,000 feet below. It is one of Utah's most spectacular state parks. There is the option to do some hiking along the canyon rim.

Day3, Ride to the Moab Potash Plant (39 miles) This is yet another out and back ride. It is a beautiful ride along the Colorado River. It is fairly flat with one small rise each way. It should be possible to do this ride and still get back in time to take showers and checkout of our rooms by noon.

Leaders: Mark Berenson & Charlotte Patterson. Contact Mark or Charlotte at (970) 626-5649 or racemark@aol.com for more information.

Vietnam

February 23, **Feb 24-Mar 9**, 2011

\$2520/\$500 Deposit **Rating E37-I75**

Deposit due by August 20, 2010

Balance due by: November 30, 2010

This tour is offered in conjunction with Pedaltours, NZ and its Vietnam affiliate, Active Asia (formerly Eco Tours). A minimum of 12 participants is required and the maximum is 24 participants. The deposit is only 50% refundable after August 31, 2010 and other refunds are in accordance with Pedal Tours policies. Evacuation insurance and a travel visa are required to bicycle in Vietnam. Travel insurance is strongly suggested. Options for more travel before and after the tour are also available. Contact the tour leader for more information.

HeartCycle is returning to beautiful Vietnam for the 2011 version of the very successful trip we made in 2008. Escape the winter doldrums and join us for two weeks of tropical biking and sightseeing on a trip that has it all. Bike the coast of the South China Sea, and enjoy your evenings at gorgeous 4 star beach resorts. Ride mountain passes to the old French summer resort of Dalat (Little Paris). Ride an elephant. Visit the 3,000 year old city of Hue on the banks of the Perfume River. Pedal through tiny fishing and farming villages, where the children still delight in the sight of the rare American tourist. Enjoy days of riding on mostly quiet roads that have little auto traffic. Take in the culture, history, food and shopping in cities that date back to 200 BC. How about 74 miles of mostly downhill? Really! Watch families of 4-5 riding on one motorcycle.

Cycling distances given are entirely optional; the support vehicles will be available at any time. Bike more or less as you prefer. Most days the distance is too great to bike the entire way and we will drive part way. This tour is a combination of cycling, sightseeing and exploring.

DAY 1 – FEB. 23, 2011 – Arrive Hanoi

You will be met at Hanoi Airport. Please notify us of your arrival time and flight number and look for the driver with the Pedaltours sign. You will be driven to your hotel where you will meet the rest of our group. Today is designed to allow you settle in and relax after your journey. There will be time for a quick tour of the city and a leisurely dinner of traditional Vietnamese or French cuisine. Walk the Old Quarter, with its narrow streets where trades people can be seen working from their stalls. Visit some of Hanoi's historical sights: the beautiful Hoan Kiem lake, Ho Chi Minh's Mausoleum and Ho Chi Minh's house, where he preferred to live simply. One Pillar Pagoda, a small but significant pagoda with a Buddhist representation of the world and the Temple of Literature, originally built in 1070. The Water Puppet show is also recommended and very popular – it is best to prebook on arrival in Hanoi. Arrive a day or two early if you want to see more of this historic city, as we leave the next morning for our flight to Hue (tickets and arrangements are included in the trip cost).

Our route will take us from north to south to take advantage of the prevailing tail winds. Although listed as an easy-intermediate trip, there will be multiple opportunities for the hard-core to add more miles. Many days will start with a morning ride, followed by lunch and a van ride to the start of the afternoon ride. The vans will take us past rough road, traffic and less interesting areas. If you want to ride all of that stuff, the guides will be happy to assist you. We will have one van and an on-bike guide for every 5-6 riders. A van will never be more than a few minutes away if you want water, snacks, repairs or a lift.

DAY 2 – FEB. 24 – Hue

We take the morning flight from Hanoi to Hue (1hr 15 mins.). Hue, (pop.286,000) built on the banks of the Perfume River, is steeped in 3,000 years of history.

In Hue we will meet the rest of our Vietnamese guides, all of whom speak excellent English. One is a former Vietnam cycling champion. The same fun guys we had last trip. Those renting bikes will be fitted before we do a local ride to the Citadel and the Forbidden City. Many will want to take advantage of the rental bikes provided by PedalTours NZ for a group discounted rate of \$250 per person. They are Trek Hybrid 7.5 bikes with 700 x 32 tires, and are well suited for this trip. You are welcome to bring your own bike, but be aware that there are several sections of unpaved (dirt) roads. A mountain bike with non-aggressive tires will work. A road bike with wide tires would be doable, but less desirable. A tandem with medium width tires did fine on the last trip. Do not bring your finest racing wheels.

At dinner tonight we will be entertained with traditional music in the garden courtyard.

Lodging: B L & D

Saigon Morin Hotel, 30 Le Loi Rue, Hue City

Phone: 84.-54-3823-526 Fax: 84-54-3825-155

Email: sgmorin@dng.vnn.vn Web: www.morinhotel.com.vn

Facilities: 4* star, in-house restaurant, bar, swimming pool.

Features: A grand old French Colonial style hotel by the Perfume River. Garden courtyard.

DAY 3 – FEB. 25 - Hue to Hoi An (pop. 76,000) 89 mi

Morning ride:	25 mi
Afternoon ride:	13 mi over Hai Van Pass Or 41 mi to Hoi An

We bike from town along a flat coastal road, through various fishing and agricultural villages. You will have your first experience of the friendliness of the locals, especially the children. Lunch is at Long Co Beach, an hour's drive. From here we tackle the Hai Van Pass, a very quiet road now that there is a tunnel (not open to cyclists). The view from the top, and on the descent, is outstanding and well worth the effort. (The support vehicle will be there, of course, should you prefer to drive) After a fabulous descent we reach Danang, where you might like to visit China Beach where American servicemen went for their R&R during the Vietnam conflict or a marble factory and view the exquisite workmanship. We then we board the support vans to drive to Hoi An (you are welcome to bike if you wish). We have knock out accommodations while in Hoi An.

Lodging: B, L, D

Vinh Hung Resort, Hoi An

Phone (84)510 3910393

Email: vinhhung.ha@dng.vnn.vn Web: <http://www.vinhhungresort.com/>

Facilities: Restaurant, bar, tennis court, swimming pool, laundry service.

Features: A garden setting on the banks of the Vu Gia River and a short walk from the old town.

Day 4 – FEB. 26 - Hoi An. Rest Day

Today is a day at leisure to explore this delightful town (dating back to 200BC) with its street side cafes, artists and markets. Explore the historic architecture of Japanese and French origin, take in the morning concert of traditional music or take an easy ride to the fabulous Hoi An beach. There is much to see and do. There are wonderful pastry shops in the old town and excellent tailors who will make any garment to measure, including cycle jerseys, in a few hours.

There is a wonderful cooking school in Hoi An. Let your guide know if you would like to book a cooking class.

Let your guide know if you would like a longer ride.

Lodging: B. Lunch & dinner not included today, there are several attractive riverside restaurants.

DAY 5 – FEB. 27 - Hoi An to Quang Ngai (pop.108,000) 74 mi
Morning Ride 25 mi
Afternoon Ride 19 mi

We leave Hoi An on a delightful little road into the countryside where we will sample a slice of rural Vietnamese life. Approaching Quang Ngai we take another lovely side road, passing a fishing village and a lively local market. The route includes 7 mi. of unsealed road; it is quite rideable but the support vehicle will never be far away. The ride finishes at My Lai; you may wish to visit the memorial site.

Lodging: B, L, D

Central Hotel, 784 Quang Rang St, Son Tinh, Quang Ngai

Phone 84.55.382 99 99 Fax. 84.55.382 24 60 Email: Central@dng.vnn.vn

Facilities: Air-conditioning, TV, restaurant, tennis court, swimming pool,

Features: Modern style hotel in central location. (best available)

The Central Hotel is not of the same standard as the rest of the accommodation on this trip. But please remember that it is the best available place to stay, the cycling is lovely between Hoi An and Quang Ngai and Quang Ngai and Qui Nhon, and it would be far too long a day to go all the way from Hoi An to Qui Nhon, even if you drove all the way.

DAY 6 – FEB. 28 - Quang Ngai to Qui Nhon (pop 260,000) 111 mi
Cycling section: 50 mi

We drive to Tam Quan to commence biking on an attractive minor road. It includes 2 steep (c. 10%) climbs, and excellent coastal views. We drive the final 19 mi. to our seaside resort.

Lodging: B, L, D

Royal Hotel, Nguyen Hue Street, Qui Nhon.

Phone 84.56.3747-100 Fax 84.56.3747-111 Email: rehoanghqn@vnn.vn

Facilities: A 4* resort. Restaurant, 2 pools, tennis courts, bars.

Features: Overlooking the beach, with fishing boats in the bay.

OR Seagull Hotel

DAY 7 – MAR. 1 - Qui Nhon to Nha Trang (pop.315,000) 145 mi.
Dieu to Tri to Chi Thanh: 45 mi
Tuy Hoa to Ca Pass: 25 mi

Nine miles from town – you may wish to drive this – we take a delightful quiet road up a gentle valley and then down to Chi Thanh; it includes 10 mi. of unpaved road. The afternoon ride includes great coastal biking before reaching the hwy again and driving into the city.

There may be time to visit an ancient Cham Tower, a relic from the ethnic people who once ruled this part of Vietnam.

Lodging: B, L,D (Dinner is at a BBQ restaurant)

Novotel Nha Trang, 50 Tran Phu St, Nha Trang

Phone (84.58)625-6900 Fax. (84.58) 352-3335 Email: info@novotel-nhatrang.com

Web: <http://www.novotel.com/gb/hotel-6033-novotel-nha-trang/index.shtml>

Facilities: Comfortable rooms, swimming pool, spa, restaurant and bar.

Features: New hotel opposite a superb beach, several restaurants & a good source of ‘kem’ (ice cream).

DAY 8 – MAR. 2 - Nha Trang Rest day

Today there is the option of a boat trip to the islands. You will visit a fishing village and be rowed ashore in Vietnamese round boats. There will be time to swim and snorkel, so bring your suit. A stop will be made at the Oceanographic Institute and Tri Nguyen Aquarium; lunch will be at a lovely bamboo restaurant on an offshore island, returning to Nha Trang mid afternoon.

Lodging: B, Dinner is not included; there are many restaurants close by.
Novotel Nha Trang, 50 Tran Phu St, Nha Trang
Phone (84.58)625-6900 Fax. (84.58) 352-3335 Email: info@novotel-nhatrang.com
<http://www.novotel.com/gb/hotel-6033-novotel-nha-trang/index.shtml>

DAY 9 – MAR. 3 - Nha Trang to Buon Ma Thout (pop187,000) 115 mi Cycling section: 37 mi (or further if you wish)

Today we bike through the mountainous Central Highlands. A feature is the long houses of the Edeh and M'Nong people (the two main ethnic groups in the Central Highlands).

Lodging: B, L,D
Dakruco Hotel, 30 Nguyen Chi Thanh St, Buon Ma Thout, Daklak Province
Phone: (84 500) 875325
New (2008) 4 star hotel in the city.
Facilities: Restaurant, bar, spa, gym, swimming pool, tennis court

DAY 10 – MAR. 4 - Buon Ma Thout to Dalat (pop.130,000) 124 mi Cycling section: to Lien Son: 47 mi An uphill but good cycling day

We bike on a very attractive road through a wonderful variety of scenery – through hills and broad valleys as we head for Lien Son, the summer palace of the late Emperor, with its sweeping views of Ho Lak and the surrounding countryside. We also stop at an ethnic village, with its long houses and may have the opportunity to have a ride on working elephants.

Lodging: B, L,D
Mercure Dalat, 7 Tran Phu Street, Dalat
Phone: 063.3825 777 Fax: 063.3825 888
<http://www.accorhotels.com/gb/hotel-2037-mercure-dalat-du-parc/index.shtml>
Facilities: An attractive, refurbished 3* hotel in the French colonial style with modern facilities. Email and internet, restaurant, bar.
Features: Close to centre of town and lake.

DAY 11 – MAR 5 – Dalat Rest day

Dalat, at 4868 feet above sea level, is a temperate region dotted with lakes and waterfalls and surrounded by evergreen forests. Once known as “Little Paris”, this was once a French hill station. The surrounding hills provide Vietnam with the more temperately grown flowers and fruit and vegetables such as strawberries, carrots and apples.

In the morning we visit a silk embroidery village, the “Crazy House”, with its weird architecture, and the Art Deco summer palace built for former emperor Bao Dai in 1933. The afternoon is free for you to explore: Dalat is an excellent area to explore by foot or bike. You may wish to bike around Xuan Huong Lake, or take the cable-car to the Zen Pagoda. A half day tour to an ethnic village is an optional extra – please ask your guide to arrange this.

Lodging: B

Mercure Dalat, 7 Tran Phu Street, Da Lat
Phone: 063.3825 777 Fax: 063.3825 888

DAY 12 – MAR. 6 - Dalat to Mui Ne: (near Phan Tiet) (pop.169,000) 103 mi
Ta In to Mui Ne 74 mi (mostly downhill)
picnic lunch to Mui Ne 35 mi

We descend the Prenn Pass, then take a minor road, with superb views, through isolated country, to a K'Ho, ethnic minority village where we have lunch. From here we continue to descend gently to the coast and our overnight stay at the beautiful Bamboo Village resort on the golden sand Mui Ne.

Lodging: B, L, D

Bamboo Village Beach Resort, km 11.8, Ham Tien, Phan Thiet City OR similar
Phone 84 62 3847-007; Fax: 84 62 3847-095 Email: bamboo_village@hcm.vnn.vn
www.bamboovillageresort.com

Features: Attractive resort set in tropical gardens and with private beach
Facilities: Restaurant, poolside bar, swimming pool, outdoor jacuzzi, laundry service.

DAY 13 – MAR. 7 - Mui Ne to Loc An 63 mi

Quiet roads take us to the coastal desert reserve at Phuoc Buu. Lunch will be at La Gi. In the afternoon there will be more coastal riding as we bike beside large sand dunes and plantations of the bizarre looking Dragon fruit.

Lodging: B, L, D

Loc An Resort

Address Xa Loc An, H. Long Dat, t. Ba Ria – Vung Tau

Ph 084 3886-377 fax 0084 3685-031, locanresort@hcmc.comnetnam.com.vn www.locanresort.com

Features: Comfortable small hotel, built on the banks of the Ray River.

Facilities: Licensed bar and restaurant, swimming pool, with a hotel punt available to cross the river to the ocean beach.

DAY 14 – MAR 8 - Loc An Beach to Saigon

Cycling section: 37 mi

We bike by rubber, cashew nut and black pepper plantations. On reaching a roadside temple we load up to avoid the busy highway into Ho Chi Minh City.

There is the option of not biking today in order to spend more time in Saigon.

Lodging: B, L, D

Grand Hotel

8 Dong Khoi St, District 1, Ho Chi Minh City

Phone:84.8.38230163 Fax: 84.8.38235781. Email: grand-hotel@fmail.vnn.vn

www.grandhotelsaigon.com

Facilities: Satellite TV, Swimming pool, fitness centre, laundry.

Features: A comfortable character hotel with a French flavour.

The hotel is centrally located, close to good shopping, a local market and a selection of restaurants.

DAY 15 – MAR 9 - DEPARTURE

The tour finishes after breakfast this morning. We will gladly take you to the airport should you depart this morning.

Tour leader – Jim Berry

For further information contact Jim Berry at 303-779-3607 or 303-880-4282 or jimberry@qwest.net.

2010 COLORADO HEARTCYCLE MEMBERSHIP FORM

Membership application only—must be filled out even if you are NOT signing up for a tour.

Membership runs from January 1 through December 31

PLEASE PRINT CLEARLY!

New Member: _____ Renewing Member: _____ E-mail address: _____

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

Phone: _____ Cell: _____

Individual Membership (\$20): _____ Family Membership (\$25): _____

Name of Family Member(s): _____ E-mail address: _____

_____ E-mail address: _____

_____ E-mail address: _____

As a member, I am willing to contribute to Colorado HeartCycle in the following ways:

Start Training Rides:___ Lead Tours:___ SAG Drive:___ Web Site Team:___ Make Maps:___ Event Helper:___

Other:_____

Signature:_____ Date: _____

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and I hereby agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc. and its officers, and members and any other parties connected with club-sponsored rides in any way whatsoever, individually and collectively from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage suffered or sustained as a result of participation in said club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that the Colorado HeartCycle Association, Inc., requires the use of helmets when participating in all club rides.

Send this form along with a check made payable to HeartCycle

Colorado HeartCycle, P.O. Box 100743, Denver, Colorado 80250-0743

COLORADO HEARTCYCLE 2010 TOUR REGISTRATION FORM

(Please Print Legibly)

NAME:_____ SEX: M F AGE_____

(ADDRESS INFORMATION MUST BE PROVIDED ON THE REQUIRED MEMBERSHIP FORM)

PHONE: (H)_____ (W)_____ Email_____

TOUR TITLE and DATE:_____

- I WISH TO ROOM WITH: _____
- I HAVE NO ROOMATE PREFERENCE
- I REQUEST A PRIVATE ROOM, IF AVAILABLE (and acknowledge that a 50% surcharge is required)

IF TOUR IS FULL: PLACE ME ON A WAIT LIST (I understand that my check will be cashed)

RETURN MY TOUR DEPOSIT (and not be placed on the wait list)

Emergency Contacts:

1.Name: _____ Phone: _____

2.Name: _____ Phone: _____

Special Needs (Medical): _____

Tour Deposit: \$ _____

Membership Dues: \$ _____ (Individual \$20.00, Family \$25.00)

ENCLOSE MEMBERSHIP FORM (AND PAYMENT) IF NOT PREVIOUSLY SUBMITTED FOR 2010

Total Enclosed: \$ _____

I have read the waiver and release information on the back of this form as well as the HeartCycle "Refund and Change" Policy

Signature: _____ Date: _____

Send this form with check payable to HeartCycleMail to:

HeartCycle, P.O. Box 100743, Denver, Colorado 80250-0743

***** COLORADO HEARTCYCLE WAIVER AND RELEASE *****

A. WAIVER AND RELEASE

IN CONSIDERATION of the HeartCycle Association, Inc. (HeartCycle) acceptance of my request to train and participate in HeartCycle activities, I hereby release, waive and forever discharge, and agree not to sue or file any claims of whatever nature against HeartCycle, its officers, directors, agents, employees, leaders, committees and members ("Releases") from or for any and all claims or actions of any kind for personal injuries and/or personal property damage which I may sustain as the result of the negligence or other acts, however, caused, by myself or the Releases, during my participation in HeartCycle tours and/or activities. I understand and agree that this Waiver and Release shall be binding on my heirs, personal representatives and assigns.

B. ASSUMPTION OF RISK AND RIDER RESPONSIBILITIES

I ACKNOWLEDGE, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

I UNDERSTAND that bicycling is a potentially hazardous activity requiring excellent mental and physical conditioning, and that injuries can occur from accidents or from the negligence or carelessness of others. I am voluntarily participating in these activities with knowledge of the danger involved, and I accept and assume all known and unknown risks which might arise.

I REPRESENT that my mental and physical condition, and the condition of my equipment, is to the best of my knowledge adequate to allow me to safely train for and participate in HeartCycle activities, and that no physician or other qualified person has advised me against training for or participating in such activities. I also consent to permit emergency medical treatment in the event of injury or illness.

I ACKNOWLEDGE that helmets are required to be used by all riders on HeartCycle rides and that it is my duty to obey all laws, ordinances and rules and regulations and Colorado HeartCycle Association, Inc. shall not be required to enforce them on my behalf. If I fail to abide by such regulations, I assume all risk incident thereto.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I UNDERSTAND THAT THIS IS A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

I am over the age of eighteen (18) years, or my parent or legal guardian is signing on my behalf.

C. ACKNOWLEDGEMENT OF REFUND POLICY AND TRIP CANCELLATION INSURANCE

I have read and agree with the "REFUND AND CHANGE POLICY" described in the tour brochure. I have also read the information included in the tour brochure concerning trip cancellation insurance.

Signature: _____ Date: _____

Send this form along with a check made payable to:

Colorado HeartCycle, P. O. Box 100743, Denver, Colorado 80250-0743

