



October 2026

Heart-to-Heart

CLUB NEWSLETTER

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TIME TO REGISTER FOR THE ANNUAL LUNCHEON IS RUNNING OUT!

Join us for a memorable day at the HeartCycle Annual Meeting and Luncheon on **Saturday, October 24th**, at the **Mt. Vernon Canyon Club**.

This event is packed with great food, inspiring conversations, treasured memories from the past year's tours, and the opportunity to learn more about next year's tours.

Saturday, October 24, 2026

Mt. Vernon Canyon Club
24933 Club House Circle, Golden, CO

Cash Bar Opens @ 11:30 AM
Lunch Buffet Begins @ 12:00 Noon

\$35 per person
(Club Members & Guests Welcome!)

Register now!

Sign up today on the **HeartCycle website** at www.heartcycle.org/2026-annual-luncheon.

Spots are limited to 125 attendees, and registration closes on **October 19th**—or

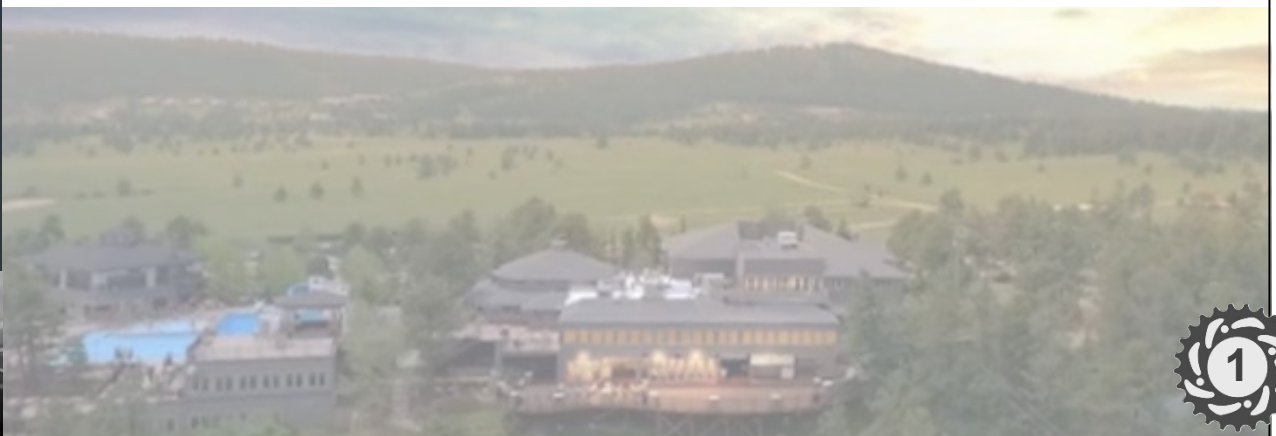
sooner if we sell out! Please note, **all payments must be made online**—no payments will be accepted at the door.

This year we're introducing a fun, new format for our tour previews. Instead of a series of back-to-back presentations, each 2027 tour leader will host a table dedicated to their tour. You'll be able to stroll around the room, visit the tours that interest you most, ask questions, and have one-on-one conversations with the tour leaders.

For questions, feel free to contact **Tom Kissinger** at tom_k@pipeline.com.

What's on the agenda?

- **Gourmet Buffet:** Enjoy a delicious spread while catching up with old friends and meeting new ones.
- **2026 Tour Highlights:** Relive the best moments of this year's rides with a continuous slideshow featuring photos from all 2026 tours.
- **2027 Tour Preview:** HeartCycle Tour Director, **Janet Slate**, along with 2027 tour leaders will share details and answer any questions you may have about next year's tours.





New Rider Discount Program

By HeartCycle Newsletter
Editor Cody Ensanian

HeartCycle is excited to introduce our new **New Rider Discount Program** for the upcoming tour year! This is the first year we are trying this program, and we hope it will encourage a new generation of cyclists to experience bicycle touring and become involved with HeartCycle.

The program is designed for cyclists **age 45 and younger who have never previously participated in a HeartCycle tour**. We know that signing up for your first bicycle tour can be a big commitment, so this program provides a financial incentive to make it a little easier for new riders to give HeartCycle a try.

Up to **15 new riders** will be selected to receive an award. Recipients will receive a **20% discount on the cost of one domestic HeartCycle tour** during the upcoming tour year. The discount can be used toward either double- or single-occupancy tour pricing, and recipients will also receive priority registration for the tour they choose.

If more than 15 eligible riders apply, recipients will be selected through a random lottery. Applicants will need to submit their request during a designated application

window, which will take place shortly before registration opens for the first batch of domestic tours.

We're excited to try something new and hope this program introduces more cyclists to the great rides, destinations, friendships, and experiences that come with a HeartCycle tour.

For complete eligibility requirements, program guidelines, application dates, and instructions on how to apply, visit the **HeartCycle New Rider Discount Program** page on our website:

www.heartcycle.org/new-rider-discount-program

Please share this info with any friends who may be interested in trying out a HeartCycle tour!

Program Highlights:

- 20% discount on the cost of one domestic HeartCycle tour.
- Open to first-time HeartCycle tour participants.
- Applicants must be age 45 or younger at the time of tour registration.
- Up to 15 New Rider awards will be available for the upcoming tour year.
- Award recipients receive priority registration for the tour they choose.
- The discount applies to either double-occupancy or single-occupancy tour pricing.
- If more than 15 eligible riders apply, recipients will be selected through a random lottery.

The application window for the 2027 tour year will be open from 12:00am* on Oct 21st, 2026 through 5:00pm* on Oct 30th, 2026.

** All times are Mountain Standard Time*





From the Tour Director's Saddle

By HeartCycle Tour
Director Janet Slate

The HeartCycle Annual Meeting and Luncheon on Saturday, October 24th, at the Mt. Vernon Canyon Club is right around the corner. We hope to see you there!

<https://www.heartcycle.org/2026-annual-luncheon>

If you missed signing up for some of the 2027 foreign tours, I encourage you to get on the waitlist because sometimes people cancel. Your deposit will be fully refunded if you don't clear the waitlist.

We are excited about the 2027 domestic tours lineup, which will be presented at the Annual Meeting and Luncheon when the tour descriptions go live on the HeartCycle

website. To whet your appetite, here's a preview of what we'll be opening for registration in two groups in subsequent weeks after the annual meeting and luncheon. The tour leaders will be on hand at the Annual Meeting and Luncheon to answer your questions:

<i>Southeastern Arizona</i>	<i>March</i>
<i>Paso Robles, CA</i>	<i>April</i>
<i>Southeastern Wisconsin</i>	<i>June</i>
<i>Willamette Valley, OR</i>	<i>July</i>
<i>San Juan Islands, WA</i>	<i>July-August</i>
<i>Finger Lakes, NY</i>	<i>August</i>
<i>NextGen Black Hills, SD</i>	<i>September</i>
<i>Carolina Blue Ridge, SC/NC</i>	<i>September</i>
<i>Gap-Civil War-C&O Canal, PA/DC</i>	<i>October</i>

Thank you for being a HeartCycle member!

Janet Slate
jslate@ultrasys.net

That's a wrap! The 2026 HeartCycle Tour Year has concluded!

Number of 2026 tours:

-14

Approximate riding days:

-100

Est. total miles:

-4,300

Est. total elevation gain (ft):

-200,000'

...or, in miles: 38!



As we wrap up another great year of cycling, we want to extend a heartfelt thank you to everyone who helps make HeartCycle possible. Our club depends on the time and dedication of many volunteers, including our Board members, working members, tour leaders, tour coordinators, and SAG drivers. We also greatly appreciate our partnering tour vendors, whose expertise and support help make many of our adventures possible.

Most importantly, thank you to all our HeartCycle members! Your continued interest, participation, and enthusiasm keep the club rolling. Your support allows us to continue offering a diverse selection of popular, competitively priced cycling tours throughout the United States and around the world.

Together, we enjoyed another memorable year of riding, exploring new places, reconnecting with old friends, and making new ones along the way. Here's to a great 2026 touring season—and many more miles and adventures ahead!



The Marvelous Moselle River

By HeartCycle Member
Sue French Smith

After a very successful Bike and Barge from Bruges to Amsterdam two years ago, many of us, along with our fabulous tour coordinator, Rita Kurelja, opted for this year's Bike and Barge up the Moselle River.

The group arrived at the barge without any delays. The weather was hot, but the river and our rooms were cool! The crew showed us around our rooms and explained the common spaces, meals, and the important bar options. The boat, the *Magnifique I*, was recently remodeled, and it was spotless. Our initial group meeting introduced us to our crew and included brief introductions from all the riders. Rita then indicated that at each meeting, someone needed to tell a joke. Game on!

The crew included Captain Teun, Chef Michael, Hostesses Madalyn and Myla, Alexes the sailor, and Guides Andy and Frans. Traveling by boat is so easy. Just move into your cabin and voilà! All settled for an entire week.



August 5, Day 1: Cochem, Germany

After checking in, our tour guides, Andy and Frans, took us for a stroll through Cochem, with its scenic streets and stunning views from the bridge up to the castle. A hike through the woods or a bus ride brought the group up the hill, where we enjoyed a private tour of Cochem's majestic Reichsburg Castle with an informative guide who spoke excellent English.

The castle was bought and lovingly restored in the neo-Gothic style associated with 19th-century German castle romanticism by Counselor of Commerce Louis Ravené, a wealthy industrialist. The castle is now owned and maintained by the city of Cochem.

As we wandered back toward the ship, the lights of Cochem came on, and the city provided a stunning display of lights reflected in the Moselle.





August 6, Day 2: Cochem to Beilstein to Zell, Germany, 33.5km, 88m elevation

Beautiful but warm weather greeted us as we rode from Cochem to Beilstein. Beilstein is a beautifully preserved, picturesque German river town with a bell tower and delicious pastries and coffee. Stunning views of the entire Moselle Valley could be seen from the top of the town.

After our coffee break, we rambled on toward Zell, stopping to see the steepest vineyard in the area. Workers must be agile and have strong legs to tend the vines on slopes of up to 60 degrees.

Onward to Zell, a famous wine town known for Zeller Schwarze Katz. Wine tastings provided an excellent comparison between the dry and sweeter versions of Riesling. Let the day drinking and wine tastings begin!



Zeller Schwarze Katz ("Zell Black Cat") is the famous wine designation and symbol of Zell, Germany, along the Moselle River, and is especially associated with the area's Riesling wines. The name comes from a local legend dating to 1863, when wine merchants were tasting wines in Zell. After narrowing their choices to three barrels, a black cat reportedly jumped onto one, arched its back, and hissed at anyone who approached. The merchants took this as a sign and purchased that wine. It sold so well that they returned for more, helping establish the "Zeller Schwarze Katz" name and enduring black-cat tradition.



**August 7, Day 3: Zell to Bernkastel-Kues,
51.3km, 199m elevation**

We left Zell energized, refreshed, and ready to enjoy another beautiful but warm day along the Moselle. The river is always smooth and lush, with many Egyptian ducks, geese, and herons. White swans glide smoothly along, giving off an air of complete tranquility.

On this day, we learned about the legendary black cat label from the Moselle River village of Zell, depicting a cat that leapt upon a barrel to dissuade a merchant from buying the wine from the winemaker. The creativity of the townspeople and their use of old wine barrels and other winemaking tools could be seen at intersections and in gardens across the region.

We arrived in Bernkastel-Kues in the afternoon, and after dinner, several of us wandered into town and were thrilled to join the locals for a free concert in the square featuring Rock Anarchie. Not Rock An Archie, but Anarchie, as in Anarchy!







August 8, Day 4: Bernkastel-Kues to Treves, 54km, 185m elevation

For our morning stop, our guides requested that their favorite spot open a little early. While we settled in with our morning coffees, pastries, and wine, an oompah band dressed in lederhosen pulled up on bicycles, set up, and played several songs, much to our delight.

As one of our trip participants said, “One of my favorite times was when we stopped for drinks at a bar just off the bike trail, bought beer and wine, and watched and listened to the oompah band. Their music was superb and perfectly fit the setting, but I especially enjoyed watching them polish off bottle after bottle of wine while they were playing. Afterwards, we learned that they traveled from bar to bar to play and were paid in bottles of wine.”

The garden had several sculptures, including one of a bicyclist who ended up in a hay bale.



The Romans brought winemaking to the Moselle Valley and left behind evidence, including a Roman wine press in Piesport. The afternoon included a stop at the Wasserstraten to cool off our feet and another stop at a beer and wine garden in Mehring to cool off and solve the world's problems.

We met our barge in Treves, where we settled in after another warm ride with cool drinks, jokes, and delightful food.





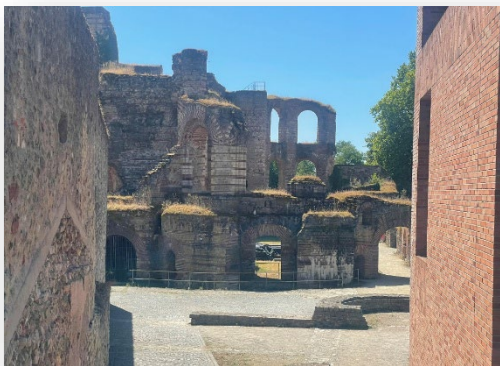
August 9, Day 5: Treves to Trier to Saarburg, 50.7km, 189m elevation

The morning ride, on another gorgeous but slightly cooler day, led us to Trier, the oldest city in Germany and a cornerstone of Roman history, starting at the Porta Nigra gate. Trier was founded around 15 BCE by Caesar Augustus.

Our tour guide took us on a walk through Trier's history, from the city center to the Basilica of Constantine and the Electoral Palace, aptly named for its beautiful architecture, enormous grounds, and statues. On our way out of town, we stopped by the grand Imperial Roman Baths, where several baths once existed. It is the largest Roman thermal bath complex built outside Rome.

Once again on our way, our next stop was for another afternoon libation with cool refreshments in a garden. Onward to Saarburg, the most picturesque town so far, with the river plunging through the center of town and feeding a mill below.

Saarburg's sparkling evening lights provided a beautiful setting for dinner on our own, with several delicious local restaurants to choose from.





August 10, Day 6: Saarburg to Remich, 60.7km, 181m elevation

Leaving Saarburg, the group split up, with half staying on the river for a longer ride and the other half choosing to go “over the mountain.” The ride over the mountain was more challenging in altitude; however, compared to our Colorado mountains, many of the riders had no problem. After a delightful ferry ride across the Moselle River from Germany to Luxembourg, the river runners enjoyed their coffee break in Schengen. It was not uncommon to see well-dressed locals drinking wine or beer in the morning.

The two groups convened in Schengen at the site of the museum and the location of the signing of the Schengen Agreement 40 years ago that enabled economic protection for the European countries involved and no borders. After the break, we passed through Luxembourg into France! The route is lovely through the French countryside and friendly villages and a large nuclear power plant. We enjoyed lunch in Thionville.

After arriving in a very light sprinkle, we waited for the rain to stop, then toured the local Roman ruins with thousands of tiles, all beautifully preserved. The tile floor was once the centerpiece in a palatial Roman villa. Three million individual tile pieces reveal scenes from gladiator games in the amphitheater.

From here, we boarded the ship and cruised to Metz for our last night. After dinner, we took a guided walk through Metz. St. Etienne Cathedral is the third-largest Gothic church in France, with flying buttresses and Marc Chagall-stained-glass windows. Metz is full of stunning architecture, flowers, and great cafés.







Final Thoughts...

After the tour, everyone headed off to various parts of Europe, including Paris, Luxembourg, the Black Forest, and Amsterdam.

A shout-out to our tour coordinator, Rita Kurelja, for patiently organizing us and creating a trip that provided so many great memories and rides. The wines we consumed and tasted were many but included the following: Walter J. Oster Mosel, Deinhard Cuvee Blanc, and Max Riesling Trocken. They were delightful and went well with the warm weather.

Parting bike joke: *I was selling my bike, and an interested buyer asked what's the lowest I'd go? "About two mph," I said, "otherwise you'd tip over!"*



Bienvenue au Quebec!

Report by HeartCycle Member Karen Rott

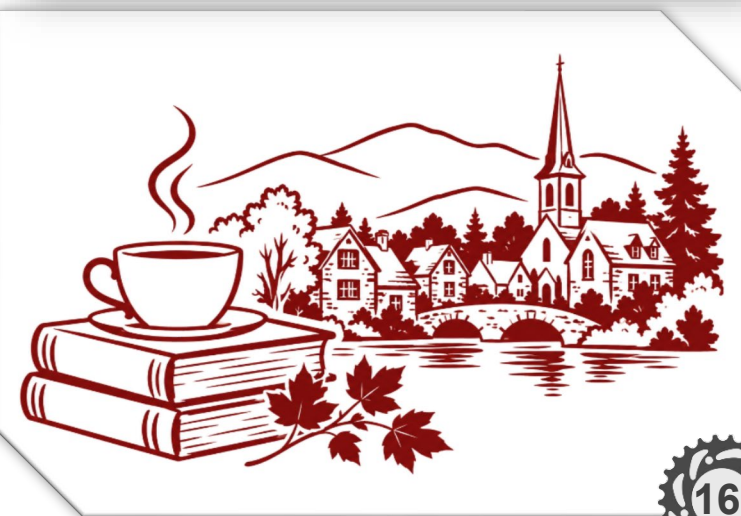


Quebec had never really been on my list of places to visit, but the beauty of HeartCycle is that it often takes you places you'd never considered traveling to—and then makes you wonder why you hadn't already been there a dozen times. When I got the invite to join this trip, I dove into a bit of research on the French-Canadian state, and by the time we arrived in Montreal, a bike tour there seemed like the most obvious thing in the world.

Pre-tour Day: Louise Penny Walking Tour

The Louise Penny novels are set in Quebec, so as we got settled in before the start of our bike tour, several folks did a Louise Penny-themed walking tour of Quebec City, led by Kathy Cook and Marilyn Choske, which was informative and fun (especially for those who had read her books!).

We dined on tasty dumplings at a local Chinese restaurant, took a boat ride on the lovely St. Lawrence River, and enjoyed the local ice cream/gelato before we headed to the pre-ride meeting and then to bed to rest the legs and prepare for our first ride in Quebec!

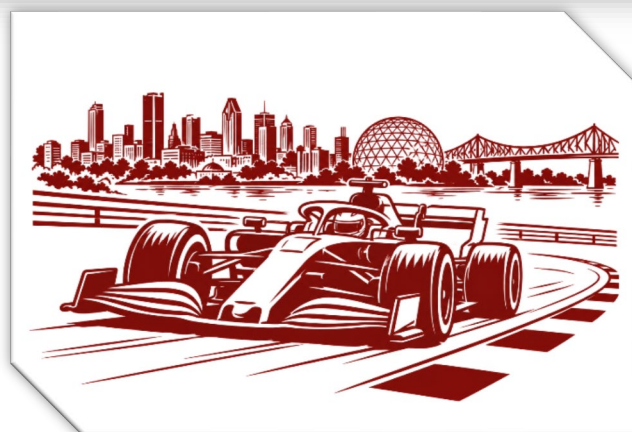


Day 1: Montreal—a Bike Touring Paradise

From the moment we started our ride through Montreal, it was clear the city is a bike touring paradise. It has some of the best bike infrastructure any of us had ever seen and is easily one of the most bike-friendly cities in North America. With over 1,000 kilometers of well-manicured bike trails, many are completely separated from vehicle traffic. We rode 38 miles, over 1,200 feet of elevation, along trails that followed the St. Lawrence River and meandered through lovely gardens and endless flower beds.

Perhaps the most interesting part of the ride was getting to pedal around a Formula 1 Grand Prix track, which is open to cyclists when not hosting car races. Everyone from bike tourists (like us) to local recreational riders and competitive cyclists doing training drills can take advantage of the perfectly paved track, which provides a unique and enjoyable riding experience.

After living out our Grand Prix fantasies, we ended the ride with a climb up Mont Royal, where we enjoyed a sweeping view of the Montreal skyline. It was the perfect ending to our first ride of the trip!





Day 2: Route Verte Trail System

After enjoying Montreal's immaculate bike trails, it was natural to worry that pedaling out of the city would be a bit anticlimactic. But as it turned out, the Route Verte Trail System was just as impressive! The bike trails weave through suburban areas and are in excellent shape—often in better condition than the nearby roads! Once again, we were amazed at how bike friendly the area was and enjoyed 72 miles of trails with 2,555 feet of climbing on our way to ski country.

We stopped for lunch halfway through the day, then jumped on the Le P'tit Train du Nord, which was a fine gravel trail. Also in amazing shape, the trail is popular with both bicyclists and walkers and is used by thousands of people each day. The crowds didn't bother us, however, as everyone was courteous and happy to be out on the trail. That evening, we celebrated our second day of riding with our first taste of poutine, a famous Quebecois dish of French fries, cheese curd, and gravy. Yum!



Day 3: Climbing

Our third day in the saddle was all about climbing, with more than 4,000 feet of elevation gain over 66 miles. That made sense when we considered we were riding through Mont-Tremblant National Park up to the area's ski resorts. The final push of our climb was a brutal 11.5 percent average grade (with a 17.5% max!) up a 0.4-mi dirt road to the ski lodge where we would spend the night. This had the entire group cursing our leader, Jimmy!! Some people's e-bikes ran out of battery, others walked just for the heck of it, but we all eventually made it to the lodge, where we were the only people in residence. We enjoyed a group dinner and a great night's sleep before waking up to a hearty breakfast—and rain.





Day 4: Rain and Detours

The rain didn't stop all day, but we had 83 miles to ride and nearly 2,200 feet to climb, so most of us pulled on our jackets and got busy pedaling (although a few people decided to sag, and nobody blamed them!). The rain was mostly mild with occasional downpours, so we took it easy and conservative, especially on descents.

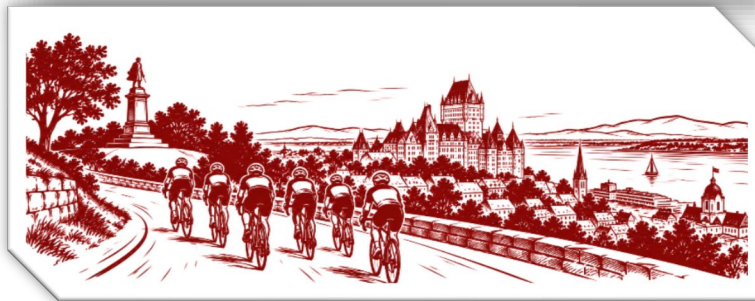
After our morning SAG break, we got back in the saddle but were soon stopped by a closed bridge. Rather than adding a lot of wet miles to our day, we lifted our bikes over concrete barriers, walked through the detour, remounted, and got back on the road. We ended the day at a great hotel run by friendly staff who provided us with everything we needed to clean our dirty bikes.



Day 5: The Longest Day

Day five was our longest day at 87 miles and nearly 3,000 feet of climbing, but we hardly noticed; we were so relieved to see sunny skies instead of rain. The weather looked perfect from inside the hotel, but once out on our bikes, we found the roads were a bit rough, and our route was into a headwind. Several riding groups pace-lined against the wind and did our best to keep our momentum up and not get blown over!

Part of our ride was on the Chemin du Roy or the King's Highway. It winds through various quaint riverside villages, providing picturesque views and lots of local color. (The villages also had more detours, although none were as challenging as the one the day before, so we managed to make our way around them.) We ended the day riding up the Plains of Abraham, and eventually into Quebec City, where we were scheduled to enjoy a well-deserved rest day.

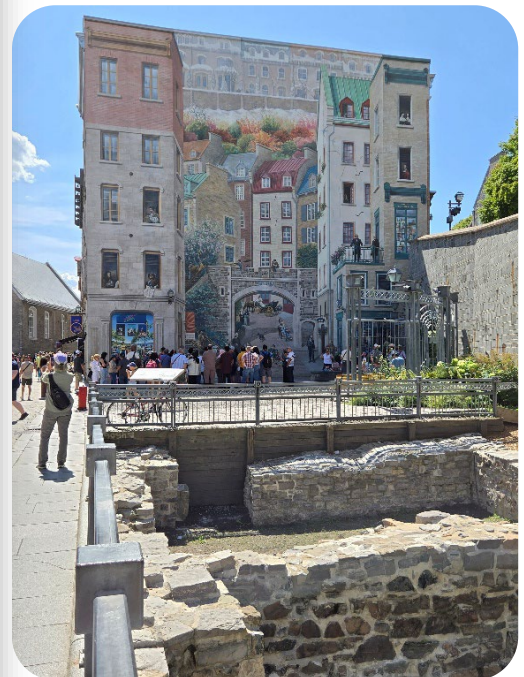




Day 6: Rest Day

As it turns out, “rest day” is a relative term, especially when you are riding with a group of avid cyclists. Some of our group ended up doing a ride around Quebec City, while others did a walking tour of the city—but it seemed that no one did much actual resting!

The name “Quebec” is derived from the Algonquin word “Kebec,” which means “narrowing of the river.” As one might imagine, it refers to the fact that the city is built at a dramatic narrowing of the St. Lawrence River, where Cape Diamond chokes the river down to less than a mile across. The St. Lawrence River naturally freezes over every winter, but it is now an important sea lane, so it is cleared year round to ensure that ships can pass through. We also learned that Quebec is the only province in Canada where French is the official language. *Bonjour!*

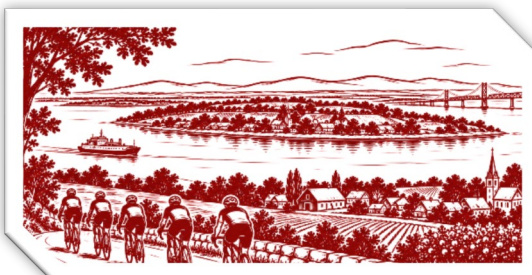


Day 7: Shuttle Day

Our final day of riding started with a shuttle across a very narrow bridge that Jimmy decided was best not to ride over. We made our way to Île d'Orléans, which is a beautiful agricultural island in the St. Lawrence River. Once there, we had the option to do a full 55-mile ride with 1,900 feet of climbing or a shorter 45-mile ride that cut across the island. While riding, we saw lots of weekend visitors who had come to the island to attend the various farmers markets. Our wonderful SAG team even took advantage of the farmers markets and treated us to fresh strawberries for lunch!!!

After riding around the island, we shuttled back to the mainland. We also passed the Parc de la Chute-Montmorency, which is the huge, beautiful waterfall the area is famous for. Unfortunately, it is so famous that it was extremely crowded on a Saturday, so we just enjoyed the view from a distance, rather than trying to elbow our way up to the falls.

Once we finally made it back to our hotel, we cleaned out the truck and coolers, loaded 17 bikes into the van, and said farewell and a big thanks to the tour leaders and SAG crew. Our tour of Quebec had come to an end much too soon. While our legs and butts were happy for the rest, our hearts were still craving more of the friendly people and beautiful countryside. I guess we'll just have to sign up again next time!







About HeartCycle Bicycle Tours

2026 tours that are currently scheduled are highlighted on the next few pages. Tour details are also available on the [HeartCycle website](#).

To read and observe the procedures for announcing new and planned tours please review the [Tour Announcement and Registration Policy](#).

Links to tour policies (illness, conduct, waitlist, etc.) can be found at the bottom of the [HeartCycle Tours](#) web page.

Send a message to tourdirector@heartcycle.org to let us know (1) where you'd like to go on a future tour and (2) if you have an interest in leading or co-leading a tour.

February

Vietnam

Ho Chi Minh City/Hanoi, Vietnam

Dates: Feb 24 – Mar 13, 2026

Days: 16

Rating: Intermediate

Cost: \$4,000

Link: [Vietnam Trip Details](#)

Contact: Tom Kissinger

tom_k@pipeline.com

April

Patagonia Argentina: Lakes & Volcanoes

Patagonia, Argentina

Dates: April 10 – 22, 2026

Days: 11 Rating: Interm / Adv

Cost: \$3,750

Link: [Patagonia Trip Details](#)

Contact: Lisa Evans

iceski@comcast.net

May

Tug Hill & Thousand Islands Region

East Syracuse, NY, USA

Dates: May 15 – 23, 2026

Days: 7

Rating: Intermediate

Cost: \$2,100

Link: [Tug Hill Trip Details](#)

Contact: Jim Bethell

bethell.jim@verizon.net

June

Acadia: Rocky Coastal Maine

Bar Harbor, ME, USA

Dates: June 1 – 9, 2026

Days: 7

Rating: Intermediate

Cost: \$2,600

Link: [Acadia Trip Details](#)

Contact: Patty Menz

pmenz@verizon.net

March

Death Valley, California

Death Valley, CA, USA

Dates: March 21 – 28, 2026

Days: 6

Rating: Intermediate / Advanced

Cost: \$2,700

Link: [Death Valley Trip Details](#)

Contact: Kevin Schmidt

hillslope@gmail.com

May

Napa Vine & Surf Loop

Santa Rosa, CA, USA

Dates: May 9 – 17, 2026

Days: 7

Rating: Intermediate / Advanced

Cost: \$2,300

Link: [Napa Trip Details](#)

Contact: Cindy Alvarez

sindelou2@gmail.com

May

Katy Trail, Missouri

Kansas City, MO, USA

Dates: May 26 – June 6, 2026

Days: 10

Rating: Intermediate

Cost: \$2,250

Link: [Katy Trail Trip Details](#)

Contact: Tina Vessels

tina.vessels@gmail.com

June

NextGen San Juans: Durango & Silverton, Colorado

Durango, CO, USA

Dates: June 15 – 20, 2026

Days: 4

Rating: Interm / Adv

Cost: \$2,000

Link: [NextGen Durango Trip Details](#)

Contact: Greg Lestikow

glectikow@gmail.com





HeartCycle Bicycle Tour Rating System

/// EASY -----

Approx Daily Miles:
< 40

Avg Daily Gain (ft):
<= 1,500'

/// INTERMEDIATE --

Approx Daily Miles:
40 to 60

Avg Daily Gain (ft):
1,500' to 3,500'

/// ADVANCED -----

Approx Daily Miles:
50 to 70

Avg Daily Gain (ft):
2,500' to 4,500'

/// EXPERT -----

Approx Daily Miles:
> 65

Avg Daily Gain (ft):
> 4,000'

June

Northern New Mexico: Los Alamos & Santa Fe

Los Alamos, NM, USA

Dates: June 26 – July 2, 2026

Days: 5 Rating: Intermediate

Cost: \$1,600

Link: [New Mexico Trip Details](#)

Contact: Alan Church

alan.church@comcast.net

July

Jackson Hole Wyoming #1

Jackson, WY, USA

Dates: July 15 – 20, 2026

Days: 4

Rating: Easy

Cost: \$2,000

Link: [Jackson Hole #1 Trip Details](#)

Contact: Clare Bena

cbvamoots@gmail.com

July

Jackson Hole Wyoming #2

Jackson, WY, USA

Dates: July 20 – 25, 2026

Days: 4

Rating: Easy

Cost: \$2,000

Link: [Jackson Hole #2 Trip Details](#)

Contact: Clare Bena

cbvamoots@gmail.com

August

Moselle River: Germany / Luxembourg / France

DEU, LUX, FRA

Dates: August 4 – 11, 2026

Days: 6 Rating: Easy

Cost: \$3,200

Link: [Moselle River Trip Details](#)

Contact: Rita Kurelja

ritakurelja@hotmail.com

August

Montreal to Quebec, Canada

Montreal/Quebec City, CAN

Dates: August 15 – 23, 2026

Days: 7

Rating: Inter / Adv

Cost: \$2,100

Link: [Montreal to Quebec Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

September

Underground Railroad Year 3

KY/OH/PA/NY, USA & CAN

Dates: Sept 11 – 27, 2026

Days: 15

Rating: Inter / Adv

Cost: \$3,500

Link: [Underground Railroad Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

September

Puglia, Italy

Bari, Italy

Dates: Sept 15 – 28, 2026

Days: 12

Rating: Intermediate

Cost: \$5,700

Link: [Puglia Trip Details](#)

Contact: Janet Slate

jslate@ultrasys.net

October

SW Wisconsin – The Driftless Area

Madison, WI, USA

Dates: Oct 9 – 18, 2026

Days: 8

Rating: Intermediate

Cost: \$2,400

Link: [SW Wisconsin Trip Details](#)

Contact: Jim Bethell

bethell.jim@verizon.net

CANCELLED





HeartCycle Bicycle Touring Club Contacts

Please feel free to contact any of the members listed to the right with questions, comments, or concerns. We are more than happy to field your questions and get you in touch with the appropriate club contact.

Board of Directors

- **Mark Lestikow (2024-26) | 303-919-0426**

President - president@heartcycle.org

- **Tom Kissinger (2024-26) | 303-475-8669**

Vice President

- **Janet Slate (2025-27) | 303-683-6128**

Tour Director - tourdiretor@heartcycle.org

- **Alan Church (2024-26) | 303-489-1789**

Treasurer

- **Laura Davis (2024-26) | 970-581-1361**

Secretary

- **Ron Finch (2025-27) | 303-656-5573**

Safety Coordinator & Insurance -
safety@heartcycle.org

- **Rita Kurelja (2025-27) | 970-231-7163**

Registrar - registrar@heartcycle.org

- **Richard Crocker (2025-27) | 520-539-8019**

Asst. Registrar - registrar@heartcycle.org

- **Cody Ensanian (2025-27) | 570-419-9453**

Newsletter Editor - newsletter@heartcycle.org

Working Members

- **Jim Bethell | 518-466-8490**

Webmaster - webmaster@heartcycle.org

- **Graham Hollis | 720-323-6479**

Asst. Treasurer

- **Jeff Messerschmidt | 303-904-0573**

SAG Supply Manager

- **Dan Palmquist | 303-638-2535**

SAG Vehicles

- **Jimmy Schroeder | 260-450-2007**

Ride-with-GPS Coordinator

- **Judy Siel | 720-519-9401**

Asst. Tour Director - tourdiretor@heartcycle.org

- **Scott MacCormack | 720-939-6099**

Special Projects

/// About HeartCycle ///

The HeartCycle Bicycle Touring Club is a not-for-profit Colorado corporation that began providing bicycle tours in 1978. The club is organized and run by volunteers who enjoy the challenge and the fun of cycle touring 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 not-for-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.

