

# Heart-to-Heart



## HeartCycle Bicycle Touring Club

HeartCycle is 44 years young and we have been hosting bike tours for our members every year. We lead some of the most spectacular bike tours anywhere for you, our members. Our volunteer tour leaders plan the routes, enlist great SAG support crews and book the hotels. You get to enjoy a bike tour with like minded members and share stories, beers and make new memories along the way. Our tours take you through scenic mountains, tranquil rural landscapes, coastal shores and/or the vast desert. HeartCycle takes the hassle out of planning and offers unbeatable tours around the US and great international locations.

There is no better way to travel than on two wheels. It's an active journey where you ride through incredible locales, stopping at SAG rest areas and stay in hotel lodging. Some of our tours are more challenging than others, so read the tour descriptions closely and pick which tour you'll want to go on...

**Hope to see you on a tour in 2022 and 2023!!!**

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## The Board of Directors

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Ride with GPS Coordinator
<b>Barry Siel</b> (303) 434-1947
Newsletter Editor

## Tour Director Musings

Good heavens the year is more than 50% in the rear view mirror. What fun things have you been doing? We completed our second HeartCycle tour in Steamboat Springs a few weeks ago and I so enjoyed being in the Colorado mountains, seeing beautiful green meadows and snow capped peaks. Yes, we did experience a few Rocky Mountain thunderstorms too. It was great being together with a group of members and now friends on the road.

I am working on organizing volunteer tour leaders for 2023. Do you want to become a tour leader? Are you an experienced tour leader that has taken a few years off and ready to get back in the role? HeartCycle is looking for more tour leaders and tour ideas. Contact me soon to get your idea from the idea in your brain to actually being on the tour schedule. There are some interesting ideas being worked on this year and we hope to present a wonderful array of tour in 2023 for our club. Remember this is your club and we need you to register for tours, volunteer to be a tour leader or SAG or working member. Get involved with HeartCycle!

Hope to see you on tour soon,

Judy Siel, Tour Director

## Portugal – May 2022

By Bill Hurley

From May 8<sup>th</sup> through May 20<sup>th</sup> a group of 18 strong HeartCycle riders explored central Portugal on a 12 day tour covering 340 miles and climbing 21,000 feet in 8 days of wonderful cycling. Along the way we toured some of Portugal's most historic and scenic sites, in an excellent combination of sightseeing, luxurious accommodations, and great cycling on quiet roads.



### By the Bay of São Martinho

We met in Lisbon and started with an optional day-trip to Sintra, organized by HeartCycle, featuring a private tour with a local guide. The next day began the cycling tour out of Évora. We rode East through Redondo, Vila Vicosa, and Castelo de Vide. We had a day tour of Marvão, the highest medieval village in Portugal with views of Spain, and visited the Roman ruins of Ammaia. Then we headed West to the Atlantic passing through Nisa, Martinchel, Fatima and Batalha. The ride South down the coast was outstanding. We had a snack in the famous surfing town of Nazaré and spent that night at the Spa Alcobaca. Our last day of cycling down the coast took us through the beautiful bay of São Martinho, then on to the famous town of Óbidos. We transferred by van back to Lisbon where we said farewell and all headed out, some back home and some on to their next European adventure.

Our tour company, Portugal Bike Tours <https://www.portugalbike.com/>, graciously adapted their “Jewels of Portugal” tour to our style, provided high-quality carbon bicycles and sag support as we rode independently using their pre-programmed Garmin computers. Our super-fun guides André and Ricardo took really good care of us, and get extra-credit for managing a couple of unfortunate injury accidents and two Covid cases. Portugal Bike Tours owners Cristina and José met us at the beginning

met with us at the beginning and end, but also joined the group in the middle to conduct site tours, adding a personal touch. They were first class.



**Fields of wildflowers along the way**



**On top of Portugal at Marvão,  
Cristina and José in green**

We stayed in luxury hotels, some with pools and spas, one was once a convent and another a 14<sup>th</sup> century monastery. There were tours of castles, monasteries, a cork factory, roman ruins, a small artisanal pottery factory, ancient caves, and of course a high-end winery. Superb cycling in hilly Portugal connected these adventures creating an unforgettable tour.



**Our Tour Guide Ricardo**



**Along the Atlantic at Praia da Foz do Arelho**



**Smooth Pavement and Quiet Roads**



**Lots of Wind Turbines**



Monastery at Batalha



Our hotel – the Monastery of Santa Maria de Flor da Rosa (Pousada Mosteiro Crato)



Excavation at the Roman Ruins of Ammaia



Mid-day picnic in the shade



Mid-day picnic in the shade



Surprise! Exploring a Little Temple at Nazaré



Touring a Cork Factory near Évora



Kitchen at the Alcobaça Monastery



Lots of smiles after a good day of cycling



Swinging high over Portugal



Wall Mural on the Back Road to Nazaré



# Champagne Bike and Barge

By Cheri Sheets

Fun cycling, great cultural excursions, fabulous food, and lasting friendships combine to make the perfect vacation!!

## Day-1: Saturday June 18, Epernay

Twenty-three intrepid bicyclists were welcomed aboard the Zwaantje by Captain Eric, First Mate Serje and bike tour leaders Fred and Johan. Most riders were from Colorado with a few folks (Barbara and Mike (NJ), Sandra and Deb (NY)) representing the East Coast and two (Shanna and Cheri (CA) from the west coast and one Midwesterner (Scott (Mo))). It was a warm and sunny day and all were in great spirits partly because we all had done Champagne tasting in town earlier. We met the Michelin Star cook Sean and our hostess Olivia both from Scotland. We feasted on vegetarian curried Cauliflower and then did some sun decking and socializing. We retreated to our cabins for the night. It was a bit of a puzzle figuring out how to maneuver with your cabin mate in our comfortable but close quarters. We were rocked gently to sleep on the Marne.





**Day-2: Sunday June 19, (Father's Day) Epernay**

Today we took a test ride (16 miles) to check out our equipment and see the surrounds of Epernay. Fred took the first group and Johan took out the second. The ride included a short but steep ascent to the statue of Dom Perignon the founder of champagne fermentation. We also toured the nearby church with a gorgeous view of the surrounding vineyards. Then we were treated to a short respite in Ay where we were treated to a coffee and the 2022 best pastries (the eclairs were superb). We returned via Dizy to visit Hautevillers. Several folks took the plunge into the Marne to cool down and then a short walk into Epernay to visit its sites and to tour Mercier champagne cellars. They were famous for developing a mass production technique using gigantic barrels which were transported to the World's Fair by 24 pairs of oxen. We were whisked underground to their cellars where they had over 1500 meters of caves some of which were adorned with great statues. Epernay also had a wonderful geological museum (Perrier) and many folks enjoyed the Epernay balloon ascent housed in the center of the village. Dinner was a tasty roasted pork dish over endive.



**Day-3: Monday June 20, Epernay to Dormans to Chateau Thierry**

Today was a 35-mile bike tour from Epernay to Dormans and on to Chateau Thierry. We viewed the communal laundry which was the social center for many villages. We did a steady climb up to the hills to get a great view of the Marne valley vineyards. We visited a park which housed a statue of Pope Urban II who was responsible for starting the Crusades. Weather was overcast but the views were still stunning. We arrived early for our champagne tasting at Harlin vineyards sooooo.... we found a great patisserie and gorged on cream puffs and croissants! After a quiet lunch we enjoyed a tour of this family business. We tasted several vintages and acquired more for later consumption. We cautiously proceeded back down to the Marne and joined our boat at Chateau Thierry. Many took a dip in the river before a traditional meal of beef bourguignon. After dinner we hiked up to the Chateau and viewed the city from the outer walls and saw the heritage rose garden. The *fabled* writer Jean de La Fontaine lived here and was honored with a statue depicting his well-known tales (The Goose that laid the Golden Egg, The Mouse and the Lion...etc.)



**Day-4: Tuesday June 21, Chateau Thierry to La Ferte Sous Jouarre**

This morning we joined by several flocks of swans that generously inhabit this region. We took time out to smell the roses and tour the grounds of Chateau Thierry. We then set out on a 26-mile bike tour in the countryside which took us to a WWI monument commemorating the USA's aid during the battle of the Marne. The lands are actually considered an American Territory. The tranquil setting left many of us ruminating on whether mankind would ever learn its lessons about the uselessness of war. We also visited the nearby but much less ostentatious German cemetery. Enjoyed a great dinner and then took a walk into town in search of (what else?) pastries!



**Day-5: Wednesday June 22, La Ferte du La Jouarre to Meaux**

Today we headed UP, UP, UP to Jouarre in wet and windy weather. We lost two folks en-route but quickly located them and were very glad to take cover in the Ganot family Brie de Meaux cheese factory. As we dried out we learned about the process of making Brie and, who knew, that there is such a thing as black (noir) Brie! It is a hard cheese that tastes like parmesan cheese. We had a cheese tasting, acquired some cheese for later feasting and then headed back out. Given the continuing downpour we decided on a coffee stop. The poor chap operating the café was overwhelmed by our entourage and ran out of coffee cups! We waited out the downpour and then restarted our trip in the drizzle. We rode through barley and Dijon mustard fields. We regained access to the Marne via a hidden trail through the woods and then navigated Meaux's busy streets climbing up to the gargantuan WW Museum. The museum provided a great history of the times, presented authentic equipment and costumes and had many audio visual aids depicting the war time efforts. We had dinner out in Meaux with lots of fabulous culinary options including Le Cirkus, La Fabrik de Meaux, and La Peniche. That evening we explored the City on foot.



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**Day-6: Thursday June 23, Meaux to Lagny sur Marne**

Today, given weather conditions the group decided to stay aboard the boat while it navigated its way along the canal. It was an intriguing and beautiful ride as the ship had to navigate several locks and low bridges and tunnels. All the rails were taken off the top deck and the wheelhouse was specially equipped to “squat down” for the low bridges and tunnels. Captain Eric managed to keep his head on as did Serje who tempted fate by sitting on the top deck. It turned out to be a glorious morning. Our bike ride began around noon?? Some took the short tour to the Palace and its Gardens while others chose the longer ride through the countryside. We trundled off under blue skies along the Marne River and canal de L’Ourq. We stopped at the lift station which was built to transport water from the Marne River into the canal. It boasted the largest water wheel ever built which was still intact; however, the system has been replaced with more modern pumps. We pedaled by several horse farms, and several small villages, and then stopped to watch a game of boule and even got invited to toss one ball. We had wonderful Moroccan feast for dinner aboard ship and then toured the town. The town included a beautiful church and a statue of Joan of Arc. Several of us enjoyed homemade gelato including lemon/basil, strawberry/mint, wine peach (a local peach that is white on the outside but red inside), and mango.



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**Day-7: Friday June 24, Lagny sur Marne to Paris**

Today's sojourn would take us 32 miles from rural France to its urban center in Paris. After breakfast we headed uphill to the lookout point above Lagny sur Marne. We headed through several villages and stopped along the canal at a very large marketplace. The fruits were fresh and delicious and there was a dizzying array of dry goods. Many miles took us along the Marne and its canals through scenic woods and parks. As we approached Paris the path became urban with lots of activity. Navigation became a little sketchy as we reached the outskirts just as the rainstorm deluged us. We met the boat at the Quai Austerlitz. A few folks biked on to see the Eiffel Tower but most got on board and began to dry out and pack up. We did a local tour to the Jardin de Plantes and then to the Promenade Plantee (a converted overhead railroad).





**Day-8: Saturday June 25, Paris**

Everyone said their goodbyes and departed to various destinations and places. It was sad to say goodbye but there are so many rich memories. If you have the chance to do a similar trip this venue (Zwantje) and this group (Heartcycle) is bound to make it an unforgettable one!



Anchor Center for Blind Children parents Kourtney Danielson (mom to Infant, Ryder, wife of Tom Danielson, owner of Cinch) and Beth Barentsen (mom to Toddler, Tivoli) are hosting a cycling event

The poster is a teal rectangle with white text and graphics. At the top left, the words "BIKING FOR BLINDNESS" are written in a bold, sans-serif font. Below this is a white line-art illustration of a mountain range with a bicycle in the center. At the bottom of the illustration is a small logo for Anchor Center for Blind Children. To the right of the illustration, the event details are listed: "Sunday, August 28, 2022" and "9am" in a smaller font, followed by "Cinch Cycling" in a larger font, and "1110 Neon Forest Cir Unit A, Longmont, CO 80504" in a smaller font. Below this is a light blue box with the heading "Schedule of Events" and three items: "9am - 10am Arrival/Coffee & Pastries Served", "10am 50-60 Mile Ride Begins", and "2pm - 4pm Post Ride @ Primitive Brewery". Below the box, it says "Questions: Contact Kourtney Danielson (Owner, Cinch Cycling & Mom of Ryder) at kourtney@cinchcycling.com". At the bottom right, it says "\$60 Registration Fee" and "(all proceeds go to Anchor Center For Blind Children)".

**BIKING**  
FOR BLINDNESS

Sunday, August 28, 2022  
9am  
**Cinch Cycling**  
1110 Neon Forest Cir Unit A, Longmont, CO 80504

**Schedule of Events**

9am - 10am Arrival/Coffee & Pastries Served  
10am 50-60 Mile Ride Begins  
2pm - 4pm Post Ride @ Primitive Brewery

Questions: Contact Kourtney Danielson (Owner, Cinch Cycling & Mom of Ryder)  
at kourtney@cinchcycling.com

**\$60 Registration Fee**  
(all proceeds go to Anchor Center For Blind Children)

fundraiser, Biking for Blindness, to benefit Anchor Center. Anchor Center for Blind Children is a nationally recognized, private nonprofit agency providing early intervention and education services that foster the full potential of children who are visually impaired and blind. This 60-mile cycling ride will take place on Sunday, August 28 at [Cinch Cycling](#) in Longmont. Learn more about their Anchor Journey •Donate •Register: <https://anchorcenter.org/anchorfund.../biking-for-blindness/>

# Colorado HeartCycle 2022 Tours

## South Florida

### **Miami, Florida**

February 2 - 10                      Status: Complete  
 7 days, Intermediate                      \$2,400.00  
 Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## Jewels of Portugal

### **Lisbon, Portugal**

May 8 - 20                              Status: Complete  
 13 days, Int./Adv.                              \$5,200.00  
 Janet Slate, [jslate@ultrasys.net](mailto:jslate@ultrasys.net)

## Springtime in Fredericksburg

### **Fredericksburg, Texas**

March 19 - 25                              Status: Complete  
 6 days, Intermediate                              \$1,480.00  
 Clare Bena, [cbvamoots@gmail.com](mailto:cbvamoots@gmail.com)  
 Janet Slate, [jslate@ultrasys.net](mailto:jslate@ultrasys.net)

## LELOG

### **Cornwall, England**

May 22 - June 11                              Status: Complete  
 20 days, Advanced                              \$6,000.00  
 Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)

## Paso Robles

### **Paso Robles, California**

April 9 - 16                              Status: Complete  
 7 days, Int./Adv.                              \$1,690.00  
 Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)

## Le Monastere

### **Limoux, France**

June 17 - 25                              Status: Complete  
 7 days, Int./Adv.                              \$2,350.00  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## Shenandoah Valley

### **Staunton, Virginia**

April 23 - May 1                              Status: Cancelled  
 7 days, Advanced                              \$1,700.00  
 Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)  
 Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)

## Champagne Bike & Barge

### **Epernay, France**

June 18 - 25                              Status: Complete  
 7 days, Easy/Int.                              \$1,950.00  
 Laura Davis, [davpete@frii.com](mailto:davpete@frii.com)

## San Diego County

### **San Diego, California**

May 7 - 15                              Status: Cancelled  
 8 days, Advanced                              \$2,000.00  
 Scott MacCormack, [samaccormack@gmail.com](mailto:samaccormack@gmail.com)  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## Steamboat Springs Scrambler

### **Steamboat Springs, Colorado**

June 26 - July 1                              Status: Complete  
 5 days, Int./Adv.                              \$1,180.00  
 Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com)  
 Barry Siel, [bsiel03@gmail.com](mailto:bsiel03@gmail.com)

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# Colorado HeartCycle 2022 Tours

## Adirondack Foothills & Green Mnts.

### **Glens Falls, New York**

August 20 - 26                      Status: Wait List  
6 days, Intermediate                      \$1,620.00  
Jim Bethell [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)  
Gail Golderman [goldermg@union.edu](mailto:goldermg@union.edu)

## Oregon Wine & Surf

### **Eugene, Oregon**

September 7 - 14                      Status: Open  
7 days, Int./Adv.                      \$1,880.00  
Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
Helayn Storch, [helaynstorch@hotmail.com](mailto:helaynstorch@hotmail.com)

## Southern Albania

### **Tirana, Albania**

Sept. 26 - Oct. 6                      Status: Open  
11 days, Int./Adv.                      \$1,600.00  
Lisa Evans, [Lceskidive@gmail.com](mailto:Lceskidive@gmail.com)

## Front Range Bike & Brews

### **Denver, Colorado**

Sept. 30 - Oct. 8                      Status: Open  
8 days, Int./Adv.                      \$1,850.00  
Scott MacCormack,  
[samaccormack@gmail.com](mailto:samaccormack@gmail.com)  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## Old Man River, MO/IL/KY

### **St. Louis, Missouri**

October 14 - 22                      Status: Cancelled  
8 days, Int./Adv.                      \$1,660.00  
Scott MacCormack,  
[samaccormack@gmail.com](mailto:samaccormack@gmail.com)  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)