

Heart-to-Heart



Preview of 2024 Europe Tours for HeartCycle

Bike and Barge, Belgium & Netherlands July 20-27, 2024

HeartCycle is excited to announce that we will be offering a Bike and Barge cycling tour in 2024. This fun and adventurous tour will begin in the UNESCO World Heritage-listed historical city of Bruges, aptly named the “Pearl of Flanders” cycling and sailing to the dreamy city of Amsterdam.

Each day we will cycle through beautiful countryside, quaint towns and historic cities. Our boat, The Fiep will be our floating hotel for the entire trip. We will be led by competent multilingual guides. Mileages will vary and most days you will have an option to ride longer (or shorter). This part of the world is flat, flat flat so hills will not be an issue. This tour will be rated easy to slightly intermediate and will be appropriate for riders who are comfortable being on a bike for several hours.

The dates for this tour are July 20-27th, 2024. Mark your calendars and join us as we explore this incredible part of the world on 2 wheels.

Watch for more information in the coming months. The tour will be open early for registration, estimated late August or early September.

Any questions please contact Rita Kurelja at ritakurelja@hotmail.com



West Coast & Algarve, Portugal April 7-17, 2024

***Balkan Quartet: Albania, North Macedonia, Kosovo & Montenegro
May 17-31, 2024***

Tuscany, Italy September 5-18, 2024

Le Monastere, France September 28-October 5, 2024

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Newsletter Editor

Tour Director Musings

This is the summer of taking the scenic route: swimming in lakes, riding your bike, having dessert for dinner, the summer of taking a chance on having fun. Years seep into one another, so make this a memorable summer by taking the scenic route with friends on a HeartCycle tour. Yes, we have room for those of you who have not made a commitment yet, or those who had so much fun on one of our spring tours that you want to do another.

Tour ideas and plans are being offered by our members and we are starting to paint a picture for 2024. I am excited by all the great ideas and hoping to have 14-16 tours to offer to our members. We already have five European tours set and hope to get tour descriptions out by late July. Domestic tours from coast to coast (and with some in the middle) are also lining up on our potential list. It is always exciting being able to work with our volunteer tour leaders and get the wheels turning for taking the scenic route next year.

Judy Siel, Tour Director

THE ISLAND OF MALLORCA

By Tina Vessels

The simplest measure of happiness is a smile!!! Daily, hundreds of these smiles met Doug and Jimmy as our Mallorca adventure began. Mallorca is known as the “Mecca of Cycling” for good reason. The weather – with 300 days of sunshine is perfect for cycling. The many quiet mountain roads in the Serra de Tramuntana area offer endless scenic routes for cyclists.

Team HeartCycles’ group of road-warrior’s was well suited for the challenges offered. We cycled through old villages with charming, picturesque Spanish architecture, olive groves, sea cliffs, etc. Our sometimes disciplined group met each morning to ride and explore the single lane farm roads, coffee shops, gourmet lunches, endless sunshine, glorious scenery, and German beer. Not one day disappointed!!

The ride was divided into two locations. The first half was slightly south of Palma in the lively area of s’Arenal. Many spring breakers along with serious riders were found. The second half was in a 5* hotel in the Port de Pollenca riding along the bay roads. Both locations offered a variety of miles and climbing to accommodate all riders.



None of this could have been accomplished without the leadership of Captains' Doug and Jimmy! Their organization, enthusiasm and confidence earned them the rank of CAPTAINS OF THE PEDDLERS. They scouted routes and biker bars daily consistently coming up with the best possible combination! Always at the ready, we could find them , --sipping at "the biker bar", signaling road turns (left at the green shutters), tweaking ride with GPS, presenting awards, nipping at "biker bars", lined up at pharmacies, interloping in the German pelotons, nightly meetings, and did I mention guzzling at "the biker bar"??



The two weeks could not have been concluded without Doug's recognition of several outstanding cyclists. Honors were given for achievements such as:

- Best Fan (always keeping cool)
- King of the Mountain (summitted all mountains)
- Lance Armstrong remedy (drugs on demand..mostly for stuffy noses)
- German Peloton TP (no name calling..)
- Happiness (state of consciousness')
- Wine enthusiasts (lover of fine wines)
- Harley Davidson (riding a bike twice her size)
- Mr. Miyagi (wax on wax off...exterior of bus)

All recipients were befittingly roasted then received a tasteful, yet..... completely tacky, cheap, and tasteless **keepsakes!!!**



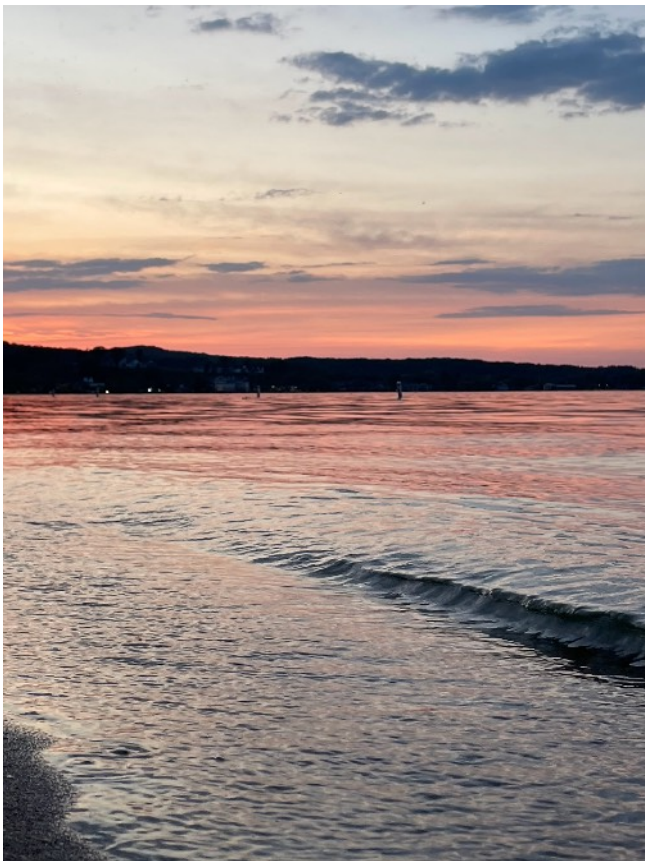


Traverse Bay, Michigan - 2023

By Kurt Arehart

Traverse Bay was a HeartCycle repeat, but with plenty of newly designed elements by ride leader Jimmy Schroeder and it went beautifully, taking us first out to the far end of Old Mission Peninsula, then up the coast to Petoskey and beyond, then back south through Traverse City and west to Glen Arbor. Most hills were short by Colorado standards but some got pretty steep, a Jimmy trademark. We had perfect weather throughout, with most days cool and clear. Early June seems to be the ticket!

Jimmy and co-leader Ron Finch did a great job with the planning, logistics and daily ride guidance while the SAG team of Kathleen Schindler and Mayoma Pendergast brought their excellent food and snacks, upbeat zen, skillful caring and creative problem solving to the aid of all. Perfect execution on my scorecard.



This Traverse City sunset right after our orientation meeting told us we were in for a great tour.



The lighthouse at the northern tip of Old Mission Peninsula, which juts directly north out of Traverse City.



Ann, MaryJo, Susan and Darcy take a break at the lighthouse.



The hottest climbs of the week came in Day-1 as we spanned the interior of the peninsula. Here we finally descend to the cooler, flatter coastline.



Gorgeous coastal riding as we speed back south off the peninsula and into Traverse City.



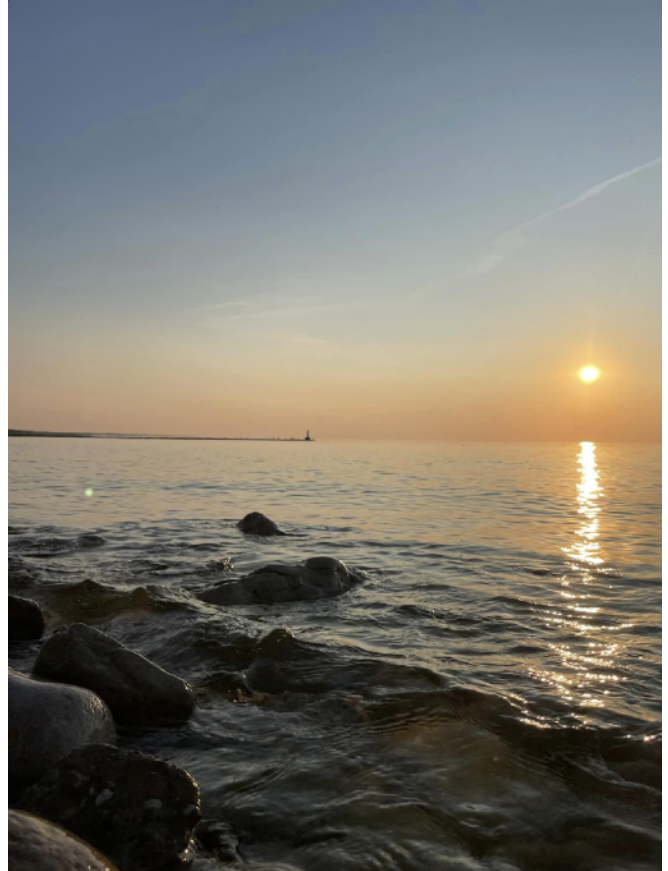
Lisa exults on Day-2 as we ride the 80 miles up to Petoskey. Behind her is Old Mission Peninsula, where we toured Day-1.



Some deferred maintenance on this barn, but most farms seemed prosperous.



The bay at Charlevoix, close to the finish of Day-2.



Sunset in Petoskey, well after 9 pm.



Day-4 was another long one, 80 miles back down to Traverse City. Here, a coastal view to the south.



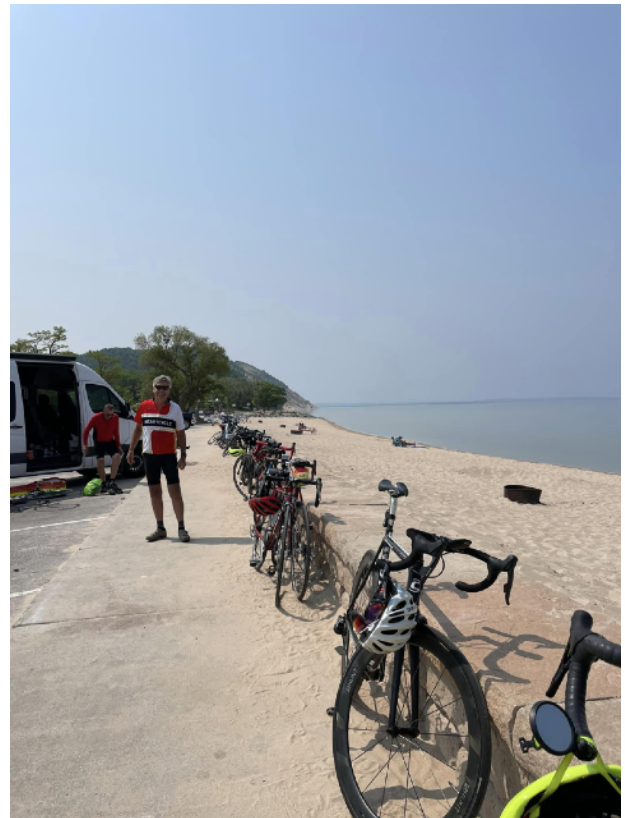
A Day-3 highlight was the lovely coastal village of Harbor Springs. These grand old homes were in fine shape and look out on Lake Michigan.



Our route took us further inland, with rolling hills and pristine farmland.



A nice little hideaway on the east side of Torch Lake.



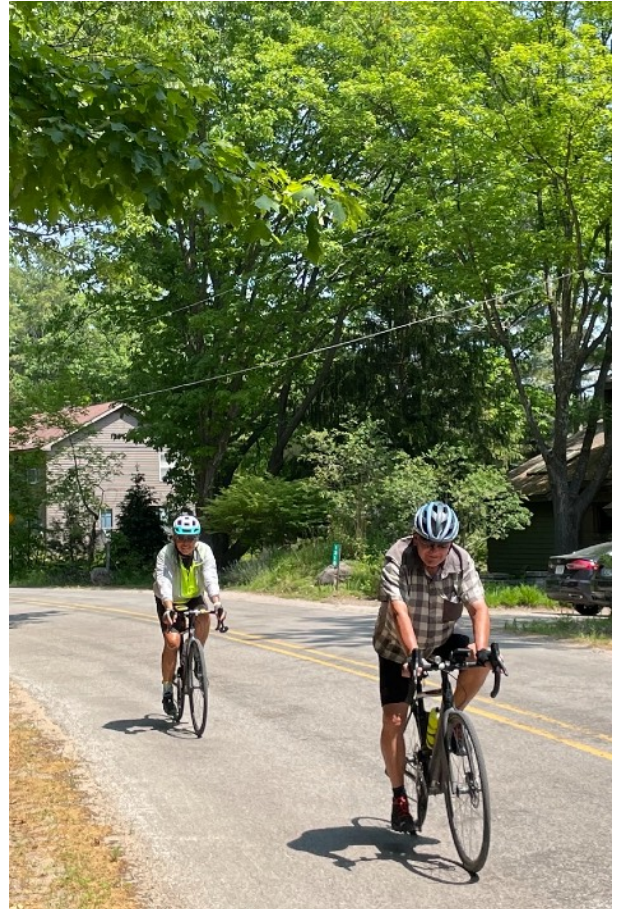
Day-5 we had a shorter but very scenic tour west to more of the Lake Michigan coast. Dan pulls guard duty while the rest of us enjoy lunch.



And the featured attraction, the spectacular heights of Sleeping Bear Dunes. Formed by glacial debris and wind blown sand, the dunes rise steeply more than 100 feet above Lake Michigan. Visitors are sternly warned against making the descent, as climbing out is very difficult.



After lunch we enjoyed a gentle and shaded climb up into Sleeping Bear National Lakeshore, highlighted by the iconic Pierce Stocking Scenic Drive.



Ron and Bev steaming for Glen Arbor late on Day-7.



The Traverse Bay Michigan 2023 Team, happy campers all!

Colorado HeartCycle 2023 Tours

History in the Finger Lakes Region

Rochester, New York

August 13 - 19 Status: Cancelled
6 days, Intermediate \$1,800.00
Janet Reilly, kayaks06@verizon.net
Gail Golderman, goldermg@union.edu

Grand Valley Ramble

Grand Junction, Colorado

Sept. 17 - 22 Status: Open
5 days, Intermediate \$1,200.00
Judy Siel bjsiel@msn.com
Barry Siel, bsiel03@gmail.com

New England Seacoast

Portland, Maine

September 10 - 16 Status: Waitlist
6 days, Intermediate \$1,500.00
Kurt Arehart, klarehart@gmail.com
Jim Bethell, bethell.jim@verizon.net

Slovenia, Italy & Croatia

Ljubljana, Solvenia

Sept. 23 - Oct. 2 Status: Open
9 days, Intermediate \$4,400.00
Cindy Dore, cdorecycle@gmail.com