

Heart-to-Heart



Preview of 2024 Europe Tours for HeartCycle

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

On this 11-day bike tour you will ride the long Atlantic coast from south of Lisbon to the extreme east area of the Algarve region, crossing the south-westernmost point of Europe, Cape S. Vincent. It is an intermediate tour with 8 days of biking for 296 miles. We will start south of Lisbon, riding thru the Natural Park of Arrabida, fishing towns from the Roman times, the Natural Park of SW Alentejo and Vincentine Coasts. Finally, we will visit some of the beaches & towns on the famous Algarve coast and end in the town of Tavira.

Tour includes 10 breakfasts, 9 dinners, sag support, Cube carbon bikes, sag support and accommodations from Posadas (including a former 18th century palace) and 4-star hotels with either the sea or a pool for swimming. E-bike rentals available. Day 11 transfer back to Lisbon airport in vans. Limit 16 riders.

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

The Balkan Peninsula is one of the last undiscovered corners of Europe. Cultural and natural variety abound here, forged over the centuries by both political changes and imperial influences. This tour takes you through traditional villages, UNESCO World Heritage Sites and places of untouched natural beauty. Each country offers a different culture, cuisine and tradition to discover. With many historical attractions, coastal towns, national parks and 11 UNESCO sites, this adventure tour is delightfully different.

Details are still being finalized and subject to change. 11 riding days, 400 miles, 29,000 vertical feet. One tour day in Tirana and 2 rest days during the tour. E-bikes rentals available. Limit 20 riders.

Tuscany, Italy September 5-18, 2024

Tuscany is renowned world over as a cyclist's paradise. Picture perfect landscapes, medieval villages, mouthwatering cuisine, exceptional wines and warm friendly people all make for an ideal bike tour. Tour starts with an overnight in Florence. You will cycle through Chianti, famous for its namesake wine. Heading further south you will enter the spectacular Val D'Orcia with its sun-bathed wide-open landscapes and now an UNESCO World Heritage Site. The tour ends in Cortona a quintessential Tuscan hill town. You will zig-zag through the Tuscan countryside spending your nights in the region's most famous hill towns including: Radda, Volterra, San Gimignano, Siena, Montalcino, Pienza, Montepulciano and Cortona. Biking past lush vineyards; stopping to tour 3 wineries, a cheese farm, 3 castles and climbing to the top of ancient walls for breathtaking views. This bike tour will combine the best of Tuscany, its natural beauty, its historic hill towns and remarkable cuisine.

Tour includes 13 nights in hotels, buffet breakfasts, 6 lunches, and 1 dinner on the last night; use of a road or hybrid bike, guide, sag wagon, shuttle from Florence to start of biking on day 1 and shuttle from Cortona to the train station at end of the tour. 12 riding days, 1 rest day. E-bike rentals available. Limit 20 riders.

Le Monastere, France September 28-October 5, 2024

Join us for a tour in beautiful southern France, just north of the Pyrenees. Once again HeartCycle will return to Limoux, France for a week stay at Le Monastere (4-star hotel set in a remodeled monastery) but for the first time in the fall. A fixed base tour led by our host Chris Georgas, a retired professional bicycling coach. He chooses the ride for each day in the morning at breakfast based on the weather and the riders staying at the inn. Chris will choose the best of over 30 routes he has researched. Many rides start or end at the door of the hotel. Enjoy forests, vineyards, Cathar castles, and gorges of this SW France region. The same excellent staff as in past years, so the food and wine are tops. There is a train station in Limoux, on the rest day, you can go sightseeing in nearby Carcassonne with its Roman and Cather history.

Tour includes use of a road or hybrid bikes, sag support, breakfast every morning and 6 dinners, 6 days riding and 1 rest day. Pickup and drop off in Toulouse. Limit 12 riders.

****Save the dates:** If we can get final prices available early from our 3rd party vendors, we hope to provide early registration for these 4 foreign tours before the fall.

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Newsletter Editor

Tour Director Musings

We have some recent openings on several 2023 bike tours.

- 1) The Beautiful Berkshire has space for a female to share a room and also space for a male to share a room (no, not together!!)
- 2) Traverse Bay, MI there is space for a male to share a room.
- 3) Sardinia has shared rooms available.
- 4) Million Dollar Views in CO also has multiple rooms available.
- 5) Central Oregon & Crater Lake had some recent cancelations and there is room for you.
- 6) Last but not least - Grand Valley Ramble where adventure awaits you and your bike in scenic western CO.

Please contact the tour leaders for current status and don't miss out on joining HeartCycle in 2023. Hope to ride you on one of our tours this year.

Judy Siel, Tour Director

SPRINGtime in Solvang, YES!

By Katrina Conland

On April 22, 35 riders gathered in Solvang, CA to cycle and enjoy the natural beauty of Santa Barbara County. Some of the hillsides were yellow with mustard bloom, and fresh shades of green, along with wildflowers and flowering trees and gardens blooming in town. We had beautiful weather and scenery, and enjoyed lunch and sag stops on the grounds of some of the area wineries.

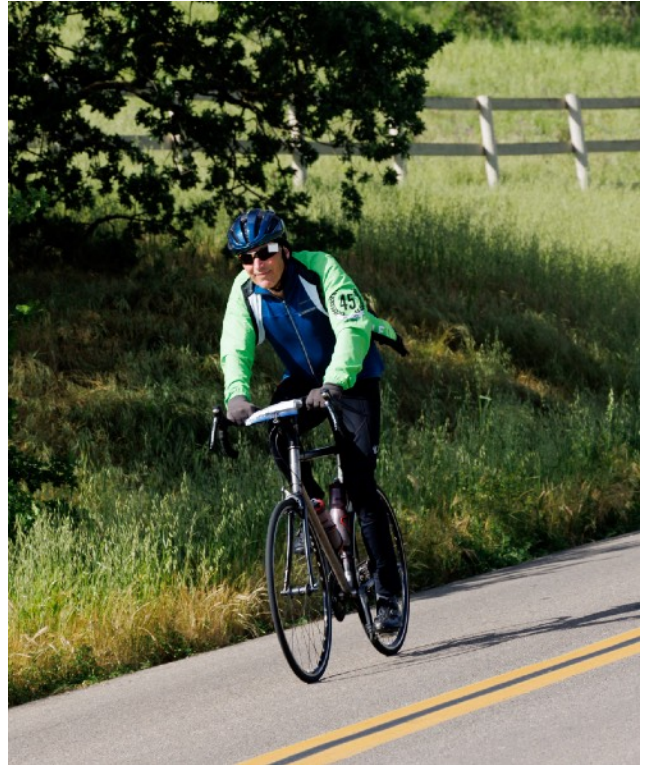
Polly and Mark Lestikow are thoughtful leaders, with good cheer every day. Mark had made a second scouting trip to the area a just weeks before the tour, and adapted the routes after checking the damage from winter storms. Polly researched the area and led trivia (with prizes) at the daily meetings. When I was speaking with another rider, and mutually agreeing that it was a great tour, he said the leaders set the tone, which Polly and Mark did very well.

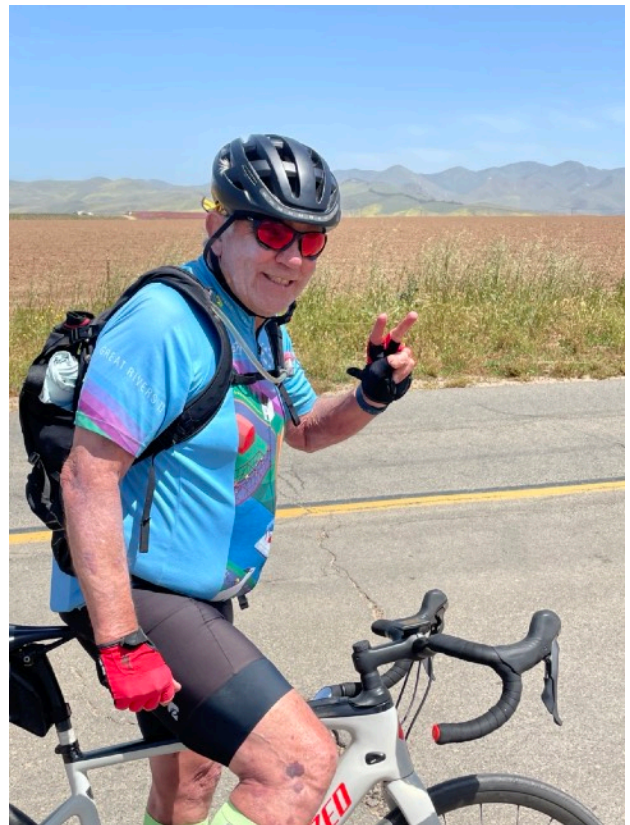
Sags, Kathleen and Mayoma, provided good food, snacks and smiles. They had long days and sometimes barely any time to regroup after returning and serving happy hour food, which far exceeded just opening a bag of chips.

HeartCycle tours are about good company, reuniting with old friends, and making new friends. Thank you to all who make that possible.



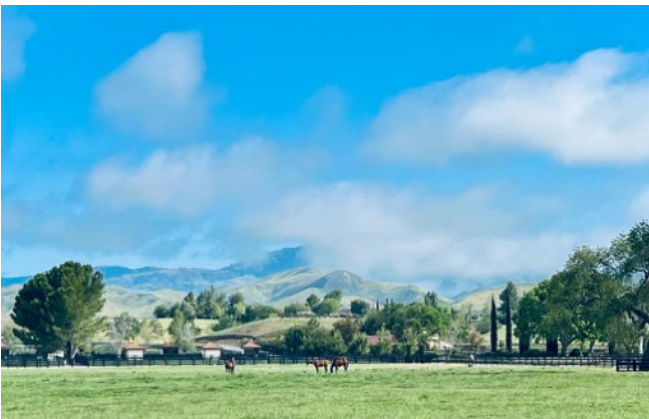












Colorado HeartCycle 2023 Tours

Springtime in the Sonoran Desert

Tucson, Arizona

March 4 - 12 Status: Complete
 7 days, Intermediate \$1,800.00
 Rita Kurelja, ritakurelja@hotmail.com
 Janet Slate, jslate@ultrasys.net

Traverse Bay

Traverse City, Michigan

May 31 - June 8 Status: Open
 8 days, Int./Adv. \$2,240.00
 Jim Schroeder, jimmyschweb@gmail.com
 Ron Finch, blouie-rfinch@comcast.net

Our Nation's Capitol

Washington, DC

April 14 - 22 Status: Cancelled
 7 days, Intermediate \$1,900.00
 Jim Schroeder, jimmyschweb@gmail.com
 Kurt Arehart, klarehart@gmail.com

Sardinia

Sardinia, Italy

June 6 - June 20 Status: Open
 9 days, Advanced \$2,400.00
 Clare Bena, cbvamoots@gmail.com

Springtime in Solvang

Solvang, California

April 22 - 29 Status: Complete
 6 days, Int./Adv. \$1,600.00
 Mark Lestikow,
mark.lestikow@closetfactory.com
 Polly Lestikow

San Juan Mountains

Durango, Colorado

June 24 - 30 Status: Open
 6 days, Int./Adv. \$1,800.00
 Janet Slate, jslate@ultrasys.net
 Roger Sass, rogersass@hotmail.com

Mallorca

Mallorca, Spain

April 30 - May 12 Status: Complete
 12 days, Int./Adv. \$2,600.00
 Doug Moll, doug.moll67@gmail.com
 Scott MacCormack, samaccormack@gmail.com

Central Oregon & Crater Lake

Bend, Oregon

July 12 - 19 Status: Open
 6 days, Int./Adv. \$2,200.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.com

The Beautiful Berkshires

Albany, New York

May 19 - 27 Status: Open
 7 days, Intermediate \$1,900.00
 Rich Crocker, richcrocker@hotmail.com
 Patty Menz, pattymenz1@verizon.net

Idaho Panhandle

Spokane, Washington

July 29 - August 5 Status: Waitlist
 7 days, Int./Adv. \$2,000.00
 Doug Moll, doug.moll67@gmail.com
 Ben Pope, ben.pope@comcast.net

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, Slovenia

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



2023 Domestic Tour Souvenir