

HeartCycle Bicycle Touring Club OREGON WINE & SURF 2022

- Dates:** Orientation meeting Wednesday, September 7, 2022. Riding Thursday, September 8 - Wednesday, September 14 (last night lodging is included)
- Leaders:** Cindy Alvarez, Helayn Storch; **SAGs:** Melissa Collins, Danna Korak
- Miles:** Approximately 360 miles with up to 15,500 vertical feet of climbing.
- Rating:** Intermediate/Advanced
- Riders:** 28 Maximum (plus leaders and SAGs)
- Price:** \$1880 (Double occupancy); Deposit \$500. Single Supplement—max 4 with limited openings: \$2820. Balance due by 6/6/2022
- Cancellation:** [Standard cancellation policy](#). *Travel insurance is recommended.*



OVERVIEW

This is the second year for HeartCycle to offer this tour. It combines some of the most beautiful riding in Oregon along with a day of visits to local wineries, extensive sightseeing, and time to explore some of the smaller towns. The tour should leave you with a good feeling for the diversity of central and western Oregon since we will be spending time in three distinct areas: the wine region of the Willamette Valley, the Oregon Coast Range, and the rugged Oregon coastline. We visit two college towns with miles of great bicycle paths. The tour is rated Intermediate/Advanced. Four of the days are moderate; however, day 3 and the last day are 73 and 81 miles, respectively. Since the last day (Wednesday) is long, lodging for Wednesday night is included in the price of

the tour. GPS files will be provided in advance of the tour. Cue sheets and other route information will be provided at the orientation meeting. **PLEASE NOTE:** We travel the Oregon Coast Bike Route on Highway 101 for 3 days, an unbelievably beautiful section of the tour. However, in a few instances, it can be busy with narrow or no shoulders. There is also one day with 1.8 miles of hard-packed dirt and gravel road.

Comments from 2021:

“What a fantastic trip – I am still in a daze. I really appreciated all the fine planning of routes, accommodations, meals, sag support – The kayak day was amazing. A first-rate tour!”

“The Oregon bike ride was fantastic. I certainly appreciate all the time that you spent organizing it. I am considering doing it again next year and would recommend it to anyone in HeartCycle. Thanks for a great trip.”

ITINERARY

Day 0 - Wednesday, September 7, 2022.

Orientation meeting. We will be spending tonight as well as Thursday night at the Valley River Inn–Eugene, which is situated on the Willamette River with bike path access to downtown. Eugene is home to the University of Oregon Ducks, several local breweries, and wineries.

Day 1 - Thursday, September 8. Pedaling for Pinot 39 miles / 2000 feet.

No need to pack your bags as today’s ride is a loop that will return us to our hotel in Eugene. Even better, Day 1 is a moderate ride which will give us time after the ride to drive out and visit King Estate Winery, named the 2021 Pacific Northwest Winery of the year—famous for its Pinot Noir and Pinot Gris. Lunch will be at another winery. Most of our climbing will be rolling hills that pass by hilltop wineries with good vistas of the surrounding area. You may be able to drop in to visit other wineries en route. We’ll return to our hotel, along one of Eugene’s bike-friendly paths, followed by the group dinner (location TBD) where you may want to open one of the bottles procured today.

Day 2 - Friday, September 9. Eugene to Corvallis. 59 miles / 1780 feet.

Today, we pedal northwest rolling through the fertile Willamette Valley. The Willamette Valley produces many varieties of berries and vegetables, also most of the grass seed, Christmas trees, and hazelnuts sold in North America. Hops grow in the valley, and the grapes are made into some of the best and most expensive pinot noir in the world. The route finishes in Corvallis where our hotel again is on the Willamette River. The city of Corvallis is ranked third highest among “small” U.S. cities for bicycle commuters. Corvallis is also home to the Oregon State University Beavers.

Day 3 - Saturday, September 10. Corvallis to Lincoln City. 72 miles / 3520 feet.

This is one of the more challenging days of the tour. We continue traveling northwest crossing the Oregon Coast Range. We follow several rivers and creeks meandering over some gorgeous less traveled back roads. This route does not include any major climbs but lots of rolling hills and vistas. The route includes a 1.8-mile stretch of dirt road. We end the day at the Pacific Ocean in Lincoln City, named in honor of Abraham Lincoln.

Day 4 - Sunday, September 11. Lincoln City to Newport. 25 miles / 1500 feet.

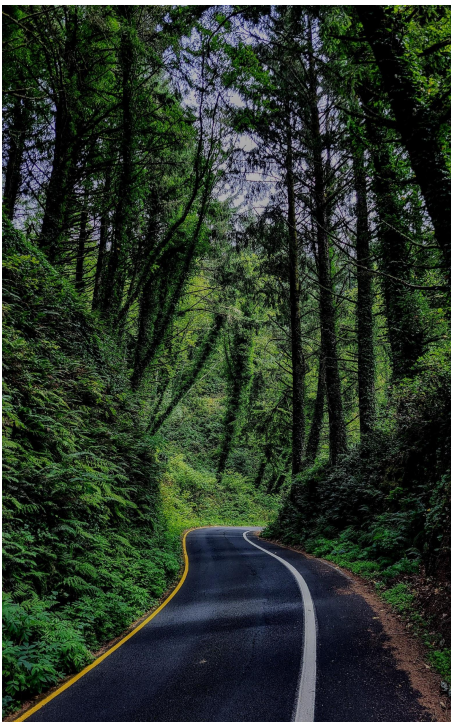
Following our long day yesterday, today we can sleep in and have a late start. Day 4 is a sightseer's delight. Everyone will be encouraged to take their time and enjoy the vistas as we travel along the ocean. Have your camera close by, as there are many photo opportunities including the following:

Boiler Bay Scenic Viewpoint



Depoe Bay

Depoe Bay is the world's smallest navigable harbor and proclaimed Whale Watching Capital of the Oregon Coast. On a good day at the Whale Watching Center or along the seawall, which runs the length of the downtown area, you can catch a glimpse of the whales, nearly at your feet. No binoculars required.



Otter Crest Loop

This narrow winding road and bike path will have us hugging the ocean for 4 miles with little or no traffic.

Devil's Punchbowl at high tide puts on quite a show.

Yaquina Head Lighthouse (pronounced "Yuh-quinn-uh") Oregon's tallest lighthouse. Free entrance to the park for bicycles, and a great visitor's center.

The riding day finishes with a crab feast for lunch prior to checking into our hotel. We spend the night in the charming tourist town of Newport with its many quaint shops,

hundreds of playful, barking seals and the popular Rogue Brewery. Visit the Oregon Coast Aquarium, the Hatfield Marine Science Center, and Ripley's Believe it or Not.



Day 5 - Monday September 12. Newport to Florence. 59 miles / 3850 feet.

The sightseeing doesn't stop on our way to Florence. On Day 5, we continue down the coast where the wind is typically at our backs. Keep that camera out, some of today's highlights include **Cape Perpetua**, a climb to a gorgeous viewpoint and home to **Devil's Churn**, **Thor's Well**, and **Spouting Horn**. Our hotel for tonight is on the Siuslaw River, just steps from all the restaurants and shops of charming Florence. Florence lies at the edge of the Oregon Dunes National Recreation Area, one of the largest expanses of coastal sand dunes in the world.



Sandrail Tours

Day 6 - Tuesday September 13. Layover day in Florence.

Non-cycling options available today are:

- A kayak journey on the Siltcoos River. This is a lazy river with little or no current that travels from Siltcoos Lake to the Pacific Ocean. Paddle through temperate rainforest and sand dunes; portage over a small dam. Take along a picnic lunch to enjoy on the beach. Out and back approx. 4 hrs.
- Another option is either a Sand Rail or Dune Buggy Tour on the Oregon Dunes National Recreation Area. Options range from 1 hr. up.
- Option 3 is to spend the day shopping or relaxing in Old Town Florence.

(Kayak and Sand Dune Tours are NOT included in the price of the HeartCycle Tour. The typical additional cost for the Kayak Tour is single \$45, dbl \$65, and for the Sand Dune Tours different options range from \$20-\$90.)

Day 7 - Wednesday September 14. Florence to Eugene. 81 miles / 2920 feet.

Today, we leave the coast and head back to Eugene. The route follows the Siuslaw River into the Oregon Coast Range. The highest summit on this route is named Low Pass at 1,022 feet. The route finishes with several miles of bike paths into Eugene where we return to our hotel on the Willamette River. Relax after a long day in the saddle and think back on our awesome journey together.

Thursday, September 15. Wave goodbye to your new friends and depart.

Travel to and from Eugene

Flying - There are flights into either Eugene or Portland. Eugene is serviced by several of the major airlines. Shuttles are available from the Eugene airport to our hotel.

Portland airport is a major hub for most airlines; however, the drive to Eugene is about 150 miles, and this drive can be challenged by heavy traffic through Portland.

Driving - If driving, your car can be parked for free at the hotel for the week.

SPECIAL NOTES: If you are considering using an electric bike, **please note:** Electric bikes may be challenged by the 2 long days with climbing; it is ultimately up to the participant to judge best whether their battery will last through each day of the tour. Bringing a second battery is highly recommended. They can be carried by our sag staff but may need to be carried by the participant. Due to the remote roads, there may be longer miles between sag stops. Please take these facts into consideration.

For more information contact:

Cindy Alvarez, sindelou@cox.net, (619) 456-8901

Helayn Storch, helaynstorch@hotmail.com, (303) 987-3584