

## HeartCycle Bicycle Touring Club Napa Vine & Surf Loop 2026

- Dates:** Orientation meeting Saturday, May 9, 2026. Riding Sunday, May 10 – Saturday May 16, with two optional days off, departure Sunday, May 17 (lodging last night included).
- Leaders:** Cindy Alvarez, Helayn Storch; **SAGs:** Martha MacCormack, Danna Korak
- Miles:** Approximately 250 miles with up to 11,500 feet of elevation gain. Longer options available up to 327 miles, with 19,750 feet of elevation gain.
- Rating:** Intermediate-Advanced
- Riders:** 30
- Price:** \$2,300 (double occupancy). \$600 at registration. Balance due by February 8, 2026. Single supplement \$3,450.
- Cancellation:** [Standard cancellation policy](#)

***Travel insurance is strongly recommended.***



### OVERVIEW

We aim to make this your favorite HeartCycle tour featuring stunning views, excellent wines, and great routes. In spring, we'll enjoy new vines and blooming roadsides as we travel through Sonoma and Napa Valleys—Napa is renowned for its wines

and upscale dining, and Sonoma for its relaxed charm and family-run wineries. Our routes will include many wine country bike paths. We'll head west to visit Armstrong Redwoods State Natural Preserve, Bodega Bay, and Inverness, plus Point Reyes National Seashore. The tour includes 7 riding days, with 2 being optional non-riding days. Check the itinerary below.

***We will travel as many back roads as possible but will be riding some narrow roads with little to no shoulder and traffic due to terrain and conditions.***



The tour provides snacks and lunch on daily rides and includes two group dinners; other dinners are not included. Tour participants will receive detailed route maps, cue sheets, and RWGPS files. Routes, including distances and elevation changes, are approximate and may vary from the itinerary provided.

## **ITINERARY**

### **Day 0: Saturday, May 9, 2026**

*Orientation meeting, Courtyard Marriott, Santa Rosa, 4 pm.*

***The adventure begins here.*** The orientation meeting will take place at the hotel in their *conference* room at 4:00 pm. Attendees can explore Santa Rosa's restaurants, wine tastings, shops, and other attractions.

A tour of the Charles Schultz Museum and Research Center may be scheduled for early arrivals; details to be determined.



### **Day 1: Sunday, May 10**

***Santa Rosa to Napa, Hampton Inn Napa, 54 miles, 2,320 feet of elevation gain***

Our journey starts by traveling south through Sonoma Valley, passing many popular wineries. Stops at wineries are possible along the route. Any wine purchases made during the tour can be transported to the hotel in the SAG vehicle. An optional climb is available on





this day, as included in the total distances mentioned above. Opting out of the side trip to Sugarloaf Ridge State Park will reduce the total distance by 7-8 miles and 750 feet of elevation gain. The day ends in Napa.

## **Day 2: Monday, May 11**

***Napa to Healdsburg, Best Western Dry Creek Inn, Hilton Lodge at Healdsburg***  
***56 miles, 1,930 feet of elevation gain***

Today, we'll head north through Napa Valley, passing iconic wine towns like Yountville, home to the French Laundry restaurant. We'll stop at St. Helena's Clif Family winery, the makers of Clif bars. Part of our route includes the Napa Valley Vine Trail (bike path) which will take us through beautiful Bothe Napa Valley State Park.



## **Day 3: Tuesday, May 12**

***Healdsburg loop, OPTIONS: 0 miles, 30 miles, 44 miles, or 52 miles; climbing varies from 1,800 to 4,200.***

This is your first of two option days. Choose to relax in Healdsburg, do a wine tasting tour, or visit shops. A wonderful small group, food and wine

tasting walking tour is also available. Or bicycle the Dry Creek loop to Lake Sonoma and return to our hotel by three different routes.

## **Day 4: Wednesday, May 13**

***Healdsburg to Bodega Bay, Hotel Dega, two route options: 47 miles, 2,323 feet of elevation gain; or 50 miles, 3,333 feet of elevation gain***

Today, we head west for your choice of climbing. Both routes begin with a stop at Armstrong Redwoods State Natural Preserve, where we'll enjoy

snacks under the shade of these giant majestic trees. For extra views and challenging climbs, depart the cute hippie town of Guerneville, head south to Occidental, then descend back to the coast. For a gentler route, you can follow the Russian River to Sonoma Coast State Park, where lunch for both routes will be on a beautiful stretch of beach. We'll end our journey in Bodega Bay, made famous by Alfred Hitchcock's film, *The Birds*.



### **Day 5: Thursday, May 14**

***Bodega Bay to Inverness***, Tomales Bay Resort, 39 miles, 2,600 feet of elevation gain

This shorter ride day covers fewer miles but offers diverse scenery. We'll leave Bodega Bay and head inland, passing through Tomales after 15 miles, then



turn south and ride along Tomales Bay to Point Reyes Station. Don't miss this downtown area and its shops, especially West Marin Culture Shop. It's a perfect spot for a break before continuing to our hotel in Inverness, just 5 miles farther. Our quaint resort stay for 2 nights on Tomales Bay has a long history, built in the 1950s.

### **Day 6: Friday, May 15**

***Inverness loop***, *OPTIONS: 0 miles to 33 miles, climbing from 0 to 3,059 feet of elevation gain*

This is your second option day. Relax at the resort, put your feet up and enjoy the views of Tomales Bay from your room or the beach. Travel back to Point Reyes Station for more shopping. Ride south to the town of Olema and go to the Bear Valley Visitor Center to do a hike. Rent kayaks at the resort to explore Tomales Bay



by water. Or ride out to the Point Reyes Lighthouse and check out the Point Reyes National Seashore and Marine Preserve.

**Day 7: Saturday, May 16**

***Inverness to Santa Rosa, Courtyard Marriott,***

*56 miles, 3,400 feet of elevation gain*

Our last ride takes us back to Santa Rosa, passing through Petaluma and Sebastopol on scenic back roads.



**Day 8: Sunday, May 17 – Depart**

Your last night's stay is included. Say goodbye to your new friends, gather your booty of California wines and memories and travel home with a smile.

**TRAVEL INFO:**

The closest airport is Charles M. Shultz–Sonoma County Airport, in north Santa Rosa. Airline service provided by major carriers including Alaska Airlines, American Airlines, United Airlines, and Avelo Airlines. Other airport options are SFO or OAK.

Amtrak trains travel to Martinez, CA, with connecting buses to Santa Rosa.

**SPECIAL NOTES:**

Electric bicycles, please read the e-bike restrictions and guidelines on the HeartCycle website → Selecting a Tour and E-bike guidelines:

<https://www.heartcycle.org/selecting-a-tour>.

For those traveling from the Denver metro area, the Sprinter will be available to transport bicycles to and from Santa Rosa. A lottery may be needed if demand exceeds available space.



*Domaine Carneros Winery, on the route to Napa*

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