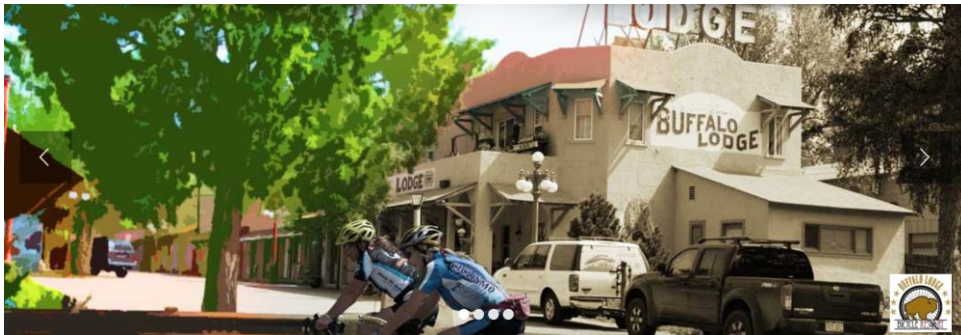


HeartCycle Bicycle Touring Club Women's Weekend Powered by Love, Sweat & Gears

Dates: Orientation/1st ride September 4 - Sunday, September 8, 2019
Location: Buffalo Lodge Bicycle Resort - Colorado Springs, CO
Leaders: Julie Lyons and Mary Ann Loeffler. **SAG** Richard Loeffler
Rating: Easy to Moderate 10-25 miles/day
Riders: 28 max plus leaders and SAG.
Price: \$700 (Double/triple occupancy). \$250 at registration. Balance due 6/1/19. Single Supplement +\$230 (+33%) is limited. Standard Cancellation Policy applies.

Included: 4 nights at the Lodge, tour of Glen Eyrie Castle in Garden of the Gods, wine and painting project, dinner at Amanda's Cantina located on the river, all breakfast, lunches, and snacks, picnic dinner on arrival, and a few extras! Note: Some rooms are 2 beds/room, other cottage like rooms are 3 beds/room.

This unique tour will combine riding bicycles with a variety of activities including hiking, painting, dinner, shopping, and visiting nearby attractions which, even if you are from the Denver metro area, you probably haven't visited! Best of all this tour is for women only where we will enjoy each other and fellowship. There will be an opportunity to rent E-bikes if desired. Many of our rides will have options to go a bit longer for those who can't get enough!



The Buffalo Lodge is a family owned, vintage hotel with a western theme located a mere 60 minute drive from Denver at the base of Manitou Springs. With close access to Pikes Peak and shopping, we will enjoy many biking trails and attractions including the well known Garden of The Gods.

Itinerary:

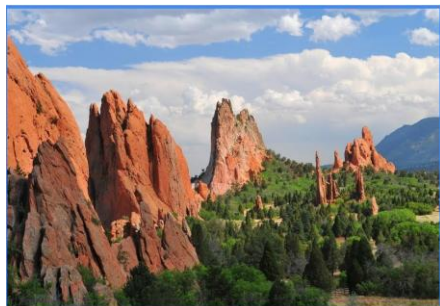
Wednesday, September 4, 2018 - we will check into our hotel rooms at 3 pm following a brief orientation, bike check, and short ride on the property to be sure all bikes are in working order. A delicious picnic dinner will be waiting for you in the amphitheater of the Buffalo Lodge.

Thursday, September 5, 2018 - Our first full day starts with a ride through Garden of the Gods. Imagine this National Natural Landmark with dramatic views, 300 feet of towering sandstone rock formations against a backdrop of snow-capped Pikes Peak. A few hills will challenge us but we will enjoy the ride and visit to Glen Eyrie Castle. After our tour (included), we will continue on the Sinton Trail through town for a picnic lunch, after which we will explore the Cheyenne Mountain zoo and then back to the lodge by mid-afternoon. You will then have time to walk into Manitou Springs for shopping, rest at the Lodge, or visit the pool but be sure to be back in time

for our pizza, beer and painting session. Make a bicycle themed project with Risa and Goody Goodwin of Pals and Paintbrushes that will be a great keepsake from your tour!



Friday, September 6, 2018 - We will take a 12 mile ride to Seven Bridges Trail and then hike to Helen Hunt Falls. This will be an experience you soon won't forget! Lunch will be at the trailhead after our bike and hike. We will return to the lodge by mid-afternoon for optional touring to Pikes Peak, Cave of the Winds, Cheyenne Mountain Zoo, or just relaxing by the pool where we will provide a fun Happy Hour. Dinner tonight (included) will be at Amanda's Cantina located within walking distance of the Lodge on the river.



Garden of the Gods



Glenn Eyrie Castle



Helen Hunt Falls

Saturday, September 6, 2018 - This will be a beautiful ride on one of the well-known and picturesque bike trails in the area. Plan on a 2-3 hour ride with lunch provided at the Lodge. This afternoon will be for optional touring of surrounding attractions including Cave of the Winds, Rock Ledge Ranch Historic Site, Santa's Workshop Park, Cheyenne Mountain Zoo, or Manitou Cliff Dwellings. Happy Hour will be provided pool-side while dinner tonight is on your own.

Sunday, September 7, 2018 - For those who would like to spend a bit more time, we will offer an optional tour package through Pikes Peak Bike Tours. Have you ever wanted to cycle Pikes Peak? You can choose a tour that drives you to the top and you are free to descend at your own pace (Bike Pikes Peak). Or, perhaps, choose to ride on horseback to the top and then descend on a bike to the bottom (Saddle Up-Pedal Down) of the mountain. You might be interested in exploring on your own pace on a historic railway route with spectacular views (Bike Gold Camp). These are all available to you on Sunday. Check out is after breakfast on Sunday, so be prepared to pack up your car before leaving for your tour.



We will bid you all farewell after this fun yet relaxing vacation with abundant activities and enough cycling for all!



Love, Sweat & Gears

For further information, Contact Julie Lyons: j.julie.lyons@gmail.com or MaryAnn Loeffler: maryannloeffler@gmail.com