

## USA – OREGON & PACIFIC NORTH-WEST

6-days / 5-nights inn-to-inn GUIDED cycling from Portland to Hood River & the Columbia River Gorge



The beautiful state of Oregon, in the USA's Pacific Northwest, has long been known as a paradise for outdoor enthusiasts of all kinds. Boasting hundreds of miles of scenic bikeways, dedicated cycle paths, single-track mountain trails, and roads threading through challenging alpine terrain, Oregon offers something for every type of cyclist – from road warriors to mountain bikers to recreational riders.

By bicycle discover many of Oregon's surprises:

- the magnificent Columbia River gorge, carved over millennia by North America's second largest river;
- the snow-capped volcanoes of Mount Hood and Mount Adams in the Cascade ranges;
- vineyards producing the finest Pinot Noir in America & vast hop fields supplying local microbreweries;
- lush temperate rainforest with magnificent waterfalls;
- Historic Columbia River Highway, named one of America's best bike rides by *Bicycling Magazine*.

This guided tour caters to all levels of riders – one guide rides with the group and another is always nearby with the support van in case you need a rest or a lift. The maximum group size is 12, allowing plenty of individual attention for each rider. The local tour leaders know all the hidden gems of the area – particularly the best wineries and restaurants. The Pinot Noir is outstanding so the tour takes in a number of vineyards – wineries do make the best rest stops after all!

**Cost from:** US\$3470 per person twin share. Single room supplement available on request.

**Departs:** 8<sup>th</sup> September, 2019

**Includes:** 5 nights' accommodation in characterful 3 and 4-star hotels and inns, with breakfast daily; 4 dinners; 4 lunches; hire of 21-speed hybrid bicycles; local guides and dedicated support van; return transfers from/to downtown Portland; transfers as per itinerary.

**Not included:** 1 dinner, 2 lunches; excursions, activities, entrance, tasting fees; drinks at lunch and dinner; insurance, gratuities, personal expenses. Transfers from/to Portland Airport arranged at extra cost.

**Tour starts/ends:** Portland, Oregon

**Level of Difficulty:** Easy to challenging. Each day you are offered a choice of routes. On average, easy cycling routes are 20-30 miles (32-49km) daily over flat or gently rolling terrain; moderate and challenging cycling routes range from 35-45 miles (56-72km) over rolling terrain, up to an epic 100-miler (160km) with 8500 feet (2590m) of ascent.

**Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations**



### Day 1: Banks-Vernonia Trail

Meet in Portland and head west into the foothills of the Coast Range. Our ride starts on the Banks-Vernonia State Trail, a car-free trail along an old railway line. Stretching 21 miles (34 km) through scenic fields and forests, the trail has 12 bridges including a long trestle bridge some 80 feet (25m) high. We ride into Banks, a town of 1300 people and from here it's a 10-mile (16km) cruise on back roads and lanes over gently undulating terrain and past the first vineyards and wineries, to Forest Grove. We have lunch in Forest Grove, then you can continue riding to Newberg, our destination for tonight, or join the shuttle to some of our favourite local wineries. We stay overnight at the Allison Inn in Newberg – perhaps the best hotel in Oregon. On arrival relax in the hotel's spa, then join the evening wine reception and dinner.

**Easy:** 20 miles (32km) mostly flat or downhill. **Moderate:** Up to 30 miles (48km) over rolling terrain. **Challenging:** 55 miles (89km) with 2100 feet (640m) of ascent.

### Day 2: Loop Rides in Wine Country

We ride a meandering route along quiet backroads, with stunning views of snow-capped Mount Hood and the Willamette Valley at every turn. This pastoral corner of Oregon's northern Willamette Valley was the final destination for many of the early Oregon Trail pioneers. The area is now rich with a new wave of immigrants – winegrowers drawn to the area by the unique growing conditions. To the west, the Coast Range rises to 3500 feet (1070m), throwing a rain shadow over the area – great for growing Pinot Noir grapes in the cool climate, and great for cycling as well. We are in the heart of the Dundee Hills wine district for much of the day, and the emphasis here is on smaller wineries, many of which are family-run and/or organic. Lunch is at your own arrangement today – you may like to dine at a vineyard restaurant or café, or bring provisions for a casual picnic. If you want to add more miles, there's a great loop ride into the Coast Range. We return to Newberg for another night at the Allison Inn and dinner at a classic farm-to-table restaurant.

**Easy:** 20 miles (32km) over gently rolling terrain. **Moderate:** 30-40 miles (48-64km) over undulating terrain. **Challenging:** Up to 80 miles (129km) with up to 2000 feet (610m) of ascent.

### Day 3: Newberg to Welches

We start the day with a transfer to rural Clackamas County near the slopes of Mount Hood. Our ride begins in the small lumber town of Estacada, and we cycle alongside the Sandy River on quiet back roads in the shade of conifer and mixed-wood forests. Through gaps in the trees we can see the distinctive volcanic cone of Mount Hood. Lunch is included today, at a local tavern on our route. We ride into 'Little Switzerland' with its flat glacial valley and Mount Hood dominating the skyline. We arrive in Welches, where we stay at the 4-star Resort on the Mountain. With over 300 acres of grounds, a full-service day spa, golf course, and a number of restaurants and bars, you may never want to leave. Dinner tonight at Altitude restaurant at the resort.

**Easy:** 15 miles (24 km) over mostly flat terrain with some gentle ascents. **Moderate:** 25 miles (40 km) with 1600 feet (490m) of ascent. **Challenging:** 50 miles (80 km) including a 20-mile loop up Lolo Pass Road towards the pass over the Cascade Mountains (5000 feet / 1525m of ascent overall).

### Day 4: Welches to Hood River

We head up to the historic Timberline Lodge after breakfast. This stone and timber National Historic Landmark sits at the snowline of Mount Hood and was built mostly by hand as part of Roosevelt's New Deal initiative during the Great Depression, providing employment to hundreds of labourers and craftsmen. Experienced riders who are up for a challenge today will start the ride from here, whilst those wanting an easy or moderate ride will catch a lift with the support van partway. Whichever route we take, we cycle for some time along the east fork of the Hood River and have a long rolling descent past the vineyards, farms and orchards of the Hood River Valley, known for its bounty of fruit; particularly pears, apples, peaches and cherries. There are farm stands in the valley providing stops to rest and refuel, and we have a picnic lunch enroute.



We end in Hood River where the namesake river meets the mighty Columbia River. The town is also home to a range of good antique shops and galleries, along with trendy wine bars, microbreweries, restaurants and cafes. We stay tonight at the Hood River Inn, a 4-star riverside hotel just a short ride from the centre of town, which has a heated outdoor pool and wellness treatments available by appointment (at extra cost). Dinner tonight is at your own arrangement at one of the many restaurants in town.

**Easy:** 25 miles (40km) mostly flat or downhill. **Moderate:** up to 40 miles (64km) with 2000 feet (610m) of ascent. **Challenging:** 50 miles (80km) with 2100 feet (640m) of ascent.

### Day 5: Hood River loop rides

Today's riding is a highlight as we ride on the Historic Columbia River Highway heading east from Hood River along the Columbia River Gorge. The road climbs high above the gorge twice and we can get stunning views. A third of the route is mostly dedicated to bicycle traffic only. Those seeking a totally epic ride can follow the route of the Hood River Gran Fondo, on quiet back roads to the slopes of Mount Hood. Lunch is at your own arrangement today. We return to Hood River for dinner in local restaurant (included).

**Easy:** 15 miles (24km) along the car-free portion of the HCRH, on mostly flat or rolling terrain. **Moderate:** 30 miles (48km) with 1700 feet (520m) of ascent. **Challenging:** 55 miles (90km) with 4000 feet (1220m) of ascent. Epic: 100 miles (160km) with 8500 feet (2590m) of climbing, along the Hood River Gran Fondo.

### Day 6: Hood River to Portland

Today we return to Portland but there is still plenty to see and do en route, with many choices. We can ride the lower sections of the highway past stunning waterfalls up to Crown Point, for a view of the gorge. We can cycle the whole way into Portland on bike paths and quiet roads, and experience first-hand what it's like to ride in one of America's most bike-friendly cities. If you want a rest from the saddle, we can hike up and around spectacular Multnomah Falls, Oregon's tallest waterfall at 620 feet (190m). Lunch is provided on the way back to Portland and we arrive in the city with some time for sightseeing, or alternatively you can be dropped at Portland Airport by prior arrangement if you have a flight to catch. No dinner or accommodation is included tonight, although we can arrange accommodation in Portland at extra cost, please ask when booking.

**Easy:** 15 miles (24km) on flat and gently rolling terrain. **Moderate:** 30 miles (48km) with 1600 feet (490m) of ascent. **Challenging:** 50 miles (80km) with 2000 feet (610m) of ascent. Multnomah Falls hike: moderate, 2.6 miles (4.2km) return, 700 feet (215m) elevation gain.



We recommend extra nights in Portland before or after your tour. Portland is cycle-friendly and renowned for its green parks, eco-conscious credentials, live music and artisan distilleries, nearly 60 breweries, ice creameries and doughnut shops, farm-to-table dining, and over 600 food trucks serving up every kind of cuisine, along with boutiques, vintage shops, galleries, design studios and outdoor outfitters.

**Outdoor Travel** offers small group guided or self-guided inn-to-inn cycling tours in Hawaii, the San Juan Islands and California's Napa Valley. Also in Canada, Europe, Vietnam, China, New Zealand and Australia. Ask for details of our cycling holidays in Umbria, Tuscany, Provence, Loire Valley, along the Danube, around Lake Constance, or many others. **Outdoor Travel** also offer guided Bike & Barge cruises in France, Belgium, Holland, Germany, Venice or the Amalfi coast of Italy, in Croatia, the islands of Greece, Vietnam or Romania. For cycling on pilgrimage trails we also offer the **Way of St James (Camino de Santiago)** in Spain.

**Contact Outdoor Travel for more itinerary details and reservations:**

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