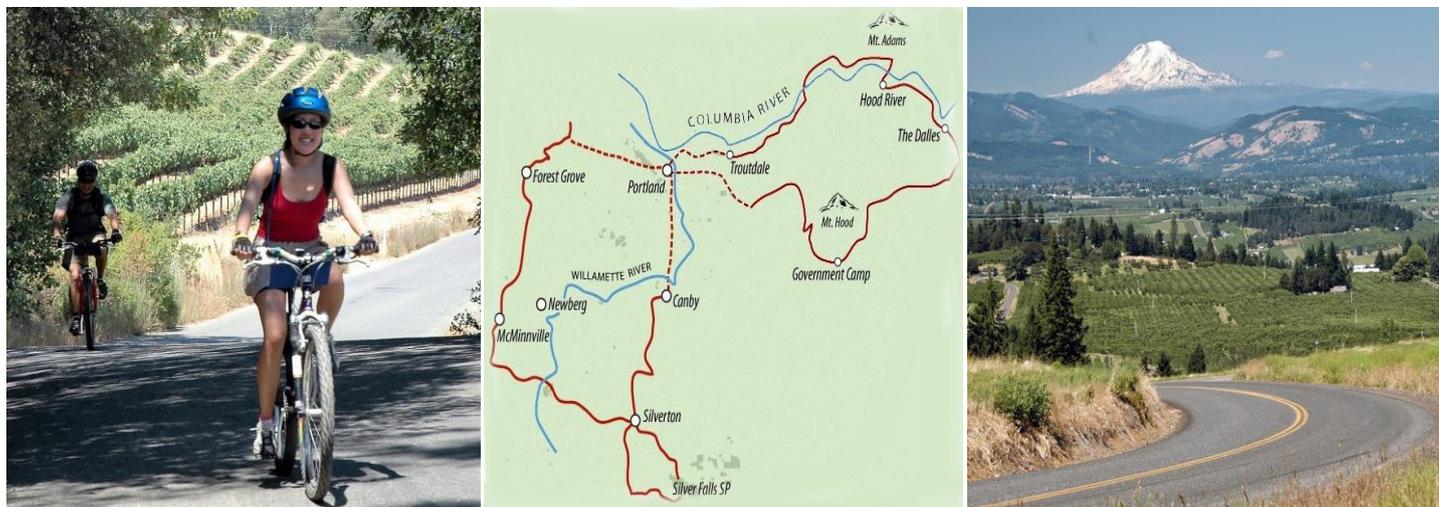


USA – OREGON & PACIFIC NORTH-WEST

6-days / 5-night from Portland to Vernonia & from Hood River inn-to-inn **SELF-GUIDED** cycling



Self-guided cycling in the United States of America is a relatively new idea developed very much along the lines of our European inn-to-inn cycling holidays. Oregon, in the Pacific Northwest, has long been known as a paradise for outdoor enthusiasts of all kinds. The State offers hundreds of miles of scenic bikeways, dedicated cycle paths, single-track mountain trails, and backroads threading through challenging alpine terrain. Oregon offers something for every type of cyclist – from road touring to mountain bikers to recreational riders.

Highlights on this trip include:

- Columbia River gorge, carved over millennia by North America's second largest river;
- Snow-capped volcanoes of Mount Hood and Mount Adams in the Cascade ranges;
- Vineyards producing the finest Pinot Noir in America and 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*.

These **self-guided** tours are ideal for independent travellers. You have the freedom to cycle at your own pace, and you decide whether you want easy or challenging cycling, using the supplied route maps, notes and guidebook for direction. Bicycle hire is included and support is available in case of emergency, just a phone call away. Your luggage is transferred to each night's accommodation, reserved and prepaid. You choose where to eat – bring provisions for a simple picnic lunch or discover a hidden café en route; have dinner at a Michelin-starred restaurant or relax at a casual eatery – it's entirely up to you.

Cost from: **\$4115** per person twin share Single room supplement available on request.
Hotel upgrades available ask for details.

Departs: Sundays, June to September from Portland, Oregon

Includes: 5-nights' accommodation in characterful B&B's, hotels and inns; 3 breakfasts; hire of 21-speed hybrid bicycles; inn-to-inn luggage transfers and wine collection service; return transfers from/to downtown Portland; transfers as per itinerary; emergency support and on-call roadside assistance; detailed maps, route notes, guidebook (1 set per room); introductory briefing and bike fitting on Day 1 of tour.

Not included: 2 breakfasts, lunches and dinners; excursions, activities, entrance fees and tasting fees; travel insurance, gratuities, and personal expenses. Transfers from/to Portland Airport can be arranged at extra cost.

Level of Difficulty: Easy to challenging. Each day there is a choice of routes. Easy cycling routes are 15 - 25 miles (24 - 40km) daily over flat or gently rolling terrain. Moderate cycling routes range from 25 - 45 miles (40 - 73km) with 1600 - 3300 feet (490- 1005m) of ascent. Challenging routes average 65 miles (105km) with on average 3900 feet (1190m) ascent, up to an epic 100-miler (161km) with 8500 feet (2590m) of ascent.

Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations



Day 1: Vernonia to McMinnville

cycling @ 20 miles (32km)

Meet in central Portland for the 60-minute transfer to Vernonia, and start your cycling on the car-free Banks-Vernonia State Trail, stretching 21 miles (34km) through scenic fields and forests. You may like to cycle the whole trail or only a portion. From Banks, a small town and a good lunch stop, it's a 10-mile (16km) cruise on back roads over gently undulating terrain passing the first vineyards and wineries, to Forest Grove. You can either choose to transfer to your accommodation in McMinnville, or ride further across the undulating hills of the Yamhill-Carlton wine region. You end the day in McMinnville, a quaint small town with a growing reputation for fine food. Stay 2 nights in a European-style guesthouse renowned for its extensive gourmet breakfasts.

Easy: 10 miles (16km) mostly flat or gently downhill. Moderate: 20 miles (32km) over rolling terrain. Challenging: 70 miles (113km) with 2100 feet (640m) of ascent.

Day 2: McMinnville loop rides

cycling @ 40 miles (65km)

Spend the day cycling through the Dundee Hills, the land of Pinot Noir, with far-reaching views to the Willamette Valley and snow-capped Mount Hood. This pastoral corner of Oregon was the destination of many early Oregon Trail pioneers. The area is now rich with a new wave of immigrants – winemakers drawn to the area by the unique growing conditions. The easy cycling route meanders along back roads and passes a host of great little wineries, most family-owned and many organic. Some have limited opening hours, so plan ahead for tastings. Return to McMinnville for another night at the guesthouse. You may like to leave yourself time to visit the Evergreen Aviation Museum, which features Howard Hughes's flying boat the *Spruce Goose*, along with a large collection of WWII military aircraft.

Easy: 20 miles (32km) over gently rolling terrain. Moderate: 40 miles (65km) over rolling terrain. Challenging: Up to 80 miles (129km) with up to 2000 feet (610m) of ascent.

Day 3: McMinnville to Welches

cycling @ 40 miles (65km)

This morning transfer from McMinnville to rural Clackamas County. The moderate route starts in the small lumber town of Estacada, riding along back roads and climbing steadily through open farmland to Sandy (where the easy route begins). Head west along quiet lanes through '*little Switzerland*'. Much of the riding is through conifer forest, and through gaps in the trees you may catch glimpses of the distinctive volcanic cone of Mount Hood. Arrive in Welches, where you stay at a magnificent 4-star resort on the flanks of the mountain, with over 300 acres of grounds, a full-service day spa, golf course, and a number of restaurants and bars.

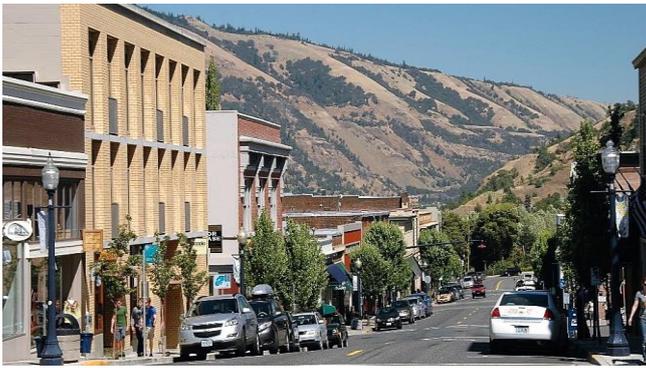
Easy: 20 miles (32km) over mostly flat terrain with some gentle climbs. Moderate: 40 miles (65km) with 3100 feet (945m) of ascent. Challenging: 60 miles (97km) with 5750 feet (1753m) of ascent.

Day 4: Welches to Hood River

cycling @ 30 miles (48km)

Spectacular scenery as you cycle over the shoulder of Mount Hood. The challenging ride is from Welches to Hood River. For moderate or easy cycling travel with the luggage transfer van part of the way – arrange this 24 hours in advance. Whichever route you choose, you ride among the vineyards, farms and orchards of the Hood River Valley, known for its pears, apples, peaches and cherries. End the day in Hood River, where the river meets the mighty Columbia near the Columbia River Gorge. The area is popular for outdoor enthusiasts year-round, and the town offers antique shops and galleries, wine bars, microbreweries, restaurants and cafés. Stay 2 nights in a historic 3-star hotel in the town centre.

Easy: Transfer to Cooper Spur, then 20 miles (32km) mostly downhill. Moderate: Transfer to Government Camp, then 30 miles (48km) with 3300 feet (1005m) of ascent. Challenging: 50 miles (81km) in total, with 3000 feet (915m) of ascent.



Day 5: Hood River loop rides

cycling @ 40 miles (65km)

Breakfast is at your own arrangements this morning and there are many good cafés and diners in Hood River. There are many options riding out of Hood River. One route is on the Historic Columbia River Highway (HCRH), heading east from Hood River along the Columbia River Gorge. The road climbs above the gorge twice and your effort is rewarded with stunning views at every turn. A third of the HCRH is dedicated to bicycle traffic only, although other parts are shared with pedestrians or motorists on the scenic route to Portland. Alternatively you may like a more challenging ride past orchards, nut groves and vineyards, on back roads and car-free forest tracks to Lost Lake. Those more *sportif* cyclists 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. Or, if you'd like a break from cycling, you can go whitewater rafting, kayaking or kitesurfing (at extra cost).

Easy: 15 miles (24km) mostly flat or gently rolling, and car-free. **Moderate:** 40 miles (65km) with up to 3100 feet (945m) of ascent. **Challenging:** 55 miles (90km) with up to 4000 feet (1220m) of ascent. **Epic:** Hood River Gran Fondo, 100 miles (161km) with 7500 feet (2290m) of ascent.

Day 6: Hood River loop rides, then end of tour

cycling @ 40 miles (65km)

Breakfast at own arrangements, then again you can ride out from Hood River as per Day 5, or you can relax in the town or participate in the other outdoor activities Hood River is known for – it's your choice. At the end of the day, you will be collected and transferred back to Portland, where your tour arrangements end. No accommodation is included tonight – we can arrange Portland accommodation at extra cost.

We highly recommend spending a few nights in Portland either before or after your tour. Portland is a cycling-mad city; home to artisan distilleries, nearly 60 breweries, a host of ice creameries, doughnut shops, restaurants espousing farm-to-table dining, and over 600 food trucks serving up every kind of cuisine. Bookstores abound, including Powell's City of Books (which takes up a whole city block), along with boutiques, galleries, design studios and outdoor outfitters. Portland is renowned for its green parks, its eco-conscious credentials, its live music scene and the motto, '*Keep Portland Weird*' – this is a can't-miss American city.

Outdoor Travel offers many other self-guided inn-to-inn or small group guided cycling tours in North America, including in Hawaii, the San Juan Islands in Washington State and California's Napa Valley. We offer many destinations for cycling in Europe, Vietnam, China, Japan, South Africa and New Zealand. Ask for details of our cycling holidays in Umbria, Tuscany, Provence, Loire Valley or along the Danube in Austria and Germany.

Contact Outdoor Travel for more itinerary details and reservations

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