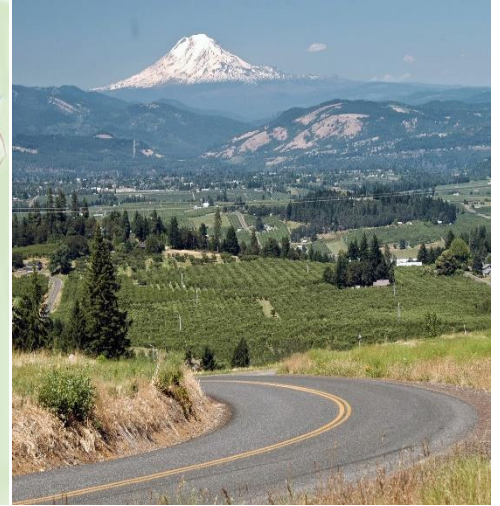
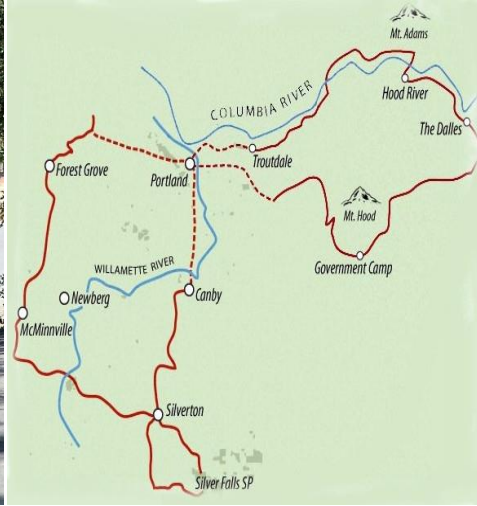


USA – OREGON & PACIFIC NORTH-WEST

6-days / 5-night from Portland to & 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: **\$4985** per person twin share Single room supplement available on request.
Hotel upgrades and e-bikes available - ask for details.

Departs: Daily, from June to September from Portland, Oregon

Includes: 5-nights' accommodation in characterful B&B's, hotels and inns; 4 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: 1 breakfast, all 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, Moderate or Challenging. Easy cycling routes are 25 - 50km daily over flat or gently rolling terrain. Moderate cycling routes range from 50 - 65km with 290 - 950m of ascent. Challenging routes average 105km with on average 1190m ascent.

Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations



Day 1: Forest Grove to McMinnville

cycling @ 25, 65 or 120km

Meet in central Portland for the 45-minute transfer to Forest Grove and start your cycling along quiet back roads across the undulating hills of the Yamhill-Carlton wine region. A pastoral corner of Oregon's Willamette Valley, once the final destination for many of the Oregon Trail pioneers. You end the day in McMinnville, a quaint small town with a growing reputation for fine food. Stay 2 nights in Hotel Oregon and enjoy a drink in the rooftop bar.

Day 2: McMinnville Loops

cycling @ 15, 65 or 130km

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.

Day 3: Cooper Spur to Hood River

cycling @ 35, 50 or 80km

This morning transfer from McMinnville to Cooper Spur. The moderate route starts at the base of the Mount Hood Ski area. From here descend down 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 nine-room property and enjoy a nice breakfast which often includes produce from the owner's family farm.

Day 4: Hood River Loops

cycling @ 25, 65 or 90km

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. 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. The road climbs above the gorge twice and your effort is rewarded with stunning views at every turn before descending back down to the river.

For keen cyclists there is the chance today to do the extremely challenging Hood River Gran Fondo, comprising 161km with 7500 feet (2290m) of ascent.

Day 5: Hood River Loops, Transfer to Stevenson

cycling @ 35, 65 or 90km

Then again you can ride out from Hood River as per Day 4, today 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 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 to Stevenson, on the Washington side of the Gorge where we spend this evening. Stevenson has a small downtown with nice views of the river as well as an antique store, art gallery, a pub and a nice café.

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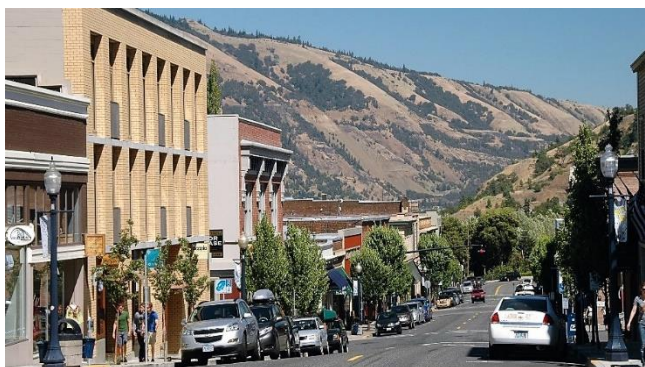
Day 6: Stevenson to Troutdale, then end of tour

cycling @ 25, 55 or 90km

Breakfast is at your own arrangements this morning. We return to Oregon crossing the Gorge on the impressive Bridge of the Gods, before following the Historic Columbia River Gorge Highway, starting as a bike path through forests and then becoming a quiet lane that passes many waterfalls.

After the falls, a winding lane brings us to Crown Point. This imposing Bluff stands over 700 feet above the river the entrance to the Gorge, before descending into Troutdale ending our tour, you will be collected and transferred back to Portland, where your tour arrangements end. Once again there is a challenging cycling option all the way back to Portland.

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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