



Napa & Sonoma Adventure



With great weather, breathtaking scenery and over 500 vineyards, the valleys of Napa and Sonoma are a cyclist's paradise. You'll find terrain suitable for all abilities, just one of the reasons *Bicycling Magazine* described pedaling here as "the perfect cycling vacation." Off the bike you'll be treated to private wine tastings, world-class cuisine and your choice of regular or luxury accommodations. If you're looking for an unforgettable bike vacation, look no further!

Departures offered: **Year-round**

For current dates go to www.blacksheepadventures.com/dates.pdf
Join a group tour date above –or– Pick a private date for your group

Ready to book? Questions?
Call toll-free: **866-OH-SHEEP** (866-647-4337)

Multisport vacations that leave the rest of the herd behind!

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Napa & Sonoma Adventure Itinerary



Day 1: Biking to Bodega Head –4 or 15 miles

After pickup in San Francisco, you'll shuttle to your trip lodging. After settling in, you'll enjoy a short ride around Bodega Bay and up onto the headland allowing stunning views along the rugged Sonoma Coast. This pristine coast is popular with surfers, seals and whales. Meals included: **D**

Day 2: Biking among Redwoods – 25, 45 or 60 miles, Hiking – 2 miles

After breakfast you'll head into the heart of the redwoods. You'll savor a picnic lunch in a park that includes 1,400 year-old trees that tower over 300 feet, creating an enchanting ambience. If you choose to cycle after lunch, you'll head up the Russian River to Healdsburg. En route, you'll pass many wineries on quiet roads. Today's itinerary includes a private tour and wine tasting at one of the area's organic wineries. Meals included: **B, L & D**



Day 3: Biking Dry Creek – 11, 22 or 55 miles

How much you cycle today is – as always – up to you. You may choose to spend more time exploring the charming town of Healdsburg, but if you'd rather, you can spend more time riding the Dry Creek Valley. From here you'll look out across acres of vines with the Mayacmas Mountains framing the scene. In short, you'll enjoy some truly classic wine country riding on lightly trafficked roads where there seems to be a winery every half mile. Meals included: **B & D**



Day 4: Biking Alexander Valley – 16, 21 or 47 miles

Today you'll bike the Alexander Valley, Knights Valley and Northern Napa. You'll find many opportunities to visit famous wineries along the way. Indeed, you'll savor a gourmet picnic lunch overlooking the vineyards of one such oasis before touring the winery. Tonight you'll stay in a quaint Napa County town known for its boutique shops and excellent restaurants. Meals included: **B & L**



Day 5: Biking Napa Valley – 10, 40 or 71 miles

This morning you'll take to the Silverado Trail which affords a great view across the Napa Valley as well as being home to some of the best known wineries in the area. You're welcome to continue on a more extensive ride, but we encourage you to relax with an optional spa treatment. Choose from massage, hydrotherapy, mud baths, facials and more. Tonight, you'll enjoy recalling the stories of the week with the rest of the group over your farewell dinner. Meals included: **B & D**



Day 6: Biking Crystal Springs Loop – 12 miles

Today's ride is a short loop past some of the smaller wineries of Napa. Of course, you can choose to sleep in and relax or enjoy another chance to explore town. Either way you'll have some time to get ready and pack up before being shuttled back across the Golden Gate Bridge to downtown San Francisco. Meals included: **B**



Napa & Sonoma Adventure Lodging Information

You have your choices for lodging style, Regular or Luxury:



Regular: If you'd rather save a bit on your lodging, but still sleep in comfort – then you may prefer our regular lodging. You'll stay in three carefully selected properties: the *Inn at the Tides* (pictured left and right), the *Dry Creek Inn* and *Stevenson Manor Inn*. Each property features a pool. Guest rooms are comfortable and tastefully furnished with private bath.



Luxury: If you appreciate the finest in accommodations when traveling – then our luxury lodging is for you! You'll stay in three carefully selected properties: the *Bodega Bay Lodge & Spa*, the *Madrona Manor* (pictured left and right) and the *Small Luxury Hotel* member, *Inn at Southbridge*. Each property features a pool and elegant setting. You'll feel luxuriously pampered in your beautifully decorated room with private bath.



Napa & Sonoma Adventure Trip Price

Trip Price Includes:

- Lodging for five nights – your choice of Regular or Luxury
- 11 of 14 meals (5 breakfasts, 2 lunches & 4 dinners) – Luxury includes wine with dinner
- All activities mentioned in the itinerary – biking & select wine tastings
- Hybrid bike rental (road bike rental available for a supplemental fee)
- Services of professional trip leader(s) and local guides
- Van support, transportation during the trip & portage service
- Black Sheep Adventures T-shirt, water bottles & luggage tags



Regular Lodging Option Trip Price: \$2395* each based on double occupancy
Single Supplement: \$495 – for those desiring single occupancy

Luxury Lodging Option Trip Price: \$3595* each based on double occupancy
Single Supplement: \$795 – for those desiring single occupancy

New for 2010! This tour is eligible for our "Peace of Mind Guarantee"

If you're the first to sign-up for a tour, you have the option to pay a \$495 supplement per person to guarantee the trip will run for you and your traveling companion - even if no one else signs up for your tour dates! If at least two more people sign up for your trip, we'll refund the \$495 supplement to you and your companion!

* Prices subject to change – please call us to confirm.

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