



**BLACK
SHEEP**
ADVENTURES

HIKE. BIKE. RAIL. TRAVEL EWEPHORIA.

Tufts
UNIVERSITY

Travel-Learn



Pedal, Paddle & Pinot: A Sonoma & Napa Valley Bike, Kayak & Wine Tour

June 19-24, 2022

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 wine tastings, world-class cuisine and delightful accommodations.

TOUR HIGHLIGHTS

- Bike past the Pacific Coast, along the Russian River, beneath coastal redwoods and among the vineyards
- Kayak Tomales Bay with a naturalist
- Taste wine at Tufts-affiliated wineries
- Experience the best of Sonoma County
- Enjoy exceptional meals from guide-prepared picnics to elegant dinners

Questions?

Call 866-OH-SHEEP (866-647-4337)

Based in Piedmont, CA

Fax 800-881-2443 info@BlackSheepAdventures.com

BlackSheepAdventures.com



DAY
1

Meeting in San Francisco

Arrive independently in San Francisco - ideally as early as you can to explore this enchanting "city by the bay" - but we recommend you arrive no later than 3:00 pm in order to have some time to settle in before meeting your fellow travelers and local alumni for dinner together nearby in San Francisco. *Argonaut Hotel* Meals included: Dinner

DAY
2

Biking Petaluma to Tomales - 28 miles

After being picked up in San Francisco, we will head north across the Golden Gate Bridge to Kivelstadt Cellars. In Petaluma your guides will fit you to your bike, provide a safety review talk and we'll start our first ride. You'll enjoy a gorgeous route past the pastoral beauty of the ranches and farms of rural Sonoma County. After finishing the first ride we'll shuttle to Bodega Bay to tonight's resort. Nestled on a hillside above Doran Beach, the Bodega Bay Lodge is a perfect place to take in the area's natural beauty. From your balcony, enjoy views of Bodega Bay and the Pacific Ocean beyond. The award-winning restaurant and full-service spa are only steps away. *Bodega Bay Lodge* Meals Included: Breakfast, Lunch & Dinner

DAY
3

Kayaking on Tomales Bay, Optional Biking - 20 miles

We'll rise early this morning and drive to Tomales Bay. Mornings are typically best for placid paddling conditions on the Bay. We'll paddle out with a local naturalist to view a variety of bird and marine life such as osprey, harbor seals, pelicans, bat rays and more. We'll spend about 3 hours exploring the coastline before paddling back to the hamlet of Marshall. Along the way we will enjoy a delicious picnic on the beach before we trade our kayaks back in for bikes to begin biking back towards Bodega Bay. As always the amount you ride is up to you as you can get a lift in the support van if you'd like. After returning to our hotel, we'll have some free time before dinner at a nearby restaurant. *Bodega Bay Lodge* Meals included: Breakfast, Lunch & Dinner

DAY
4

Biking Duncans Mills to Guerneville - 25-40 miles

As the morning sun burns off the nightly blanket of fog, you may choose to take a stroll along the tranquil bay before indulging in a hearty breakfast. Today we'll head into the coastal range for a cruise into the heart of the redwoods. At the Armstrong Redwoods State Park, we'll walk among 1,400-year-old trees that tower over 300 feet high and create a unique microclimate. Shafts of light filtering through the canopy make for an enchanting experience. The optional cycle after lunch is along the Russian River. Tonight you are free to arrange your own dining plans, though we'll be happy to recommend one of the many great dining destinations just steps away from the hotel. *h2 Hotel* Meals Included: Breakfast & Lunch

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DAY
5

Biking Dry Creek Loop - 22 or 33 miles

Today will include some truly classic wine country riding on quiet back roads dotted with welcoming vineyards. Where you enjoy lunch today is your choice. You can sample one of Healdsburg’s many restaurants, but we heartily recommend stopping at Dry Creek General Store, a country store along the route known for amazing gourmet sandwiches and fresh salads. This afternoon you’ll have some free time and you may consider treating yourself to a massage at the nearby spa before we enjoy the final group dinner of the tour together. *h2 Hotel*
Meals included: Breakfast & Dinner

DAY
6

Optional Biking Alexander Valley – 21 miles

We’ll start the day with an optional pre-breakfast ride out along the back roads of Healdsburg to explore the wine growing region of Alexander Valley. After a coffee stop at a favorite spot, we’ll loop back to the hotel. You’ll have a chance to enjoy breakfast and return to your room to freshen up and pack before departing Healdsburg. We’ll then shuttle back toward San Francisco and take the leisurely route through the famed Napa Valley stopping for a tasting at Hendry Winery. We will drop you off back at the Argonaut Hotel at approximately 1:30 pm. If you are flying out this day, please don’t schedule your flight to depart SFO earlier than 4:30 pm. Meals

Pricing

TRIP COST	PAYMENT TERMS
<ul style="list-style-type: none"> • \$3,795 each based on double occupancy • Single Supplement: \$995 	<ul style="list-style-type: none"> • \$750 deposit due to hold space • Balance due 60 days prior to departure (can be auto-collected if you pay by credit card)

TRIP PRICE INCLUDES	TRIP PRICE EXCLUDES
<ul style="list-style-type: none"> • Lodging as outlined in lodging section below based on double occupancy • Biking, kayaking and two wine tastings • Meals as noted in itinerary above • Ride-friendly snacks and beverages • Hybrid or alloy road bike rental – carbon road bike or E-bike available for an upgrade fee • Services of professional trip leader(s) • Van support during the trip & portage service • Gratuities for included events and staff • Black Sheep Adventures jersey, water bottles & luggage tags 	<ul style="list-style-type: none"> • Pre & post tour travel • Alcoholic beverages (other than included wine tastings and wine with welcome and farewell dinners) • Optional activities such as spa treatments or additional wine tastings

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Lodging

Argonaut Hotel - 1 night - Rooms with one king or two queen beds

Housed within Fisherman's Wharf historic Haslett Warehouse building, the Argonaut Hotel merits a term like iconic both for its past and its present. A recipient of the AAA Four Diamond Award for 16 consecutive years, the Argonaut boasts a location just as noteworthy. Guests wake to views of the San Francisco Bay, Alcatraz, and the Golden Gate Bridge before venturing mere steps to next door Ghirardelli Square & Hyde Street Pier.

Bodega Bay Lodge - 2 nights - Rooms with one king or two queen beds

Poised atop a tranquil bluff overlooking the Pacific Ocean, Bodega Bay Lodge reflects the wild beauty of this romantic region and offers an array of incredible things to do in Sonoma. Watch the fishermen ply the bay for the day's catch. Spot migrating whales in the waves. Scout for rare birds in a location prized by the Audubon Society and Alfred Hitchcock.

h2 Hotel - 2 nights- Rooms with one king or two twin beds

Glimpse the undulating "Green Roof" of h2hotel and you'll know you've arrived to the charming historic town of Healdsburg, where h2hotel is rooted. To the heart of Northern Sonoma Wine Country, which unfolds just outside its doors. To one of our 36 eco-chic rooms – all with private balconies or patios; a simple, organic aesthetic; and creative amenities – that's just waiting for you.

Terms

CANCELLATION POLICY

If you cancel for any reason the following refund schedule applies:

- 61+ days prior to trip start: \$200 per person
- 31-60 days prior to trip start: Cancellation fee equal to 50% of trip cost
- 0-30 days prior to trip start: No refund

TRAVEL INSURANCE

We recommend travel insurance. For more information and to purchase, go to my.travelinsure.com/blacksheepadventures

WAIVER

All participants must complete our waiver online at www.smartwaiver.com/v/bsabike2020/

DISCLAIMER

The above itinerary is subject to change depending on a variety of factors. In every case, Black Sheep Adventures will endeavor to make you aware of changes as soon as possible, but, occasionally, changes must be made immediately prior to, or during, a departure. We strive to offer the best quality trip for each area and will make every effort to offer a comparable or better vacation. Rest assured our goal is to leave you with the best possible experience so you choose to travel with us again and tell your friends all about us. Black Sheep Adventures acts only as an agent for the various independent suppliers that provide hotel accommodations, transportation, sightseeing, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Black Sheep Adventures and their respective employees, agents, representatives, and assigns accept no liability whatsoever from any injury, damage, loss, accident, delay, or any other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Responsibility is not accepted for losses, injury, damages or expenses of any kind due to sickness, weather, strikes, hostilities, wars, terrorist acts, acts of nature, local laws or other such causes. All services and accommodations are subject to the laws and regulations of the country in which they are provided. Black Sheep Adventures is not responsible for any baggage or personal effects (including bicycles or bicycle gear) of any individual participating in the tours arranged by Black Sheep Adventures. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.

IMPORTANT NOTE ON BRINGING YOUR OWN BIKE

If you are bringing your own bike, per the above disclaimer, it is at your own risk. BSA will transport it, and our guides will endeavor to protect your bike as best they can. If you have a custom bicycle, rare bike or one that you are just terribly fond of, we encourage you to carefully consider the choice to bring it. If you do choose to bring your own bike, please ensure your homeowner's, renter's or trip insurance policy will cover the bike for loss to your satisfaction. Alternatively, please consider renting a bicycle from us.

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COVID-19

Everyone's safety (and their concerns about safety) are paramount. While we cannot completely eliminate the risk, we are taking every reasonable precaution to mitigate risk of transmission of SARS-CoV-2 among the group and the folks we encounter along the way. Please note our current COVID-19 precautions (subject to change):

- **Vaccination & Testing Requirement:** Out of respect and concern for the safety of other travelers, our staff and the general public, we require every participant and staff member to be fully vaccinated against COVID-19. If warranted, for an extra layer of security, we may require you to have a negative PCR test within 72 hours as well.
- **Hygiene:** If mask mandates are still in place, everyone must have their own mask.
- **Transfers:** We may require face coverings while shuttling.
- **Biking:** Everyone needs to have a face covering with them while riding for use when we are stopped should you need to be around other people or need to go indoors (at stores/bathrooms).
- **Dining:** At all restaurant meals we may dine together outside on patios generally at tables no larger than 8 people. Should dining outside not be an option, we will allow guests to dine independently so they can make the individual decision whether or not to dine indoors or get takeout to enjoy in their rooms. For our picnic lunches, the guide will serve the food from the table, rather than having everyone serve themselves.
- **Symptoms on Tour:** If anyone is feeling unwell and showing symptoms of COVID-19 during the tour they must notify the guide and remain isolated while a diagnosis is made. Black Sheep Adventures is not responsible for the cost related to medical treatment or isolation.

Booking

Please email the following to info@BlackSheepAdventures.com:

- Names of traveler(s)
- Telephone Number
- Room preference (single occupancy, double occupancy with one bed, double occupancy with two beds)

Black Sheep Adventures will respond to your email with a confirmation email which will allow you to pay your deposit by credit card securely online. Please do not make any pre or post tour travel plans until asked to do so.

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