

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# CALIFORNIA

## Pedal, Paddle, Pinot



May 10 - 15, 2020

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### TRIP HIGHLIGHTS

- ▶ Cycle 20 to 40 miles a day or as few as you like with the option of hopping on the “sag wagon” whenever you feel like stopping
- ▶ Learn about wine making while you wine taste your way through delicious California varietals
- ▶ Enjoy the spectacular vineyard and coastal views of California Wine Country and Napa Valley
- ▶ Spend time walking among gigantic Sequoia Redwoods
- ▶ Spot local California sea coast wildlife from your sea kayak in Tomales Bay

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: meet in San Francisco, bike 21 or 35 miles to Tomales
- Day 2: kayak on Tomales Bay, bike 25 miles to Bodega Bay
- Day 3: hike in the Redwoods, bike 30 or 45 miles to Healdsburg
- Day 4: bike 21 or 49 miles in the Russian River Valley, taste local wines
- Day 5: bike 22 or 32 miles on the Dry Creek Loop, visit a winery, farewell dinner
- Day 6: bike 26 miles in the Alexander Valley, lunch in Napa, return to San Francisco

### TRIP PRICE

Main Trip: \$3,990

Optional Single Accommodations: \$1,200

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### your adventure in depth

#### DAY 1

Sunday  
5/10/20

### Arrive in Bodega Bay

Some passions just belong together. Grapes and sun. Kayaks and water. You and your fellow Adventure Women cruising through California's Wine Country, with the power of the pedal and your fellow cyclists cheering you on to each incredible destination! Cycling is the perfect way to experience a local journey because it provides a special closeness to the land. Biking with a group of women adds an extra level of enrichment to the week. Frequent stops for photography and refreshments help everyone to enjoy the journey together. Comfortable vans "sag wagons" also accompany every leg of your cycling route so that should you feel like a rest, you can hop right in and relax.

#### Meet Your Group

You'll likely have spent at least a day or two in San Francisco before now. Meet your group at 9:00am at the San Francisco Marriott Fisherman's Wharf.

#### Bike Fitting

You'll drive across the Golden Gate Bridge to Petaluma, where you will be fit to your bike. Your guides will give a safety talk before setting off.

#### Bike Sonoma County

For your first ride, you'll enjoy a gorgeous route past the pastoral beauty of the ranches and farms of rural Sonoma County. You'll have two route options today - the regular 21 mile route or a longer 35 mile route, both on rolling terrain.

Ride at your own pace and enjoy lunch on your own at Tomales Deli. For those who choose the regular route, hop on a shuttle from Tomales to your Lodge.

#### Welcome Dinner

Have a group orientation with your new AdventureWomen friends before toasting the start of your adventure at a welcome dinner.

#### Accommodations

Bodega Bay Lodge

#### Meals Included

dinner

#### Biking

21 miles, 1,100' elevation

or

35 miles, 2,200' elevation

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#### DAY 2

Monday  
5/11/20

### Bodega Bay

Tomales Bay is a long, narrow inlet of the Pacific Ocean. It is about 15 miles long and averages nearly a mile wide, effectively separating the Point Reyes Peninsula from the mainland of Marin County. It is home to local wildlife, including osprey, harbor seals, pelicans, and more.

#### Kayaking on Tomales Bay

Drive to Tomales Bay and hop into double kayaks. You'll paddle the bay with a local naturalist who will introduce you to any wildlife you encounter. Spend about three hours exploring the coastline, including a stop for lunch.

#### Bike to Bodega Bay

Ride inland from the coast to Tomales, and then onto Valley Ford before arriving back at your lodge.

#### Dinner

Enjoy dinner at a local restaurant.

### Accommodations

Bodega Bay Lodge

### Meals Included

breakfast, lunch, dinner

### Biking

25 miles, 1,300' elevation

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#### DAY 3

Tuesday  
5/12/20

### Bodega Bay to Healdsburg

The coastal redwoods are some of the tallest living trees on Earth with some reaching close to 400 feet high and almost 30 feet in diameter. They only exist in a narrow stretch of land stretching 470 miles from Central California to Southern Oregon.

#### Early Morning Walk

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.

#### Hike Armstrong Redwoods State Park

Head into the coastal range for a short hike into the heart of the redwoods. At the Armstrong Redwoods State Park, have a picnic among 1,400-year-old trees that tower over 300 feet high and create a unique microclimate.

#### Ride Along the Russian River

After lunch, bike along the Russian River towards Healdsburg. Stop at a winery along the way for a tasting. Sample some of their award-winning wines before arriving in Healdsburg. There is a longer and shorter biking option today.

#### Dinner on Your Own

Enjoy dinner on your own at one of the many excellent restaurants in Healdsburg. If you have a particular restaurant in mind, we recommend making reservations prior to the trip.

#### Accommodations

h2hotel

#### Meals Included

breakfast, lunch

#### Biking

30 miles, 1,200' elevation

or

45 miles, 1,700' elevation

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#### DAY 4

Wednesday  
5/13/20

### Healdsburg

Viticulture in the Russian River region dates back to the 19th century when immigrants from Mediterranean countries descended upon the region and began planting vines. While most vineyards were “gardens” for personal family consumption, commercial wineries sprung up and by the dawn of the 20th century there were nearly 200 wineries operating. Prohibition in the United States dealt a devastating blow to the region with many wineries going out of business. It wasn’t until the 1970s that vineyards in the Russian River region would begin to focus on quality wine production and begin using their grapes for local bottlings.

#### Bike the Russian River Valley

Start your ride right from the hotel today. Within minutes you’ll be passing by the first of many vineyards you will see today. Today’s two ride options will be at a leisurely pace. Take time to enjoy the rolling Sonoma hills and stop to take in the views along the way.

#### Lunch

Sample some local wine at a winery known for its sustainable approach to crafting outstanding Pinot Noir. Enjoy a picnic lunch as you decide if you want to buy a few bottles to take home.

#### Ride Back to Healdsburg

Ride back to Healdsburg and enjoy some free time before having dinner on your own.

### Accommodations

h2hotel

### Meals Included

breakfast, lunch

### Biking

21 miles, 700’ elevation  
or  
49 miles, 1,800’ elevation

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#### DAY 5

Thursday  
5/14/20

### Healdsburg

At the turn of the 20th century, Dry Creek Valley was one of California's most prominent producers of Zinfandel. During Prohibition much of the valley was converted to fruit trees. Since the resurgence of wine grape production in the 1970s, Cabernet Sauvignon and Zinfandel have become the most planted varieties, and the area has become one of the state's top Zinfandel producers. Sauvignon blanc has become the most important white grape varietal produced in the valley.

#### Cycle the Dry Creek Loop

Today you'll be treated to quiet riding and endless wineries and vineyards. Rolling hills and fantastic views await you on your two riding options today.

Stop at the Dry Creek General Store for lunch on your own, choosing from gourmet sandwiches and fresh salads.

#### Wine Tasting

Enjoy another wine tasting this afternoon from an award-winning producer.

#### Farewell Dinner

Enjoy a farewell dinner as a group to toast the end of an incredible adventure.

Accommodations  
h2hotel

Meals Included  
breakfast, dinner

Biking  
22 miles, 800' elevation  
or  
32 miles, 1,800' elevation

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#### DAY 6

Friday  
5/15/20

### Depart California

In Alexander Valley, beautiful vistas and exquisite wines can be found at both small family-run wineries, and exquisite full-service tasting rooms. Cabernet Sauvignon is the most widely grown varietal in Alexander Valley with best results in the foothills, slopes, and mountains of the eastern side of the valley.

#### One Last Bike Ride

Get one last ride in through the Alexander Valley this morning. Grab a coffee and a snack, and head back to your hotel to have breakfast, freshen up, and check out.

#### Lunch in Napa

Take the scenic route back to San Francisco, stopping off in Napa for a winery visit and lunch.

#### Return to San Francisco

You'll arrive back in San Francisco late this afternoon in time for an evening flight, or for some time to explore the city. Say goodbye to your new AdventureWomen friends, at least until the next adventure!

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included  
breakfast

Biking  
26 miles, 1,000' elevation

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### Accommodation Details

#### Bodega Bay Lodge

With its rugged shoreline and rolling countryside, the Sonoma Coast has its roots firmly planted in the land. Poised atop a tranquil bluff overlooking the Pacific Ocean, Bodega Bay Lodge reflects the wild beauty of this 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, or stroll two miles of soft sands, soaking in the tranquility.

#### h2hotel

This LEED-certified hotel is in downtown Healdsburg, just a block from the Healdsburg Town Plaza. It has a variety of earth-friendly features, including a solar-heated creekside pool. Each room has a private balcony or patio. Spoonbar, the hotel's on-site restaurant, serves seasonal pasta and meat dishes made from local ingredients. Relax by the fireplace in the lounge or enjoy a massage at the spa.

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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ Van support, ground transportation, portage service
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Biking guides throughout the trip
- ▶ Water and snacks
- ▶ All equipment rentals - kayaks, bicycles (hybrid or alloy road), and helmets
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ Round-trip airfare
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Specialty rentals: carbon road bike (\$150 additional) or e-bike (\$300 additional)
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities

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### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary. **Don't be afraid of the biking - there is always a sag wagon available, and you can upgrade to an e-bike rental if you'd like! Most rides will be between two and four hours at a pace of 8-12 miles per hour.**

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information

**Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before February 10, 2020.** A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

### Identification:

You may need to ensure that your driver's license is REAL ID compliant in order to fly domestically. Please check your home state's guidelines on whether you should upgrade your ID or plan to travel with a passport instead of a driver's license.

### Money:

Credit cards will be accepted throughout the trip, but we recommend carrying a small amount of cash for incidentals.

### Suggested Gratuities:

- ▶ Guides: \$100-200 per guide

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**Arrive:** Arrive in San Francisco, California (SFO) on or before May 9, 2020.

Meet your group on May 10 at 9:00am at the San Francisco Marriott Fisherman's Wharf.

**Depart:** Depart San Francisco, California (SFO) on May 15, 2020 after 6:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

California generally has two seasons, dry and wet. May to September is considered the dry season; temperatures can be cool in the morning, especially along the coast, and warmer inland and later in the day. The region is known for its many micro climates even ten miles apart so the key to travel in the region is layers. You can always shed layers into the support van as the day goes on.

Your bike and water bottles will be provided, as will your helmet if you don't bring one. You will want clothing that is made of wicking materials which dry quickly. Avoid cotton as it takes much longer to dry and does not wick sweat away from the body.

Please pack in a medium, soft-sided duffel bag. Your luggage should weigh less than 40lbs.

### Gear and Active Clothes:

- duffel bag or small suitcase
- day pack (for items in van)
- 2-4 pairs padded bike shorts
- 3-6 bike jerseys or quick-dry t-shirts
- 1-2 quick-dry long sleeve shirts
- 1 waterproof and breathable rain jacket (Gore-Tex recommended)
- 1 fleece jacket
- 1 pair shoes for biking
- 1 pair of sneakers/hiking shoes
- 6 pairs athletic socks
- 1 pair bike gloves
- sports bras
- underwear
- 1 bathing suit

- clipless pedals for bike shoes (if you use them)
- bike helmet
- biking tights/legs/arms - if you get cold easily

### Evening Clothing:

- 2 pairs nicer pants/skirt/dresses
- 1-2 pairs shorts
- 1 pair jeans
- 3-6 shirts/blouses
- 1-2 pairs nicer shoes
- 1 warm jacket or sweater
- sleepwear

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### AdventureWomen Essentials:

- Travel documents (identification, e-tickets, money)
- Travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries/phone
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a