



TOUR ITINERARY



United States / California / Northern California

# Napa + Sonoma Bike Tour

Wine to Waves in California Wine Country

## TOUR HIGHLIGHTS

- Ride along the Pacific coast into wine country for a diverse cross-section of California by bike
- Explore the historic logging towns of Guerneville and Occidental, where cowboy culture survives alongside a thriving wine industry
- Join our friend Mary, a talented chef and winemaker, for a private dinner at her stunning Healdsburg vineyard, where fine wine pairs with captivating stories to create a memorable evening.
- Stroll Healdsburg's quaint town square and pop into dozens of local tasting rooms
- Dine in dreamy Bodega Bay at a family-run Michelin-starred restaurant
- Enjoy an unforgettable meal at the home of our friend Sarah, an acclaimed chef who worked alongside Thomas Keller, while her husband, a master sommelier, pours some of the finest Napa Valley wines from his private cellar.



## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
San Francisco or Sonoma, California
- 📍 **Pick-Up Location:**  
San Francisco Marriott Fisherman's Wharf
- 🕒 **Pick-Up Time:**  
9:00 am

### Departure Details

- ✈ **Airport City:**  
San Francisco or Sonoma, California
- 📍 **Drop-Off Location:**  
San Francisco Marriott Fisherman's Wharf
- 🕒 **Drop-Off Time:**  
1:00 pm

**NOTE:** DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

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### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).

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### Travelers Take Note

DuVine searches for the most scenic roads that simultaneously offer ideal riding conditions. In Napa and Sonoma, some roads are popular with motorists and cyclists alike. Our routes may include short sections on busier roads, but the support van is always available if you wish to avoid stretches with heavier traffic.



# TOUR ITINERARY

## Tour By Day

DAY  
1

### Exploring West County

Your guides will meet you in San Francisco, and we'll transfer you north across the Golden Gate Bridge to Marin County. Begin with the essentials: a bike fitting, safety talk, and map review before tasting cheeses at Marin French Cheese company. Our ride will take us past Sonoma's rural ranches and pastoral farms. The biggest climb of the week comes early, but is rewarded with beautiful views of Tomales Bay. After lunch at a local cyclists' hangout, we'll continue to the sleepy town of Freestone, then choose a van transfer or continue a few more miles on the bike to the Bodega Bay Lodge. Tonight, we kick off the tour with an exquisite meal at Terrapin Creek.

**Meals:** Lunch / Dinner

**Destinations:** Marin French Cheese Company, Tomales Bay, Bodega Bay

**Accomplished:** 34 miles / 55 km, elevation gain: 1,469 feet / 448 meters

**Longer Option:** 43 miles / 69 km, elevation gain: 1,748 feet / 533 meters

**Accommodations:** [Bodega Bay Lodge](#)

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DAY  
2

### The California Coast

Today's ride highlights the variety of Northern California: start by pedaling past the rugged headlands of the Pacific coast and pause for a photo against a backdrop of rocky cliffs and dramatic, cresting waves. After a coffee stop, we veer east along the Russian River. En route to Healdsburg, pause for a picnic lunch in the shade of towering redwoods at a local reserve. After, hop in the van and head directly to Healdsburg or challenge yourself with some extra miles amidst the vines. Tonight, we'll join our friend Mary for a private dinner at the beautiful Healdsburg winery she owns with her husband Bob. A winemaker and self-taught chef, Mary dazzles us with her culinary talents, pairing each dish with the estate's fabulous wines and unique tales from the vineyard.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Pacific Coast, Route 1, Russian River Valley, Westside Road, Healdsburg

**Accomplished:** 25 miles / 40 km, elevation gain: 1,157 feet / 352 meters

**Longer Option:** 47 miles / 75 km, elevation gain: 2,076 feet / 633 meters

**Accommodations:** [Hotel Healdsburg](#) or [Harmon Guest House](#)

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## TOUR ITINERARY

DAY  
3

### Dry Creek and Alexander Valleys

This morning, ride West Dry Creek Road in a region replete with welcoming vineyards. As we cross into Alexander Valley, quiet backroads reveal dreamy views of the Mayacamas Mountains, and we'll stop for a coffee amidst acres of vines. After lunch, visit our favorite local winery to sip on crisp Chardonnays and juicy Zinfandels, then return to the hotel for an afternoon by the pool. Tonight is your free night—take advantage of the 30+ tasting rooms lining Healdsburg's historic square, and turn to your guides for a dinner recommendation to suit your tastes.

**Meals:** Breakfast / Lunch

**Destinations:** Dry Creek Valley, Alexander Valley, Jimtown Store

**Accomplished:** 38 miles / 61 km, elevation gain: 1,519 feet / 463 meters

**Accommodations:** [Hotel Healdsburg](#) or [Harmon Guest House](#)

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DAY  
4

### Chalk Hill Road and the Gateway to Napa

Bid Healdsburg farewell this morning as we pass once more through the Russian River Valley. This time, we'll continue east on Chalk Hill Road, an eight-mile stretch lined with pastures, stables, and celebrated vineyards. Turn towards Napa Valley where the road opens up with views of Mount St. Helena, and finish the ride with an epic lunch. This afternoon, settle into your next hotel—a stunning spa property in Calistoga—with a well-deserved massage, or explore the perfectly manicured town. Enjoy a local dinner with your guides in nearby Saint Helena.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Chalk Hill Road, Knights Valley, Calistoga

**Accomplished:** 34 miles / 55 km, elevation gain: 1,574 feet / 480 meters

**Longer Option:** 37 miles / 59 km, elevation gain: 2,020 feet / 616 meters

**Accommodation:** [Solage Calistoga](#)

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## TOUR ITINERARY

DAY  
5

### Undiscovered Napa

The focus of our day is discovering a side of Napa that remains relatively untapped. Begin with a challenging six-mile climb up Howell Mountain, or catch a lift in the van and begin riding from the top. The rest of the way to lunch consists of miles of unexplored roads as we meander past Lake Hennessey and down towards St. Helena. Grab lunch from a funky food truck at a local winery owned by a family of cyclists—when enjoyed with the estate’s own wines, it’s a fun and relaxed take on wine pairings. After lunch, choose to keep riding, transfer back to the hotel, or explore the shops and tasting rooms of St. Helena.

This evening, we’ll gather at the home of our friends Sarah and James—an acclaimed chef and master sommelier—for a special farewell dinner. James will guide us through one final taste of the Napa Valley, sharing select bottles from his private collection as we raise a toast to an unforgettable week.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Howell Mountain, Chiles Pope Valley, St. Helena

**Accomplished:** 26 miles / 42 km, elevation gain: 983 feet / 299 meters

**Longer Option:** 40 miles / 64 km, elevation gain: 3,076 feet / 937 meters

**Accommodation:** [Solage Calistoga](#)

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DAY  
6

### Farewell to Wine Country

On your final morning, join your guides for an invigorating morning ride or sleep in and linger over one last poolside breakfast. Around mid-morning, your guides will drive you back to San Francisco via Napa Valley for a final, sweeping overview of some of the region’s most famous vineyards. Or, we can help with alternate transportation if you plan to stay a little longer in Napa.

**Meals:** Breakfast

**Destinations:** Franz Valley, San Francisco

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