

LIFECYCLE ADVENTURES' GUIDE TO OREGON



Use this Guidebook
with the On-Tour App
– see inside cover



**LIFECYCLE
ADVENTURES**

PLANNING | ABOUT THE AREA | OVERNIGHT TOWNS | ON TOUR FAQ

Guidebook this book

Planning Your Tour

Where to stay before tour

Getting there

Things to book

What to pack

About the Area

Routes & highlights

Geography & history

Food & drink

Essentials

Overnight Towns

Overviews

Restaurants & bars

Sights & activities

Town plans

On Tour

Using the On-Tour App

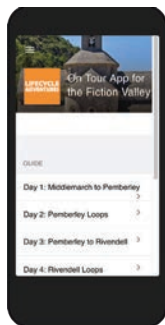
Navigating the routes

Our services

Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to **download your On-Tour App a few weeks before the start of your tour.**



The app includes everything you need to explore each day during your tour including:

- > Ride options
- > Places for lunch
- > Points of interest
- > Directions to accommodations
- > End of tour logistics
- > Contacts
- > FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



LIFECYCLE ADVENTURES' GUIDE TO OREGON

Written and Researched by
Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition. You can reach us at info@lifecycleadventures.com.

Contents

PLANNING YOUR TOUR 5

Getting There	6	Things to Book Before You Travel	10
Where to Stay Before Your Tour	6	What to Pack	11
Downloads for your phone	7		

ABOUT THE AREA 15

Introduction	16	Food and Drink	24
Routes & Highlights	17	Wineries on Your Routes	27
Climate & Geography	22	Fun Facts	32
History	22	Essentials	37

OVERNIGHT TOWNS 43

Welches	44	Forest Grove	61
Hood River	49	McMinnville	61
Stevenson	56	Silverton	61

ON TOUR 75

LifeCycle Adventures Services	76	Troubleshooting the App	105
Using the On-Tour App	78	Safety and Enjoyment	107
Navigating Your Routes	91	Fixing a Flat	109

APPENDICES 117

Appendix 1 – Winery Listings	118	Appendix 3 – Quiz Answers	134
Appendix 2 – Quiz	130		



Image by Jeanne Hervé-Maley

PLANNING YOUR TOUR

Getting There	6
Where to Stay Before Your Tour	6
Downloads for Your Phone	7
Things to Book Before You Travel	10
What to Pack	11



Downtown Portland with Mount Hood in the Background

GETTING THERE

Tours typically start in Portland, Oregon. Most guests fly into Portland (PDX) Airport. There are several good options for getting into downtown Portland from the airport:

- Both Uber and Lyft operate from the airport and throughout the Portland area.
- A cab will cost between \$40 and \$60 and takes about 20 to 30 minutes
- Blue Star Transportation operates both scheduled services (\$14pp reservations not typically required) stopping at major hotels, and a door-to-door service (\$36 for two people reservations required). 1-800-247-2272 / <http://www.bluestarbus.com>
- The MAX Light Rail service goes from the airport to the center of Portland in about 45 minutes and costs \$3.00 pp.

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Portland before and/or after their tour. We have had good feedback for the following hotels and B&Bs.

The Ritz-Carlton, Portland

 900 SW Washington St, Portland, OR

 +1 (971) 900-4500

 <https://www.ritzcarlton.com/en/hotels/pdxrz-the-ritz-carlton-portland/overview/>

Hyatt Centric Downtown Portland

 601 SW 11th Ave, Portland, OR

 +1 (503) 595-1234

 <https://www.hyatt.com/hyatt-centric/pdxct-hyatt-centric-downtown-portland>

Inn at Northrup Station

📍 2025 NW Northrup St, Portland, OR

☎ +1 (800) 224-1180

🌐 <https://www.northrupstation.com/>

DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.

Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.



On an iPhone or an iPad

- Open the PDF using the above QR code (this can take more than a minute depending on your WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

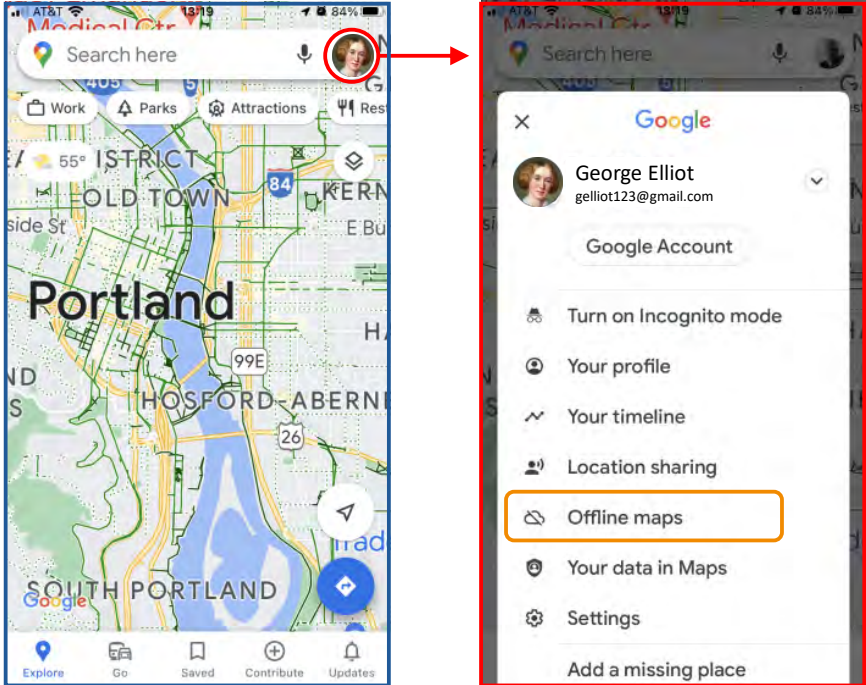
Download the Book

- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file

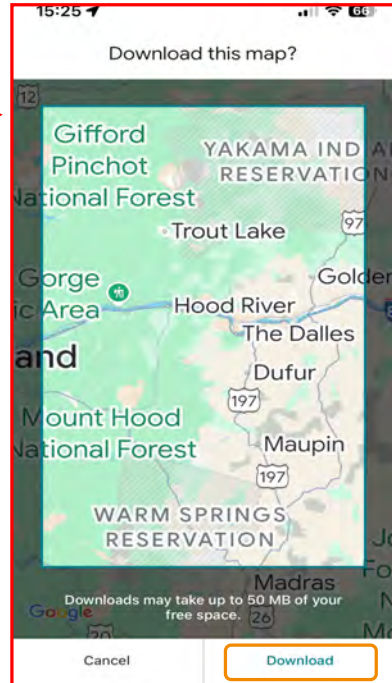
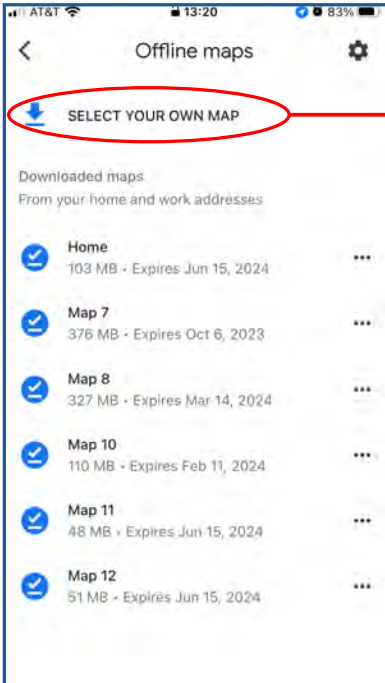
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.

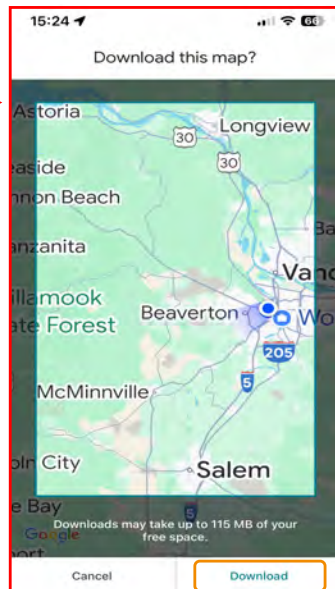
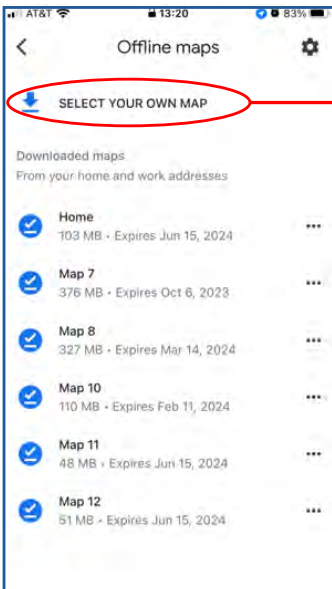


In the Google Maps app, tap on your profile picture and then select Offline Maps



Zoom the map on Oregon to include The Dalles, Welches, and Mount Hood

If you are also visiting the Willamette Valley on this tour, also download a map with Forest Gove, McMinnville, and Salem.



THINGS TO BOOK BEFORE YOU TRAVEL

Transfers on Tour

Routes from Welches to Hood River

If you plan to ride the Leisure, Intermediate, or Challenge route from Welches to Hood River, let your guide know at the start of the tour. This will allow them to organize your van transfer accordingly for that day.

Leisure Route from Forest Grove to McMinnville

If you plan to ride the Leisure route from Forest Grove to McMinnville, let your guide know at the start of the tour. This will allow them to organize your van transfer to either WillaKenzie Winery or Carlton for that day.

Leisure Route from McMinnville to Silverton

If you plan to ride the Leisure route from McMinnville to Silverton, let your guide know at the start of the tour. This will allow them to organize your van transfer to the Wheatland Ferry for that day.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: June to September.

Balloon Flights

Please ask if you are interested in a balloon flight across the Willamette Valley. These flights take off at dawn and are best arranged for days when you are staying the previous night in McMinnville. Flights start at \$245 per person.

Vista Balloon Adventures

 1050 Commerce Pkwy, Newberg, OR

 +1 (503) 625-7385

 <https://vistaballoon.com/>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Hood River

- Celilo

In McMinnville

- Pura Vida Cocina
- Thistle
- Bistro Maison

Wineries

Reservations for tastings can often be made while on tour and walk-ins are sometimes (though not always) welcome. However, if you would like to eat at a winery or take a winery tour, we would recommend that you book in advance. You can find a list of wineries on this tour with details of what route they are on in the *About the Area* section of this guidebook.

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles, and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair key
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining the chain

If you are bringing your own bike, we would recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



Image by Jeanne Hervé-Maley

ABOUT THE AREA

Introduction	16
Routes & Highlights	17
Climate & Geography	22
History	22
Food & Drink	24
Wineries On Your Routes	27
Fun Facts (and other things of interest)	32
Essentials	37



A Farm in the Hood River Valley

INTRODUCTION

The landscapes on our Oregon tours are as diverse as they are breathtaking. You will ride past rolling vineyards, fruit orchards, and towering hop trestles. Oregon's bounty is not only visible but can be savored off the bike as well, with some of the country's finest wine, gourmet food, and craft beer.

On your ride, you will cruise along peaceful country lanes and bike paths. Whether you find yourself in the lush, rolling hills of the Willamette Valley or the rugged, awe-inspiring Columbia River Gorge, you will have the majestic snowcapped Mount Hood as your constant companion, providing a stunning backdrop for your cycling adventure and countless photo opportunities. From quiet rural roads to scenic byways, Oregon offers cyclists a truly spectacular and diverse experience.

Our tours visit two distinct areas of Oregon:

- The Willamette Valley
- Mount Hood and the Columbia River Gorge

Longer tours will visit both areas while shorter tours might be focused on just one.

Mount Hood and the Columbia River Gorge

Mt. Hood and the Columbia River Gorge offer some spectacular riding: across rolling wheat farms, past bucolic fruit orchards and down the stunning Columbia River Gorge. The Gorge runs between the two snow-capped peaks of Mount Hood and Mount Adams and is over 80 miles long and up to 4,000 feet deep. It is also home to magnificent waterfalls. The Columbia River rises in the Rocky Mountains of Canada and is the fourth largest river in the United States. In the Gorge, much of the riding is

on the Historic Columbia River Highway, described by *Bicycling Magazine* as one of the best rides in America.

The Willamette Valley

The Willamette Valley produces some of the country's best wines but gets far less tourist attention than its Californian neighbors of Napa and Sonoma. The riding is great too, with mile after mile of rural lanes. As well as the patchwork of vineyards, you ride past hop farms, orchards and the wheat fields of the French Prairie. Towns are on the distinctly small side, but the welcome is typically warm and friendly.

The Willamette Valley is demarcated on the west by the Oregon Coast Range and on the east by the Cascade Range. It is bounded on the south by the Calapooya Mountains. The agricultural richness of the valley is the result of a series of ice age floods known as the Missoula Floods. These floods were a series of catastrophic ice-age floods that occurred around 15,000 to 13,000 years ago. The floods happened when a massive glacial lake (Glacial Lake Missoula in present-day Montana) was repeatedly dammed by ice and then suddenly released when the ice dam broke. Torrents of water surged across parts of Washington, Oregon, and Idaho leaving behind rich alluvial deposits.

The major agricultural products of the valley include many varieties of berries, vegetables, nursery stock, and grapes. With a cooler climate than California, the rolling hills surrounding the Willamette are home to some of the best (and most-expensive) pinot noir in the world. The valley also produces grass seed, Christmas trees, and hazelnuts. A beer-making tradition is based around the growing of hops. These hops are widely used in craft beer and microbreweries throughout the U.S.

ROUTES & HIGHLIGHTS

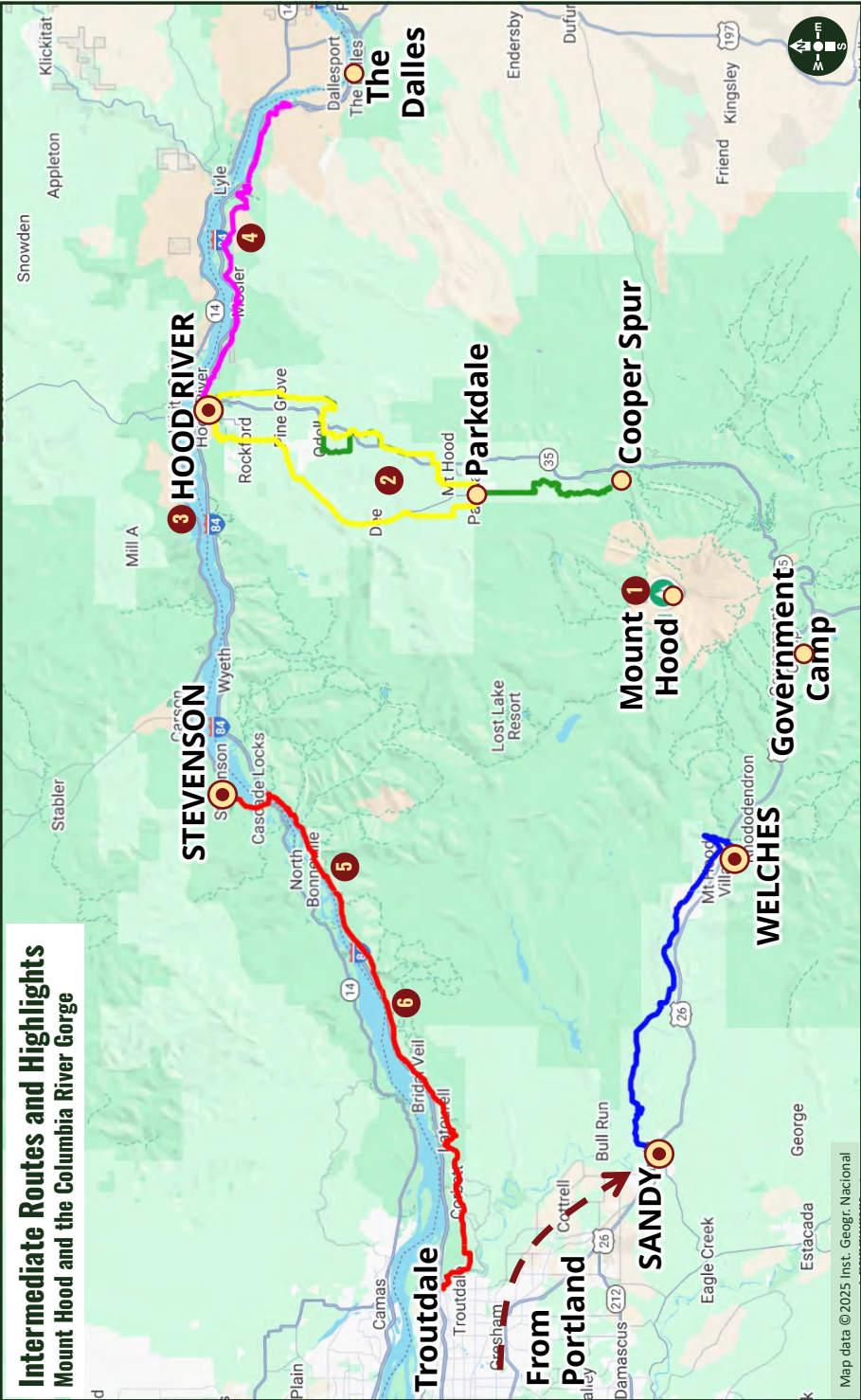
The maps on the following page show the *Intermediate* routes between the overnight towns (marked ) for *Mount Hood and the Columbia River Gorge* and *The Willamette Valley*. Easier and harder routes are also available. The maps also show some of the highlights in the two areas.

Each tour is customized to you and your tour may not include all these routes and overnight towns. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

- Detailed maps
- Leisure, Intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes
- Wineries along the routes²

¹ Not all days have all levels of riding available

² Where applicable



Mount Hood and the Columbia River Gorge Highlights

1 Mount Hood

Enjoy breathtaking views of snow-capped Mount Hood, a constant backdrop throughout the tour. At 11,240 feet, this volcano is the highest peak in Oregon.



2 Hood River Valley

This fertile valley is nestled between Mount Hood and the Columbia River Gorge. It is famous for its apple, pear, and cherry orchards. There are also a small number of wineries in the valley.



3 The Town of Hood River

Located where the Hood River enters the Columbia River, the town is popular with hikers, skiers, and cyclists. There is kayaking on the Hood River and windsurfing and kiteboarding on the Columbia River. There is also a vibrant craft brewing movement.



4 Historic Columbia River Highway

This is the old road – now a mix of road and bike paths – that snakes along the Columbia River Gorge from Troutdale to The Dalles. The Hood River to Mosier section is car free and offers some of the most breathtaking views in the Gorge.



5 Columbia River Gorge

This National Scenic Area is a spectacular canyon that stretches over 80 miles along the border of Oregon and Washington. The Gorge features dramatic cliffs, lush forests, and many waterfalls – including the iconic Multnomah Falls.



6 Multnomah Falls

Just one of several spectacular waterfalls along the Columbia River Gorge. At 620 feet, Multnomah Falls is Oregon's tallest and most iconic waterfall, and one of the most visited natural attractions in the Pacific Northwest.





The Willamette Valley Highlights

1 Banks-Vernonia State Trail

A 21-mile paved bike path along the route of a historic railroad line that once transported timber and freight between Vernonia and Portland. The trail features 13 bridges, including the 80-foot-high Buxton Trestle. Much of the trail is through forests.



2 Carlton

Established in the late 19th century, Carlton has evolved from its agricultural and logging roots into a place famous for its vibrant wine scene, boasting numerous wineries and tasting rooms that have earned it the nickname "Oregon's Wine Country Capital".



3 McMinnville

A charming country town at the heart of the Willamette Valley Wine Country. There are good restaurants, many tasting rooms, and a museum of Aviation & Space that houses the famous Spruce Goose aircraft.



4 Willamette Valley Wine Country

Willamette Valley Wine Country is one of the premier wine regions in the United States. Renowned for its cool-climate varietals, especially world-class pinot noir, the valley is home to over 700 wineries and vineyards.



5 Silver Falls State Park

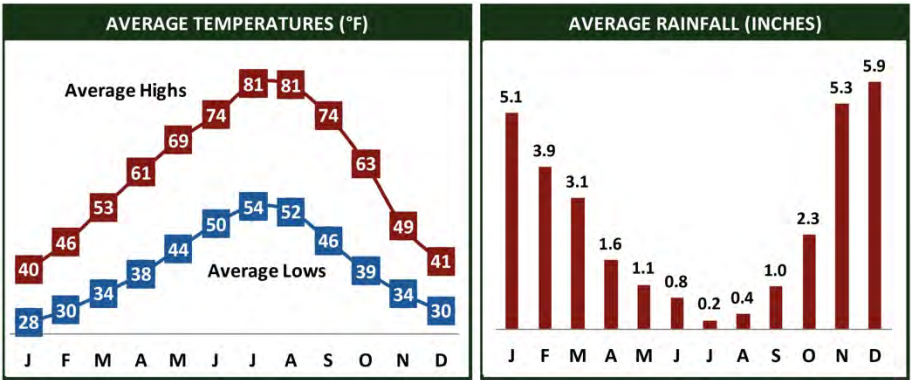
This State Park is famous for its Trail of Ten Falls: a 7-mile walking loop that guides visitors through a lush temperate rainforest, allowing them to walk behind several stunning waterfalls including the 177-foot South Falls.



CLIMATE & GEOGRAPHY

The best months for a biking vacation in Oregon are from June through September, when the temperatures are pleasantly warm and the risk of rainfall much lower. Spring and fall are still great, but you need to be prepared for some rain and lower temperatures. We do not recommend touring here in winter.

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Hood River, a town at the center of our tours.



Data Source: Western Regional Climate Center

HISTORY

In Three Sentences

The Columbia River Gorge and Willamette Valley have long been home to Native American tribes, including the Chinook, Klickitat, and Wasco peoples. In 1804, the Lewis and Clark Expedition led the way for European colonization. The region later became a key route for settlers traveling west, eventually growing into a hub for agriculture, wine production, and outdoor recreation.



Route of the Lewis and Clarke Expedition 1804 to 1806

Key Dates

Pre-1700s	Native American tribes such as the Chinook, Klickitat, and Wasco peoples inhabit the Columbia River Gorge, relying on the river's resources for trade and sustenance.
1775	Spanish explorer Bruno de Heceta is one of the first Europeans to chart the Pacific coast of Oregon, naming the Columbia River.
1805	The Lewis and Clark Expedition reaches the mouth of the Columbia River, marking the beginning of American exploration and settlement in the region.
1811	John Jacob Astor establishes Fort Astoria, the first American settlement on the West Coast, leading to fur trade development.
1846	Oregon Treaty settles the U.S.-British border at the 49th parallel, establishing the Columbia River as a key boundary line.
1847	The Oregon Trail reaches its peak, bringing thousands of settlers westward, and Oregon becomes a key destination for pioneers.
1850s	The Oregon Territory is established, and settlers begin to develop agriculture, with wheat, hops, and timber becoming key industries.
1860s	The Oregon Railway connects Portland to the Willamette Valley, facilitating trade and making Oregon a hub for commerce and transportation.
1889	Oregon's first wineries are established in the Willamette Valley.
Early 1900s	Oregon's natural resources, including timber and fish, fuel rapid industrial growth, especially in the Columbia River Gorge.
1930s - 40s	The Great Depression and World War II lead to economic shifts, with increased focus on conservation, tourism, and agriculture.
1960s	Oregon begins to be recognized for its burgeoning outdoor tourism, with hiking, cycling, and outdoor recreation growing in popularity.
1970s – present	Oregon's wine industry continues to expand, and the state becomes a destination for eco-tourism, including cycling tours in the Columbia River Gorge and Willamette Valley.

FOOD & DRINK

Oregon Food & Beer

Overview

Oregon's food and drink scene features a variety of local meats (pork, beef, lamb, and game), local seafood (salmon, Dungeness crab, oysters, and halibut), and a wide range of vegetables and fruits grown in the fertile soil of the Willamette Valley. In spring and summer, fresh berries are particularly abundant. Farmers markets and food carts are a common sight in both Portland and smaller towns.

Farm-to-Table Cuisine

Oregon's farm-to-table movement is at the heart of its culinary identity, with local farms producing an abundance of fresh, seasonal ingredients. The state's diverse climates allow for a variety of produce, including berries, heirloom vegetables, and tree fruits like apples and pears. Oregon is particularly famous for its hazelnuts, which are featured in everything from baked goods to local dishes. Many restaurants focus on sourcing locally, ensuring that the food you enjoy is fresh, sustainable, and often organic.

Sustainable Seafood

The seafood industry plays a key role in Oregon's culinary culture, with the state's access to the Pacific Ocean providing an abundance of fresh fish and shellfish. Oregon is particularly known for its Dungeness crab, Pacific salmon, and oysters, which are often harvested right off the coast. Sustainability is a priority, with many local seafood producers practicing eco-friendly harvesting methods. Whether you're dining at a coastal restaurant or enjoying a fresh seafood market, you will find dishes that highlight the bounty of the sea, from clam chowder to perfectly seared halibut.



Craft Beer and Brewing Culture

Oregon is a hub for craft beer brewing, with Portland often recognized as one of the best beer cities in America. The state is home to hundreds of craft breweries, offering a vast range of styles from IPAs to stouts, lagers, and sours. Oregon's hop-growing region in the Willamette Valley plays a central role in the beer industry, with hops often contributing to the state's distinctive beer flavors. Many local breweries also emphasize sustainability, sourcing ingredients from local farms and creating innovative brews that highlight the flavors of the region. You are most likely to see hops growing if you ride from McMinnville to Silverton.



Oregon Wines

Overview

Oregon is internationally recognized for its wine production, especially in the Willamette Valley, known for its exceptional Pinot Noir. The state's cool climate and diverse soils make it an ideal place for growing these premium grapes, and Oregon Pinots are celebrated for their complexity and elegance. Beyond Pinot Noir, Oregon also produces outstanding Pinot Gris, Chardonnay, and Riesling.

Pinot Noir

Oregon's Pinot Noir is the state's most renowned and celebrated wine, particularly Pinots from the Willamette Valley, where the cool climate and diverse soils create the perfect conditions for this delicate grape. Known for its complexity and balance, Oregon Pinot Noir typically features vibrant red fruit flavors like cherry and raspberry, with earthy undertones and subtle spice. The region's winemakers have gained international acclaim for their ability to produce Pinot Noirs that are rich in flavor, yet elegant and smooth. With its depth, structure, and bright acidity, Oregon Pinot Noir has become a benchmark for this varietal, drawing wine lovers from around the world.



Other Wines

Oregon is also recognized for producing a variety of other exceptional white wines, including Pinot Gris, Chardonnay, and Riesling.

Pinot Gris has become one of Oregon's signature white wines, particularly in the cooler regions of the Willamette Valley. Known for its crisp acidity and fresh fruit flavors, it often features notes of pear, apple, and citrus, with a clean, refreshing finish. Oregon Pinot Gris is highly regarded for its balance, with a light, yet complex character that pairs beautifully with a range of dishes from seafood to creamy pastas.

Chardonnay in Oregon offers a more nuanced and diverse profile than many expect, ranging from rich, full-bodied expressions to lighter, more mineral-driven styles. The cooler growing regions, particularly in the Yamhill-Carlton District and Dundee Hills, produce Chardonnays with bright acidity and subtle oak influence, often showcasing flavors of green apple, lemon zest, and a hint of butter or cream, depending on the winemaking style.

Riesling, though less common, thrives in Oregon's climate, particularly in the cooler subregions. Oregon Rieslings are often crafted in a range of styles, from bone-dry to sweet, but they all share a characteristic vibrancy and aromatic intensity. Expect flavors of ripe stone fruit, honey, and floral notes, balanced by a refreshing minerality and crisp acidity. Oregon Rieslings are a favorite for their versatility and food-pairing potential, making them an interesting choice for those looking to explore beyond the state's signature red wines.



WINERIES ON YOUR ROUTES

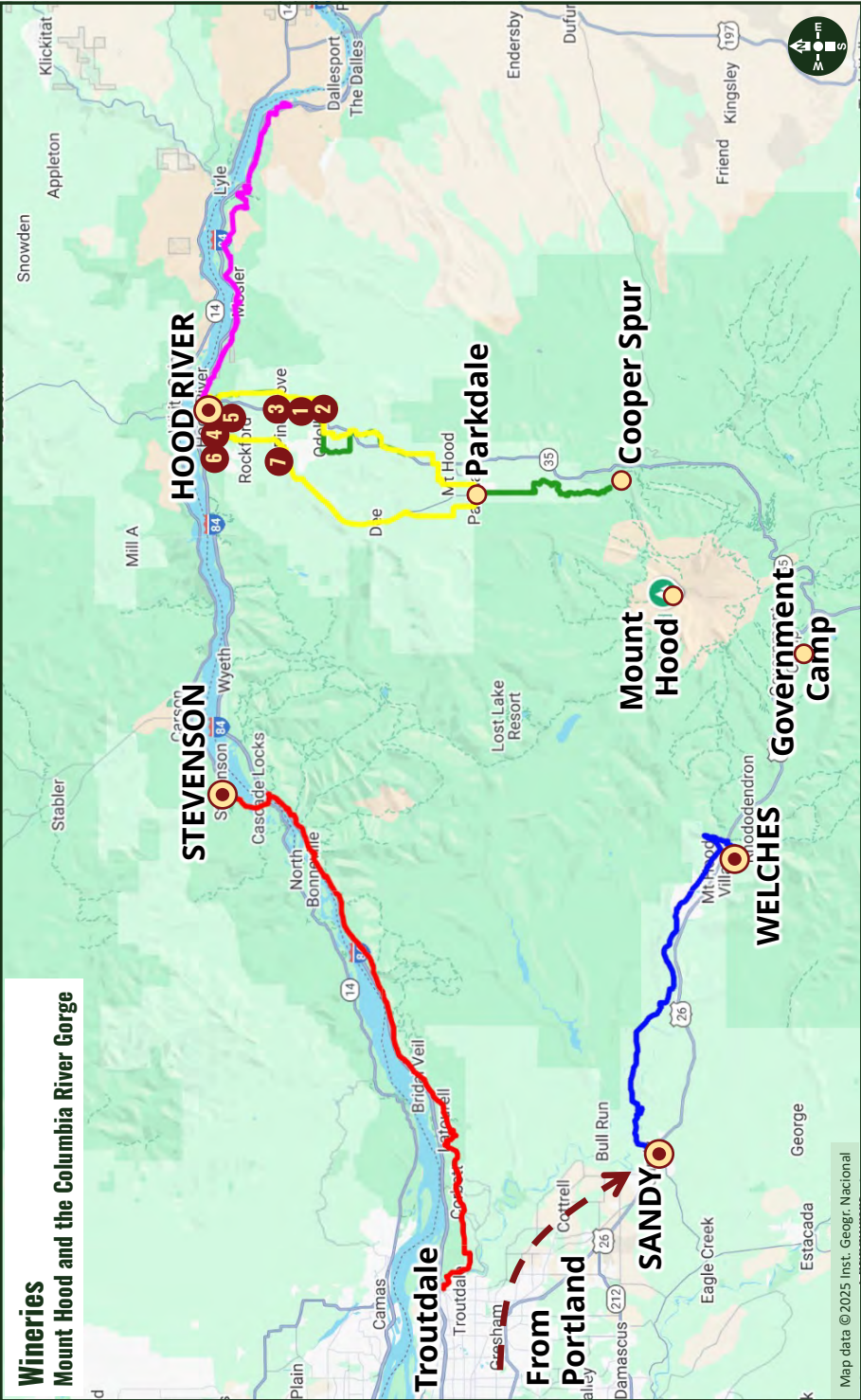
Most wineries are in the Willamette Valley but there are a growing number now in the Hood River Valley on the slopes of Mount Hood. The maps and listings on the following pages show the main wineries near our cycling routes in the *Mount Hood and the Columbia River Gorge* and the *Willamette Valley* areas.

The tables that follow the maps show which wineries are accessible to which rides. Use this table and your itinerary to see which wineries you will pass on your customized tour. This will allow you to decide where it is practical to visit and where you might want to make reservations.

The *Winery Listings* in the Appendices provide more details about each winery, including:

- History and background
- Wines produced
- Food availability
- Tours and tastings available
- Reservations requirements
- Opening hours
- Contact details

Detailed maps and directions to the wineries are provided in the On-Tour App that accompanies this guidebook.



Mount Hood and the Columbia River Gorge Wineries

The following table shows which wineries are on which routes and which level of ride – Leisure (L), Intermediate (I), Challenge (C) or Epic (E).

Route	Winery		Level			
			L	I	C	E
Cooper Spur to Hood River	1	Fox-Tail Cider	✓	✓	✓	✓
	2	WyEast Vineyards	✓	✓	✓	✓
	3	Mt. Hood Winery	✓	✓	✓	✓
In and around Hood River	4	Evoke Winery Hood River	-	-	-	-
	5	The Pines 1852	-	-	-	-
	6	Phelps Creek Tasting Room	-	-	-	-
Hood River A Loops		N/A				
Hood River B Loops	3	Mt. Hood Winery	✓	✓		-
	1	Fox-Tail Cider	✓	✓		-
	2	WyEast Vineyards	✓	✓		-
	7	Hiyu Wine Farm	✓	✓	✓	-



Willamette Valley Wineries

The following table shows which wineries are on which routes and which level of ride – Leisure (L), Intermediate (I), Challenge (C) or Epic (E).

Route	Winery		Level			
			L	I	C	E
Vernonia to Forest Grove	8	Willamette Valley Vineyards - Tualatin Estate	✓	✓	✓	-
	9	David Hill Vineyards & Winery	✓	✓	✓	-
In and around Forest Grove	10	SakéOne	-	-	-	-
	9	David Hill Winery & Vineyard	-	-	-	-
Forest Grove to McMinnville	11	Willakenzie Estate	✓	✓	✓	-
	12	Soter Vineyards	✓	✓	✓	-
	13	Saffron Fields Vineyard	✓	✓	✓	-
	14	Beacon Hill Winery & Vineyard		✓	✓	
	15	Lenné Estate	✓	✓	✓	-
	16	Carlton Wine Makers Studio	✓	✓	✓	-
	17	Tendril Wine Cellars	✓	✓	✓	-
	18	Ken Wright Cellars	✓	✓	✓	-
	19	Cana's Feast Winery	✓	✓	✓	-
In and around McMinnville	20	The Eyrie Vineyards	-	-	-	-
	21	R. Stuart & Co. Tasting Room	-	-	-	-
	22	Pinot Vista Tasting Lounge	-	-	-	-
McMinnville Loop	23	Stoller Family Estate	✓	✓	✓	-
	24	Branch Point Distillery	✓	✓	✓	-
	25	Durant Vineyards	✓	✓	✓	-
	26	Sokol Blosser Winery	✓	✓	✓	-
McMinnville to Silverton	27	Hauer of the Dauen Winery		✓		-
	28	Mystic Wine			✓	-
In and around Silverton	29	Vitis Ridge Winery	-	-	-	-

FUN FACTS (AND OTHER THINGS OF INTEREST)

The Original Residents of the Area

The Columbia River Gorge has been occupied by humans for over 13,000 years. The first known residents were thought to have crossed the Bering Land Bridge from Asia to Alaska most likely between 20,000 and 15,000 years ago.

Bridge of the Gods

When riding from Stevenson to Troutdale, you will pass over the modern-day Bridge of the Gods. The original Bridge of the Gods was a natural dam created by the Bonneville Slide, a major landslide that dammed the Columbia River near present-day Cascade Locks around 1450 CE. The river eventually breached the bridge and washed much of it away, the debris, forming the Cascade Rapids. Native Americans could very possibly have crossed the river on the dam and the dam is remembered in the legends of the local Native Americans.



Native American lore – as told by the Klickitats – tells that the chief of all the gods, Tyhee Saghalie and his two sons, Pahto and Wy'east, traveled down the Columbia River from the Far North in search of a suitable area to settle. They came upon an area that is now called The Dalles and thought they had never seen a land so beautiful. The sons quarreled over the land and to solve the dispute their father shot two arrows from his mighty bow: one to the north and the other to the south. Pahto followed the arrow to the north and settled there while Wy'east did the same for the arrow to the south. Saghalie then built Tanmahawis, the Bridge of the Gods, so his family could meet periodically.

When the two sons of Saghalie both fell in love with a beautiful maiden named Loowit, she could not choose between them. The two young chiefs fought over her, burying villages and forests in the process. The area was devastated, and the earth shook so violently that the huge bridge fell into the river, creating the Cascades Rapids of the Columbia River Gorge.

For punishment, Saghalie struck down each of the lovers and transformed them into great mountains where they fell. Wy'east, with his head lifted in pride, became the volcano known today as Mount Hood and Pahto, with his head bent toward his fallen love, was turned into Mount Adams. The fair Loowit became Mount St. Helens, known to the Klickitats as Louwala-Clough which means "smoking mountain" or "fire mountain".

Lewis and Clark Expedition

The Lewis and Clark Expedition, also known as the Corps of Discovery Expedition, was the first American expedition to cross what is now the western portion of the United States, departing in May 1804, from near St. Louis on the Mississippi River, making their way westward through the continental divide to the Pacific coast.



The final westward push was along the Columbia River, which they joined from the Snake River in October 1805, at modern Day Richland. Their route took them past modern day The Dalles, Hood River and Portland, ending at the Pacific Ocean. Of course, in the 1800s the river was not dammed and would have looked very different from today (it is also unlikely that the bike path was in good repair!).

The expedition was commissioned by President Thomas Jefferson shortly after the Louisiana Purchase in 1803 and consisted of a select group of U.S. Army volunteers under the command of Captain Meriwether Lewis and his close friend Second Lieutenant William Clark.

Their perilous journey lasted from May 1804 to September 1806. The primary objective was to explore and map the newly acquired territory, find a practical route across the Western half of the continent, and establish an American presence in this territory before Britain and other European powers tried to claim it.

The campaign's secondary objectives were scientific and economic: to study the area's plants, animal life, and geography, and establish trade with local Indian tribes. The Expedition established relations with two dozen Indian nations, without whose help the expedition would have likely starved during the harsh winters and become lost in the vast ranges of the Rocky Mountains.

The expedition sighted the Pacific Ocean for the first time on November 7, 1805, arriving two weeks later. Seeing Mount Hood had alerted them to the fact that they were close. On reaching the Ocean, the expedition set up camp on the north side of the Columbia River. Due to bad weather and a lack of food, on November 24, 1805, the party voted to move their camp to the south side of the Columbia River near modern-day Astoria. Because Sacagawea (the Shoshone wife of a French-Canadian trapper) and Clark's slave York were both allowed to participate in the vote, it may have been the first time in American history where a woman and a slave were allowed to vote.

With maps, sketches, and journals in hand, the expedition returned to St. Louis to report their findings to Jefferson.

The Barlow Rd and the Oregon Trail

As you ride from Sandy to Welches you are following the route of the historic Barlow Road. The road was built in 1846 by Sam Barlow and Philip Foster to serve as the last overland segment of the Oregon Trail. (The Oregon Trail was a large, wheeled wagon route connecting the Missouri River to the Willamette Valley in Oregon.)



The construction of the Barlow Road allowed covered wagons to cross the Cascade Range overland rather than risk floating the dangerous Columbia River. From here they could descend to the fertile lands of the Willamette Valley. The terrain around Mount Hood made it the most harrowing 100 miles of the 2,000-mile Oregon Trail. In sections Wagons were lowered down muddy slopes winched by ropes wrapped around trees.

The Barlow Road begins at The Dalles and heads south to Tygh Valley, then turns west traversing the southern shoulder of Mount Hood. It then follows the Sandy River west finally reaching Oregon City.

Despite the expense and difficulties of passage, the road was very popular, with more than a thousand immigrants. 145 wagons used the road in its first year of operation. Approximately three-quarters of the pioneers entering the Willamette Valley traveled the Barlow Road.

Barlow's concession expired in 1848, and he and Foster terminated their largely unprofitable partnership on November 29, 1848. Others continued to operate the toll road, but weather and mountain conditions made this a financial struggle. By 1863, the toll had decreased to \$2.50 per wagon and team and the route was made largely irrelevant by the arrival of an east-west railway in the 1870s. In the early 1900s, the construction of the Mount Hood Highway turned the Barlow Road into a scenic back road.

The Tragedy of Government Camp

In 1849, a military wagon train destined for Oregon forts passed along the Barlow Road. It carried 250 tons of munitions in more than 400 wagons pulled by 1,700 mules. From the beginning of Barlow Road to what has since become known as Government Camp, the soldiers abandoned 45 wagons after dozens of mules died of starvation.



If you ride from Welches to Hood River, you will probably collect lunch at Government Camp – now a small ski town. As you pause, think how different things were here just 175 years ago.

Timberline Lodge

Five miles above Government Camp, up a twisting climb, Timberline Lodge is something of a local icon. President Franklin D. Roosevelt dedicated Timberline Lodge on September 28, 1937. In his remarks, he commented on the reasons for the project:

"This Timberline Lodge marks a venture that was made possible by WPA [the Works Progress Administration program of the Great Depression], emergency relief work, in order that we may test the workability of recreational facilities installed by the Government itself and operated under its complete control. Here, to Mount Hood, will come thousands and thousands of visitors in the coming years. ... Those who will follow us to Timberline Lodge on their holidays and vacations will represent the enjoyment of new opportunities for play in every season of the year."

Now a National Historic Landmark, Timberline Lodge is an impressive combination of rustic stone and massive timber sitting at an elevation of 6,000 feet. It has accommodation, restaurants, and is at the center of a medium-sized ski area. In film, it has served as the exterior of the Overlook Hotel in *The Shining*.

Very keen riders can ride up the Timberline Highway to visit the lodge but be prepared to climb 2,000 feet in five miles. This will also get you to the snowline, so bring an extra layer.

Climbing Mount Hood

If riding around the slopes of the majestic Mount Hood makes you want to climb this classic volcano, here are some facts and figures.

At 11,250 feet, Mount Hood is Oregon's highest peak. All routes to the peak should be considered "technical" and require the use of ropes, an ice axe, and crampons. The accessibility of the peak – a road takes you to 6,000 feet – tempts many prepared and some not-so-prepared alpinists every year. It is often cited as the second most climbed glaciated peak after Mount Fuji with around 10,000 people attempting the climb each year.

Sadly, 130 climbers have died on these slopes. Deceptive weather patterns – not avalanches – cause most problems. Calm weather can quickly change to sustained winds of 60 mph, visibility can drop suddenly from hundreds of miles to an arm's length, and climbers can experience 60°F temperature drops in less than an hour after leaving Timberline Lodge.



95% of Mount Hood climbs occur between April and July. There are several outfitters in Government Camp which can supply guides and equipment. The mountain is also used as a summer training ground for the US Ski Team as Mount Hood's glaciers offer year-round skiing.

From Hops ...

Hops are the flowers (or cones) of the hop plant and are often seen in the area hanging from tall trellises. They are used primarily as a flavoring and stabilizer for beer. Brewers use them to add bitterness as well as floral overtones, fruitiness, citrus flavors and aromas.

The hop plant is a vigorous, climbing, herbaceous perennial, usually trained to grow up strings in a field called a hop yard. The first documented hop cultivation was in 736, in present-day Germany.

Hop plants are planted in rows about 8 feet apart. Each spring, the roots sprout new shoots that are started up strings from the ground to an overhead trellis. The cones grow high on the shoots and are typically harvested in late summer by mechanical hops separators. The hops are then taken to a hop house for drying. When dry, the hops are compressed into bales and sold to brewers.



... to Hazelnuts

The hazelnut is the nut of the hazel tree. Hazelnuts are also known as cobnuts or filbert nuts (or simply filberts). A cob is roughly spherical to oval and a filbert is more elongated. Perhaps their greatest claim to fame is as the base ingredient in Nutella.

Why the name filbert? There is no definitive answer, but some believe it is because the feast day of St. Philbert, a French saint, falls on August 20th – which is at the peak of the harvest season in much of Europe and US.

Oregon grows over 99% of the hazelnuts produced in US but the US accounts for just 4% of global production. Turkey, Italy and Spain lead the way in producing this particular nut.



ESSENTIALS

Hotel Services

Where can I do laundry?

Many hotels offer laundry services, but most of the B&Bs do not – though it may be worth asking before searching out a laundromat. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

There are laundromats in each overnight town.

Welches Laundromat, Welches

Open daily from 8:00 AM to 8:00 PM.

 24525 E Welches Rd, Welches, OR 97067

 <https://maps.app.goo.gl/Siv22FTkPj7uj7jj8>

Washboard Eco Laundry, Hood River

Located to the west of the town. Open daily from 9:00 AM to 7:30 PM.

 2940 Cascade Ave, Hood River, OR 97031

 +1 (541) 806-4410

 <https://maps.app.goo.gl/UG54Fr9rEupxeVEQ7>

Eastwind Laundry, Stevenson

Located in AJ Market. Open daily from 7:00 AM to 7:00 PM.

 265 2nd St, Stevenson, WA 98648

 +1 (509) 427-5491

 <https://maps.app.goo.gl/xNc7YHq3fw7R8QQTa>

Oh My Wash! Laundromat, Forest Grove

Open daily from 7:00 AM to 10:00 PM.

 3012 Pacific Ave Ste E, Forest Grove, OR 97116

 +1 (503) 798-6505

 <https://maps.app.goo.gl/zY4gRpfjxpxjW9PCA>

Bunns Laundromat, McMinnville

Open daily from 6:00 AM to 9:00 PM.

 1339 NE Baker St, McMinnville, OR 97128

 +1 (971) 221-2471

 <https://maps.app.goo.gl/hLnuVPiWW9UttXmt9>

Laundry Depot, Silverton

Open daily from 6:00 AM to 10:00 PM.

 210 N Water St, Silverton, OR 97381

 +1 (503) 951-0685

 <https://maps.app.goo.gl/Q3EXf3NHkvX24ER7A>

Where can I find internet access?

Wi-Fi is common in hotels, restaurants, and cafes (you might need to ask for the code).

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs (cash machines) in all overnight towns.

Exploring

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone.

How is the traffic on the roads in Oregon?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

Oregonians are, generally, respectful of cyclists. That said, this is a destination best suited to those who are comfortable riding in traffic. The larger roads typically have a shoulder but many of the smaller roads do not, and vehicles can be quite close as they pass you.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some longer routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit – though we do try to list the major ones.

For the Willamette Valley area, we think that the Willamette Wines website – <http://willamettewines.com> is the best complement to our own guidebook. Fodor's, Lonely Planet, and Moon all publish guides to Oregon. Of these, we like the Moon guide the best.

What map would you recommend?

If you would like a good overview maps for the Willamette Valley area, you can visit <http://willamettewines.com/about-the-valley/regional-map/> and explore this site for additional insights. For the Mt. Hood/Columbia River Gorge, National Geographic sells a 1:75,000 Mount Hood, Columbia River Gorge Map Pack Bundle. It is available online at Amazon.com

Local Customs

What are local dress codes?

Oregonians tend to be relaxed and dress casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Oregon. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it. Even in upscale restaurants, people tend to dress quite casually.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums: 10:00 AM to 4:00 PM
- Shops: 10:00 AM to 6:00 PM
- Restaurants for lunch: 11:30 AM to 2:30 PM
- Restaurants for dinner: 5:00 PM to 8:00 PM
- Other businesses: 9:00 AM to 6:00 PM

Note that some tourist attractions are only open from Memorial Day (last Monday of May) through Labor Day (first Monday of September).

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 911. The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and launderettes is common in Portland and the larger cities. However, the countryside in Oregon is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and always lock up your bike if you cannot see it.

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

If Travelling from Outside of the United States

Can I use my non-US charger and hair dryer in Oregon?

Like the rest of the U.S. and Canada, sockets in Oregon take standard Type A and Type B plugs at 110 volts, alternating at 60 cycles per second. If you are travelling from Europe, Asia, or Australasia, you will need an adapter for your charger and you will probably want to leave your hairdryer at home.



Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in shops, restaurants and hotels in Oregon.

If you are travelling from outside of the U.S., your credit card transactions may be subject to foreign transaction fees. Ask your credit card company about foreign transaction fees before you travel as these can vary from zero to over 3%. Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Can I spend my Norwegian Krone in Oregon?

Probably not! The currency here is the US Dollar. However, credit cards are so widely available, that you can get by with relatively little cash.

Will my non-U.S. cell phone work in Oregon?

If travelling from outside of the U.S., you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

If I don't have a U.S. phone, should I buy a SIM card?

For guests from outside of the U.S. on longer trips – or if you need to make a lot of calls while here – it can be worthwhile buying a U.S. SIM card. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your operator. If you are planning to buy a U.S. SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our non-U.S. guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and does not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan before you travel. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.



Image by Jeanne Hervé-Maley

OVERNIGHT TOWNS

Welches	44
Hood River	48
Stevenson	54
Forest Grove	58
McMinnville	63
Silverton	69



The View from Mallards Café and Pub at Mount Hood Resort, Welches

WELCHES

Overview

Tucked into the forested western slopes of Mount Hood, the mountain town of Welches is a small but peaceful retreat surrounded by natural beauty. Nestled between the Salmon River and Sandy River, this small community is a regular base for travelers: skiers in winter and cyclists and hikers in the summer.

The town traces its roots to Samuel Welch, a pioneer who settled near what is now Welches Creek in 1882. The town gained its first post office in 1905 and grew gradually, maintaining its tranquil charm over the decades.

One of Welches' proudest claims is that it is home to Oregon's first golf *resort*, built in 1928. (The first golf *course* in the state was Gearhart Golf Links, on the coast, established in 1892.) Today, the course is part of the Mt. Hood Oregon Resort, a sprawling, forested property that defines much of the town's identity. One of the best views of the course is from the resort's Mallards Café and Pub, perched just above the first tee. Even non-golfers will likely enjoy the view – rolling fairways framed by towering evergreens and backdropped by mountains.

Outside the resort, Welches is a quiet community with a few local shops and access to quiet river walks.

Restaurants and Bars

Welches is a very small town with a matching number of eateries.

Mt Hood Oregon Resort - Altitude

If you're staying at the Mt Hood Oregon Resort, you'll likely find yourself dining at the hotel restaurant, Altitude. The other option in the resort is the pub, see below. The food is simple and reliably prepared. It's not fine dining, but it is the main restaurant in the area. Reservations can be made online, the restaurant is open all day, seven days a week.

 68010 E Fairway Ave, Welches

 +1 (503) 622-2214
 <https://www.mthood-resort.com/dining>

Mallard's Café and Pub

Located at the first tee, the pub is the less-formal option for eating at Mt Hood Oregon Resort. Check with the front desk for dining hours as these can vary, and they do not take reservations.

 68260 E Bowmans Cir, Welches
 +1 (503) 622-2290
 <https://www.mthood-resort.com/dining>

Rendezvous Grill

Eat here for a folksier experience: solid pub food all prepared fresh in-house. If you are staying at the Mt Hood Oregon Resort, head west out of the Resort along E Fairway Ave and turn right onto E Arrah Wana Blvd. The restaurant is at the end of this road on Hwy 26. Open from Wednesday to Sunday from 3:00 PM – 8:00 PM. Closed Monday and Tuesday.

 67149 US-26, Welches
 +1 (503) 622-6837
 <https://www.thevousgrill.com/>

El Burro Loco

A basic but solid Mexican restaurant. They also have vegan versions of traditional favorites. Their famous wild boar burrito is the exact opposite of vegan. Open Thursday to Tuesday from 11:00 AM – 8:00 PM (7:00 PM on Sundays). Closed on Wednesday.

 67211 US-26, Welches
 +1 (503) 564-9059
 No website

Wraptitude

A specialty sandwich shop (they have another store in Texas) offering gourmet wraps and burgers. This is a good lunch option where you can also get hot and cold espresso drinks and smoothies. During the summer, order one of several beers on tap and enjoy it on their outdoor patio. Gluten-free and vegetarian options are available. Open daily from 11:00 AM – 8:00 PM (closes at 4:00 PM on Wednesdays).

 E. Hwy 26, 67441, Welches
 +1 (503) 622-0893
 <https://wraptitude.com/>

Coffee House 26

The best option for coffee in town, close to the Rendezvous Grill. Open Thursday to Monday from 7:00 AM – 1:00 PM. Closed Tuesday and Wednesday.

 67211 US-26, Welches

 +1 (503) 622-4074
 <https://www.coffeehouse26.com/>

Sights and Activities

Spa

The Spa at Mt Hood Oregon Resort

Offers a selection of massages and wellness treatments, including hot stone massages, facials, and aromatherapy.

 67900 E Fairway Ave, Welches, OR 97067
 +1 (503) 622-2270
 <https://www.mthood-resort.com/spa>

Fly Fishing

The area has some excellent fishing. To make the most of the local fishing, we recommend hiring a guide. Guide information can be found at:

Brian Silvey's Fly Fishing Guide Service

 52802 Reservation Rd, Maupin, OR 97037
 +1 (800) 510-1702
 <https://www.silveysflyfishing.com/>

Golf

Three Nines Golf Course at Mount Hood Resort

This course features three distinct nine-hole layouts - Thriftway, Foxglove, and Pinecone - allowing players to mix and match for a full 18-hole round. Known for its towering trees, water features, and mountain views, it is a relaxing yet engaging course suitable for all skill levels. Three Nines is part of the Resort at the Mountain. Advance tee times are recommended, especially in summer, and rental clubs are available.

 Mt Hood Oregon Resort, 68010 E Fairway Ave
 +1 (503) 622-3151
 <https://www.mthood-resort.com/golf>

Other Useful Information

Ranger Station

Zigzag Ranger Station offers visitor services including maps, permits, and educational displays. It is a key access point for hiking, camping, and winter sports, with trails like Salmon River and Mirror Lake nearby. Open Monday to Friday from 8:00 AM – 12:00 PM and 1:00 PM – 4:00 PM. Closed on Saturday and Sunday.

 70220 US-26, Zigzag, OR 97049
 +1 (503) 622-3191
 No website

Grocery Store and Pharmacy

Hoodland Thriftway

Located in Hoodland Shopping Center. Open daily from 7:00 AM – 11:00 PM.



Hoodland Plaza 68280 E Hwy 26



+1 (503) 622-3244



<https://www.hoodlandthriftway.com/>

Bike Shop

Mt. Hood Bicycle

Aa full-service bike shop.



68130 E Stage Stop Rd, 68220 US-26, Welches



+1 (503) 564-9086



<https://mthoodbicycle.com/>



Kite boarders on the banks of the Columbia River, in the town of Hood River

HOOD RIVER

Overview

Perched where the Hood River meets the mighty Columbia River, the town of Hood River is a recreational jewel of the Pacific Northwest - small in size but surrounded by some of the most spectacular scenery in Oregon. Framed by the Columbia River Gorge to the north and snow-capped Mount Hood to the south, this vibrant town has rightfully earned accolades from *National Geographic* and *Outside Magazine* as one of the best adventure towns in the country.

Whether you are a thrill-seeker or a casual explorer, Hood River offers a range of outdoor activities: world-class windsurfing and kiteboarding on the Columbia, hiking and mountain biking along panoramic ridge trails, skiing and snowboarding on Mount Hood, and cycling routes that wind through fruit orchards and vineyards in the fertile Hood River Valley. The town also serves as a gateway to the valley's farm stands, wineries, golf courses, and cider houses – making it as much a destination for food and drink lovers as it is for adrenaline junkies.

The town has a welcoming vibe. Its lively downtown is lined with antique shops, galleries, wine bars, cafés, and a growing number of craft breweries, all with a laid-back yet enthusiastic atmosphere that reflects this active community.

Long before European settlers arrived, the region was home to the Wasco and Klickitat tribes, whose livelihoods centered around fishing, hunting, gathering, and trade. In 1805, Lewis and Clark passed through the area, but it wasn't until the 1850s that settlers began arriving in earnest. Originally called Dog River, the town was renamed

to Hood River – thanks, legend has it, to settler Mary Coe's objection to the original name. The city was incorporated in 1895 and became the county seat of Hood River County in 1908.

Logging and agriculture formed the backbone of the early economy, with pear orchards eventually dominating the landscape. Today, the area is one of the world's leading producers of Anjou pears. The town's cultural makeup has been shaped by waves of immigration, including Finnish settlers in the 1890s, followed by Japanese and Mexican families in the early 20th century.

Restaurants, Breweries, and Cafés

A combination of well-heeled locals and discerning visitors means that Hood River has a surprisingly good selection of eateries, breweries, and cafés. Eateries tend to be informal with multiple breweries and a smattering of more formal restaurants. There are two clusters of restaurants, breweries, and cafes: one in the old downtown (Oak Street between 1st and 6th) and a new development by the river near Waterfront Park

In the Downtown Area

Celilo Restaurant & Bar

Offers classic Pacific Northwest cuisine featuring fresh and local ingredients with a range of meat dishes. Simple, elegant dishes are well crafted making this one of the better restaurants in town. Open Tuesday to Saturday from 5:00 PM – 9:00 PM. Closed on Sunday and Monday. Reservations recommended and can be made online.



16 Oak Street, Hood River, 97031



+1 (541) 386-5710



www.celilorestaurant.com

The Sixth Street Bistro & Pub

Offers an eclectic menu with an emphasis on fresh, local, and seasonal items including burgers and sandwiches off the grill, and Asian style noodles with tofu. Open Friday to Monday from 12:00 PM – 8:00 PM. Closed Tuesday, Wednesday, and Thursday.



509 Cascade Ave, Hood River, OR 97031



+1 (541) 386-5737



<https://sixthstreetbistro.com/>

Hood River Taqueria

A bit of an uphill hike from the center of town, but the food is good, authentic Mexican: from ceviche to burrito – both made with fresh ingredients. On a warm evening, the patio seating is your best bet. Open Wednesday to Monday from 9:00 AM - 9:30 PM. Closed on Tuesday.



1210 13th St D, Hood River, OR 97031



+1 (541) 387-3300



<http://hoodrivertaqueria.com/>

Double Mountain Brewery

A smaller, craftier brewery that serves very good pizza and other bar food. Open daily from 11:30 AM – 9:00 PM, Friday & Saturday until 10:00 PM.

 8 4th St, Hood River, OR 97031
 +1 (541) 387-0042
 <https://www.doublemountainbrewery.com/>

Mike's Ice Cream

Just across the street from the Dog River Coffee Co, is a great place to cool off on a warm day with an ice-cream cone or milkshake. Open daily from 12:00 PM – 8:00 PM.

 504 Oak St, Hood River, OR 97031
 +1 (541) 386-6260
 No website

Near Waterfront Park

Solstice Wood Fire Pizza & Bar

This is one of Hood River's newer eateries. Solstice features classic wood fire flatbreads with local ingredients (including pears, cherries, and apples). Open for lunch and dinner Wednesday to Sunday from 11:30 AM – 8:30 PM or 9:00 PM depending on the day. Closed Monday and Tuesday. No reservations taken during the summer.

 501 Portway Ave, Hood River, OR 97031
 +1 (541) 436-0800
 <https://solsticehoodriver.com/>

Ferment Brewing Company

A modern take on brewing, offering both craft beer and kombucha, along with lunch, happy hour, and dinner menu. Open daily from 11:00 AM – 9:00 PM (open from 10:00 AM on the weekends).

 403 Portway Ave, Hood River, OR 97031
 +1 (541) 436-3499
 <https://fermentbrewing.com/>

Pfriem Family Brewers

Another good, modern brewpub with competently prepared food. Open daily from 11:30 AM – 9:00 PM.

 707 Portway Ave #101, Hood River, OR 97031
 +1 (541) 321-0490
 <https://www.pfriembeer.com/>

Coffee and Breakfast

Most cafes and breakfast places are in the old downtown area.

Bette's Place

A family-run business for over three decades, open for breakfast and lunch serving up award winning pies, sweet and gooey cinnamon rolls, and savory stuff like quiches, sandwiches, soups, and, of course, burgers. Open Wednesday to Monday from 5:30 AM – 2:00 PM. Closed on Tuesday.

 416 Oak St, Hood River, OR 97031
 +1 (541) 386-1880

 <https://www.bettesplace.com/>

Doppio Coffee

Has a nice patio to sip a latte or an iced coffee as you relax after a long day's ride. Probably the best coffee and treats in town, including light breakfast dishes, sandwiches, and salads. Open daily from 7:00 AM – 6:00 PM.

 310 Oak St, Hood River, OR 97031

 +1 (541) 386-3000

 <https://www.doppiohoodriver.com/>

Dog River Coffee

Serves excellent, Portland-roasted Stumptown Coffee as well as fresh-made scones each morning. Open Tuesday to Sunday from 7:00 AM – 5:00 PM. Closed on Monday.

 411 Oak St, Hood River, OR 97031

 +1 (541) 386-4502

 <http://www.dogrivercoffee.com/>

Other

Much like Portland, food carts have become popular in Hood River. Some of the better-known carts, such as Four and Twenty Blackbirds, and Herbette, are mobile food vans or trailers and they tend to vary their location. One place to look for them is the 'Food Cart Zone', at the corner of 5th Street and Cascade or down near the Waterfront Park.

Sights and Activities

Wine Tasting

See the "In and around Hood River" entry in the Wineries on Your Route section of this guidebook for more details about wineries and tasting rooms in Hood River.

Kayaking and Whitewater Rafting

Please note, these put ins are outside of Hood River, and shuttles can be expensive / difficult to organize. Contact the operators and ask if they can help with transfers.

Pedal & Paddle Hood River

Can be found on the Nicholas Boat Basin. They offer tours and rentals for flatwater and whitewater kayaking, as well as for stand-up paddle boarding. Open daily 10:00 AM – 5:00 PM.

 101 N 1st St, Hood River, OR 97031

 +1 (541) 806-4190

 <https://www.pedalandpaddlehoodriver.com/>

Wet Planet Whitewater

Located across the river in Washington. They offer Class III+ whitewater rafting day trips on the White Salmon and Klikitat rivers. Open daily from 8:00 AM – 6:00 PM.

 860 WA-141, White Salmon, WA 98672

 +1 (509) 493-8989

 <https://wetplanetwhitewater.com/>

Windsurfing and Kiteboarding

Brian's Kiteboarding, Wing Foil, Windsurf & Stand-up Paddling

Offers windsurfing and kiteboarding lessons as well as rentals of windsurfing gear. Open daily from 9:00 AM – 6:00 PM.

 Portway Ave, Hood River, OR 97031

 +1 (541) 806-1075

 <https://www.brianswindsurfing.com/>

Big Winds Hood River

Big Winds have the largest lesson and rental center in the Gorge along with a knowledgeable staff to assist you to get started. Open daily from 10:00 AM – 5:00 PM (4:00 PM on Sundays).

 207 Front St, Hood River, OR 97031

 +1 (541) 386-6086

 <https://bigwinds.com/>

Golf

Indian Creek Golf Course

9- and 18-hole golf courses located two miles outside of town. There are spectacular views of Mt. Hood to the south and Mt. Adams to the north. Open daily from 7:00 AM – 8:00 PM (9:00 PM on Thursday, Friday, and Saturday).

 3605 Brookside Dr, Hood River, OR 97031

 +1 (541) 386-7770

 <https://indiancreekgolf.com/>

Other Useful Information

Visit Hood River – Tourist information Center

Located in downtown Hood River, they provide maps, brochures, and information on local activities and services. Staff can help with hiking, wind sports, and dining in the area. Open daily from 9:00 AM – 3:00 PM.

 202 Cascade Ave STE B, Hood River, OR 97031

 +1 (541) 386-2000

 <https://visithoodriver.com/>

Taxi

Hood River has a taxi service which can be useful to get to restaurants or activities slightly further afield. Book by phone or email. We recommend getting a quote on booking.

Hood River Pedicab, EV Taxi & Delivery

 +1 (541) 714-3130

 <https://hoodriverpedicab.com/>

Grocery Stores and Pharmacy

Safeway Grocery Store

At the western end of town. Open daily from 6:00 AM – 12:00 AM.

 2249 Cascade Ave, Hood River, OR 97031

 +1 (541) 386-1841

 <https://local.safeway.com/safeway/or/hood-river/2249-cascade-ave.html>

Rite Aid Pharmacy

Open daily from 9:00 AM – 1:30 PM and 2:00 PM – 9:00 PM (5:00 PM on weekends).

 2049 Cascade Ave, Hood River, OR 97031

 +1 (541) 387-2428

 <https://www.riteaid.com/locations/or/hood-river/2049-west-cascade-avenue.html>

Bike Shop

Sol Rides

Very friendly staff. Good selection of bike equipment. Open daily from 9:00 AM – 5:00 PM.

 13 Oak St # A, Hood River, OR 97031

 +1 (541) 399-5215

 <https://www.solrides.com/>

Discover Bicycles

Has a good selection of bike parts and accessories. Open Tuesday to Saturday from 11:00 AM – 5:00 PM. Closed Sunday and Monday.

 Downtown at the Corner of 3rd and State, 210 State St, Hood River, OR 97031

 +1 (541) 386-4820

 <https://mthoodbicycle.com/>



Bridge of the Gods linking Stevenson, WA and Cascade Locks, OR

STEVENSON

Overview

Linked to Oregon by the iconic Bridge of the Gods, Stevenson has a quirky, small-town, charm. Nestled within the dramatic landscape of the Columbia River Gorge, this riverside community is the county seat of Skamania. There is a laid-back downtown and postcard-worthy views of the river. Visitors can explore a few small shops, an art gallery, and a cozy café, or enjoy a pint with a view at the local pub.

A short distance away, Skamania Lodge offers family-friendly activities like zip lining, an aerial park, and axe throwing. Adding a whimsical twist, Skamania County is the only place in the U.S. with laws that protect the mythical Sasquatch – so if you spot him in the woods, remember he is a local legend and legally protected!

Across the bridge in Oregon, Cascade Locks owes its name to a historic set of navigation locks built in the late 1800s to bypass the treacherous Cascade Rapids. Although these original locks were submerged after the construction of the Bonneville Dam in 1938. The Bonneville Dam, which still operates today, generates over a million kilowatts of hydroelectric power and plays a major role in regional infrastructure.

Restaurants and Bars

Skamania Lodge

If you are staying at this hotel, you will likely eat here. The restaurant offers a warm, inviting atmosphere with views of the Columbia River Gorge. The menu features locally sourced ingredients and creative dishes that showcase the region's flavors.

📍 1131 SW Skamania Lodge Way, Stevenson, WA 98648

☎ +1 (509) 314-4177

🌐 <https://www.skamania.com/dining>

Bigfoot Coffee Roasters

A small and unique coffee shop with great coffee. Open Tuesday to Sunday from 7:30 AM – 2:00 PM (closes at 4:00 PM on Saturday). Closed on Monday.

 91 2nd St, Stevenson, WA 98648

 +1 (509) 774-7167

 <https://www.bigfootcoffee.roasters.com/>

Clark & Lewie's Travelers Rest Saloon & Grill

Offers salads, wraps, burgers and steaks, all with tableside views of the Gorge. Open Wednesday to Sunday from 11:00 AM – 7:00 PM (8:00 PM Friday – Sunday). Closed Monday and Tuesday.

 130 SW Cascade Ave, Stevenson, WA 98648

 +1 (509) 219-0097

 <https://www.clarkandlewies.com/>

A&J Market

A good-sized supermarket that also has a selection of hot-box items, soups, salads and sandwiches. Open daily from 7:00 AM – 8:00 PM.

 265 2nd St, Stevenson, WA 98648

 +1 (509) 427-5491

 <https://www.ajmarket.com/>

Walking Man Brewing

Known for their beers, they also serve good food and have a pleasant outside terrace. Open Wednesday and Thursday from 3:00 PM – 9:00 PM and Friday to Sunday from 12:00 PM – 9:00 PM. Closed Monday and Tuesday.

 240 1st St, Stevenson, WA 98648

 +1 (509) 427-5520

 <https://www.walkingmanbeer.com/food/>

Big River Grill

The Big River Grill features a nice, welcoming atmosphere and well-regarded beer selection and menu categorized as “high-end roadhouse.” Take that any way you like! Open Monday to Friday from 11:00 AM – 9:00 PM and Saturday to Sunday from 8:00 AM – 9:00 PM.

 192 2nd St, Stevenson, WA 98648

 +1 (509) 427-4888

 <https://www.thebigrivergrill.com/>

Sights and Activities

Columbia Gorge Museum

This museum contains a host of artifacts related to the discovery and subsequent development of the Gorge. Exhibits include exhibits the history of the Cascade

Chinook people, the Lewis and Clark Expedition, pioneer-era settlements, and the development of industries such as logging and fishing. There are also large cedar sculptures by Native American artist Dudley Carver. Open daily from 10:00 AM – 5:00 PM.

 990 SW Rock Creek Dr, Stevenson, WA
 +1 (509) 427-8211
 <https://www.columbiagorgemuseum.org/>

Bridge of the Gods

This is a historic steel truss cantilever bridge was built in 1926 and spans the Columbia River – connecting Stevenson, Washington, to Cascade Locks, Oregon. The name "Bridge of the Gods" comes from a Native American legend about a natural land bridge that once crossed the Columbia River. According to the story, the bridge was created by the gods and later destroyed in a battle, which some believe corresponds to a massive ancient landslide that temporarily dammed the river. Note that the road across the bridge is a narrow metal grid that allows you to see all the way down to the river – nice for some challenging for others. In theory, the bridge is open to pedestrians, though we would not recommend walking across it.

Golf

Skamania Lodge Golf Course

Skamania Lodge offers a scenic, 18-hole championship golf course set in the Columbia River Gorge. Designed by Robert Muir Graves, the course features a mix of challenging fairways, water hazards, and stunning views of the surrounding mountains and river. It caters to golfers of all skill levels, with both long and short holes. The lodge also has a driving range, putting greens, and a pro shop. The pro shop offers rental clubs for guests who don't have their own.

 1131 SW Skamania Lodge Way, Stevenson, WA 98648
 +1 (509) 427-7700
 <https://www.skamania.com/golf>

Festivals

Skamania County Fair & Timber Carnival is an annual event held in August that celebrates the region's timber and logging history. Visitors can enjoy classic fair rides and live entertainment. The carnival also includes chainsaw carving and logging competitions. A small-town, community.

 <https://www.skamaniacounty.org/departments-offices/events-and-recreation/events-festivals/skamania-county-fair-and-timber-carnival>

Other Useful Information

Grocery Stores and Pharmacy

A&J Market

A good-sized supermarket open daily from 7:00 AM – 8:00 PM.

 265 2nd St, Stevenson, WA 98648

 +1 (509) 427-5491
 <https://www.ajmarket.com/>

Wind River Pharmacy

Open Monday to Friday from 9:00 AM – 12:30 PM, and from 1:30 PM – 6:00 PM, and Saturday from 9:00 AM – 2:00 PM. Closed on Sunday.

 280 2nd St, Stevenson, WA 98648
 +1 (509) 427-5480
 No website

Bike Shop

The nearest bike store is back in Hood River.



Pacific University, Forest Grove

FOREST GROVE

Overview

Nestled at the edge of Oregon's coastal range, Forest Grove is a picturesque small town surrounded on three sides by rolling vineyards and rich agricultural land. Its proximity to the Willamette Valley wine region makes it a gateway to some of Oregon's best wine country.

The town's center offers a relaxed yet lively atmosphere, with a selection of cafés, restaurants, and bars – many of which emphasize locally sourced ingredients and craft beers. Each Wednesday, the town hosts a vibrant farmers market where locals and visitors gather for fresh produce, artisan goods, and live music. Forest Grove is also home to Pacific University, founded in 1849, one of Oregon's oldest institutions of higher learning. The campus adds a leafy collegiate energy and is a focal point for community life, with concerts, lectures, and cultural events open to the public. The town is best explored in its western neighborhoods near Main Street and 21st Avenue. The "other side", eastern side of Forest Gove is a little more modern and sprawling.

Forest Grove's roots go back to the Atfalati band of the Kalapuya people, who lived on the Tualatin Plains long before Euro-American settlers arrived in the 1840s. Among the earliest settlers were Alvin and Abigail Smith, missionaries who helped establish the foundations of the town. In 1851, the name "Forest Grove" was chosen in reference to a grove of oak trees that still stands on the Pacific University campus.

The town was officially incorporated in 1872. Thanks to the arrival of railroad and steamship service in 1869, Forest Grove transitioned from a purely agricultural

community to a diversified town of merchants, craftsmen, and educators. In 1880, the Chemawa Indian School opened here before relocating to Salem in 1884. By 1900, the population had reached nearly 1,300.

Pop culture buffs may recognize Forest Grove as a filming location for the 1990s television series *Nowhere Man*.

Restaurants and Bars

There are a cluster of places to eat around Main Street between 21st and Pacific Ave. Nothing is super gourmet though you should be able to find a decent meal.

Bites Restaurant

One of the better places for lunch or dinner. The menu is eclectic with American burgers, Thai tom yum soup, Japanese noodles, and Mexican tacos. There are good vegan options. Some tables outside. Open daily from 11:00 AM – 9:00 PM (open from 11:30 AM on Saturday).

 2014 Main St, Forest Grove, OR 97116

 +1 (503) 746-6812

 <https://www.bitesrestaurant.com/>

Pac Thai

For competently prepared and consistently good Thai food. Open Monday to Friday from 11:00 AM – 9:00 PM and Saturday to Sunday from 11:30 AM – 9:00 PM.

 1923 Pacific Ave, Forest Grove, OR 97116

 +1 (503) 992-1800

 <https://www.pac-thai.com/>

Pizza Schmizza

A local chain that serves thin crust, New York style pizzas as well as pastas. Open Monday to Saturday from 11:00 AM – 8:00 PM, and 12:00 PM – 8:00 PM on Sundays.

 2042 Main St, Forest Grove, OR 97116

 +1 (503) 359-5320

 <https://schmizza.com/locations/pizza-schmizza-forest-grove/>

Cornerstone Pub & Grill

More a student diner than pub they nevertheless have good burgers and a large selection of beers. Open Tuesday to Saturday from 11:00 AM – 9:00 PM (open from 12:00 PM on Saturdays). Closed Sunday and Monday.

 2307 Pacific Ave, Forest Grove, OR 97116

 +1 (503) 357-4742

 <https://www.cornerstonepubandgrill.com/>

Mandarin China Restaurant

Reasonable Chinese food, but service can be slow. Open Thursday to Monday from 12:30 PM – 9:00 PM. Closed on Tuesday and Wednesday.

 2338 Pacific Ave, Forest Grove, OR 97116

 +1 (503) 357-1820
 <https://www.mandarinchinafg.com/>

McMenamin's Grand Lodge

If you're staying at the McMenamin's Grand Lodge – a sprawling former Masonic retirement home – you may want to eat at one of their restaurants that serve American-style pub grub and more. They also show movies on some nights.

 3505 Pacific Ave, Forest Grove, OR 97116
 +1 (503) 992-9533
 <https://www.mcmenamins.com/grand-lodge>

Kama'aina

A relaxed, welcoming restaurant offering a taste of Hawaii with a menu featuring comforting island favorites like fresh poke, tender kalua pork, and savory teriyaki chicken, all prepared with care and served in a laid-back, friendly atmosphere. Open daily from 11:00 AM – 8:00 PM (9:00 PM on Friday and Saturday).

 1910 Main St A, Forest Grove, OR 97116
 +1 (971) 371-2991
 No website

Sights and Activities

There are not a lot of things to entertain travelers in Forest Grove ... unless you're there on Wednesday for the farmers' market. Outside of Wednesday, there's a cluster of galleries and antique stores on Main St between 21st St & Pacific Ave.

Markets and Stores

Farmers' Market

On Wednesdays, there is a weekly Farmers' Market from May through October. The Market is held from 4:00 PM – 8:00 PM and features fresh produce, flowers and snacks.

 2030 Main St, Forest Grove, OR 97116
 +1 (503) 357-0316
 <https://www.adelantemujeres.org/forest-grove-farmers-market>

First Wednesday

On the first Wednesday of the month, the downtown merchants open their doors for evening festivities from 5:00 PM – 8:00 PM. Enjoy tastings from local wineries, listen to music and check out the crafts vendors.

 +1 (503) 357-0316

Outdoor Soaking Pool

McMenamins Grand Lodge has an outdoor soaking pool that is open to non-guests for a \$10 per person. It's peaceful during the day though things can get more raucous at night – especially if a party is being hosted at the hotel. Open to the public Sunday

to Thursday from 10:30 AM – 6:30 PM. Please call for reservations (reservations for the pool are over the phone or on their website, within 14 days).

 3505 Pacific Ave, Forest Grove, OR 97116

 +1 (503) 992-9533

 <https://www.mcmenamins.com/grand-lodge/soaking-pool>

Valley Art Gallery

Discover local art exhibitions and participate in workshops at this community gallery. Open Wednesday to Saturday from 11:00 AM – 5:30 PM. Closed Sunday to Tuesday.

 2022 Main St, Forest Grove, OR 97116

 +1 (503) 357-3703

 <https://www.valleyart.org/>

Wine Tasting

See the “In and around Forest Grove” entry in the Wineries on Your Route section of this guidebook for more details about wineries and tasting rooms in Forest Grove.

Festivals

Corn Roast and Fall Festival

During this event, organizers encourage local artists and others to transform the streets into colorful masterpieces, using vibrant chalk to create works of art. The event attracts visitors of all ages, offering a lively atmosphere where people can admire the artwork, interact with the artists, and enjoy live music and food including roasted corn on the cob. Typically held on the third Saturday in September on the west lawn of the Pacific University campus.

Other Useful Information

Tourist Information

Forest Grove Chamber of Commerce. Open Monday to Friday from 10:00 AM – 3:00 PM. Closed Saturday and Sunday.

 2417 Pacific Ave, Forest Grove, OR 97116

 +1 (503) 357-3006

 No website

Grocery Stores and Pharmacy

Safeway Grocery Store

There is a Safeway at the eastern end of town which also has a pharmacy. Open daily from 6:00 AM – 12:00 AM.

 2836 Pacific Ave, Forest Grove, OR 97116

 +1 (503) 359-8700

 <https://local.safeway.com/safeway/or/forest-grove/2836-pacific-ave.html>

Bike Shop

Olson's Bicycles

Open Tuesday to Saturday from 10:00 AM – 5:00 PM (4:00 PM on Saturday). Closed Sunday and Monday.



1904 Elm St one, Forest Grove, OR 97116



+1 (503) 359-4010



<https://olsonsbicycles.com/>



The Spruce Goose at the Evergreen Aviation & Space Museum, McMinnville

MCMINNVILLE

Overview

Set at the confluence of the North and South Forks of the Yamhill River, McMinnville is the heart of Oregon's Willamette Valley Wine Country and the largest town in the region – though it still retains a relaxed, small-town feel. As the county seat of Yamhill County, it serves as a hub for the surrounding agricultural communities while offering a vibrant blend of history and culture.

The town's historic downtown, centered along Third Street between Baker and Galloway Streets, is one of its standout features. Lined with maple trees, this stretch is home to an eclectic mix of art galleries, wine tasting rooms, craft breweries, boutique shops, and excellent restaurants. Every Thursday, locals and visitors gather at the farmers market to enjoy fresh produce and artisan goods. While McMinnville has grown outward with some modern sprawl, the downtown core has preserved its vintage soul, with many buildings dating back to the late 19th and early 20th centuries.

Founded by William T. Newby, an Oregon Trail pioneer from McMinnville, Tennessee, the town began to flourish after Newby built a gristmill in 1853. It was incorporated as a town in 1876 and later as a city in 1882. Most of its historic commercial architecture was constructed between 1885 and 1912 and remains intact today.

McMinnville also has a quirky claim to fame: it is the site of one of the most famous UFO sightings in American history. In 1950, local farmers Paul and Evelyn Trent photographed what appeared to be a flying saucer above their farm. The images were published in LIFE magazine and became a national sensation. Today, the annual UFO

Festival – the second largest in the country after Roswell – draws thousands of enthusiasts for parades, lectures, and cosmic fun.

McMinnville is also home to the Evergreen Aviation & Space Museum. This museum has an extensive collection of aircraft and space paraphernalia including the massive Spruce Goose. The Spruce Goose, officially known as the Hughes H-4 Hercules, is a massive wooden cargo airplane built by Howard Hughes during World War II. Designed to transport troops and equipment across the Atlantic, it was made almost entirely of wood due to wartime restrictions on metal. It is actually made mostly from birch, not spruce, despite its nickname.

Restaurants and Bars

There are some very good places to eat on or near the historic 3rd Avenue between Baker Street and Galloway Street.

Thistle

An excellent choice for the classic farm-to-table foodie experience. The menu changes daily depending on what is in season and looking good. Minimalist décor matches ethos of being low impact. Reservations recommended and can be made online. Open Tuesday to Saturday from 5:00 PM – 9:00 PM. Closed Sunday and Monday.

 228 NE Evans St, McMinnville, OR 97128

 +1 (503) 472-9623

 <https://thistleisrad.com/>

Bistro Maison

A little more reasonably priced, the cuisine here is classic country French – onion soup, pâté, snails and Coq Au Vin. The atmosphere is cozy and there's a pleasant outside area. Reservations recommended and can be made online. Open Tuesday to Saturday from 5:00 PM – 9:00 PM. Closed Sunday and Monday.

 729 NE 3rd St, McMinnville, OR 97128

 +1 (503) 474-1888

 <https://bistromaison.com/>

La Rambla Restaurant & Social Room

A good choice for tapas in a nice setting. They claim to blend Northwest and Spanish cuisines, and the results are mostly very good, and the service and setting are great. Good wine list. Open Monday to Friday from 4:00 PM – 8:00 PM, and Saturday to Sunday from 12:00 PM – 8:00 PM. Reservations can be made online.

 238 NE 3rd St, McMinnville, OR 97128

 +1 (503) 435-2126

 <https://laramblaonthird.com/>

Pura Vida Cocina

For a very good Latin American meal, and one of the best restaurants in town. The menu is fresh, seriously flavorful, and varied. Service is very friendly. Open Monday to Saturday from 10:00 AM – 9:00 PM. Closed on Sundays. Reservations are essential.

 313 NE 3rd St, McMinnville, OR 97128
 +1 503-687-2020
 <https://www.puravidamac.com/>

Nick's Italian

One of the most venerable restaurants in town. They have a full Italian menu – antipasti, primi piatti, and secondi piatti as well as pizzas. The food is well prepared though a little on the expensive side and the setting is rather plain. Open daily from 4:30 PM – 9:00 PM. Reservations can be made online.

 521 NE 3rd St, McMinnville, OR 97128
 +1 (503) 434-4471
 <https://nicksitaliancafe.com/>

Thai Country Restaurant

Respectable Thai food. Good value compared with some of its inflated neighbors. Open Monday to Friday from 11:00 AM – 2:00 PM and 4:30 – 8:00 PM, and Saturday from 4:30 PM – 8:30 PM (closed Sunday).

 707 NE 3rd St, McMinnville, OR 97128
 +1 (503) 434-1300
 No website

Golden Valley Brewery & Restaurant

Good for beer and pub food – burgers, ribs, salads & sandwiches. Open daily from 11:00 AM – 9:00 PM (open until 10:00 PM on Friday and Saturday).

 980 NE 4th St, McMinnville, OR 97128
 +1 (503) 472-2739
 <https://goldenvalleybrewery.com/>

Crescent Café

For a café-style lunch or a leisurely breakfast this a strong option. There can sometimes be a line, but it is usually worth the wait. Open Wednesday to Monday from 7:30 AM – 2:00 PM. Closed on Tuesday.

 526 NE 3rd St, McMinnville, OR 97128
 +1 (503) 435-2655
 <https://www.crescentcafeonthird.com/>

Harvest Fresh Grocery & Deli

Has a good deli for picnic-fare to be enjoyed after a ride to one of the local wineries. Open daily from 8:00 AM - 7:00 PM (open at 10:00 AM on Sundays).

 251 NE 3rd St, McMinnville, OR 97128
 +1 (503) 472-5740
 <https://harvestfresh.com/>

McMenamins Rooftop Bar

The rooftop bar at the McMenamin's Hotel Oregon is more a novelty than a hidden treasure. They serve basic bar food both upstairs and downstairs on the ground floor. Open daily from 12:00 PM – 9:00 PM (close at 11:00 PM on Friday and Saturday).

 310 NE Evans St, McMinnville, OR 97128

 +1 (503) 472-8427

 <https://www.mcmenamins.com/hotel-oregon/rooftop-bar>

Union Block Café

A Starbucks lookalike with Wi-Fi to match. Open daily from 7:00 AM – 5:30PM.

 403 NE 3rd St, McMinnville, OR 97128

 +1 (503) 472-0645

 <https://www.unionblockcoffee.com/>

Serendipity Ice Cream

If you have saved room after dinner, it is well worth the walk for ice-cream. Open daily from 12:00 PM – 9:00 PM.

 502 NE 3rd St, McMinnville, OR 97128

 +1 (503) 474-9189

 <https://serendipityicecream.com/>

Sights and Activities

Farmers' Market

Every Thursday afternoon from May to October, more than 60 local vendors bring fresh seasonal produce, farm raised meats, fresh blooms, and handmade products to market. Thursdays from 12:00 PM – 6:00 PM.

 230 NE 2nd St, McMinnville, OR 97128, (next to City Hall)

 +1 (503) 472-3605

 <https://downtownmcminnville.com/farmers-market-2/>

Wine Tasting

See the “In and around McMinnville” entry in the Wineries on Your Route section of this guidebook for more details about wineries and tasting rooms in McMinnville.

Evergreen Aviation & Space Museum

Home to an extensive display of military and civilian aircraft and spacecraft, including the well-known and ill-fated Spruce Goose. \$30 includes admission to both. Open daily from 9:00 AM – 5:00 PM.

 500 NE Captain Michael King Smith Way, McMinnville, OR 97128

 +1 (503) 434-4180

 <https://www.evergreenmuseum.org/>

Yamhill Valley Heritage Center

Discover the region's agricultural history through interactive exhibits, including a working blacksmith shop and steam traction engine. Located 3½ miles to the southwest of the town. Open Wednesday to Saturday from 10:00 AM – 4:00 PM. Closed Sunday to Tuesday.

 11275 SW Durham Ln, McMinnville, OR 97128

 +1 (503) 472-2842

 <https://yamhillcountyhistory.org/>

Other Useful Information

Tourist Information

McMinnville Area Chamber of Commerce is open Monday to Friday from 8:00 AM – 5:00 PM.

 319 NE 5th St, McMinnville, OR 97128

 +1 (503) 472-6196

 <https://mcminnville.org/>

Grocery Stores and Pharmacy

Harvest Fresh Grocery & Deli

Has a good deli for picnic fare. Open daily from 8:00 AM - 7:00 PM (open at 10:00 AM on Sundays).

 251 NE 3rd St, McMinnville, OR 97128

 +1 (503) 472-5740

 <https://harvestfresh.com/>

7-Eleven

For basic supplies. Open 24/7.

 840 NE 3rd St, McMinnville, OR 97128

 +1 (971) 287-8412

 No website

Safeway

A little further out but with a much wider selection and a pharmacy. Open daily from 6:00 AM – 11:00 PM.

 2490 OR-99W, McMinnville, OR 97128

 +1 (503) 435-3120

 <https://local.safeway.com/safeway/or/mcminnville/2490-n-hwy-99-w.html>

Bike Shop

Tommy's Bicycle Shop

Has good service and a wide range of supplies and spares. Please note there are two store locations, one for sales and one for repairs. The shop is open Tuesday to Saturday from 10:00 AM – 5:00 PM. The repair store is open Tuesday to Saturday from 11:00 AM – 4:00 PM.

 103 SE Baker St, McMinnville, OR 97128 (sales)

 814 SE 1st St, McMinnville, OR 97128 (repairs)

 +1 (503) 472-2010

 <https://www.tommysbicycleshop.com/>

*Downtown Silverton*

SILVERTON

Overview

Tucked into the rolling farmland of the eastern Willamette Valley, Silverton is a small town with deep roots and a colorful personality. Founded in 1854, it retains a distinctly Victorian feel thanks to its well-preserved downtown and stately homes shaded by ancient oaks. Once a bustling logging hub, Silverton has grown into a welcoming agricultural community, surrounded by fields of hazelnuts, marionberries, strawberries, irises, wheat, hops, and grapes vines.

Silverton is perhaps best known as the gateway to Silver Falls State Park, Oregon's largest and most spectacular state park. A fifteen-mile ride from downtown, the park features the renowned Trail of Ten Falls – a seven-mile canyon loop that passes behind, beside, and beneath ten stunning waterfalls.

In town, you will find a pleasant historic district with antique shops, galleries, and inviting cafés. Silverton is also home to The Oregon Garden, a world-class botanical garden founded in the 1940s by the Oregon Association of Nurserymen. Today, it draws visitors from around the region with themed gardens, seasonal events, and educational exhibits.

Silverton's progressive spirit adds a little color to its traditional backdrop. It made national headlines when, in 2008, the town elected Stu Rasmussen, the first openly transgender mayor in U.S. history. Another claim to fame is that Silverton lies on the 45th parallel, placing it almost exactly halfway between the Equator and the North Pole.

Restaurants and Bars

Silverton is a small town and is certainly not crammed with gourmet treats but there are a few reasonable places in town.

Oregon Gardens Resort – Garden View Restaurant

If you are staying at this hotel, you will likely think of eating at their restaurant. Located in the resort's main building at 895 W Main St (1½ miles from the center of town). As you might expect from the name, there are fine views of The Oregon Garden and the Willamette Valley beyond. The food is okay but not as good as the views. If you have the energy, you might think about heading into town for dinner. Open daily from 11:30 AM – 2:30 PM and from 5:00 PM – 9:00 PM.

 895 W Main St, Silverton, OR 97381

 +1 (503) 874-2500

 <https://www.oregongardenresort.com/>

Mac's Place

For burgers, beer and occasional live music, do what the locals do and head on over to Mac's Place in one of the town's older buildings. They have a deck suspended above the Silver Creek. Open Monday to Thursday from 11:00 AM – 1:00 AM and Friday to Sunday from 9:00 AM – 12:00 AM.

 201 N Water St, Silverton, OR 97381

 +1 (503) 873-2441

 No website

Silver Falls Brewery

A great choice for a Pacific Northwest fusion menu, sourcing locally grown ingredients with local beer. They have a menu which boasts "burgers, sandwiches, salads, and more. We focus on fresh, made from scratch meals that cater to meat lovers, vegetarians, and everyone in between!". Open Wednesday to Monday from 12:00 PM – 8:00 PM. Closed Tuesday.

 207 Jersey St, Silverton, OR 97381

 +1 (503) 873-3022

 <https://www.silverfallsbrewery.com/>

Thai Dish Cuisine

One of two Thai restaurants in town, this is the more casual of the two but with the consistently better food. Open Wednesday, Thursday, Friday, and Monday from 11:00 AM – 9:00 PM, Saturday from 3:00 PM – 9:00 PM, and Sunday from 12:00 PM – 8:00 PM. Closed on Tuesday.

 209 N Water St # A, Silverton, OR 97381

 +1 (503) 873-8963

 No website

Raw-Blend Juicery

A perfect spot for a post-ride smoothie. Their Horchata & Coffee Strike power smoothie is particularly 'boosting'! Great service and the smoothie bowls are far more filling than you might expect. Open Monday to Saturday from 8:30 AM – 5:00 PM, and Sundays from 10:00 AM – 2:00 PM.

 205B Oak St, Silverton, OR 97381

 +1 (971) 599-9710

 <https://rawblendzjuicery.com/>

Sights and Activities

Oregon Garden

The Oregon Garden is a world-class botanical garden. The grounds include Gordon House, the only Frank Lloyd Wright-designed house open to the public in the Pacific Northwest. Concerts are held in the outdoor Amphitheater in the summer and the J. Frank Schmidt Pavilion hosts a variety of events during the winter. The Oregon Garden Resort is on the same property and has a good restaurant and bar.

Please note that entry to the Garden is no longer included with a stay in the hotel. The entry is \$12 per person, with discounts available for seniors. Open Monday to Friday from 9:00 AM – 6:00 PM and Saturday and Sunday from 9:00 AM – 4:00PM.

 879 W Main St, Silverton, OR 97381

 +1 (503) 874-4294

 www.oregongarden.org

Wine Tasting

See the "In and around Silverton" entry in the Wineries on Your Route section of this guidebook for more details about wineries and tasting rooms in Silverton.

Murals of Silverton

Silverton features over 30 vibrant murals scattered throughout the downtown, celebrating the town's history and noteworthy personalities. Highlights include Homer Davenport, a famous political cartoonist from Silverton, and Bobbie the Wonder Dog, a dog who became a national hero after traveling 2,800 miles to reunite with his family.

 <https://silvertonmuralsociety.org/>

Historic Gallon House Covered Bridge

This bridge – just north of Silverton – was constructed in 1916 and is the oldest operational covered bridge in Marion County. This white-painted truss bridge earned its name during Prohibition, when a nearby "gallon house" on the Mt. Angel side sold bootleg whiskey by the gallon to residents of dry Silverton. Despite being swept off its footings during the 1964 Christmas Flood, the bridge was restored and remains open to traffic today. It is listed on the National Register of Historic Places and is a popular photo spot. Located 2½ miles north of the town, to the west of Hwy 214.

 45.03218839053931, -122.79830151000942

Festivals

The Homer Davenport Community Festival

Held every August, this festival celebrates Silverton's most famous citizen with exhibits, entertainment, arts and crafts, rides, races, contests, and a parade.

 <https://www.homerdavenport.com/>

Other Useful Information

Tourist Information

Silverton Area Chamber of Commerce is open Monday to Friday from 10:00 AM – 3:00 PM.

 426 S Water St, Silverton, OR 97381

 +1 (503) 873-5615

 <https://www.silvertonchamber.org/>

Grocery Stores and Pharmacies

Roth's Fresh Markets

The closest supermarket to the center of town. Open daily from 6:00 Am – 9:00 PM.

 918 N 1st St, Silverton, OR 97381

 +1 (503) 873-6311

 <https://www.roths.com/>

Safeway

There is also a Safeway on the western side of town.

 301 Westfield St, Silverton, OR 97381

 +1 (503) 873-1800

 No website

The Silverton Pill Box

This pharmacy is close to the center of town. Open Monday to Friday from 9:00 AM – 6:00 PM, and Saturday from 9:00 AM – 1:00 PM. Closed on Sunday.

 302 N 1st St, Silverton, OR 97381

 +1 (503) 873-6321

 <http://silvertonpillbox.com/>

Hi-School Pharmacy

On the western side of town, this pharmacy has a larger selection. Open Monday to Saturday from 9:00 AM – 12:30 PM and 1:30 PM – 7:00 PM (close at 5:00 PM on Saturday). Closed on Sunday.

 406 McClaine St, Silverton, OR 97381

 +1 (503) 873-8392

 No website

Bike Shop

Fall Line Sports

Primarily focused on mountain bikes and skateboards but also offers basic bike repairs and spares. Open Tuesday to Friday from 10:00 AM – 6:00 PM (close at 4:30 PM on Thursday), and Saturday from 11:00 AM – 5:00 PM.



302 Lewis St, Silverton, OR 97381



+1 (503) 873-0977



<https://falllinesports.shop/>

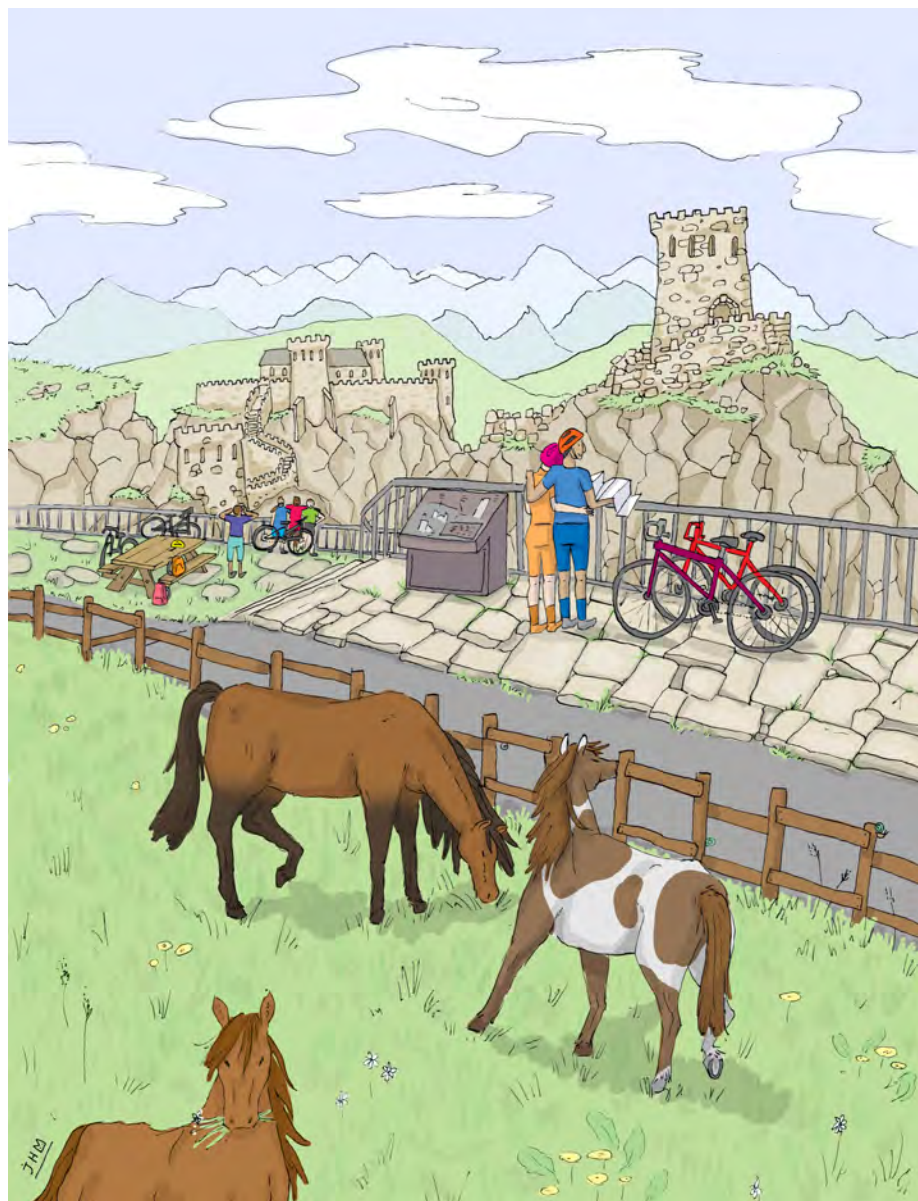


Image by Jeanne Hervé-Maley

ON TOUR

LifeCycle Adventures Services	76
Using the On Tour App	78
Navigating the Routes	91
Troubleshooting the App	105
Safety & Enjoyment	107
Fixing a Flat	109

LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

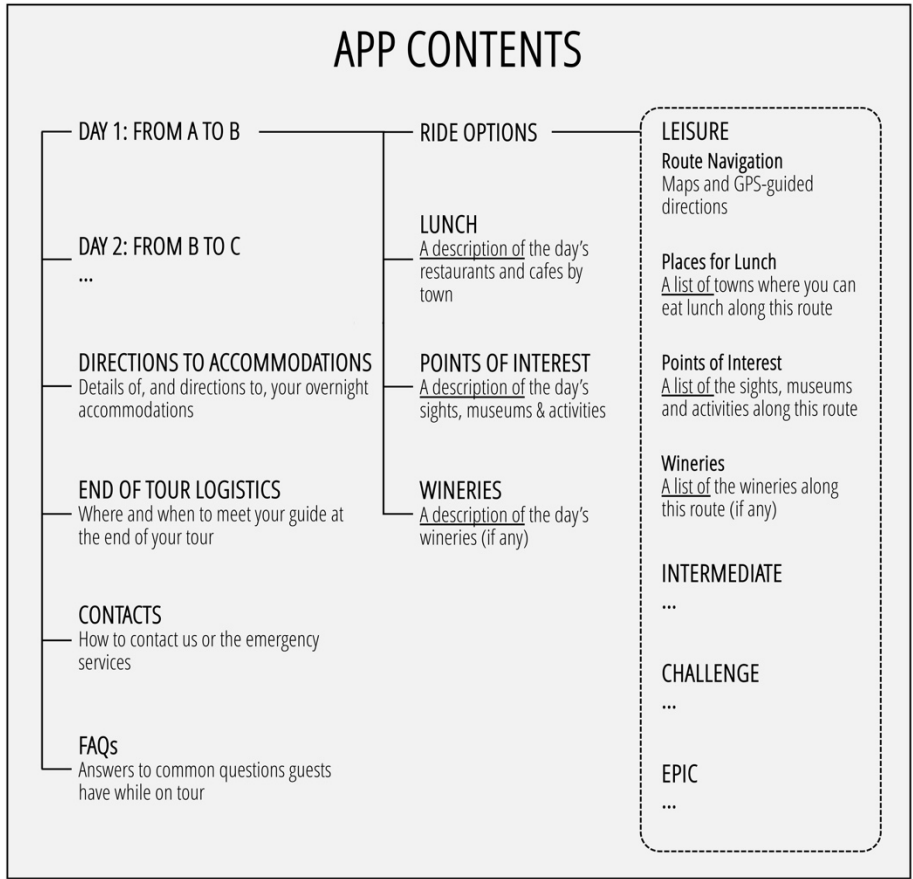
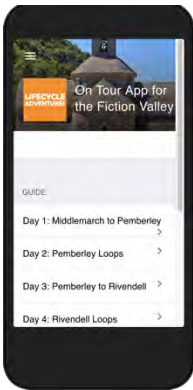
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON TOUR APP

We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



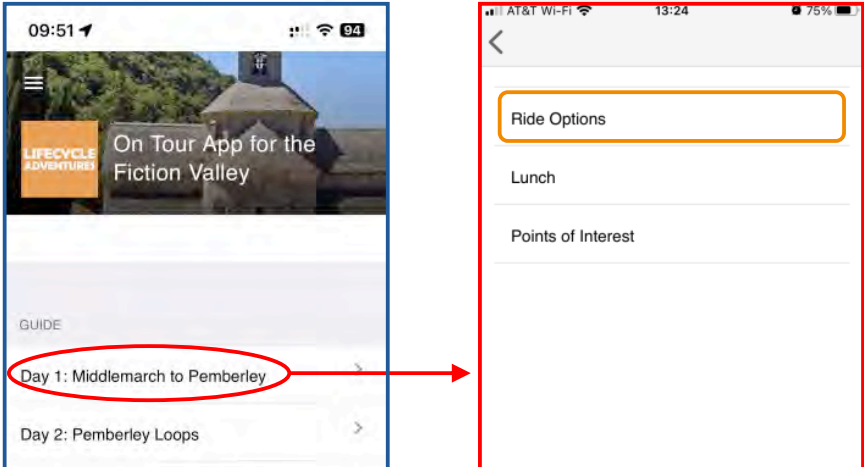
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

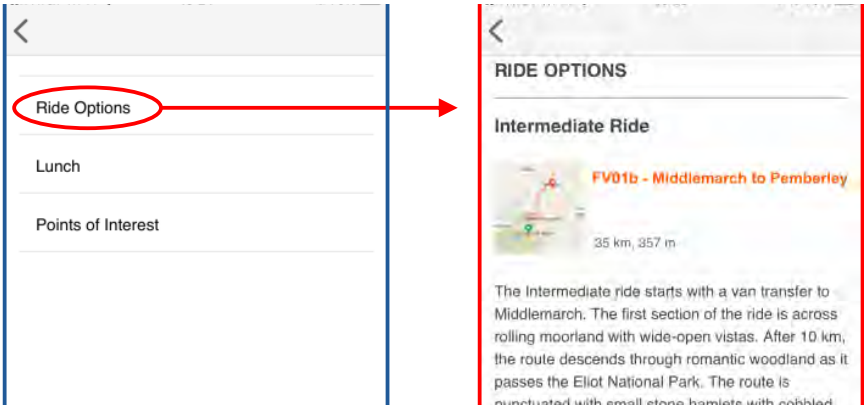
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, *as a backup*, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

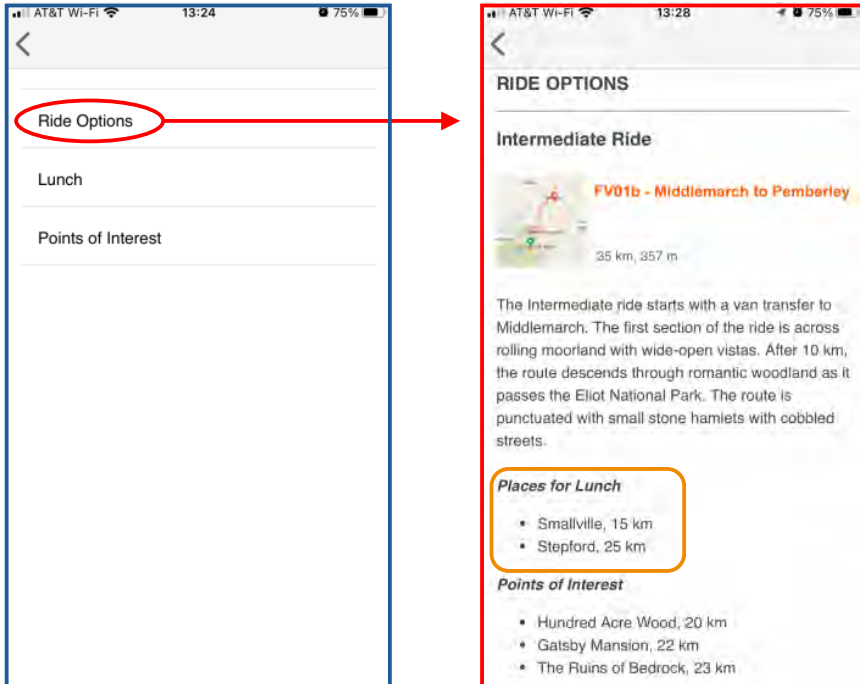


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

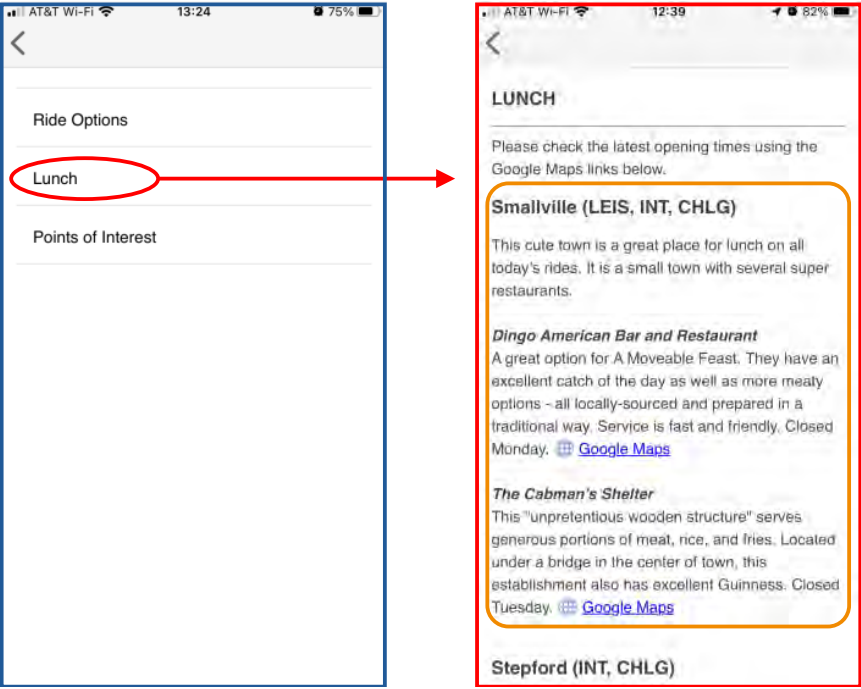
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



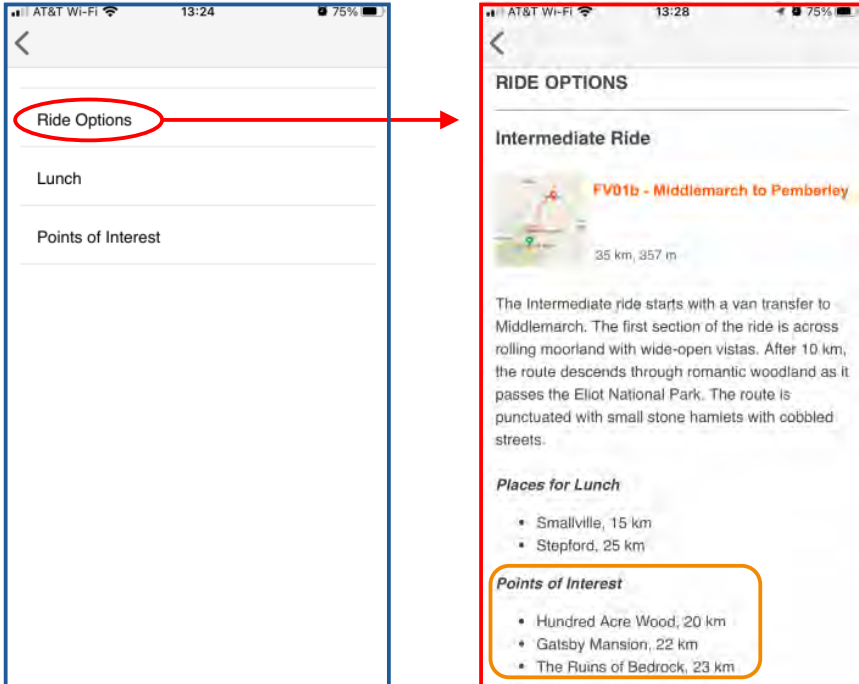
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

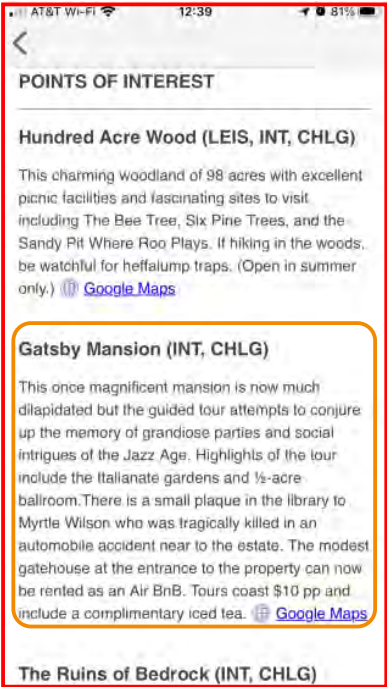
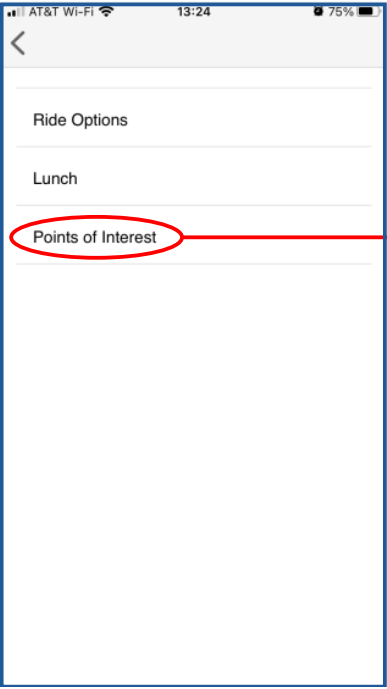
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

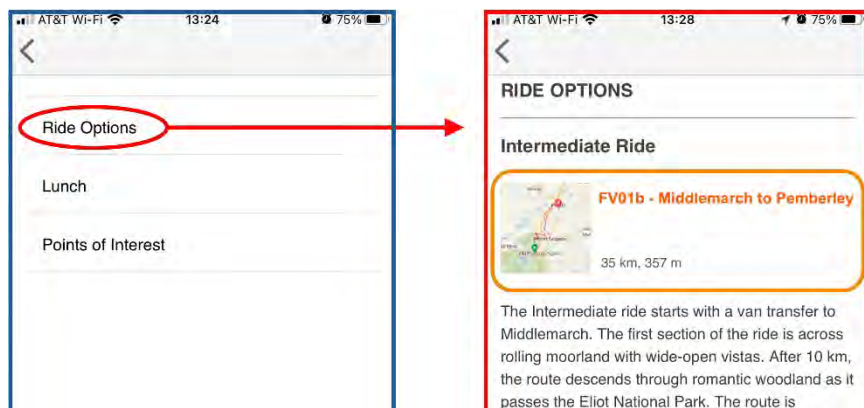
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints are

marked with a  on your routes.

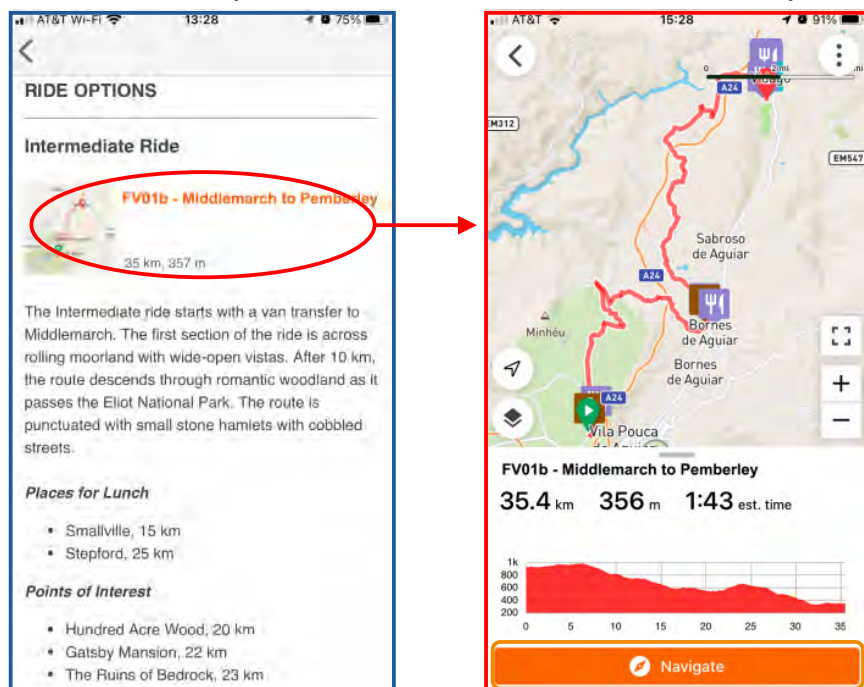
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



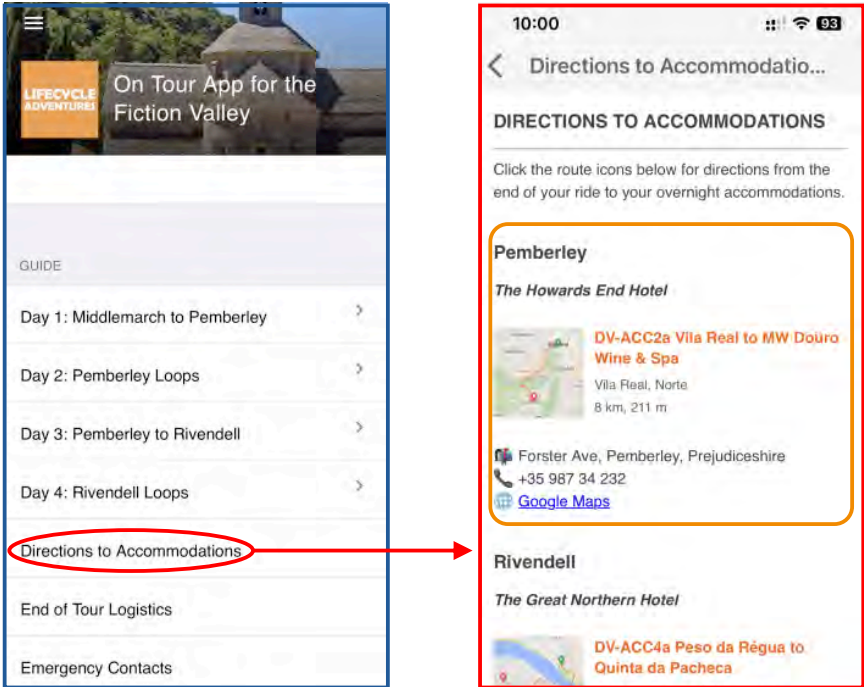
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

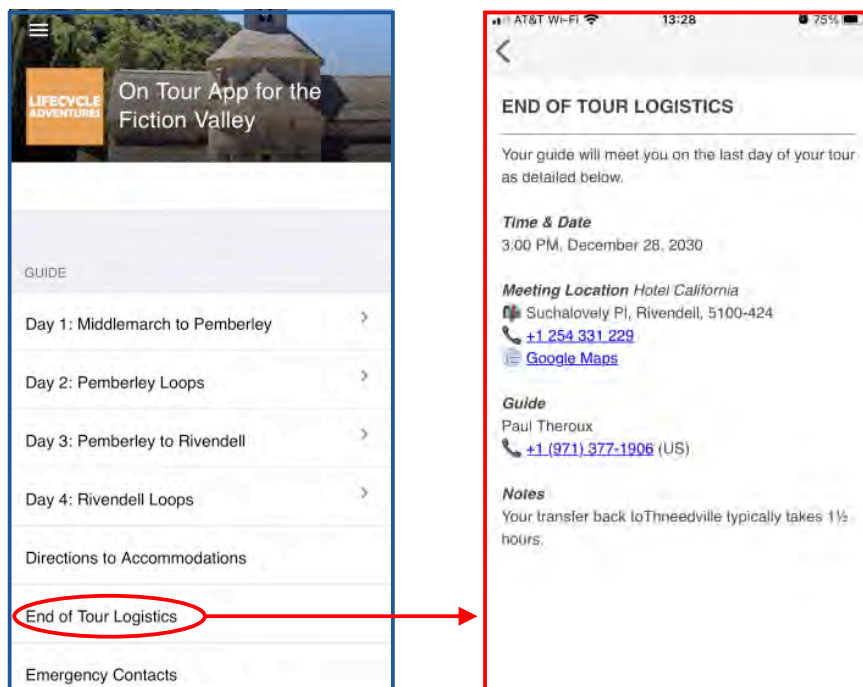
Accommodations are shown on your route with the following icon



You can also find the hotel using the *Google Maps* link.

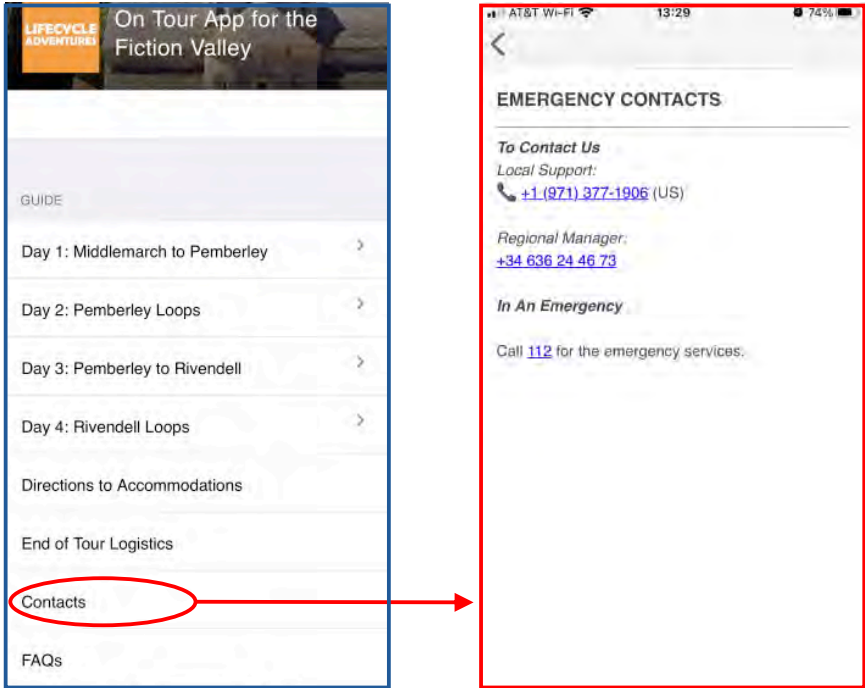
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

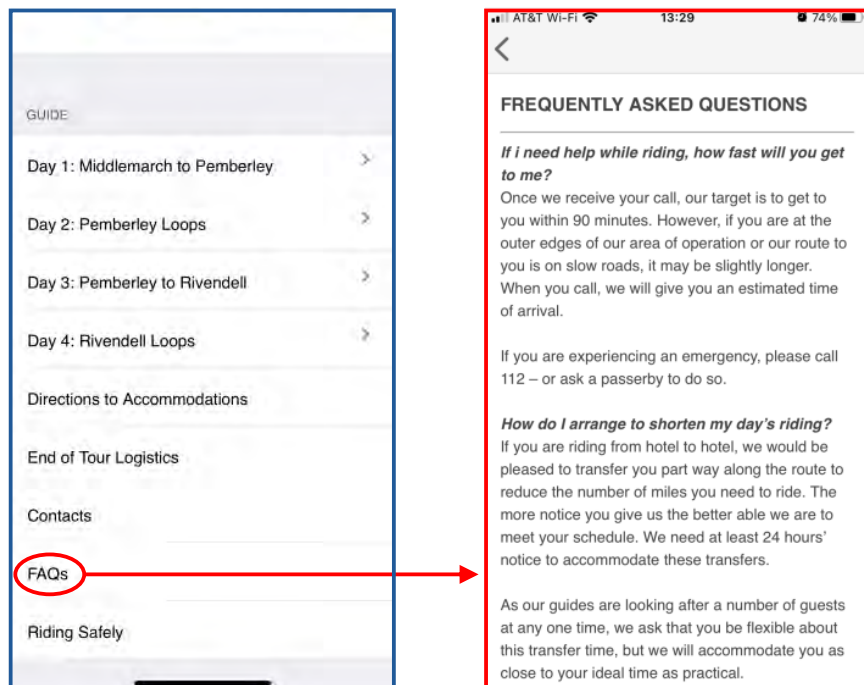
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

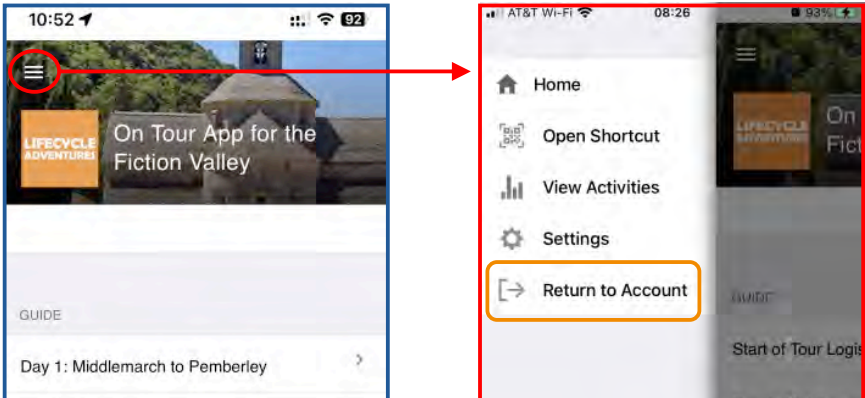


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

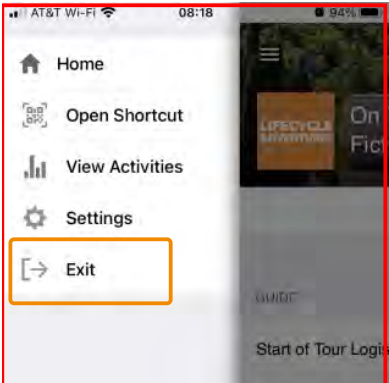
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

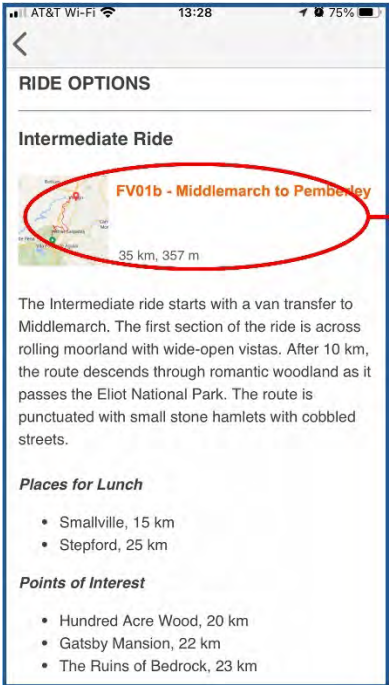
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

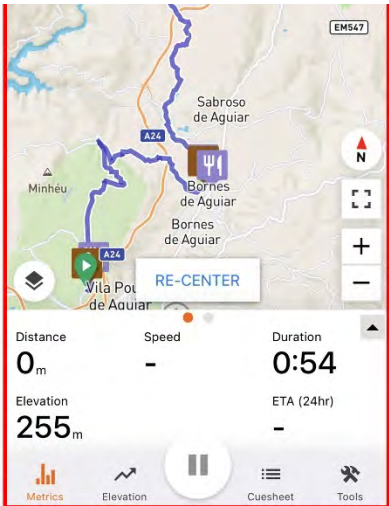
Ride with GPS navigation is intuitive to use and requires little learning. However, *as a backup*, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



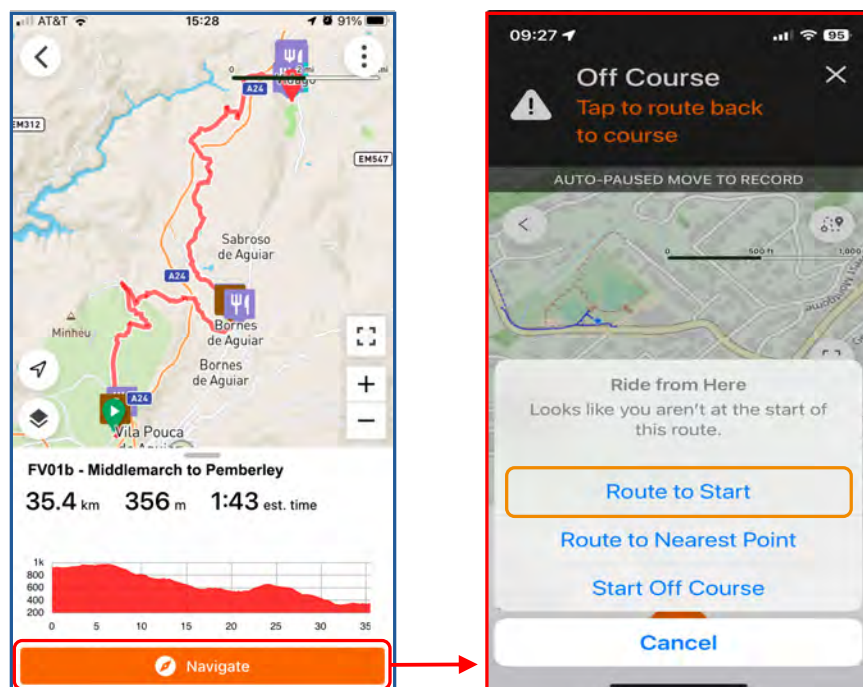
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

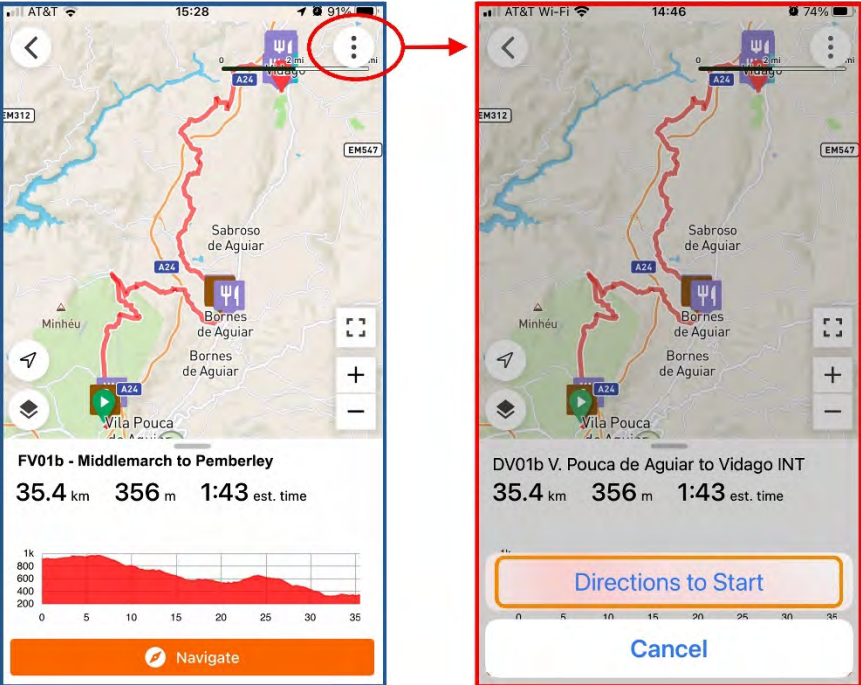
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using **Route to Nearest Point** on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, **exit navigation** and tap the three-dot menu circle and select **Directions to Start**. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select **Cycle** as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



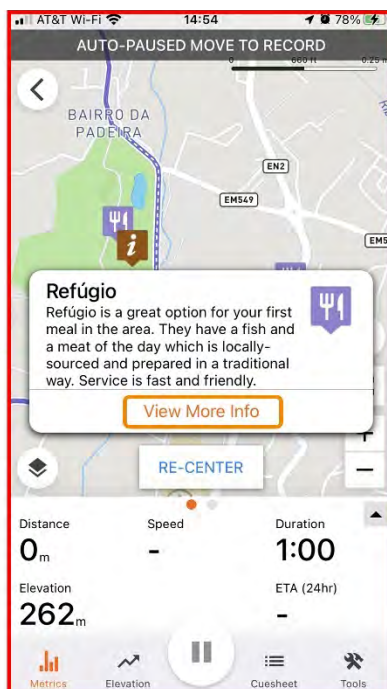
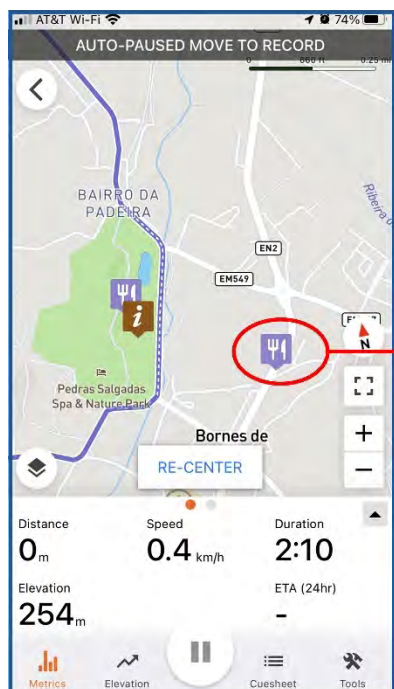
... Point of interest



... Viewpoint



... Winery (not all areas)

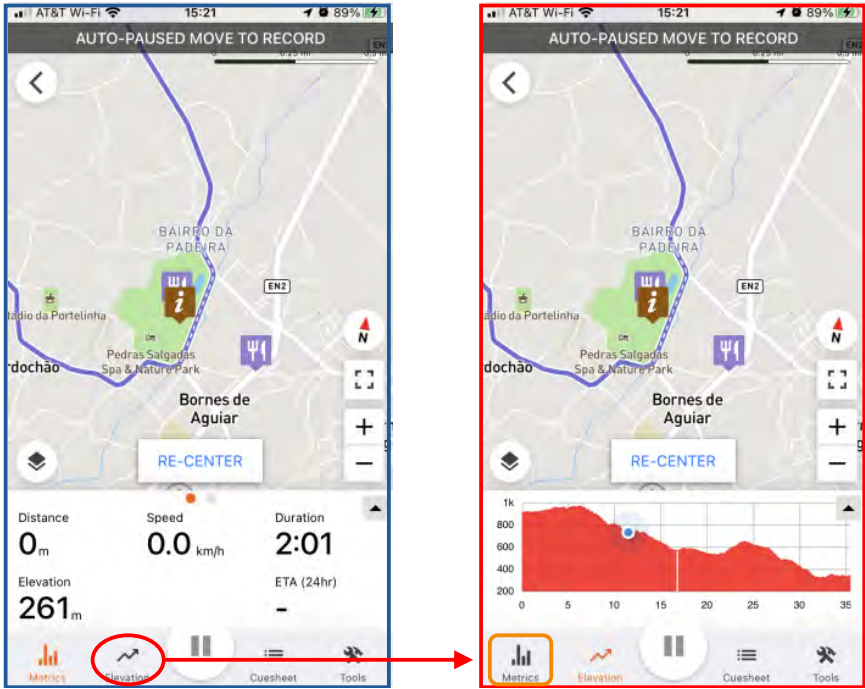


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

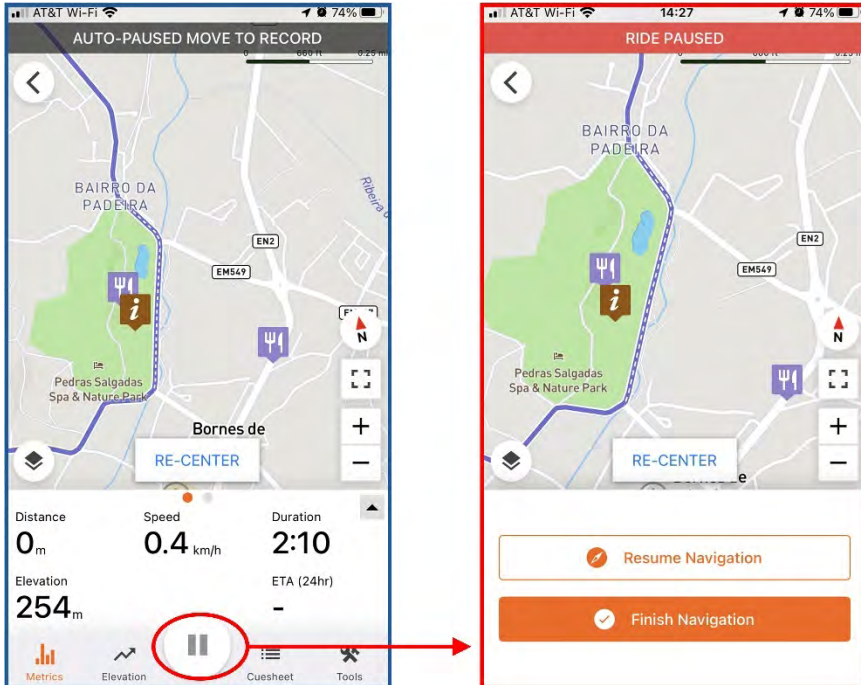
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

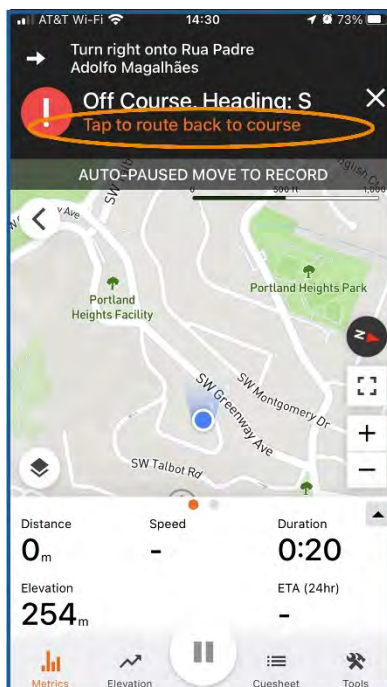


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

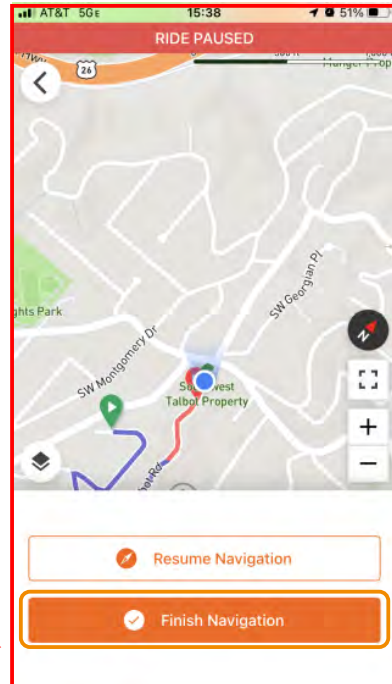
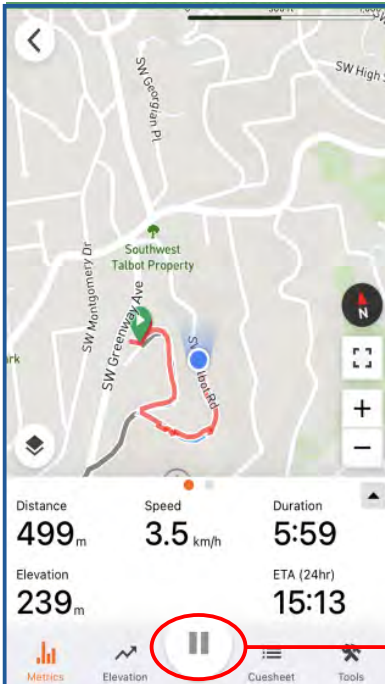
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

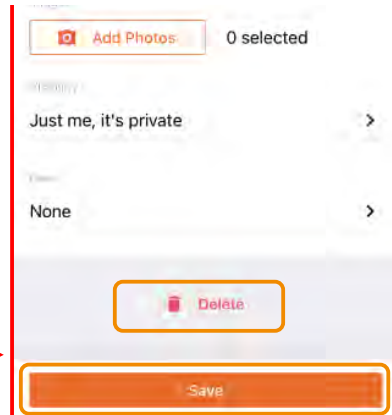
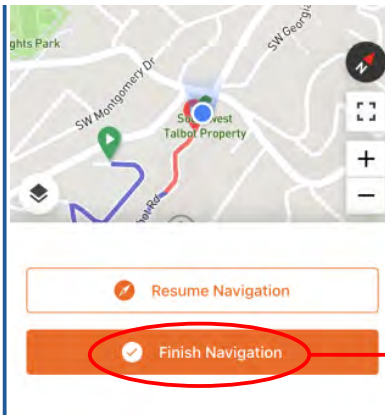


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

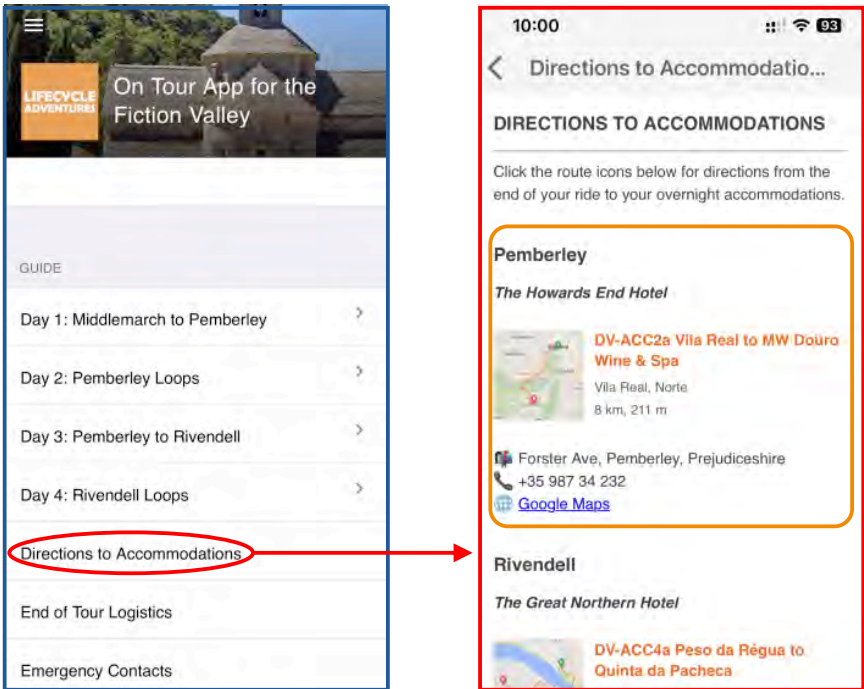


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then OK) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.

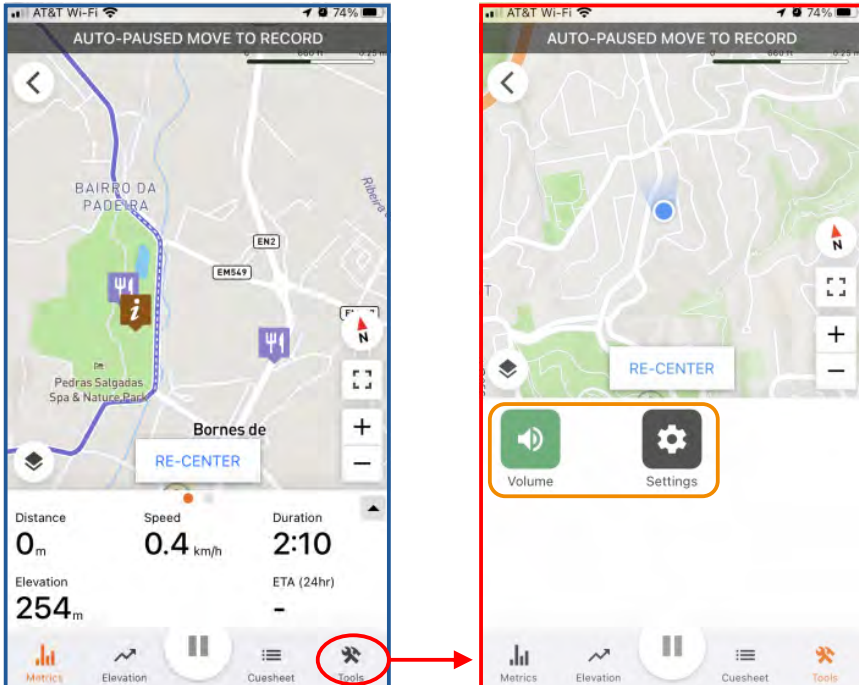


Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon . You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



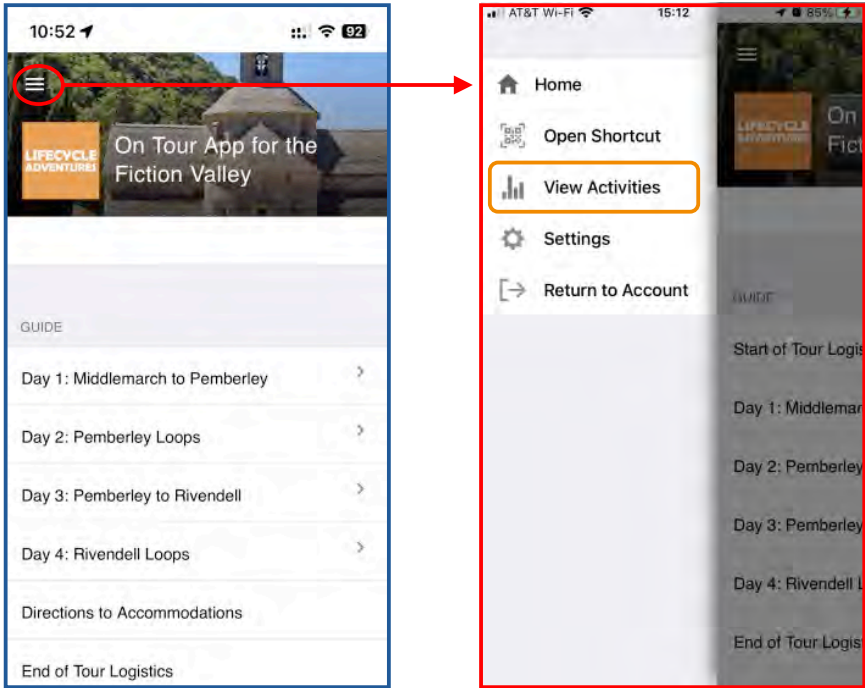
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

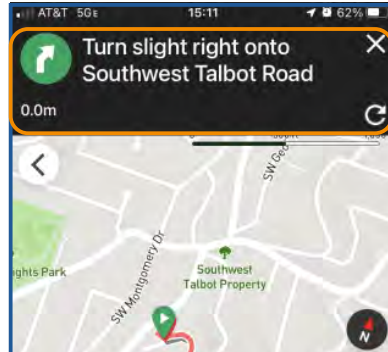
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



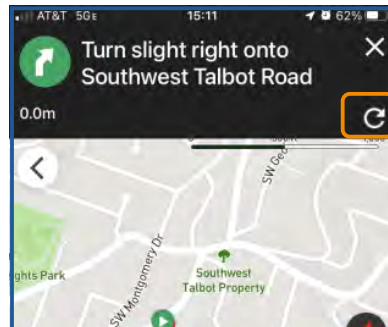
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

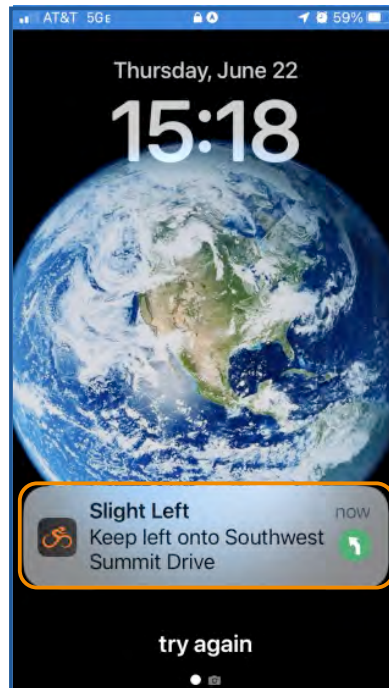
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10-15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

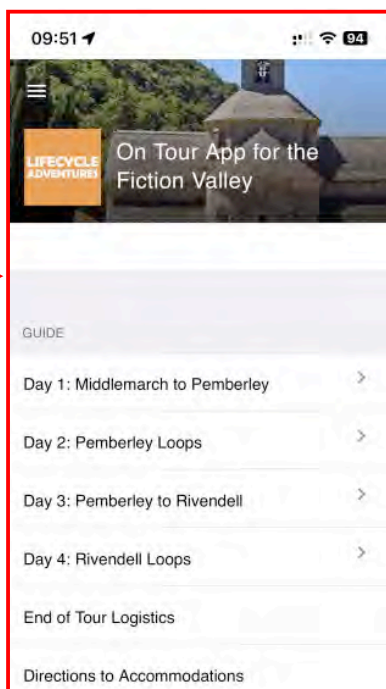
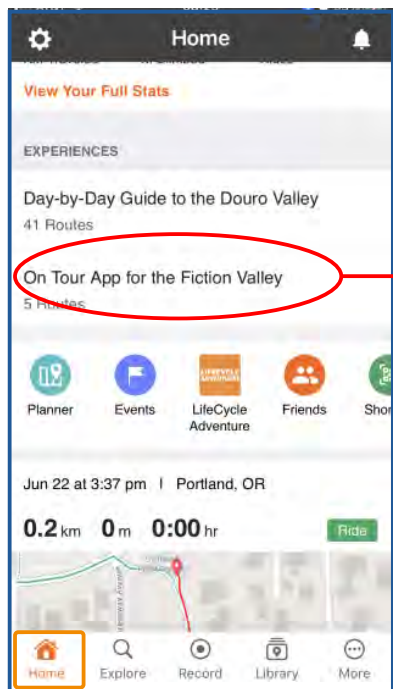
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under you *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open* Shortcut from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a florescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving your body enough time to process the food before the fuel gauge reaches empty.
2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty

of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.

3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally,

abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

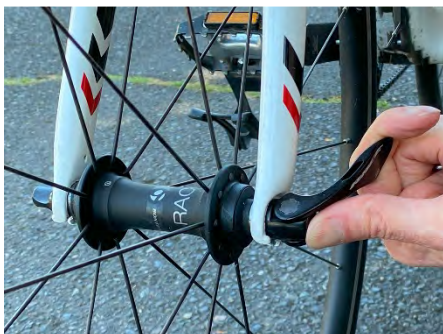
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

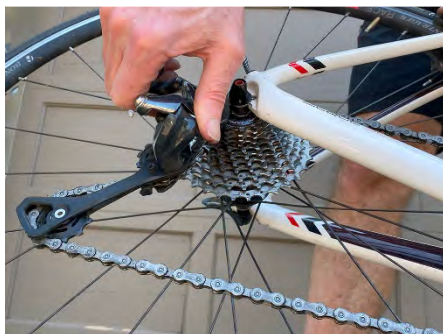
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have **disc brakes**, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a **thru axle** (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the puncture. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

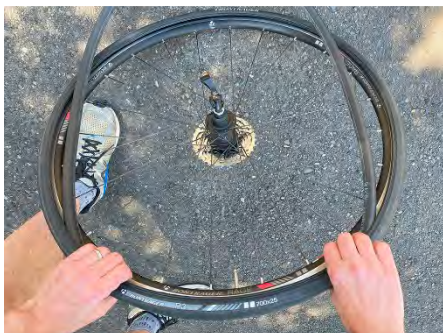


Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the

wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

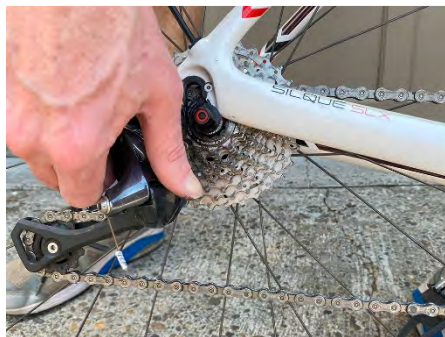
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

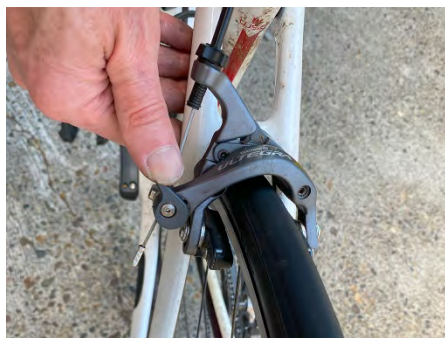


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



If you have a **thru axle** (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have **rim brakes**, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_H00kEjs.

Intentionally Blank

APPENDICES

Appendix 1 – Winery Listings	118
Appendix 2 – Quiz Questions	130
Appendix 3 – Quiz Answers	134

APPENDIX 1 – WINERY LISTINGS

The following listings provide details about each winery along the routes. The numbers cross reference with the maps and tables in the *About the Area – Wineries on Your Route* section of this guidebook.

1 Fox-Tail Cider

This isn't strictly a winery, as it produces hard ciders. As well as tasting, you can learn about the production process and see generations of farm relics.

Wines	Ciders and Distilled Spirits
Food	Yes, they offer a simple menu
Tours & Tastings	Tasting, a flight of 10 of their unique ciders. They also offer a lineup of apple-based vodkas, brandy, gin and pear-based Brandy
Reservations	Not necessary
Hours	Open daily from 11:00 AM to 6:00 PM
Contact	 2965 Ehrck Hill Dr, Hood River, OR 97031  +1 (541) 716-0093  https://foxtailcider.com/

2 Wy' East Vineyards

Wy'East Vineyards grow their own Pinot Noir, Pinot Gris, and Chardonnay grapes. Their other varietals are sourced from other regional vineyards. They also have a patio with nice views for a great place to sip and enjoy a picnic. After lunch, try your luck on the bocce courts.

Wines	Pinot Noir, Pinot Gris, and Chardonnay
Food	The 'Wheels Food Truck' is open mid-March through October. They serve farm fresh craft sandwiches and charcuterie boards.
Tours & Tastings	\$20 tasting fee includes a tasting of 5 or 6 of their award-winning wines. The tasting fee is waived with bottle purchase.
Reservations	Not necessary for parties less than 6
Hours	Daily from 11:00 AM to 5:00 PM.
Contact	 3189 OR-35, Hood River, OR 97031  +1 (541) 386-1277  https://www.wyeastvineyards.com/

3 Mt. Hood Winery

An attractive winery and tasting room with views of both Mount Hood and Mount Adams. Award-winning wines include estate-grown Pinot Gris, Pinot Noir and Riesling.

Wines	Pinot Gris, Pinot Noir and Riesling
Food	No options on site.
Tours & Tastings	\$20 tasting fee includes a tasting of 5 or 6 of their award-winning wines. The tasting fee is waived with bottle purchase.
Reservations	Not necessary
Hours	Open daily from 11:00 AM to 5:00 PM.

Contact

 2882 Van Horn Dr, Hood River, OR 97031
 +1 (541) 386-8333
 <https://mthoodwinery.com/>

4 Evoke Winery Hood River

Formerly Naked Winery, it is not quite as salacious as it sounds. However, they do have “naughty” whites and “thrusty” reds produced on both sides of the river: in Oregon and Washington. They invite you to taste and tour while they play with your senses.

Wines	Reds, Whites, Sweet wines, Sparkling wines
Food	Charcuterie boards and other “small bites”
Tours & Tastings	Flights of 4 wines from \$20
Reservations	Not required
Hours	Open daily from 12:00 PM – 7:00 PM (9:00 PM on Friday and Saturday).

Contact  708 Oak St, Hood River, OR 97031
 +1 (541) 386-3700
 <https://evokewinery.com/>

5 The Pines 1852

A family-owned and operated winery and vineyard. They have knowledgeable staff, a cherry wood bar, bistro tables, and an art gallery for perusing whilst sipping and sampling.

Wines	Reds, Whites, Sweet wines, Sparkling wines
Food	No
Tours & Tastings	They have a \$15 tasting menu.
Reservations	Not required
Hours	Open Thursday to Monday from 12:00 PM – 5:00 PM (Monday at 5:00 PM, Thursday and Sunday at 6:00 PM, Friday at 9:00 PM, and Saturday at 7:00 PM). Closed Tuesday and Wednesday.

Contact  415 Oak St, Hood River, OR 97031
 +1 (541) 993-8301
 <https://www.thepinesvineyard.com/>

6 Phelps Creek Tasting Room

Features wines produced from their nearby estate-grown grapes including a popular dessert wine. Guests who are taking part in a wine tasting are welcome to enjoy a picnic lunch on their patio.

Wines	Pinot Noir, Pinot Gris, Chardonnay
Food	Locally sourced charcuterie and cheese available for purchase with a wine tasting and their café is open from 11:00 AM – 3:30 PM. Picnicking is also allowed.
Tours & Tastings	Tasting Fee: \$10 per person. Waived with any bottle purchase.

Reservations	No reservations required for groups less than 10 guests
Hours	Open daily from 11:00 AM – 5:00 PM.
Contact	 301 Country Club Rd, Hood River, OR 97031  +1 (541) 386-2607  https://www.phelpscreekvineyards.com/

7 Hiyu Wine Farm

Hiyu Wine Farm is a bio-diverse smallholding with animals, gardens and vines. Each weekend they host a winemaker’s lunch. In the afternoon, they continue to offer wine tastings with snacks from their kitchen.

Wines	Pinot Noir, White
Food	Yes. Simple, small servings paired with the wines. They offer a lunch and wine tasting on Friday to Sunday, five-course lunch with wines, \$150 per person.
Tours & Tastings	“Wine Bar Tasting” \$50 per person for 4 wines and ‘small bites’ from the kitchen.
Reservations	Reservations are required for all experiences and events except the Wine Bar Experience on Saturdays and Sundays from 1:00 PM to 4:00 PM on a first-come, first-served basis.
Hours	Open Thursday to Sunday from 12:00 PM – 5:00 PM. Lunch service from 12:00 PM to 2:00 PM, tastings from 2:00 PM to 5:00 PM.
Contact	 3890 Acree Dr, Hood River, OR 97031  +1 (541) 436-4680  https://hiyuwinefarm.com/

8 Willamette Valley Vineyards - Tualatin Estate

Established in 1973, it is one of the oldest and most respected vineyards in the region. Beautiful views from the welcoming, laid-back patio and picnic area. Tualatin is the only winery to have won best in show for a red and white wine in the same year at the London International Wine Competition.

Wines	Pinot Noir, Chardonnay, Riesling, Gewürztraminer and Pinot Blanc.
Food	Salami, cheese and crackers available. Picnics allowed.
Tours & Tastings	Standard tasting: a wine flight that showcases a mix of white and red wines including small-lot bottlings, like their single vineyard designate Pinot Noirs and Griffin Creek wines.
Reservations	Not necessary but can be made online. Best to call ahead for same-day bookings.
Hours	Open Thursday to Monday from 11:00 AM – 5:00 PM. Closed Tuesday and Wednesday.
Contact	 10850 NW Seavey Rd, Forest Grove, OR 97116  +1 (503) 357-5005  https://www.wvv.com/Tualatin?utm_source=gmb&utm_medium=yext

9 David Hill Vineyards & Winery

Set in an 1883 homestead with stunning hilltop views and surrounded by vines, this is a lovely place to visit and certainly one of the most picturesque in the region.

Wines	Pinot Noir (including rosé), Chardonnay, Riesling, Gewurztraminer, Pinot Gris and Pinot Blanc, sparkling and amongst their 'farmhouse' range, an unusual Merlot port.
Food	Charcuterie boards, bread and crackers including vegan options. Picnics not allowed.
Tours & Tastings	Flights are usually 4 wines. Reserve flight, \$30 per person. Estate flight or Discovery flight, \$24 per person.
Reservations	Strongly recommended and can be made online. They do accept walk-ins but there is limited availability.
Hours	Open daily from 11:00 AM – 5:00 PM
Contact	 46350 NW David Hill Rd, Forest Grove, OR 97116  +1 (503) 992-8545  https://www.davidhillwinery.com/

10 SakéOne

While there are no wine tasting rooms in Forest Grove, there is a Sake Brewery that we think is something of a hidden gem. At SakéOne their objective is to craft the finest sake made in America – and they may well have succeeded.

Wines	Saké (Japanese rice wine)
Food	They offer charcuterie boards, snacks, and "treats"
Tours & Tastings	Brewery tours are Saturday and Sunday at 1:00 PM and 3:00 PM. Flights start from \$12, up to \$25.
Reservations	Reservations recommended and can be made online.
Hours	Open Thursday to Monday from 11:00 AM – 5:00 PM.
Contact	 820 Elm St, Forest Grove, OR 97116  +1 (503) 357-7056  https://www.sakeone.com/

11 Willakenzie Estate

Founded over 30 years ago by a Frenchman, (hence the two boules pitches available for use) this winery is named after the Willamette and McKenzie rivers that influence the estate's microclimate. Not the cheapest option but staff are welcoming, knowledgeable and unpretentious.

Wines	Pinot Noir, Pinot Gris, Pinot Blanc, Gamay, Chardonnay and include rosé, sweet and sparkling wines.
Food	Cheese and charcuterie boards available. Please note, they do not allow outside food and drink or picnicking.
Tours & Tastings	Casual fireside tasting on 3 wines from \$25 per person. Estate Tasting of 5 wines from \$40 per person. Tasting fees of \$60 include a charcuterie and cheese board. Seasonal \$50 ATV tours of the estate may also be available.

Reservations	Required, can be made online.
Hours	Open daily from 11:00 AM to 5:00 PM
Contact	 19143 NE Laughlin Rd, Yamhill, OR 97148  +1 (503) 662-3280  https://www.willakenzie.com/

12 Soter Vineyards

Established in 1997 by Tony and Michelle Soter, the vineyards form part of their 240-acre biodynamic farm. The emphasis here is as much on the crops from the farm as the wines and this is reflected in their tasting options (their chef was on Top Chef). Views from the property are lovely and the tasting room is beautiful.

Wines	Pinot Noir and Chardonnay, with a rosé and an acclaimed sparkling wine from those varietals.
Food	A 'provisions' tasting option with wine is available for \$125, Friday to Monday.
Tours & Tastings	Wine tasting fees of \$45 of which \$35 is refunded with the purchase of any bottle of equal or greater value.
Reservations	Required
Hours	Open daily from 11:00 AM to 5:00 PM
Contact	 10880 NE Mineral Springs Rd, Carlton, OR 97111  +1 (503) 662-5600  https://www.sotervineyards.com/

13 Saffron Fields Vineyard

The land was purchased in 2003 and was an old grass-seed farm. The owners have worked hard to turn it into today's beautiful vineyard, they joke that he was allowed the vines, and she was allowed the lovely, landscaped gardens and koi ponds around the contemporary tasting room. Both are passionate about art, and this is reflected in the décor.

Wines	Pinot Noir and Chardonnay
Food	Cheese and charcuterie boards available on request, \$30 for 2 people.
Tours & Tastings	Seated tastings are \$25 per person Guided tours are \$60 per person.
Reservations	Strongly recommended, walk-ins accommodated where possible.
Hours	Thursday to Monday from 11:00 AM to 5:00 PM. Closed on Tuesday and Wednesday
Contact	 18740 NE Laughlin Rd, Yamhill, OR 97148  +1 (503) 662-5323  https://saffronfields.com/

14 Beacon Hill Winery & Vineyard

The estate is currently owned and managed by a husband-and-wife team who purchased it in 2011. There are lovely views from the tasting room with the benefit of no steep climb off the main road to get to them. Online reviews rave about the warm, welcoming and knowledgeable staff.

Wines	Pinot Noir, Chardonnay, Riesling and Albariño
Food	Cheese and charcuterie available on request, picnics are allowed on the lawns.
Tours & Tastings	Tasting fees of \$25, although at the bar visitors can have small samples before they buy a bottle.
Reservations	Recommended, walk-ins accommodated where possible.
Hours	Thursday to Monday from 10:00 AM to 5:00 PM. Closed major holidays.
Contact	 22251 NE Laughlin Rd, Gaston, OR 97119  +1 (503) 662-5212  https://www.beaconhillwinery.com/

15 Lenné Estate

Known for producing high-quality Pinot Noir and Pinot Gris. Situated in the Yamhill-Carlton District, the estate's vineyards benefit from ideal terroir, with well-drained soils and a cool climate that fosters elegant wines. Lenné Estate is celebrated for its sustainable farming practices and exceptional wine offerings. The winery undertook a grand renovation and reopened in April 2025.

Wines	Pinot Noir, Chardonnay, Dijon clone
Food	No
Tours & Tastings	Tasting of 5 wines, \$30 per person. Guided tour and tasting, \$85 per person (2 hours).
Reservations	Recommended
Hours	Thursday to Monday from 9:00 AM to 5:00 PM (open from 11:00 on weekends). Closed Tuesday and Wednesday.
Contact	 18760 NE Laughlin Rd, Yamhill, OR 97148  +1 (971) 348-4264  https://www.lenneestate.com/

16 Carlton Wine Makers Studio

A pioneering cooperative winery in Carlton, Oregon, where over a dozen independent vintners craft acclaimed wines under one eco-friendly, LEED-certified roof. Founded in 2002, it was the first U.S. winery designed as an alternating proprietorship, allowing winemakers to share state-of-the-art facilities while maintaining their own labels. With a modern tasting room and a history of incubating top names like Soter and Penner-Ash, it's a must-visit for diversity, innovation, and quality.

Wines	Pinot Noir (including rosé), Chardonnay, Riesling, Gewürztraminer, Pinot Gris, Pinot Blanc, sparkling, Merlot.
Food	Cheese and charcuterie selections available. Picnics allowed.
Tours & Tastings	Simple tastings available. Experiences: "Many Faces" and "Off the Beaten Path" – both \$45 per person. "Cellar Selection Experience" – \$60 per person.
Reservations	Not required for simple tastings. "Experiences" can be booked online.

Hours	Open daily from 11:00 AM – 5:00 PM
Contact	 801 N Scott St, Carlton, OR 97111  +1 (503) 852-6100  https://www.winemakersstudio.com/

17 Tendril Wine Cellars

The boutique winery of acclaimed winemaker Tony Rynders, known for his elegant, small-lot Pinot Noirs, based in Carlton. With a focus on craftsmanship and storytelling, Tendril offers thoughtfully structured wines, each named to reflect part of the winemaking journey. The intimate tasting experience highlights limited production releases and showcases the depth and character of Oregon’s Willamette Valley. The name “Tendril” honors the vital vine structure that supports grape growth – symbolizing the winery’s deep connection to the vineyard.

Wines	Pinot Noir (including rosé), Chardonnay, Cabernet Sauvignon, Syrah, and a unique white Pinot Noir called “Pretender.”
Food	Not served but picnics are allowed for club members only.
Tours & Tastings	Tastings of a minimum 5-6 wines, maximum visit time of 60-90 minutes.
Reservations	Reservations are highly recommended, however they welcome walk-ins when possible.
Hours	Open Wednesday to Sunday from 11:00 AM – 4:00 PM. Closed Monday and Tuesday.
Contact	 130 W Monroe St, Carlton, OR 97111  +1 (503) 858-4524  https://tendriltwines.com/

18 Ken Wright Cellars

Based in Carlton, this is a renowned winery celebrated for its single-vineyard Pinot Noirs that capture the unique character of distinct Willamette Valley sites. Founded by Ken Wright, a pioneer in Oregon winemaking, the cellar emphasizes terroir-driven wines crafted with precision and transparency. Housed in a restored 1920s train depot, the tasting room offers a welcoming and historic setting to explore some of the region’s most expressive and age-worthy wines.

Wines	Pinot Noir (single-vineyard), Chardonnay, Pinot Blanc, sparkling wine, and small-lot library and reserve selections.
Food	They have a small menu available including cheese and charcuterie boards.
Tours & Tastings	\$30 tasting flight.
Reservations	Recommended and can be made online. They do accept walk-ins but best to call ahead.
Hours	Open daily from 11:00 AM – 5:00 PM
Contact	 120 N Pine St, Carlton, OR 97111  +1 (503) 852-7010  https://kenwrightcellars.com/

19 Cana's Feast Winery

Located just outside Carlton, offers a unique take on Oregon winemaking by blending Northwest fruit with an Old-World sensibility. Known for its warm-climate varietals uncommon in the Willamette Valley, Cana's Feast produces food-friendly wines in a relaxed Tuscan-style setting with sweeping vineyard views. The welcoming tasting room and courtyard provide a perfect backdrop for enjoying bold reds, Italian-inspired blends, and seasonal wood-fired fare.

Wines	Sangiovese, Nebbiolo, Barbera, Arneis, Primitivo, Syrah, Merlot, Cabernet Franc, Pinot Noir, Chardonnay, and several Italian- and Rhône-style blends.
Food	Yes, they offer a Tasting Room Menu. See their website for the current menu. Picnics are permitted apart from event days when a food truck is onsite.
Tours & Tastings	Tasting Fee: \$25 waived with \$45 wine purchase.
Reservations	Strongly recommended on weekends.
Hours	Open daily from 11:00 AM – 5:00 PM
Contact	 750 W Lincoln St, Carlton, OR 97111  +1 (503) 852-0002  https://canasfeast.com/

20 The Eyrie Vineyards

Owner David Lett planted the first Pinot noir vines in the Willamette Valley, in 1965. Ten years later, their Pinot noir earned the first international recognition for Oregon wines winning major competitions in France.

Wines	Pinot Noir, Chardonnay, and Pinot Gris
Food	No
Tours & Tastings	Signature tasting, approximately 75 minutes, \$40 per person.
Reservations	Reservations essential and can be made online up to 2 months in advance.
Hours	Open daily from 11:00 AM – 4:00 PM.
Contact	 935 NE 10th Ave, McMinnville, OR 97128  +1 (503) 472-6315  https://www.eyrievineyards.com/

21 R. Stuart & Co. Tasting Room

Offers a cozy, welcoming atmosphere to enjoy their handcrafted wines, specializing in Pinot Noir. Guests can savor a selection of wines while learning about the winery's dedication to quality and sustainable practices.

Wines	Pinot Noir, Chardonnay, and Pinot Gris, Sparking wines, Rosé
Food	Yes, they have a 'small plate' menu
Tours & Tastings	Tastings by the glass or bottle.

Reservations	Walk ins are welcome on a first-come, first-served basis. Reservations required for groups of 6 or more.
Hours	Open Sunday to Wednesday from 2:00 PM – 8:00 PM and Thursday to Saturday from 12:00 PM – 8:00 PM.
Contact	 528 NE 3rd St, McMinnville, OR 97128  +1 (503) 472-4477  https://rstuartandco.com/

22 Pinot Vista Tasting Lounge

Located in the heart of the historic downtown offers tasting flights, glass pours, and a library of artisan bottle wines in an airy bar setting.

Wines	Pinot Noir, Cabernet Franc, and Chardonnay
Food	They offer light bites such as cheese plates and charcuterie.
Tours & Tastings	Standard tasting flight, \$25 per person.
Reservations	Not required
Hours	Open daily from 11:30 AM – 6:00 PM Sunday and Monday, until 7:00 PM Tuesday to Thursday, and until 8:00 PM Friday and Saturday.
Contact	 448 NE 3rd St, McMinnville, OR 97128  +1 (503) 474-6361  https://www.pinotvistavineyards.com/?gmaps

23 Stoller Family Estate

With an estate of 400 acres planted to vines, this is the largest contiguous vineyard in the Dundee hills. It was established in 1993 and remains family owned and operated. The award-winning, modern tasting room has views over the vines and a wine bar for a more casual tasting experience if preferred.

Wines	Pinot Noir, Chardonnay, Riesling, Tempranillo and Syrah. They also produce sparkling and rosé options of the varietals.
Food	Platters, salads, flatbreads with dips available at the wine bar.
Tours & Tastings	Classic tasting, \$25 per person, 90 minutes. Legacy tasting, \$55 per person. Gastronomic tasting, \$125 per person. Guided tour and tasting, \$85 per person.
Reservations	Recommended but not required.
Hours	Daily from 10:30 AM to 5:30 PM
Contact	 16161 NE McDougall Rd, Dayton, OR 97114  +1 (503) 864-3404  https://www.stollerfamilyestate.com/

24 Branch Point Distillery

Worth a visit, if you like whiskey. This small, local distillery, founded in 2016 is owned and operated by a young couple, keen to put Oregon on the whiskey map. The modern tasting room is managed by friendly, knowledgeable staff and there is a bar where you can sample their whiskeys and related cocktails as well as a pleasant outside terrace.

Alcohol	Whiskey and whiskey cocktails.
Food	Charcuterie and snacks available, picnics allowed for consumption during a tasting.
Tours & Tastings	Ranging up from \$20, \$20 cocktail flights also available.
Reservations	Recommended for formal tastings. Can be made online.
Hours	Thursday to Sunday from 12:00 PM to 6:00 PM (6:00 PM on Sunday)
Contact	 15800 NE McDougall Rd, Dayton, OR 97114  +1 (503) 714-4181  https://www.branchpointdistillery.com/

25 Durant Vineyards

A large, owner-operated estate vines were planted in 1973, thus making it one of the oldest vineyards in the area. Olive trees were added in 2004 and now, as well as wine, visitors can sample their Extra Virgin Olive Oil. The climb to the estate is made worthwhile for the views and in June and July, the estate's lavender fields are in bloom, making it additionally picturesque.

Wines	Pinot Noir (including rosé and white), Chardonnay, Pinot Gris, Sauvignon Blanc
Food	The shop stocks produce from local producers. Picnic platters available with tastings.
Tours & Tastings	Classic wine tastings, \$30 per person, elevated EVOO tasting \$35, olive mill tour \$10. Other tours and tastings available on their website.
Reservations	Required for tastings but shop is open to all, and visitors can taste the EVOO there. Reservations can be made on their website.
Hours	Thursday to Monday from 10:00 AM – 4:00 PM. Closed Tuesday and Wednesday.
Contact	 5430 NE Breyman Orchards Rd, Dayton, OR 97114  +1 (503) 864-2000  https://durantoregon.com/

26 Sokol Blosser Winery

Established in 1971, this is one of the oldest wineries in the area. Their production is organic and their modern and bright tasting room has the advantage of being a slightly shorter climb off the main road than some others in the area.

Wines	Pinot Noir (rosé and sparkling), Grenache, Montepulciano, Pinot Gris, Sauvignon Blanc, Riesling and sparkling whites.
Food	Charcuterie boards, some small, hot dishes and snacks available.
Tours & Tastings	Tasting of 4 wines, \$40 per person.
Reservations	Required, can be made online.
Hours	Daily from 10:00 AM – 4:00 PM.
Contact	 5000 NE Sokol Blosser Ln, Dayton, OR 97114  +1 (503) 864-2282

 <https://sokolblosser.com/visit-our-winery/>

27 Hauer of the Dauen Winery

Pronounced ‘Hour of the Dawn’ this is a low-key, small-batch, family-owned-and-operated winery. Wines are produced from a wide range of grapes, some of which are sourced from other vineyards. The setting is welcoming and down-to-earth. Tastings are per wine.

Wines	Pinot Noir, Pinot Gris, Riesling, Chardonnay, Gewürztraminer. Rosé, sweet and sparkling wines of some of the varieties available.
Food	No food available for purchase but picnics are welcomed.
Tours & Tastings	Call ahead for options available.
Reservations	Preferred
Hours	Saturday and Sunday from 12:00 PM to 5:00 PM.
Contact	 16425 SE Webfoot Rd, Dayton, OR 97114  +1 (503) 868-7359  No website

28 Mystic Wine

This is a winery that proudly specializes in big, bold reds with some varieties that are more unusual for the region. The whites are also worth trying. Founded in 1992 and still in the same hands, it has a great reputation for its friendly, relaxed staff, small batch, quality wines and the lovely outlook from the tasting room and its terrace.

Wines	Merlots, Cabernet Sauvignon, Syrah, Barbera, Dolcetto, Albarino, Pinot Noir.
Food	Picnics welcome.
Tours & Tastings	Classic tasting of 5 wines, \$20 per person.
Reservations	Strongly recommended and can be made online.
Hours	Friday to Sunday from 11:00 AM to 5:00 PM but appointments can be made other days of the week.
Contact	 11931 SE Hood View Rd, Amity, OR 97101  +1 (503) 581-2769  https://mysticwine.com/

29 Vitis Ridge Winery

Vitis is a small winery producing 2,500 cases of wine per year. Chris & Bruce started their winemaking as a hobby, making wine in their garage.

Wines	Reds, Pinot Noir, Pinot Gris, Riesling, White wines, Chardonnay, Cabernet Sauvignon
Food	Not provided but “encourage” you to bring your own
Tours & Tastings	They offer a tasting of their featured wines, \$15 per person. Other tasting options available.
Reservations	Recommended but not usually needed

Hours	Open Saturday and Sunday from 12:00 PM – 5:00 PM. Closed during the week.
Contact	 6685 Meridian Rd NE, Silverton, OR 97381  +1 (503) 873-9800  https://vitisridge.com/

APPENDIX 2 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. What is the most useful tool to help you navigate your tour?
 - ☐ A piece of string and a loadstone
 - ☐ LifeCycle Adventures On-Tour App
 - ☐ Garmin GMR xHD2 Open Array Radar
 - ☐ All of the above
2. The LifeCycle Adventures On-Tour App can be downloaded to:
 - ☐ Your smartphone
 - ☐ Your tablet
 - ☐ All of the above
3. It can be helpful to download Google Maps for the area for use offline:
 - ☐ True
 - ☐ False
4. Things to consider booking before you travel include:
 - ☐ Hot Air Balloon Rides
 - ☐ Wine tours
 - ☐ Activities
 - ☐ Hard-to-book restaurants
 - ☐ All of the above
5. Useful things to pack include:
 - ☐ Floor pump
 - ☐ Your bike helmet
 - ☐ Kitchen sink
 - ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
 - ☐ All of the above
6. We provide the following equipment:
 - ☐ Two LifeCycle Adventures water bottles
 - ☐ Floor pump that travels with your luggage
 - ☐ Phone mount for your phone
 - ☐ All of the above

About the Area

7. Which region is famous for producing world-class Pinot Noirs?
 - ☐ Columbia River Gorge
 - ☐ Mount Hood
 - ☐ Willamette Valley
 - ☐ Rogue Valley
 - ☐ None of the above, Oregon only grows fir trees
8. What historic route did Oregon pioneers follow over Mount Hood?
 - ☐ Columbia Trail
 - ☐ Barlow Road (part of the Oregon Trail)
 - ☐ Lewis and Clark Wagon Road
 - ☐ Timberline Route
 - ☐ Trail of Ten Falls
9. Which town is known for windsurfing, breweries, and views of Mount Hood?
 - ☐ McMinnville
 - ☐ Silverton
 - ☐ Hood River
 - ☐ Forest Grove
10. Where can you ride one of “Bicycling Magazine’s” best bike routes, including scenic tunnels and river views?
 - ☐ Silver Falls State Park
 - ☐ Historic Columbia River Highway
 - ☐ Timberline Lodge
 - ☐ Mount Hood Scenic Loop
 - ☐ The Barlow Tollway
11. What natural phenomena is responsible for the fertile soils of the Willamette Valley?
 - ☐ The Columbia River Dam
 - ☐ The Missoula Floods
 - ☐ The eruption of Mount Hood
 - ☐ Earthquake uplift
 - ☐ Centuries of composting hazelnuts
12. Timberline Lodge is famous for:
 - ☐ Its use in *The Shining*
 - ☐ Being built by the Works Progress Administration (WPA)
 - ☐ Sitting at 6,000 feet elevation
 - ☐ Having access to year-round skiing
 - ☐ All of the above

13. What crop is NOT widely associated with Oregon's agriculture?

- ☐ Hazelnuts
- ☐ Hops
- ☐ Pineapple
- ☐ Grapes
- ☐ Blueberries

14. The legend of the Bridge of the Gods explains the origins of which mountains?

- ☐ Mount Rainier, Mount Hood, and Mount St. Helens
- ☐ Mount Adams, Mount Jefferson, and Mount Bachelor
- ☐ Mount Hood, Mount Adams, and Mount St. Helens
- ☐ Mount McLoughlin, Mount Hood, and Mount Mazama
- ☐ It's just a myth, there's no such bridge

Overnight Towns

15. Hood River was originally named:

- ☐ Cat Village
- ☐ Timber Town
- ☐ Dog River
- ☐ White Salmon
- ☐ Hood River

16. Which Oregon town claims to have the state's first golf resort?

- ☐ Welches
- ☐ Stevenson
- ☐ McMinnville
- ☐ Silverton
- ☐ Forest Grove

17. Which museum is home to the Spruce Goose aircraft?

- ☐ Evergreen Aviation & Space Museum
- ☐ McMinnville History Museum
- ☐ Wings Over Oregon Museum
- ☐ The Howard Hughes Museum

18. Which Oregon town was the first to elect an openly transgender mayor?

- ☐ McMinnville
- ☐ Hood River
- ☐ Silverton
- ☐ Silver Falls
- ☐ Portland

19. In which state park can you walk the Trail of Ten Falls through a temperate rainforest?

- ☐ Silver Falls SP
- ☐ Silverton SP
- ☐ Silverwood SP
- ☐ Silver Dollar SP
- ☐ Silverado SP

20. Skamania County, Washington, protects which mythical creature by law?

- ☐ Loch Ness Monster
- ☐ Chupacabra
- ☐ Sasquatch
- ☐ Thunderbird
- ☐ An honest politician
- ☐ Unicorn

On Tour

21. List all the works of fiction mentioned or alluded to in the section *Using the On-Tour App*

APPENDIX 3 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. All of the above
5. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
6. All of the above

About the Area

7. Willamette Valley
8. Barlow Road
9. Hood River
10. Historic Columbia River Highway
11. The Missoula Floods
12. All of the above
13. Pineapple
14. Mount Hood, Mount Adams, and Mount St. Helens

Overnight Towns

15. Dog River
16. Welches
17. Evergreen Aviation & Space Museum
18. Silverton
19. Silver Falls SP
20. Sasquatch

On Tour (Qu. 21)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)
- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 21 questions in total. How did you do?

- 19 well done.
- 14 brilliant!
- 18 genius!!
- 21 really!?

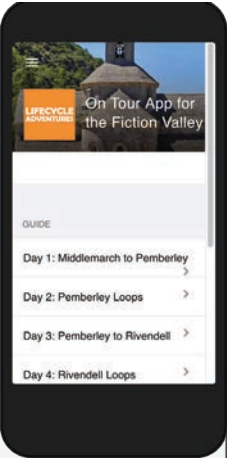
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.





Explore the world by bike, on your own terms

NORTH AMERICA

Big Island, Hawaii
Mount Hood, Oregon
San Juan Islands,
Washington
Willamette Valley, Oregon



SCAN

TO DOWNLOAD THE eBook
VERSION OF THIS GUIDEBOOK
see page 7 for details

EUROPE

Catalonia, Spain
Douro Valley, Portugal
Holland
Loire Valley, France
Provence, France
Puglia, Italy
Istrian Peninsula, Croatia
Pyrenees, France
Southwest Ireland
Tuscany, Italy

