



 **LIFECYCLE
ADVENTURES**

San Juan Islands

WASHINGTON

Planning

About the Area

Overnight Towns

On Tour FAQ



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

Inside 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

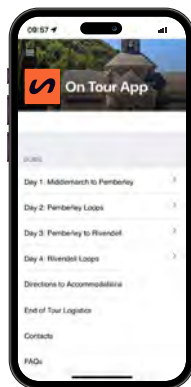
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

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.



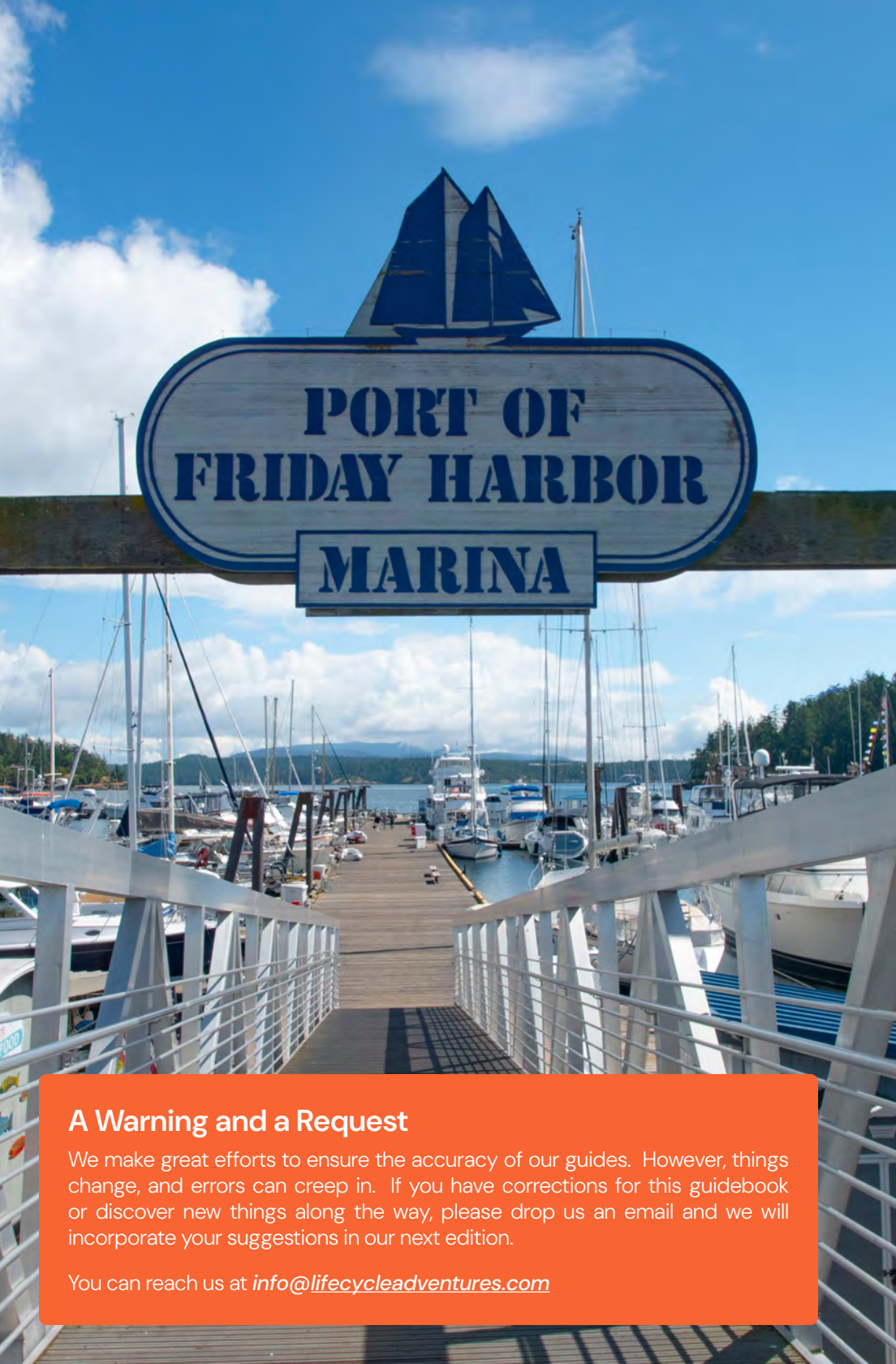
 **LIFECYCLE
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WASHINGTON

Written & Researched by

Victoria Craig & Gregory Craig



PORT OF FRIDAY HARBOR MARINA

A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things 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	7	What to Pack	12
Downloads for your phone	8		

ABOUT THE AREA 15

Introduction	16	Food and Drink	24
Routes & Highlights	17	Fun Facts	25
Climate & Geography	21	Essentials	29
History	22		

OVERNIGHT TOWNS 35

Friday Harbor	36	Eastsound	48
---------------	----	-----------	----

ON TOUR 59

LifeCycle Adventures Services	60	Troubleshooting the App	89
Using the On-Tour App	62	Safety and Enjoyment	91
Navigating Your Routes	75	Fixing a Flat	93

APPENDICES 101

Appendix 1 – Quiz Questions	102	Appendix 2 – Quiz Answers	106
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PLANNING YOUR TOUR

Getting There	6
Where to Stay Before Your Tour	7
Downloads for Your Phone	8
Things to Book Before You Travel	10
What to Pack	12



Guests often stay in Seattle before going to Friday Harbor to start their tour

GETTING THERE

Tours typically start in Friday Harbor on San Juan Island. There are several options for getting to Friday Harbor:

- Fly direct to Friday Harbor from Seattle's Boeing Field airport
- Drive to Anacortes and take the Washington State Ferry
- Take the airport shuttle from Seattle's SEA-TAC airport to Friday Harbor
- Taxi Transfers from Seattle or Seattle Airports to Anacortes

Flying into Friday Harbor

Friday Harbor is a small airport. Kenmore Air operates six flights a day to Friday Harbor from Seattle. Flights leave from Boeing Field, but there is a free shuttle from the main (SEA-TAC) airport. Prices are around \$250pp return for scheduled flights – www.kenmoreair.com / (425) 486-1257.

Northwest Sky Ferry operates flights from Bellingham, WA to Friday Harbor for \$100 to \$150pp return – www.nwskyferry.com / (360) 676-9999.

San Juan Airlines offers scheduled flights to Friday Harbor from Bellingham and Anacortes, WA. In addition, they operate chartered flights from Seattle, Victoria, and Vancouver – www.sanjuanairlines.com / (360) 293-4691.

Driving to Anacortes and taking a ferry to Friday Harbor

Anacortes is 80-miles north of Seattle. There is parking at the Anacortes Ferry Terminal – \$10/day or \$40/week. From here you can walk onto the Washington State Ferry to Friday Harbor – \$13 pp. If you plan to take your car on the ferry, we strongly recommend making a booking at <http://www.wsdot.com/ferries/>

Airport Shuttle from SEA-TAC Airport

There are a couple of shuttle services from Seattle's SEA-TAC airport to Friday Harbor via the Washington State Ferries through Anacortes: Airporter Shuttle – www.airporter.com / (360) 380-8800 and Island Airporter – www.islandairporter.com / (360) 378-7438. The shuttle service is approximately \$50 one-way.

Taxi Transfers from Seattle or Seattle Airports to Anacortes

Anacortes Airport Taxis provide transfers from Seattle–Tacoma International (SEA), Boeing Field (BFI), and downtown Seattle to Anacortes. You then walk on to ferry in Anacortes and walk to your hotel in Friday harbor <https://anacortesairporttaxi.com> / (360) 200 6656. Only practical for Friday Harbor hotels close to the ferry terminal.

WHERE TO STAY BEFORE YOUR TOUR

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

In Seattle

The Alexis Royal Sonesta Hotel Seattle

 1007 1st Ave, Seattle, WA 98104

 +1 206 624 4844

 <https://www.sonesta.com/royal-sonesta/wa/seattle/alexis-royal-sonesta-hotel-seattle>

Inn at the Market

 86 Pine St, Seattle, WA 98101

 +1 206 443 3600

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

The Edgewater Hotel

 2411 Alaskan Wy, Seattle, WA 98121

 +1 206 792 5959

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

The Maxwell Hotel

 300 Roy St, Seattle, WA 98109

 +1 206 286 0629

 <https://www.staypineapple.com/the-maxwell-hotel-seattle-wa>

Ace Hotel Seattle

 2423 1st Ave, Seattle, WA 98121

 +1 206 448 4721

 <https://acehotel.com/seattle/>

In Friday Harbor

Tucker House

 275 C St, Friday Harbor, WA 98250

 +1 360 378 2783

 <https://tuckerharrisoninn.com/>

Friday Harbor House

 130 West St #101, Friday Harbor, WA 98250

 +1 360 378 8455

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

Discovery Inn

1016 Guard St, Friday Harbor, WA 98250

+1 360 378 2000

<https://www.discoveryinn.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
- Whats App
- 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

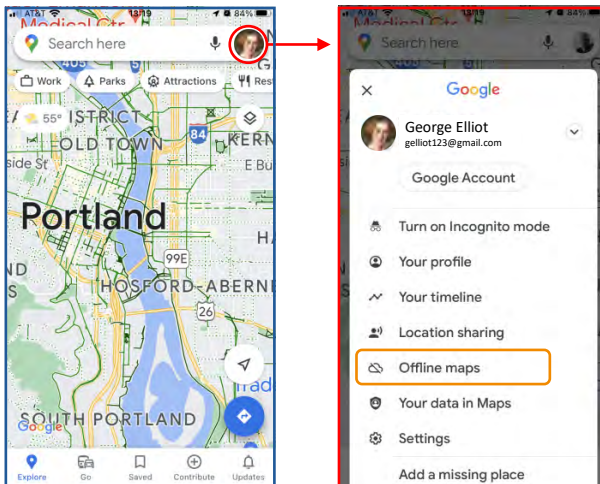
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

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.

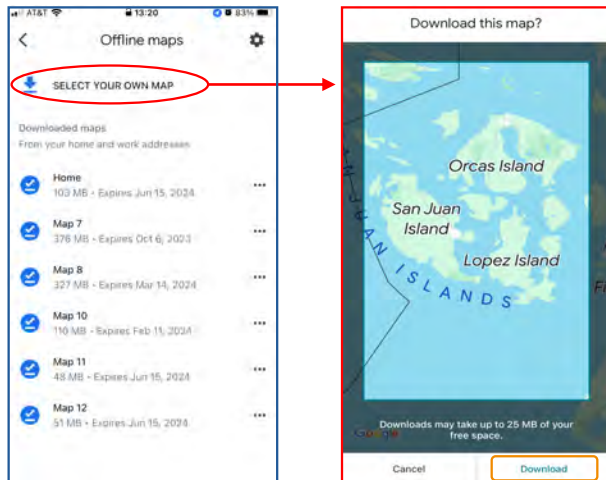
In the Google Maps app:

- Tap on your profile picture (or letter) in the top right-hand corner
- Select Offline maps



continued ...

- In Offline maps, zoom the maps to Washington State to include San Juan, Orcas, and Lopez Islands Then click "Download".



Downloading the Ferry App

Ferry times can change, and sailings can be cancelled at short notice. It is helpful to be able to check ferry times and sailings. You can check online at <http://www.wsdot.com/ferries/schedule/> or by phoning 1(888) 808-7977. There is also a good app that includes ferry schedules and alerts. Type in the term "WSDOT" in Google Play or the Apple App Store to download the app. The app is not essential but nice to have.



THINGS TO BOOK BEFORE YOU TRAVEL

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.

Sea Kayaking

There are several operators in Friday Harbor, Roche Harbor, and Eastsound. Most offer a three-hour tour or a full-day tour in either a single or double kayak. On the tour, you get close to marine life and explore the coastline. We have had good reports for the following operators.

San Juan Outfitters in Roche Harbor & Friday Harbor

The only kayaking tour operator in Roche Harbor. This location is great for kayaking and wildlife tours as it has a combination of protected water and wildlife hotspots.

Transfers available from Friday Harbor. They also offer some tours from Friday Harbor. There are multiple tours to choose from with varying durations, focus, and starting points. For example, their 3-hour Roche Harbor tour is \$125 pp and departs at 10:00 AM and 2:00 PM.

 10 Front St. Suite 102., Friday Harbor

 +1 (360) 378-1323

 <https://www.sanjuanislandoutfitters.com/sea-kayak-tours>

See *Friday Harbor* and *Eastsound* in the *Overnight Towns* section of this guidebook for listings of more kayaking operators.

Whale Watching

Cruises typically head deep into Canadian waters in search of orcas, minke whales, and humpback whales. You may also see porpoises, seals, sea lions, otters and eagles.

San Juan Safaris in Friday Harbor

We like the *Classic Whale Watch & Wildlife Tour from Friday Harbor*, ~\$125 per person and tours last approximately three hours. Departures are either 12:30 PM or 5:30 PM and are directly from Friday Harbor.

 10 Front St. Suite 102., Friday Harbor

 +1 (360) 378-1323

 <https://www.sanjuansafaris.com/whale-watching-tours-come-join-us-san-juan-safaris>

See *Friday Harbor* and *Eastsound* in the *Overnight Towns* section of this guidebook for listings of more whale watching operators.

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at 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 Friday Harbor

- Coho Restaurant

In Eastsound

- New Leaf Café and Lounge at the Outlook Inn
- Matia Kitchen
- Inn at Ship Bay

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

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

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 chain

If you are bringing your own bike, we would also 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.



ABOUT THE AREA

Introduction	16
Routes & Highlights	17
Climate & Geography	21
History	22
Food & Drink	24
Fun Facts (and other things of interest)	25
Essentials	29



Roche Harbor, San Juan Island

INTRODUCTION

The San Juan Islands are a bucolic wonderland with a pace of life reminiscent of a time long passed on the mainland. Many drivers wave as they pass, and you will receive one of the friendliest welcomes anywhere in the United States. You ride on quiet lanes through lush forests, past small farms, and around coves where the sun sparkles off the water. The ferries between the islands are all part of the adventure: it is not uncommon to see seals, sea lions, porpoises, and even orcas (killer whales) breaching.

San Juan Island, the most populous, is steeped in history. Visit American Camp and English Camp, remnants of the Pig War, a standoff between British and American forces in the 1850s. Stroll through Friday Harbor's charming streets, filled with art galleries, bookstores, and waterfront cafés. Nature lovers will enjoy Lime Kiln Point State Park, one of the world's best land-based whale-watching spots. Roche Harbor, once a thriving lime works, now boasts a picturesque marina and historic hotel.

Orcas Island, the largest of the San Juans, is often called the "Emerald Isle" for its lush, forested hills. Its most famous attraction, Moran State Park, offers over 5,000 acres of hiking trails, pristine lakes, and Mount Constitution, the highest point in the islands. The summit provides breathtaking panoramic views. Eastsound, the island's main village, has a thriving arts scene, with galleries, live music, and excellent dining.

Lopez Island, known as "The Friendly Isle," is perfect for cyclists with its gentle terrain and welcoming community. Enjoy farm-to-table dining, visit Spencer Spit State Park, or relax at one of the island's many quiet beaches.

Shaw Island, the smallest and least developed of the islands served by ferry, offers peaceful roads, hidden coves, and the unique Our Lady of the Rock monastery.

In short, each island promises a unique and unforgettable experience.

ROUTES & HIGHLIGHTS

The map on the following page shows the *intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you and your tour may not include all these routes and overnight towns. Typically, Shaw Island is only included on longer tours. 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

¹ Not all days have all levels of riding.

Intermediate Routes and Highlights - WEST



Intermediate Routes and Highlights - EAST



1 Friday Harbor

A lively yet laid-back waterfront town with historic charm, art galleries, great dining, and walkable. It is the commercial center of San Juan Island.



2 Eastsound Village

The main village and largest community on Orcas Island. A lively, artistic, and cultural hub with galleries, cafes, and boutique shops set against a stunning seaside backdrop.



3 Lopez Island

Known as the friendly isle or Slow-Pez; don't be surprised if drivers wave at you as they pass. Even more laid back than San Juan and Orcas Islands. Includes Spencer Spit State Park – a serene, sandy spit perfect for picnicking, and beachcombing.



4 Shaw Island

A quiet, undeveloped retreat with peaceful roads, scenic beaches, and timeless charm. The island is home to Shaw General Store (founded 1898) and a working Benedictine monastery.



5 Lime Kiln Point State Park, San Juan Island

Known as one of the best places in the world to watch whales from land. The park is also home to an iconic lighthouse and scenic trails.



6 San Juan Island National Historical Park

Includes both American Camp and English Camp (two sites), where you can explore the history of the 1859 Pig War between the U.S. and Britain.



7 Moran State Park & Mount Constitution, Orcas Island

Moran State Park, home to Mount Constitution (2,409 ft), features serene lakes, waterfalls, and forested trails, with the summit offering breathtaking 360° views all the way to mainland US and Canada.



8 Ferries

Riding the ferries between the San Juan Islands is all part of the experience. Expect stunning views of the interisland channels and distant mountains. You may also spot seals, porpoises, sea lions, and even orcas (killer whales) from on deck.



9 Whale watching and Kayaking excursions

Whale watching and kayaking excursions offer a chance to observe whales, orcas, seals, and sea birds from the water. All set against the backdrop of pristine coves and forested shorelines.

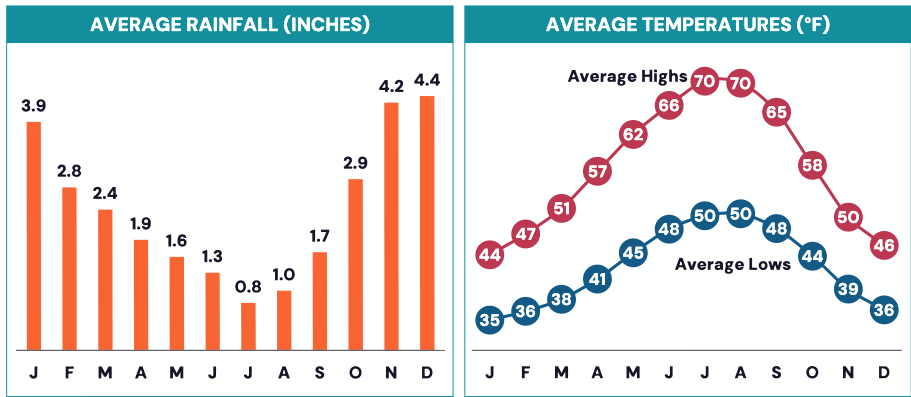


CLIMATE & GEOGRAPHY

For their latitude, the San Juan Islands have a relatively mild and dry climate; mild due to the influence of the ocean, and dry thanks to their position in the rain shadow of the Olympic Mountains.

The best months to visit the San Juan Islands are May through September, when the temperatures are pleasantly warm and the risk of rainfall much lower. Even in summer, temperatures are never stifling and there is typically a pleasant sea breeze. Spring and fall are still okay, but you need to be prepared for rain and lower temperatures. We do not recommend cycling here in winter.

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Olga – a weather station on Orcas Island.



Data Source: www.intellicast.com

HISTORY

In Two Sentences

The San Juan Islands have been home to Coast Salish peoples for thousands of years. The islands were valued for their abundant marine life and sheltered coves. European exploration began in the late 18th century, leading to British and American settlement and culminating in the peaceful 1859 Pig War, which ultimately established U.S. control of the islands.



San Juan Island at the time of the Pig War courtesy of National Park Service

Key Dates

Pre-1700s

Coast Salish peoples, especially the Lummi Nation, inhabit the islands, migrating seasonally between the islands and mainland. They rely heavily on salmon and develop sophisticated fishing methods such as reef netting. (Reef netting is still demonstrated today at the Shaw Island Historical Museum.)

1791

Francisco de Eliza (Spanish) names the archipelago Isla y Archipelago de San Juan, after his patron, the Viceroy of Mexico. Orcas Island is named for "Horcasitas", a shortened form of the viceroy's surname.

1792

George Vancouver (British Royal Navy) explores the region, encounters Eliza's charts, and retains many Spanish names but renames the Strait of Georgia.

1841	Charles Wilkes (U.S. Navy) maps the region, renames many places with patriotic American names and dubs the San Juans the "Navy Archipelago." Some of his names survive (e.g., Shaw, Blakely, Sinclair).
1770s–1850s	Smallpox and other diseases devastate Coast Salish populations as contact with Europeans increases.
1843	Hudson's Bay Company establishes Fort Camosun (later Victoria on Vancouver Island) and begins operations on San Juan Island.
1846	Oregon Treaty sets the U.S.–Canada border at the 49th parallel but leaves the marine boundary through the islands ambiguous.
1852	Oregon Territory creates Island County, claiming the San Juans.
1855	Washington Territory taxes Hudson's Bay Company land on San Juan Island; the Company refuses, triggering land seizures.
1859	The Pig War begins when an American farmer shoots a British pig; both sides send troops, but war is avoided.
1871	U.S. and Britain submit the dispute to Kaiser Wilhelm I of Germany for arbitration.
1872	Germany rules in favor of the U.S.; the Haro Strait is declared the official border, and the San Juan Islands become American territory.
1873	The U.S. officially incorporates the islands into Whatcom County, Washington Territory. American settlers increase in number, many engaging in farming, fishing, and lime production. Later Edward Warbass successfully lobbies for the creation of San Juan County, with Friday Harbor designated as the county seat—though for a time he was its only resident.
Late 1800s	Lime production, logging, fishing, and agriculture (especially fruit like apples, strawberries, and pears) become the backbone of the island economy. Sailing ships and steamships regularly service the islands, transporting freight, produce, and passengers between the islands and Puget Sound ports.
1909	Friday Harbor is officially incorporated as a town, becoming the economic and administrative hub of the archipelago.
1930s–1940s	Great Depression and WWII, along with agricultural pests (like the pea weevil) and competition from Eastern Washington, lead to a decline in farming and export industries.
1960s	Tourism, retirement living, and real estate begin to replace traditional industries.
1972	The San Juan Islands National Historical Park is established to preserve sites related to the Pig War and early settlement.

2000s–present

The islands gain fame for eco-tourism, including kayaking, whale watching, and cycling. The region also sees growth in art, cuisine, and environmental conservation.

FOOD & DRINK

Food in the San Juan Islands

Overview

Food and drink are a true highlight of the San Juan Islands, with a distinctly Pacific Northwest character rooted in the region's natural bounty and artisanal spirit. While not radically different from the broader U.S., the islands offer local, seasonal, and sustainable approach to cuisine that sets them apart—especially for visitors seeking fresh, high-quality food in beautiful surroundings.

Artisan food and drink producers flourish here. You'll find hand-crafted cheeses, small-batch jams, wood-fired breads, and charcuterie, often made by people you can meet at the local markets. San Juan Island Cheese and Horseshoe Farm are just a couple of notable names in the growing local food scene.



Coffee culture is alive and well across the islands, in true Pacific Northwest fashion. Visitors will find no shortage of high-quality espresso, fresh pastries, and cozy cafés. Not to be missed are the island-famous Holly B's Bakery on Lopez Island and Brown Bear Baking in Eastsound, both beloved by locals and travelers alike.

Farm-to-Table

The islands are also home to a strong farm-to-table movement. Small organic farms dot the landscape, producing heirloom vegetables, fresh greens, berries, and artisanal cheeses. Lopez Island, in particular, is known for its pastoral farmland and local producers. Farmers' markets and local grocers proudly feature produce, meats, and preserves sourced from nearby fields.

Sea Food

Seafood is a natural centerpiece, thanks to the surrounding cold, nutrient-rich waters. Dungeness crab, halibut, Pacific salmon, and oysters are all regional specialties, often caught just hours before reaching your plate. Many restaurants in the islands, especially on San Juan and Orcas, feature dock-to-dish menus, and smoked salmon is a common delicacy.



Wineries, Cideries, and Distilleries

The San Juans also boast a modest but thriving collection of wineries, cideries, and distilleries. San Juan Vineyard offers tastings of wines made from grapes grown in the islands' cool maritime climate. Orcas Island is home to several cider and spirits producers, often using fruit from nearby orchards.

FUN FACTS (AND OTHER THINGS OF INTEREST)

Friday Harbor was not the First

The first major American settlement on San Juan Island was not Friday Harbor but rather San Juan Town – later known as Old Town. San Juan Town sprang up in the 1860s just north of American Camp on Griffin Bay because of the influx of American troops during the Pig War. It quickly developed a well-earned reputation for lawlessness with saloons, liquor stores, and brothels.

In the 1890s, Friday Harbor began to overtake San Juan Town as the major commercial center thanks to its better stores and a devastating fire that struck the Old Town. San Juan Town then all but disappeared from the map save for a reference to Old Town Lagoon – just west of Jakles Lagoon and east of Fourth of July Beach.

Orcas are not Whales, but they are Killers

Orcas are dolphins, not whales. They are commonly called 'killer whales' due to a mistranslation of the Spanish phrase 'asesino de ballenas' which means 'whale killer.' This name comes from sailors having observed orcas hunting larger whales. Nowadays, the word 'orca' is increasingly used rather than 'killer whale.'



The Pig War of 1859 – The Only War Fought Over a Pig

The Oregon Treaty of June 15, 1846, placed the border between Canada (the British Empire) and the USA through "the middle channel" of the straits which separates the continent from Vancouver Island. However, there are actually two straits which could be called the middle of the channel: Haro Strait, along the west side of the San Juan Islands; and Rosario Strait, along the east side.



In 1856, the US and Britain set up a Boundary Commission to resolve several issues regarding the international boundary, including the water boundary around the San Juan Islands. However, after lengthy negotiations, there was no agreement.

Because of this ambiguity, both the United States and Britain claimed sovereignty over the San Juan Islands. During this period of disputed sovereignty, Britain's Hudson's Bay Company established operations on San Juan Island and turned the island into a sheep ranch. Meanwhile, by mid-1859, 20 to 30 American settlers had arrived.

On June 15, 1859, Lyman Cutlar, an American farmer, found a large black pig rooting in his garden. This was not the first time he had found a pig eating his tubers. Cutlar shot the pig dead. It turned out that the pig was owned by an Irishman, Charles Griffin, who was employed by the Hudson's Bay Company to run the sheep ranch. Cutlar offered \$10 to Griffin to compensate for the pig, but Griffin was unsatisfied with this offer and demanded \$100. Following this reply, Cutlar believed he should not have to pay for the pig because the pig had been trespassing on his land. When British authorities threatened to arrest Cutlar, American settlers called for military protection.

Help arrived in the form of 66 American soldiers of the 9th Infantry under the command of Captain George Pickett. Their orders were to prevent the British from landing. The British sent three warships under the command of Captain Geoffrey Hornby to counter the Americans. The situation continued to escalate. By August 10, 1859, 461 Americans with 14 cannons under Colonel Silas Casey were opposed by five British warships mounting 70 guns and carrying 2,140 men. During this time, no shots were fired.

Local commanding officers on both sides had essentially the same orders: defend yourselves but absolutely do not fire the first shot. For several days, the British and US soldiers exchanged insults, each side attempting to goad the other into firing the first shot, but discipline held on both sides, and thus no shots were fired.

When news about the crisis reached Washington and London, officials from both nations were shocked and took action to calm the potentially explosive international incident.

In September, US President James Buchanan sent General Winfield Scott to negotiate with Governor Douglas and resolve the growing crisis. This was in the best interest of the United States, as sectional tensions within the country were increasing, soon to culminate in the Civil War. Scott had calmed two other border crises between the two nations in the late 1830s. He arrived in the San Juans in October and began negotiations with Douglas.

As a result of the negotiations both sides agreed to retain joint military occupation of the island until a final settlement could be reached, reducing their presence to a token force of no more than 100 men. The "British Camp" was established on the

north end of San Juan Island along the shoreline for ease of supply and access; and the "American Camp" was created on the south end on a high, windswept meadow, suitable for artillery barrages against shipping.

Today the Union Jack still flies above the "British Camp", being raised and lowered daily by park rangers, making it one of the very few places without diplomatic status where US government employees regularly hoist the flag of another country.

During the years of joint military occupation, the small British and American units on San Juan Island had a very amicable mutual social life, visiting one another's camps to celebrate their respective national holidays and holding various athletic competitions. Park rangers tell visitors the biggest threat to peace on the island during these years was "the large amounts of alcohol available."

This state of affairs continued for the next 12 years. In 1871, Great Britain and the United States signed the Treaty of Washington. Among the agreements in the treaty was the decision to resolve the San Juan dispute by international arbitration under Kaiser Wilhelm I of Germany. Wilhelm referred the issue to a three-man arbitration commission. On October 21, 1872, the commission chose the American-preferred marine boundary via Haro Strait, to the west of the islands, over the British preference for Rosario Strait which lay to their east.

On November 25, 1872, the British withdrew their Royal Marines from the British Camp. The Americans followed by July 1874.

The Pig War is commemorated in San Juan Island National Historical Park.

You Can See Whales from Land

Lime Kiln Point State Park on the west side of San Juan Island is one of the only places in the world where you can regularly see gray whales and orcas (killer whales) from shore. Known as "Whale Watch Park," it's a favorite spot for spotting the resident Southern Resident orcas as they pass through Haro Strait, especially in summer. Interpretive displays, a 1919 lighthouse, and knowledgeable park rangers add to the experience.



The Islands Have Spanish, British, and US Names

The name "San Juan" was given in 1791 by Spanish explorer Francisco de Eliza, who named the archipelago in honor of his patron, the Viceroy of Mexico. British explorer George Vancouver arrived the next year and retained many Spanish names but added some of his own. Later, in 1841, American explorer Charles Wilkes renamed many features after U.S. Navy officers, giving us names like Shaw, Blakely, and Decatur. As a result, the islands have a rich mix of Spanish, British, and American naming heritage.



Reef Net Fishing Is an Ancient Indigenous Technique

Long before Europeans arrived, the Lummi Nation perfected reef net fishing, a technique still practiced today and passed down through generations. It involves stretching a net between two anchored canoes over a “reef” created with underwater structure and natural current flows, allowing fish to swim in and be gently scooped out. This method, unique to the region, is highly selective and sustainable, showcasing the ingenuity of Coast Salish communities.



There Are Over 400 Islands – But Only a Few Are Inhabited

The San Juan archipelago consists of over 400 islands, reefs, and rocks, but only about 20 are inhabited year-round. Just four—San Juan, Orcas, Lopez, and Shaw—are served by the Washington State Ferries, making them the most accessible for visitors. Many of the smaller islands are only reachable by private boat or kayak and are often designated as wildlife refuges or nature preserves.

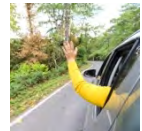


The Rain Shadow

The San Juans sit in the rain shadow of the Olympic Mountains, meaning they receive far less rain than nearby Seattle. While Seattle averages around 37 inches of rain per year, parts of the islands get as little as 20 inches. This creates a milder, sunnier microclimate—with golden grasslands, madrona trees, and blue-sky summers—that surprises many first-time visitors expecting typical Pacific Northwest drizzle.

The Lopez Wave

Lopez is an island of farms and pretty bays where people really do wave at each other. If a driver does not lift his finger from the wheel as they pass you, they are probably a tourist. If a driver takes his hand off the wheel and waves, they are probably a tourist. It is all a matter of balance.



ESSENTIALS

Hotel and Other 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 Friday Harbor and Eastsound with the Eastsound option being a little nicer and better value.

Downtown Laundry, Friday Harbor

Open 8:30 AM to 8:30 PM

 Sunshine Alley, Friday Harbor, WA 98250

 +1 360 370 7012

 <https://maps.app.goo.gl/c2Kdpdst9cmfrMfk9>

Country Corner Laundry, Eastsound

Open 8:00 AM to 9:00 PM

 837 Crescent Beach Dr, Eastsound, WA 98245

 +1 360 376 6900

 <https://maps.app.goo.gl/MrsMRKbbNdGBdog99>

Where can I find internet access?

Wi-Fi is common in hotels and restaurants (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 both Friday Harbor and Eastsound.

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 do I check the ferry schedules and find out about any delays?

Ferry times can change, and sailings can be cancelled at short notice. We strongly advise that you confirm your ferry schedule the night before sailing between islands. You can check online at <http://www.wsdot.com/ferries/schedule/> or by phoning 1(888) 808-7977.

There is also a good app that includes ferry schedules and alerts. Type in the term "WSDOT" in Google Play or the App Store to download the app.

How is the traffic on the roads in the San Juan Islands?

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 routes. Traffic on the islands typically peaks when ferries have just arrived and shortly before a scheduled departure time. Even if you are unloaded from a ferry before the cars, it can be worth waiting for all the cars to pass before going on your way.

For the most part, drivers are not in a rush and are respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic and on roads without a shoulder.

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 en route – though we do try to list the major ones.

The best guide to the islands is the Moon guide called *San Juan Islands*. Fodor's and Lonely Planet have more general guides (Pacific Northwest and Washington & Oregon) that include information on the islands.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we recommend *San Juan Islands Map, Road & Recreation* published by Great Pacific Maps. It is available from Amazon.

Local Customs

What are local dress codes?

In the San Juan Islands, people tend to be relaxed and dress relatively casually. It is quite acceptable and common to ride in Lycra or sportswear and, 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 laundromats is common in Seattle and larger U.S. cities. However, the countryside in the San Juan Islands is relatively safe. That said, it is good practice to be discreet with your valuables 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. There are pharmacies in both the overnight towns. Please call us if we can be of any help.

If Travelling from Outside of the United States

Can I use my non-US charger and hair dryer in the San Juan Islands?

Like the rest of the U.S. and Canada, sockets in the San Juan Islands 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 the San Juan Islands.

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 the San Juan Islands?

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 the San Juan Islands?

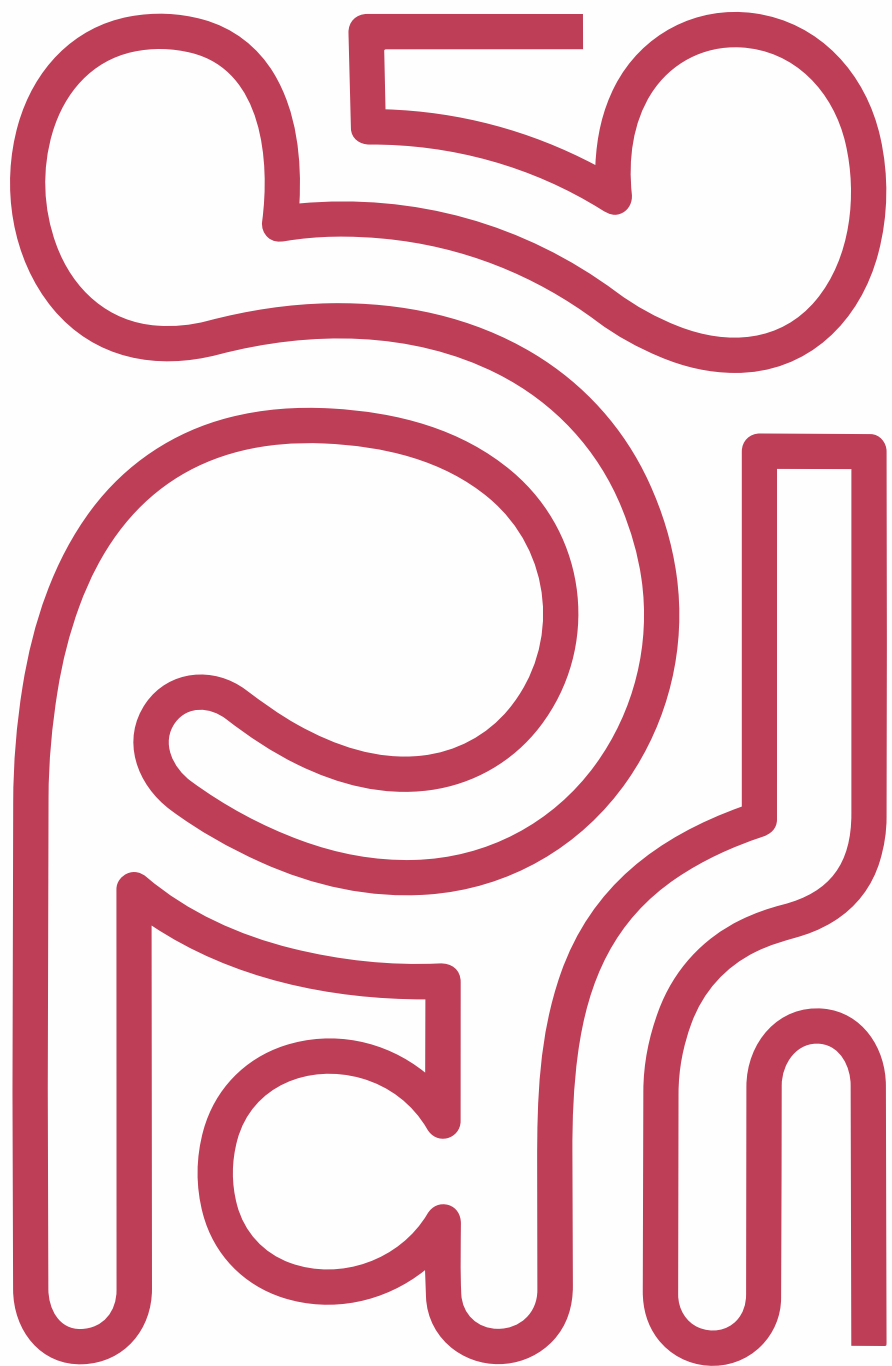
If travelling from outside of the U.S., you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

On the western side of San Juan Island, you can very occasionally pick up a Canadian cellphone signal. If you use your phone in these circumstances, you may be charged a roaming fee.

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.



OVERNIGHT TOWNS

Friday Harbor	36
Eastsound	48



Float Plane in Friday Harbor

FRIDAY HARBOR

Overview

Friday Harbor is a charming, well-preserved town that serves as the gateway to the San Juan Islands. It offers an inviting mix of history, culture, and scenic beauty. The town's historic streets are lined with art galleries, bookshops, and boutiques. Seafood features prominently on many menus, with fresh, locally sourced ingredients. The town is also home to a whale museum and numerous whale-watching tours, offering visitors the chance to learn about and observe the region's famed orcas (killer whales).

The origins of Friday Harbor trace back to the 1840s when Joseph Poalie Friday, a Hawaiian employed by the Hudson Bay Company, tended sheep on the mainland. By the 1860s, he had moved to San Juan Island, where he continued raising and herding sheep in the area that would bear his name. While the town may have been named after Joe Friday, its formal establishment is credited to Edward Warbass. In 1873, just a year after the end of the Pig War, Warbass successfully lobbied to have San Juan County created and designated Friday Harbor as the county seat. However, for several years, Warbass was the town's only official resident. The opening of a second store signaled the town's slow but steady growth, and on February 10, 1909, Friday Harbor was officially incorporated, becoming the only incorporated town in the San Juan Islands.

For much of its early history, Friday Harbor was a hub for maritime commerce. Sailing ships and later steamships regularly visited, transporting passengers, mail, and goods. The town exported a variety of products, including apples, pears, cherries, strawberries, peas, cream, eggs, chickens, grain, salmon, and lime. However, economic downturns, the Great Depression, World War II, the pea weevil, and competition from Eastern Washington led to the decline of many of these traditional industries.

The 1960s ushered in a new era for Friday Harbor with the rise of tourism, retirement communities, real estate, and construction. Today, the town has become a vibrant center for arts, fine dining, and outdoor recreation. Top chefs, skilled artisans, and boutique shop owners have made Friday Harbor a lively and welcoming destination.

Restaurants and Bars

For a small, island town, Friday Harbor has a surprising selection of good-quality restaurants. As you might expect, seafood features prominently.

Below, we show the opening times for the summer season (June through September) but it is often worth double checking as several of the restaurants change their opening days at short notice. We would also recommend making reservations during the summer season, especially on weekends.

Coho Restaurant

Serves island-grown Pacific cuisine with a Mediterranean flair. This small restaurant (reservations recommended) is one of the best – if not the cheapest – on the islands. Open Tuesday to Saturday from 5:00 PM – 9:00 PM. Closed Sunday and Monday from June to September as well as Tuesdays in the earlier and later months. Reservations can be made online.

 120 Nichols St, Friday Harbor, WA

 +1 (360) 378-6330

 <https://cohorestaurant.com/>

The Restaurant at Friday Harbor House

For some of the best views in town head to the Restaurant at Friday Harbor House (hotel). Another fine dining experience focused on seafood, local produce and beef. Open Friday to Tuesday from 5:00 PM – 8:30 PM. Closed on Wednesday and Thursday. Reservations can be made online.

 130 West St #101, Friday Harbor, WA

 +1 (360) 378-8455

 <https://www.fridayharborhouse.com/dining.php>

Vinny's Ristorante

Another very solid restaurant. They specialize in Italian cuisine and have a romantic, candle-lit setting. Open Tuesday to Saturday from 4:00 PM – 9:00 PM. Closed on Sunday and Monday. Phone for reservations.

 165 West St, Friday Harbor, WA

 +1 (360) 378-1934

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

The Market Chef

Our favorite lunch stop: an artisan deli and cafe serving island-grown and produced vegetables, fruits, and meats. There are great sandwiches on baked-daily breads as well as organic salads and a constantly revolving deli case filled with entrées and side dishes. Recently they transformed their dining room into a marketplace featuring a curated selection of provisions and housewares. Open Tuesday to Friday from 10:00 AM – 4:00 PM. Closed from Saturday to Monday.

 225 A St, Friday Harbor, WA

 +1 (360) 378-4546 /  www.marketcheffridayharbor.com

Duck Soup Inn

You will need to take a taxi for four miles to get to the Duck Soup Inn, but it is worth the extra hassle. Described as fresh island dining in a charming country atmosphere – this is another contender of best restaurant on the island. Set in woods overlooking scenic ponds the location is another wow. Open in July and August from Tuesday to Saturday from 4:00 PM to 9:00 PM. Closed on Sunday and Monday. Opening days reduced in other months, check their website for current opening hours. Reservations can be made online and are strongly recommended.

 50 Duck Soup Ln, Friday Harbor, WA

 +1 (360) 378-4878 /  www.ducksoupsanjuan.com

McMillin's Dining Room at Roche Harbor

Another out of town option requiring a taxi transfer. The food is good – if not quite to the standard of the best of Friday Harbor – but the setting is stunning. You sit right on the waterfront watching the sun set. As a bonus, just before sunset each night, a Colors Ceremony retires the flags of Washington State, Great Britain, Canada and the United States to the accompaniment of music and a cannon shot. After the ceremony concludes they announce the weather and welcome new and returning guests (just ask for yours or your partner's name to be included). In high season they are open daily from 4:00 PM to 9:00 PM. Reservations can be made online and are recommended.

 248 Reuben Memorial Dr, Friday Harbor, WA

 +1 (360) 378-5757 /  www.rocheharbor.com/dining

Crow's Nest Coffee Shoppe

After the original café burned down, this "Treatment Cafe" has been relocated to a "wedge" between 2 buildings – where the shop is so narrow you can reach out your arms and touch both sides. So much character packed into a small space, serving great coffee and great homemade pastries. They also have good soups, sandwiches, and homemade ice cream. Open daily from 6:30 AM – 4:00 PM.

 127 Spring St, Friday Harbor, WA

 +1 (360) 317-8474 /  <https://maps.app.goo.gl/342S9CwUaVcPDquN9>

San Juan Island Brewing Co

An interesting spot with a great beer selection (as you'd hope). Service is generally good and friendly but can be slow at times. Simple meal options but the burgers are great. Open Wednesday to Monday from 11:00 AM – 8:00 PM. Closed on Tuesdays.

 410 A St, Friday Harbor, WA

 +1 (360) 378-2017 /  <https://www.sanjuanbrew.com/>

Riptide Café

Serves up Stumptown Coffee and is located right in Friday Harbor. Sit and enjoy your morning coffee and baked good while you watch the ferries roll in. Open daily from 7:00 AM – 2:00 PM (1:00 PM on weekends).

 10 Front St #103, Friday Harbor, WA

 +1 (360) 378-0363 /  <https://www.riptidesanjuan.com/>

Downriggers – Friday Harbor

A popular spot and right on the pier. Safe to say that seafood is the go-to choice; clam chowder, crabs, fish tacos, calamari, scallops but it is not the cheapest option in town. The setting is great with an airy, glass-encased dining room. Staff are friendly but can be inexperienced. Open daily from 11:00 AM – 8:30 PM. Reservations can be made online.

 10 Front St, Friday Harbor, WA

 +1 (360) 378-2700 /  <https://www.downriggerssanjuan.com/>

Blue Water Bar & Grill

Offers good quality food at affordable prices with an emphasis on enthusiastic service with a fun atmosphere. Good for a leisurely brunch or to grab a burger to go for the ferry. Open Friday to Tuesday from 7:00 AM – 10:00 PM and Wednesday to Thursday from 11:00 AM – 10:00 PM.

 7 Spring St, Friday Harbor, WA

 +1 (360) 378-2245 /  <https://www.bluewaterandgrill.com/>

Jima Sushi Friday Harbor

A modern sushi and Japanese small plates restaurant located in the heart of the town. Their focus is on fresh, high-quality ingredients and artful presentation, and they offer a seasonal menu featuring traditional nigiri, inventive rolls, and flavorful hot dishes. The atmosphere is relaxed and stylish. Open Tuesday to Saturday from 5:00 PM – 9:00 PM and 12:00 PM – 2:00 PM on Friday and Saturday. Closed Sunday and Monday.

 150 First St S, Friday Harbor, WA

 +1 (360) 622-2185

 <https://www.jima-sushi.com/>

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Key

Hotels

1. Tucker House
2. Friday Harbor House
3. Discovery Inn

Restaurants & Bars

4. Coho Restaurant
2. The Restaurant at Friday Harbor House
5. Vinny's Ristorante
6. The Market Chef
7. Duck Soup Inn
8. McMillin's Dining Room at Roche Harbor
9. Crow's Nest Coffee Shop
10. San Juan Island Brewing Co.
11. Riptide Café
12. Downriggers Friday Harbor
13. Blue Water Bar & Grill
14. Jima Sushi Friday Harbor



Route Start / End

Points of Interest

15. San Juan Safaris
16. San Juan Excursions Whale & Wildlife Tours
17. Maya's Legacy Whale Watching
18. Western Prince Whale Watching Adventures
19. Outdoor Odysseys Sea Kayaking
20. San Juan Island Outfitters
21. Discovery Sea Kayak Tours
22. Crystal Seas Kayaking
23. San Juan Kayak Expeditions
24. The Whale Museum
25. San Juan Historical Museum
26. San Juan Islands Museum of Art (IMA)
27. San Juan Vineyard

Other Locations

28. Farmers' Market
29. Bike Shop – Meat Machines
15. San Juan Safaris Water Taxi
30. King's Market

Sights and Activities

There are plenty of non-cycling things to do in Friday Harbor – and plenty of people offering to arrange them for you.

Whale & Wildlife Watching

During the summer months, the nutrient rich waters surrounding the San Juan Islands become a foraging area for a small population of orcas (Killer Whales) known as the Southern Residents. For thousands of years, these groups of whales have likely been coming to these waters to forage on a variety of salmon. The salmon themselves pass through these waters as they make their way to their spawning grounds in the rivers of Washington and British Columbia.

There are several reputable whale watching outfitters.

San Juan Safaris

Cruises typically head deep into Canadian waters in search of orcas, minke whales, and humpback whales. You may also see porpoises, seals, sea lions, otters and bald eagles. We recommend the 'Classic Whale Watch & Wildlife Tour from Friday Harbor'. These tours cost ~\$125 per person and last approximately three hours. Departures are either 12:30 PM or 5:30 PM and are directly from Friday Harbor.

 10 Front St. Suite 102, Friday Harbor, WA

 +1 (360) 378-1323

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

San Juan Excursions Whale & Wildlife Tours

Excursions take place on their boat 'The Odyssey', a 1941 converted U.S. Navy search and rescue vessel. Excursions last between 3-4 hours and cost ~\$125 per person. Departures are at 1:30 PM and directly from Friday Harbor.

 40 Spring St, Friday Harbor, WA

 +1 (360) 378-6636

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

Maya's Legacy Whale Watching

Cruises last approximately 4 hours on a small boat (16 people maximum). Departures are at 11:30 AM from Friday Harbor. Cost is ~\$199 per person.

 50 Spring St Suite 101, Friday Harbor, WA

 +1 (360) 378-7996

 <https://sanjuanislandwhalewatch.com/>

Western Prince Whale Watching Adventures

Cruises last approximately 3 hours and departures are at 11:00 AM and 3:00 PM from Friday Harbor. Cost is ~\$155 per person.

 1 Spring St suite a, Friday Harbor, WA

 +1 (360) 378-5315

 <https://orcawhalewatch.com/>

Sea Kayaking

Kayaking is also a popular way to explore the local waters – the Cascadia Marine Trail passes through the San Juan Islands. As with whale watching, there is no shortage of choice. Most outfitters offer tours from a couple of hours to multi-day as well as straight rentals.

San Juan Outfitters (in Roche Harbor & Friday Harbor)

The only kayaking tour operator in Roche Harbor. This location is great for kayaking and wildlife tours, as it has a combination of protected water and wildlife hotspots. Free transfers are available from Friday Harbor. They also offer some tours from Friday Harbor. There are multiple tours to choose from with varying durations,

focus, and starting points. For example, their 3-hour Roche Harbor tour is \$125 pp and departs at 10:00 AM and 2:00 PM.

 10 Front St. Suite 102., Friday Harbor

 +1 (360) 378-1323

 <https://www.sanjuanislandoutfitters.com/sea-kayak-tours>

Outdoor Odysseys Sea Kayaking

You will enjoy a three-hour tour in either a single or double kayak. On the tour, you can get close to marine life and explore the coastline. We recommend the 'Half Day Griffin Bay Kayak Tour' which is approximately \$135 per person for 3 hours and they depart at either 10:45 AM or 2:30 PM.

You can ride directly there from Friday Harbor (1 mile) or you can ride a loop around the peninsula (5 miles).

 Outdoor Odysseys Sea Kayaking, 86 Cedar Street, Friday Harbor, WA

 +1 (360) 378-3533 /  <https://www.outdoorodysseys.com/>

San Juan Island Outfitters

Specializing in high quality sea kayak tours. San Juan Outfitters is known for its low guide to guest ratio kayak tours. Departures are usually from Roche Harbor (on the northwest side of the island) but they do have some departures from Friday Harbor on request. Depending on which tour, prices are ~\$125 per person. Their 3-hour kayak tour from Roche Harbor has departures at 10:00 AM and 2:00 PM.

 248 Reuben Memorial Dr, Friday Harbor, WA

 +1 (360) 378-1962

 www.sanjuanislandoutfitters.com/

Discovery Sea Kayak Tours

More traditional sea kayak tours. Their experienced guides and small groups make them an attractive option. Their 3.5-hour "Half-Day" kayak tours are at 9:00 PM and 2:00 PM daily, departing directly from Friday Harbor. Cost is ~\$125 per person.

 260 Spring St #1, Friday Harbor, WA

 +1 (360) 378-2559

 <https://discoveryseakayak.com/>

Other kayaking outfitters include:

Crystal Seas Kayaking

 40 Spring St, Friday Harbor, WA

 +1 (360) 378-4223

 www.crystalseas.com

San Juan Kayak Expeditions

 25 Nichols St, Friday Harbor, WA

 +1 (360) 378-4436

 <https://sanjuankayak.com/>

Outdoor Odysseys Kayak Tours

 86 Cedar St /, Friday Harbor, WA

 (360) 378-3533

 www.outdoorodysseys.com

The Whale Museum

Devoted to the Southern Resident Community of Orcas, the museum promotes stewardship of orcas, whales, and the Salish Sea ecosystem through education and research. Open daily from 10:00 AM – 4:00 PM. Entrance is \$10 per adult.

 62 First St N, Friday Harbor, WA

 +1 (360) 378-4710 /  <https://whalemuseum.org/>

San Juan Historical Museum

Helps you to learn about the islands' heritage from the pioneer's perspective, showcasing local culture in the 19th century. Open Tuesday to Friday from 11:00 AM – 2:00 PM. Entrance is \$10 per adult.

 323 Price St, Friday Harbor, WA

 +1 (360) 378-3949

 <https://sjmuseum.org/>

San Juan Islands Museum of Art (IMA)

Showcases quarterly exhibitions of island art plus renowned artists from around the world. The IMA mission is to connect people with art that inspires, challenges, and enlightens. During the high season they are open Thursday to Monday from 11:00 AM – 5:00 PM. Closed Tuesday and Wednesday. Entrance is \$10 per adult.

 540 Spring St, Friday Harbor, WA

 +1 (360) 370-5050

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

San Juan Vineyard

Established in 1996, this is the only winery on San Juan Island producing estate-grown wines. Specializing in Madeleine Angevine and Siegerrebe varietals, the vineyard has garnered awards for these unique wines, well-suited to the island's cool climate. Visitors can enjoy tastings in the renovated 1895 schoolhouse tasting room, open daily from 11:00 AM – 5:00 PM during summer months. The picturesque setting offers scenic views, making it a nice spot for picnics. Reservations are not required for small groups.

 3136 Roche Harbor Rd, Friday Harbor, WA

 +1 (360) 378-9463

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

Other Useful Information

Farmers' Market

There is a farmers' market every Saturday from 9:30 AM to 1:30 PM, from April–October.

 150 Nichols St, Friday Harbor, WA

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

Bike Shop

Meat Machine Cycles

 22 Web St, Friday Harbor, WA

 +1 (360) 370–5673

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

Water Taxi

If the ferry schedule is just a little too constraining, or you want to visit one of the outer islands, or you just missed the last ferry then call for a water taxi.

San Juan Safaris

 10 Front St. Suite 102, Friday Harbor, WA

 +1 (360) 378–1323

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

Land Taxi

If you want to arrange a trip to an out-of-town restaurant, the following taxi companies are available. Uber is also available in Friday Harbor.

Eco Taxi & Tours Friday Harbor, San Juan Island

 +1 (360) 777–7572

 www.ecotaxicab.com

San Juan Island Taxi & Tours

 +1 (360) 378–6777

Grocery Stores

There are several supermarkets including the following.

Kings Market

A full-service grocer. Open daily from 7:30 AM – 9:00 PM.

 160 Spring St, Friday Harbor, WA

 +1 (360) 378–4505

 <http://www.kings-market.com/>



Brown Bear Baking, Eastsound

EASTSOUND

Overview

Eastsound is a charming seaside town and a haven for artists, offering a relaxed atmosphere that makes even Friday Harbor feel bustling by comparison. With its picturesque setting and a selection of galleries, boutiques, and cafés, Eastsound invites visitors to slow down and relax. A stroll through town can easily fill a pleasant afternoon, and no visit is complete without indulging in what many claim to be the best ice cream in the San Juan Islands.

The first Europeans to settle in what is now Eastsound arrived in the 1850s, working for the Hudson's Bay Company as deer hunters sent from Fort Victoria. Among the earliest permanent settlers was Charles Shattuck, who built a log cabin and opened a store in the late 1850s. Another notable figure was Michael Adams, a prospector and trapper from Pennsylvania who later became a horticulturist and planted Orcas Island's first apple orchard. The town's history is also marked by the construction of the Emmanuel Episcopal Church in 1885, the first church on Orcas Island, built by the Reverend Sidney Robert Spencer Gray on land deeded by Shattuck.

Although Eastsound remains unincorporated, it is undeniably the heart of Orcas Island, both geographically and commercially. Despite its small size, the town boasts an impressive variety of shops, eateries, and galleries. Eastsound continues to attract notable residents, including Apollo 8 astronaut William Anders and

renowned cartoonist Gary Larson. Its blend of artistic energy, rich history, and coastal charm makes it a delightful place to explore.

Restaurants and Bars

Island grown food is featured at many restaurants. The options range from fine dining to simple pub fare.

Below, we show the opening times for the summer seasons (June through September) but it is sometimes worth double checking as these can change at short notice. We would also recommend making reservations during the summer season, especially on weekends.

New Leaf Café and Lounge

A favorite fine dining option is the New Leaf Café and Lounge at the Outlook Inn, featuring French inspired Northwestern cuisine served tapas style. Open Thursday to Monday for brunch from 8:00 AM – 1:00 PM, and dinner from 5:00 PM – 8:00 PM. Closed on Tuesday and Wednesday. Reservations recommended and can be made online.

 171 Main St, Eastsound, WA

 +1 (360) 376-2200

 <https://www.outlookinn.com/newleaf>

Inn at Ship Bay

Another top restaurant is the Inn at Ship Bay beautifully situated and using local ingredients – some from their own garden. Located 1½ miles to the southeast of Eastsound. Open Wednesday to Saturday with seating starting at 5:00 PM. Closed Sunday to Tuesday. Reservations recommended and can be made online.

 326 Olga Rd, Eastsound, WA

 +1 (360) 376-5886

 www.innatshipbay.com

Mijitas

Offers much-better-than-average Mexican food in a nice atmosphere – both indoors and outdoors with plenty of seafood options. Open Tuesday to Saturday from 4:00 PM – 8:00 PM, also Friday from 11:00 AM – 2:00 PM. Closed Sunday and Monday. Reservations can be made online.

 310 A St, Eastsound, WA

 +1 (360) 376-722 /  <https://www.mijitasorcas.com/>

The Madrona Bar & Grill

Serves a respectable burger and fish & chips in a pub-like atmosphere overlooking the water. Open daily from 11:30 AM – 8:00 PM.

 310 Main St, Eastsound, WA

 +1 (360) 376-7171 /  <https://madronabarandgrill.com/>

Matia Kitchen

In the main part of the town this a very popular option for ‘foodies’. The menu changes daily based on what is fresh and seasonal. Many of the options are sourced entirely from the islands. Their homemade bread with creamed butter, jams, and marmalade are becoming quite famous. Open Thursday to Sunday from 5:00 PM – 9:00 PM. Closed Monday, Tuesday, and Wednesday. Reservation recommended and can be made online

 382 Prune Alley, Eastsound, WA

 +1 (360) 375-4350

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

Brown Bear Baking

Staying on the lunch theme, this bakery has delicious, fresh-made savory and sweet baked goods. The rich dark chocolate muffins are not to be missed. They also have soups and bread. Open Friday to Monday from 8:00 AM – 4:00 PM. Closed Tuesday to Thursday.

 29 N Beach Rd #1966, Eastsound, WA

 +1 (360) 855-7456

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

Orcas Island Distillery

Established in 2014, Orcas Island Distillery is a small craft distillery located in Eastsound. They specialize in producing award-winning spirits, including apple brandy, pear brandy, single malt whiskey, and gin. The brandies are crafted from heirloom fruits hand-picked from the island's historic orchards, offering unique flavor profiles not found in modern commercial varieties. The distillery's single malt whiskey is made from organic grains sourced from the Skagit Valley, malted, fermented, and distilled in small batches. Visitors can arrange tastings by appointment.

 123 N Beach Rd fl, Eastsound, WA

 +1 (360) 376-7077 /  <https://orcasislanddistillery.com/>

Rosario Village

For those staying at the Rosario Resort (five miles south of Eastsound) there are two dining options. The Mansion Restaurant is the most impressive. It has been closed for refurbishment and is due to re-open in the summer of 2025. This grand (but not overly formal) restaurant is located on the original veranda of the Moran Mansion with fine views overlooking Cascade Bay. Open for dinner daily from 5:00 PM to 9:00 PM. More casual is the Cascade Bay Grill serving burgers, seafood and pizza in an indoor/outdoor café overlooking the marina.

 1400 Rosario Rd, Eastsound, WA

 +1 (360) 519-5800 /  <https://www.rosariovillage.com/>

Lascaux Café

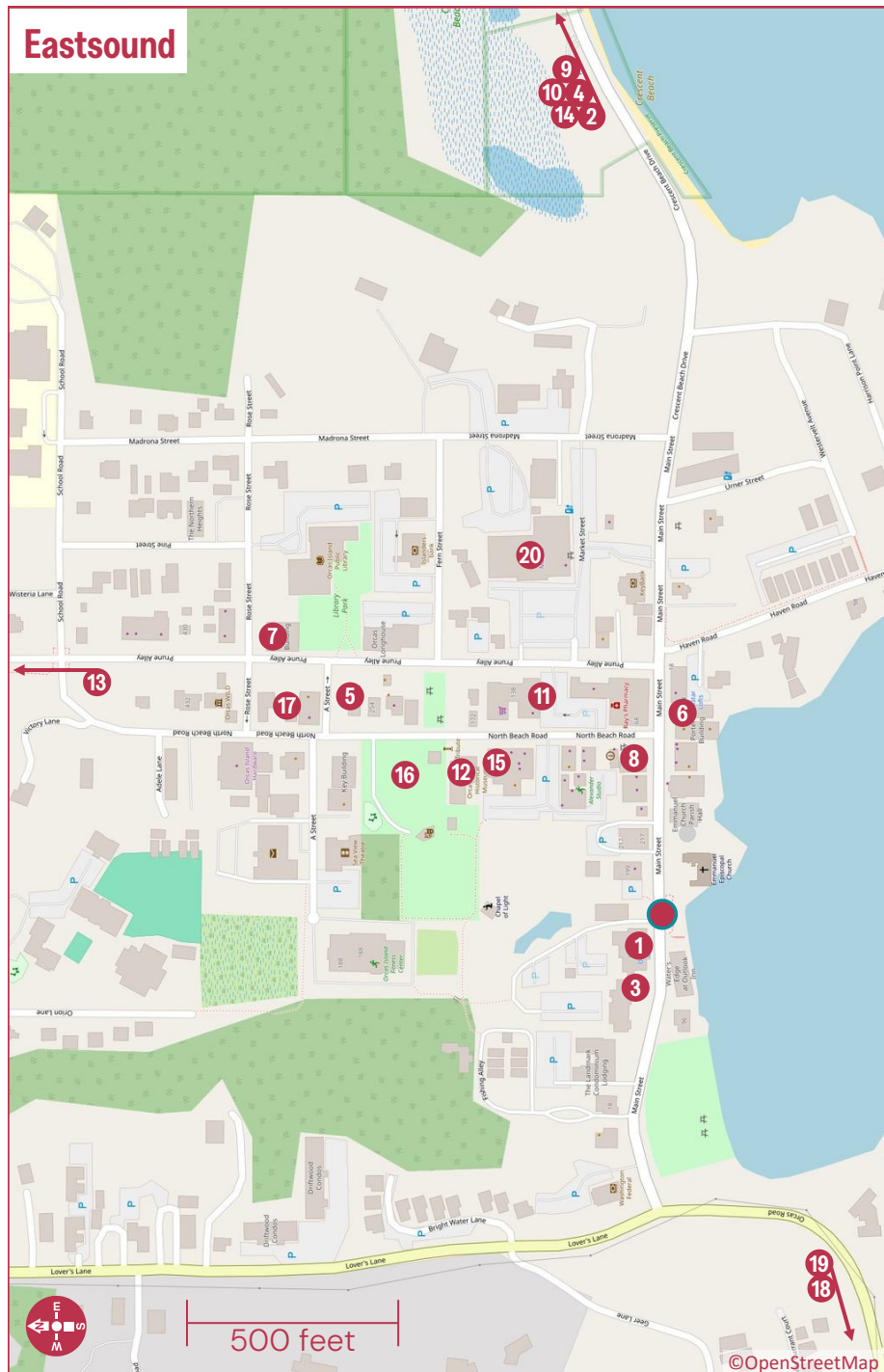
On your route to Doe Bay, this café offers breakfast, lunch and weekend brunch. Open Thursday to Sunday from 10:00 AM – 2:00 PM. Closed Monday to Wednesday.

 11 Point Lawrence Rd, Olga, WA

 +1 (360) 376-1440

 No website

Town Plan



Key

Hotels

1. Outlook Inn
2. Inn at Ship Bay

Restaurants & Bars

3. New Leaf Café and Lounge
2. Inn at Ship Bay
4. Rosario Village
5. Mijitas
6. The Madrona Bar and Grill
7. Matia Kitchen
8. Brown Bear Baking
9. Lascaux Café



Route Start / End

Points of Interest

10. Outer Island Excursions
11. Shearwater Kayak Tours
12. The Orcas Island Historical Museum
13. Funhouse Children's Discovery Center
14. Orcas Island Artworks
15. Orcas Island Distillery

Other Locations

16. Farmers' Market
17. Bike Shop – Wildlife Cycles
18. North Shore Charters
19. Orcas Boat Rentals
20. Orcas Island Market

Sights and Activities

Eastsound is a good base for either whale watching or sea kayaking. You can also do freshwater kayaking & canoeing a little further south on Cascade Lake.

Whale & Wildlife Watching

During the summer months, the nutrient rich waters surrounding the San Juan Islands become a foraging area for a small population of orcas (killer whales) known as the Southern Residents. For thousands of years, these groups of whales have likely been coming to these waters to forage on a variety of salmon. The salmon themselves pass through these waters as they make their way to their spawning grounds in the rivers of Washington and British Columbia.

Outer Island Excursions

From Orcas Island, Outer Island Excursions operates high-speed boats – travelling up to 50 mph. This allows them to reduce the time it takes to get to the whale watching areas – usually near or in Canadian waters. Also, orcas can occasionally travel up to 100 miles per day and a fast boat also helps “guarantee” sightings. Trips usually depart from Rosario Village, 5-miles southeast of Eastsound. The company has tours departing at 10:30 AM and 3:30 PM in summer. You can also book a custom charter. Outer Island Excursions also offer kayaking excursions, see below.

 1608 Rosario Rd, Eastsound, WA

 +1 (360) 376-3711 /

 <https://outerislandx.rezgo.com/details/214498/orcas-island-whale-watching>

Kayaking

Kayaking is a popular way to explore the local waters. Indeed, the Cascadia Marine Trail passes through the San Juan Islands. As with whale watching, there is no shortage of choice. Most outfitters offer tours from a couple of hours to multi-day as well as straight rentals.

There are several reputable outfitters.

Outer Island Excursions

You will enjoy a three-hour tour in either a single or double kayak. On the tour, you can get close to marine life and explore the coastline. Their 'Point Doughty Kayak Tour' is ~\$80 per person for 3 hours and they depart at either 10:00 AM or 2:00 PM. You can ride directly there from Eastsound (1.5 miles).

Outer Island Excursions also offer whale-watching excursions, see above.

 Brandt's Landing Marina, 340 Brandt-Landing Rd, Eastsound, WA

 +1 (360) 376-3711

 <https://outerislandx.rezgo.com/details/219916/point-doughty-kayak-trip>

Shearwater Kayak Tours

One of the better kayaking companies on Orcas Island. Kayaking has been their focus for over 30 years. They have several departure locations allowing access to unique parts of the island. Most tours meet at the tour location but talk to the operator as they can sometime arrange transfers from Eastsound. Full day tours (6 hours), including a picnic lunch are ~\$155 per person. Their 3-hour excursions are ~\$120 per person.

 138 N Beach Rd, Eastsound, WA

 +1 (360) 376-4699

 <https://shearwaterkayaks.com/>

The Orcas Island Historical Museum

Located in six original homestead cabins built during the late 1800s and reconstructed on their current site. These cabins house a collection of antiques, documents and photographs.

 181 N Beach Rd, Eastsound, WA

 +1 (360) 376-4849 /  <https://orcasmuseums.org/>

Funhouse Children's Discovery Center

If you have kids, check out the Funhouse Children's Discovery Center. The Funhouse is a not-for-profit community center that fosters fun and learning with dozens of hands-on kid-friendly science exhibits, a computer lab and a complete audio and video production studio. Days and hours vary by season so call ahead for availability.

 30 Pea Patch Ln, Eastsound, WA

 +1 (360) 376-7177 /  <https://www.funhousecommons.org/>

Orcas Island Artworks

Located next door to Lascaux Café on your route to Doe Bay, the gallery offers a wonderful collection of work by Orcas Island artists and craftspeople. The Artworks Gallery offers paintings, prints, jewelry, pottery, sculpture, glass, wood, fiber and wearable arts, as well as other locally made items and gifts.

 11 Point Lawrence Rd, Olga, WA

 +1 (360) 376-4408

 <https://orcasartworks.com/site/>

Other Useful Information

Farmers' Market

There is a farmers' market every Saturday from 10:00 AM to 2:00 PM, from May–September.

 Village Green, North Beach Rd, Eastsound, WA

 <https://orcasislandfarmersmarket.org/>

Bike Shop

Wildlife Cycles

 350 N Beach Rd, Eastsound, WA

 +1 (360) 376-4708

 <https://wildlifecycles.com/>

Water Taxi

If the ferry schedule is just a little too constraining, or you want to visit one of the outer islands, or you just missed the last ferry then call for a water taxi.

San Juan Safaris

 10 Front St. Suite 102, Friday Harbor, WA

 +1 (360) 378-1323

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

North Shore Charters

 5164 Deer Harbor Rd, Eastsound, WA

 +1 (360) 376-4855

 <https://orcasislandadventures.com/>

Orcas Boat Rentals

 5164 Deer Harbor Rd, Eastsound, WA

 +1 (360) 376-7616

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

Land Taxi

If you want to arrange a trip to an out-of-town restaurant, the following taxi companies are available.

Orcas Island Taxi LLC

 +1 (360) 376-8294

Grocery Stores

There are a small number of supermarkets including the following.

Orcas Island Market

The largest and best stocked grocery store on the island. Open daily from 7:00 AM – 9:00 PM.

 469 Market St B, Eastsound, WA

 +1 (360) 376-6000

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

Intentionally Blank



ON TOUR

LifeCycle Adventures Services	60
Using the On-Tour App	62
Navigating the Routes	75
Troubleshooting the App	89
Safety & Enjoyment	91
Fixing a Flat	93

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 (Europe) or 911 (North America) – 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.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

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?

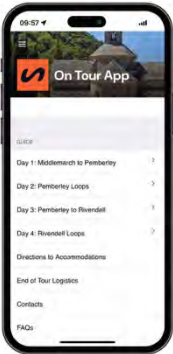
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

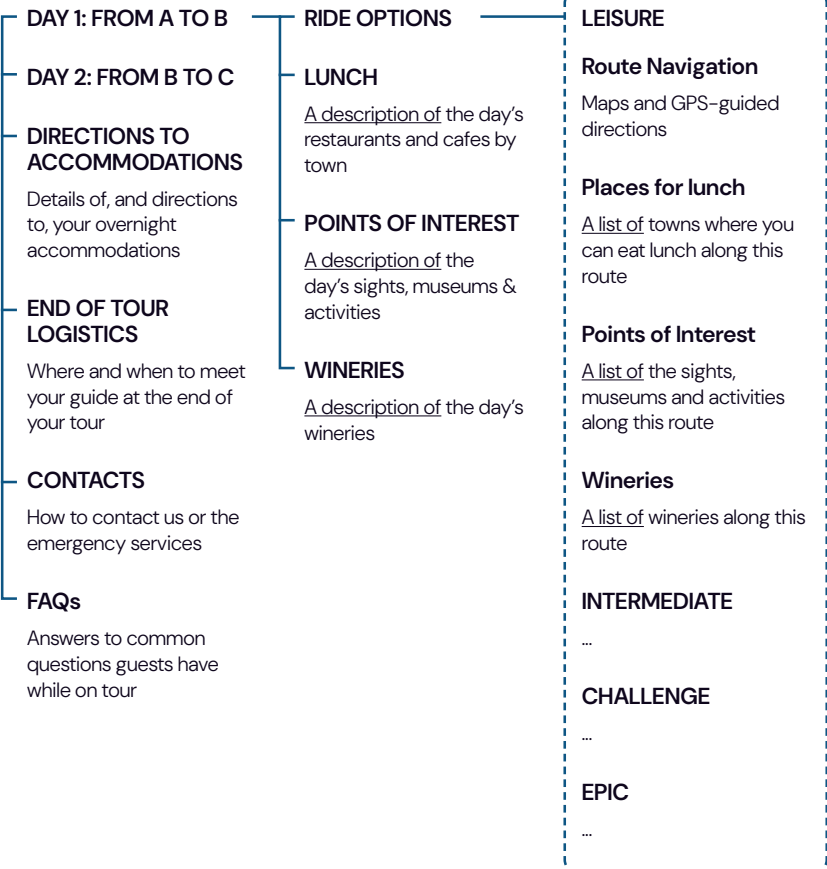
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

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.



App Contents



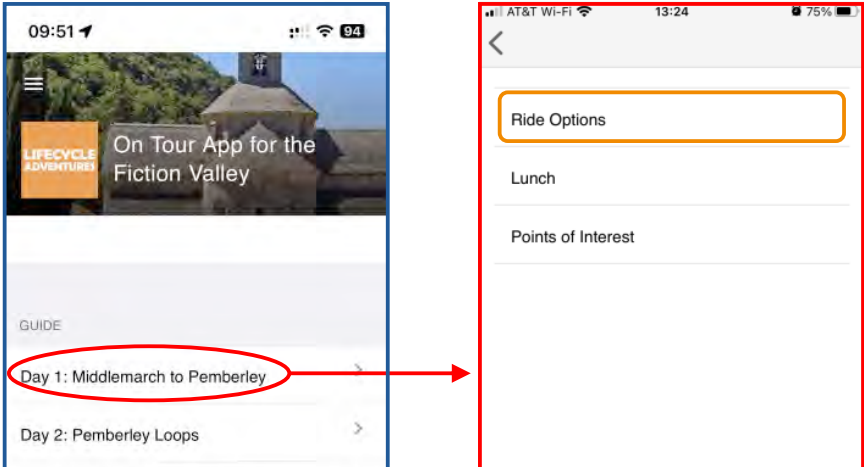
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

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

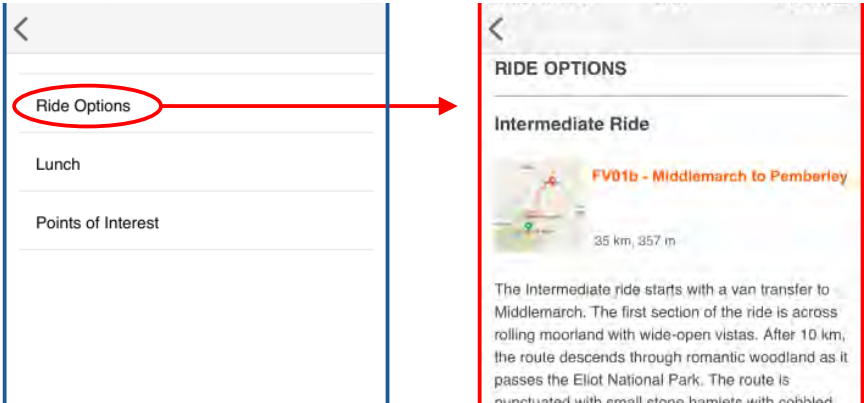
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight 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.

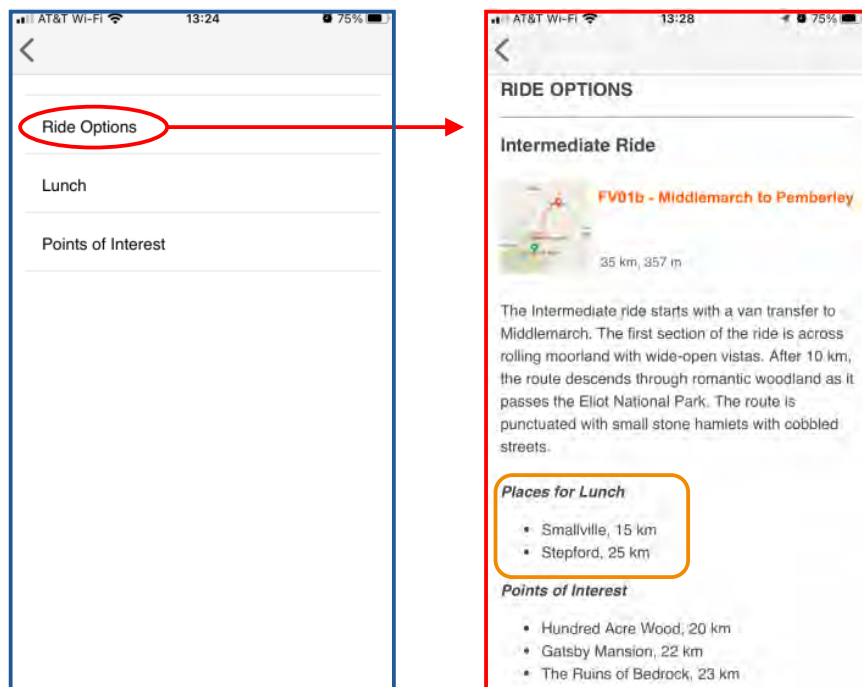


You can then choose your ride based on the description:

- 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)

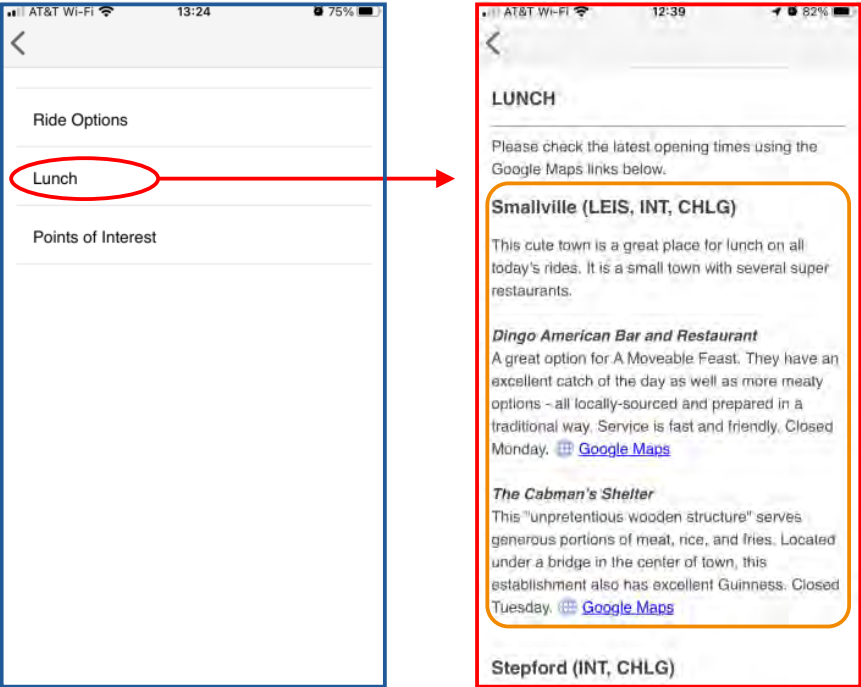
For my route, where is the best place for lunch?

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*.



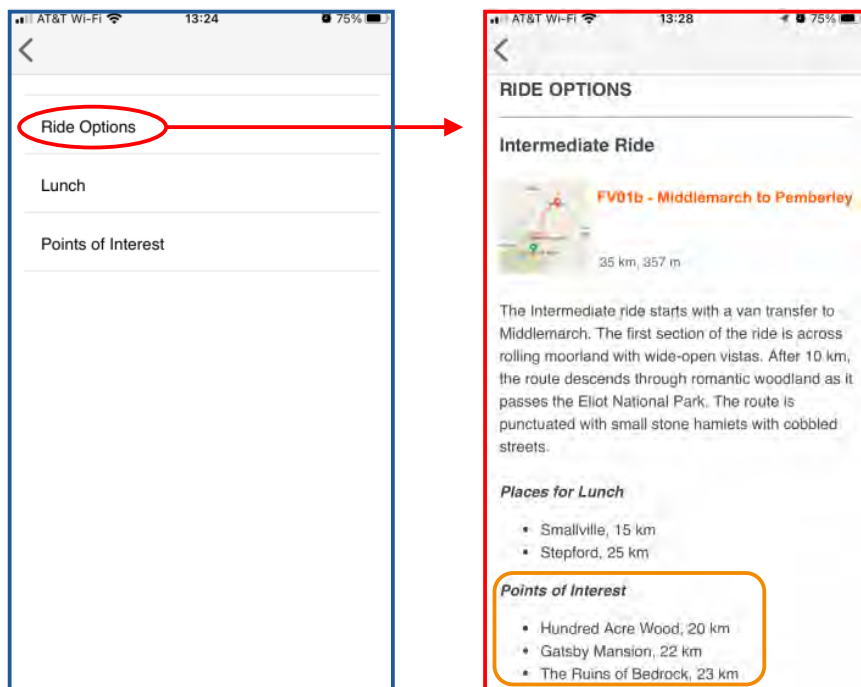
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge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

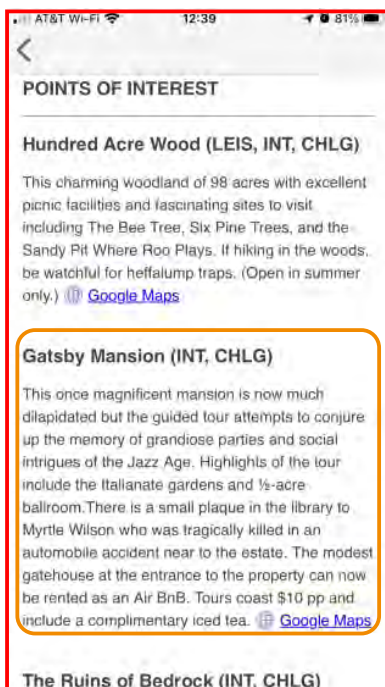
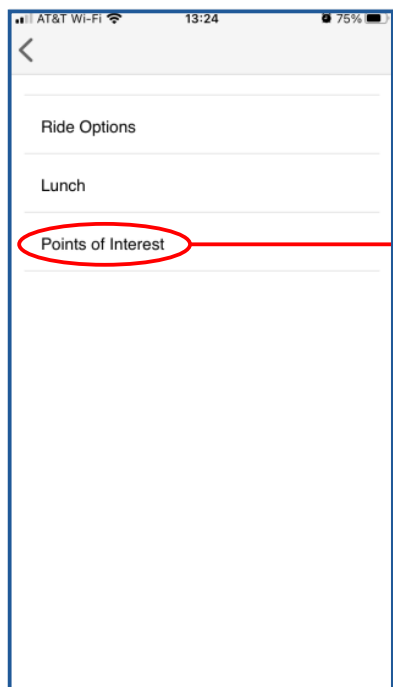
What points of interest are there along my chosen route?

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.)

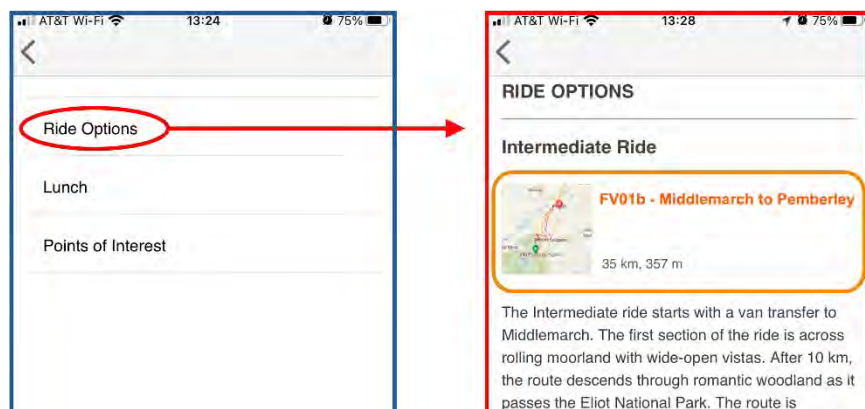
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

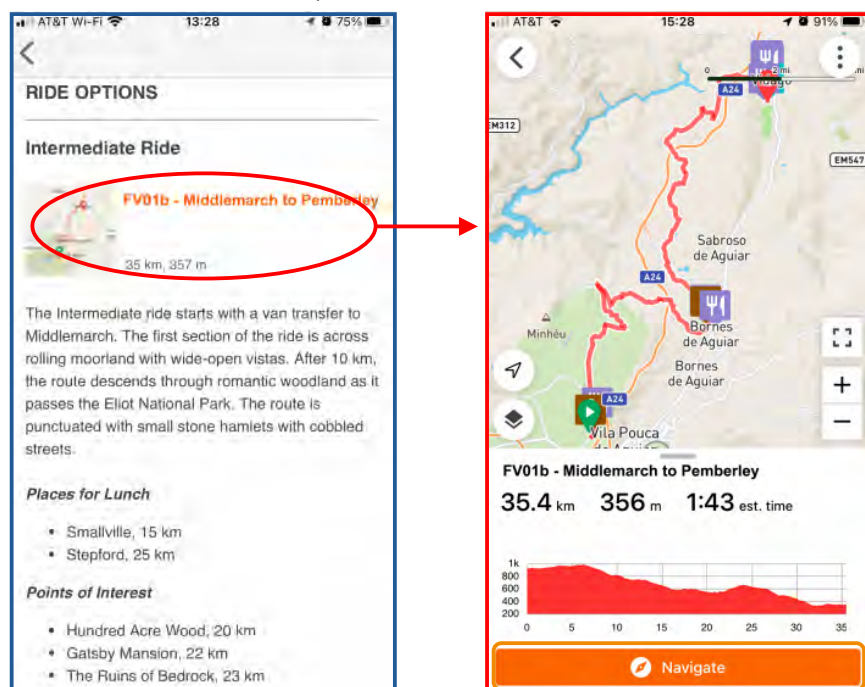
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



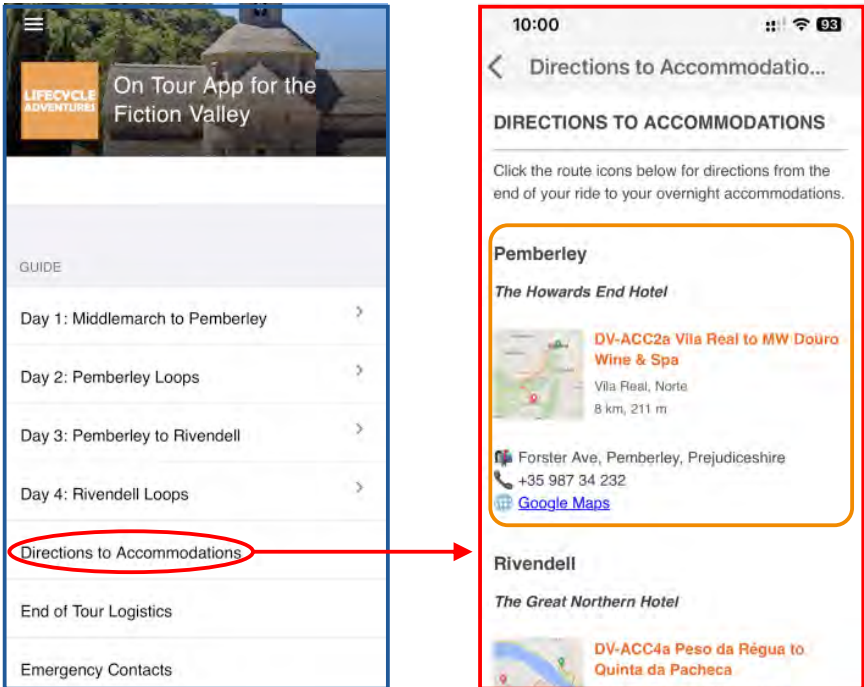
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



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.



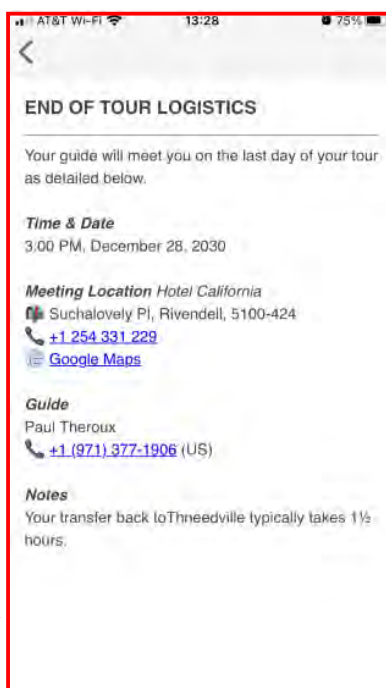
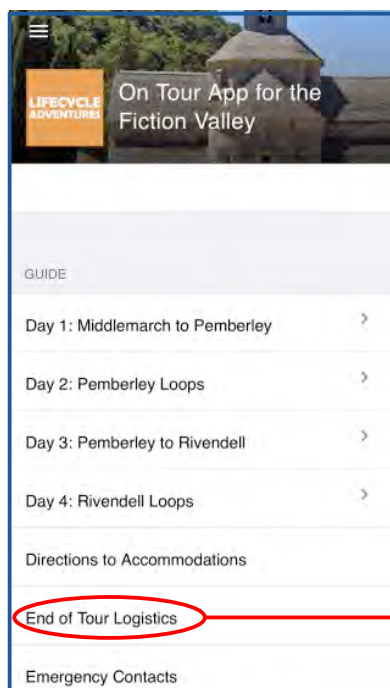
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

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

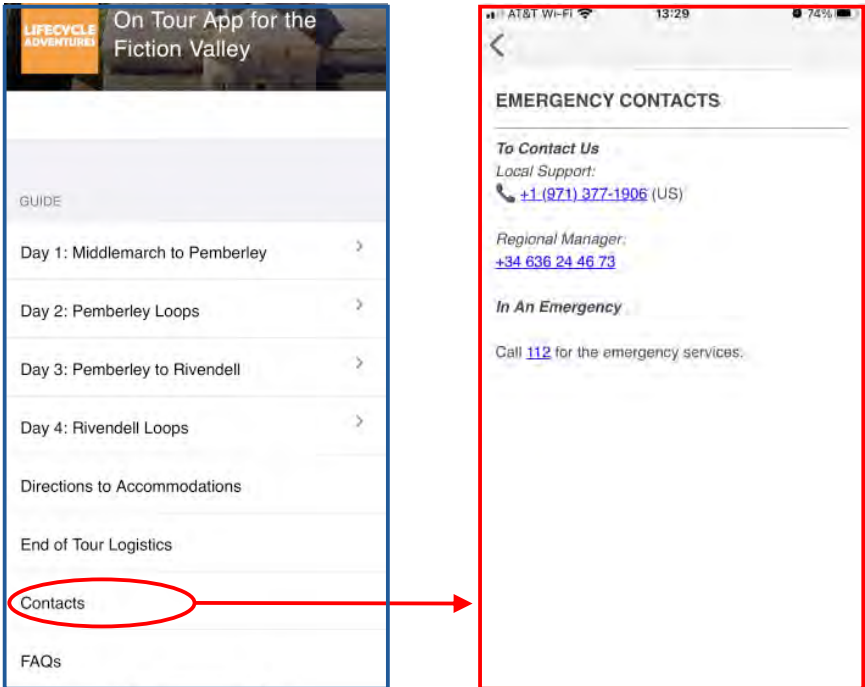
Where and when will I meet my guide at the end of my tour?

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



How do I contact my guide or the emergency services?

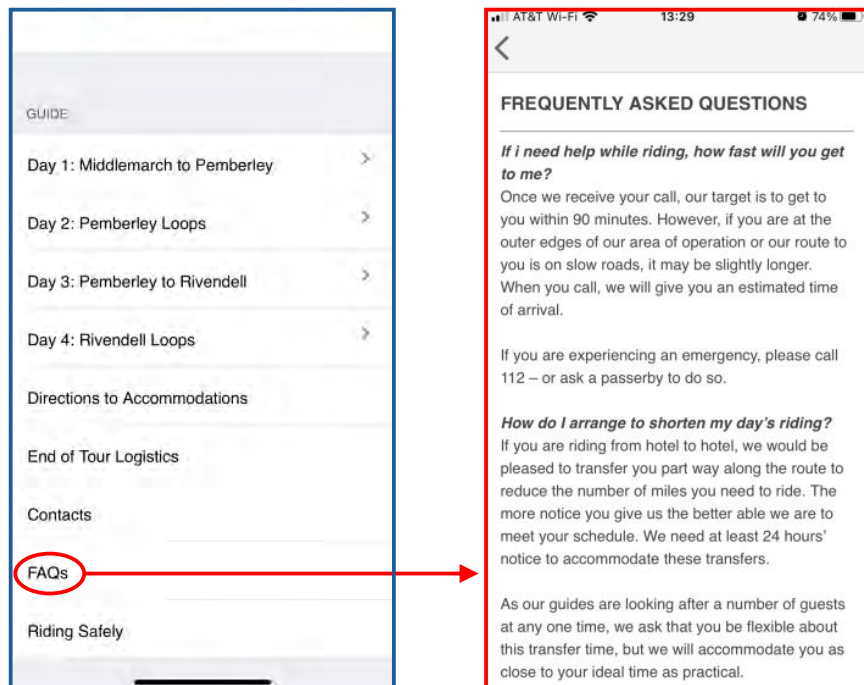
Select *Contacts* on the main menu.



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.

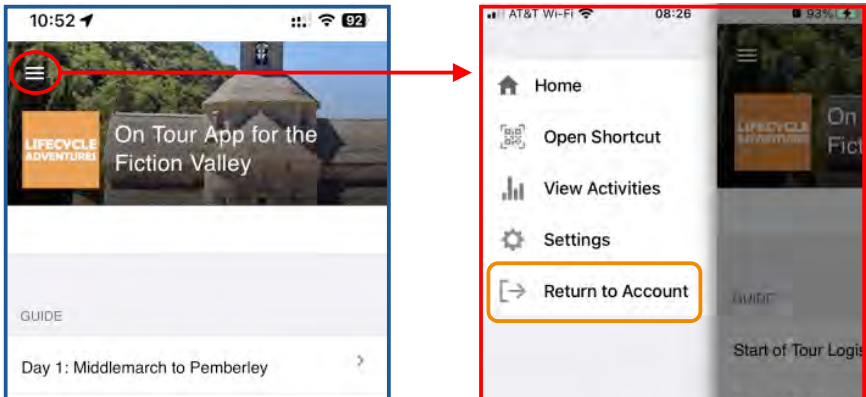


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

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

How do I get to the main RWGPS menu?

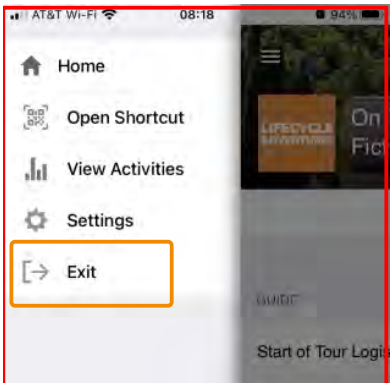
Tap the three horizontal lines at the top left-hand corner of the app.



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

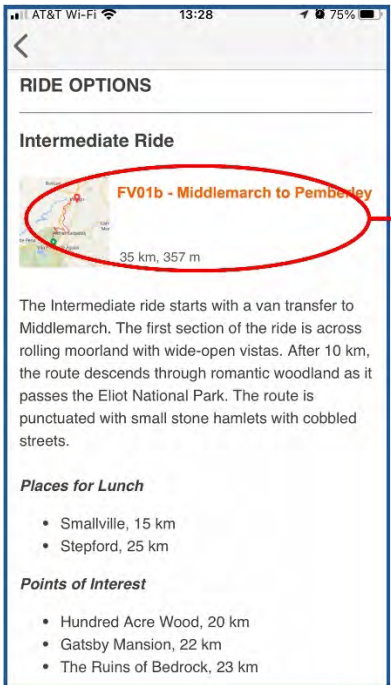
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- 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?

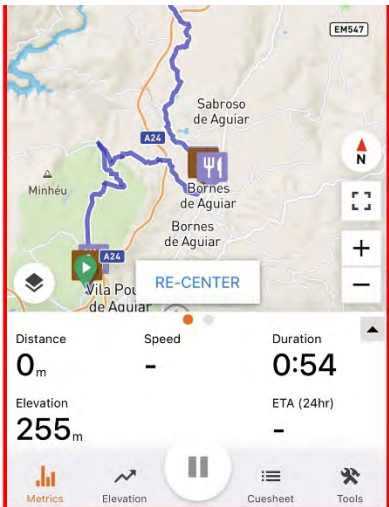
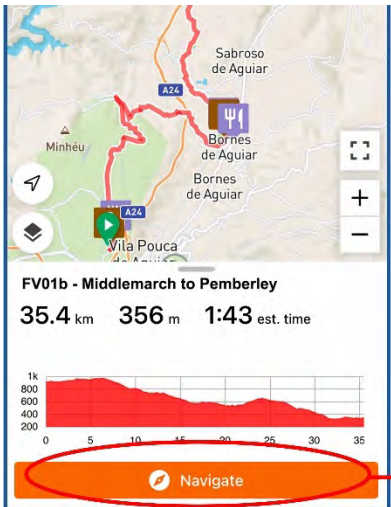
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

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.



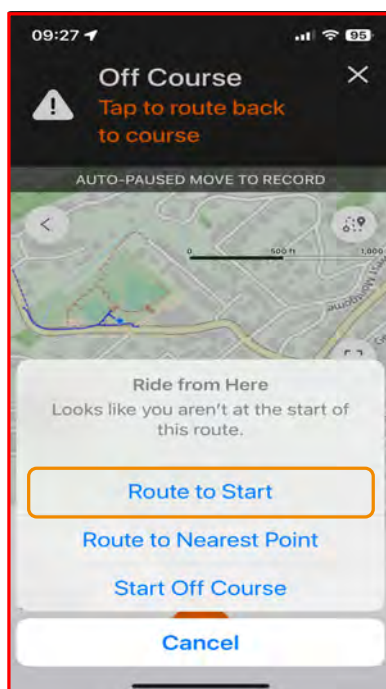
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

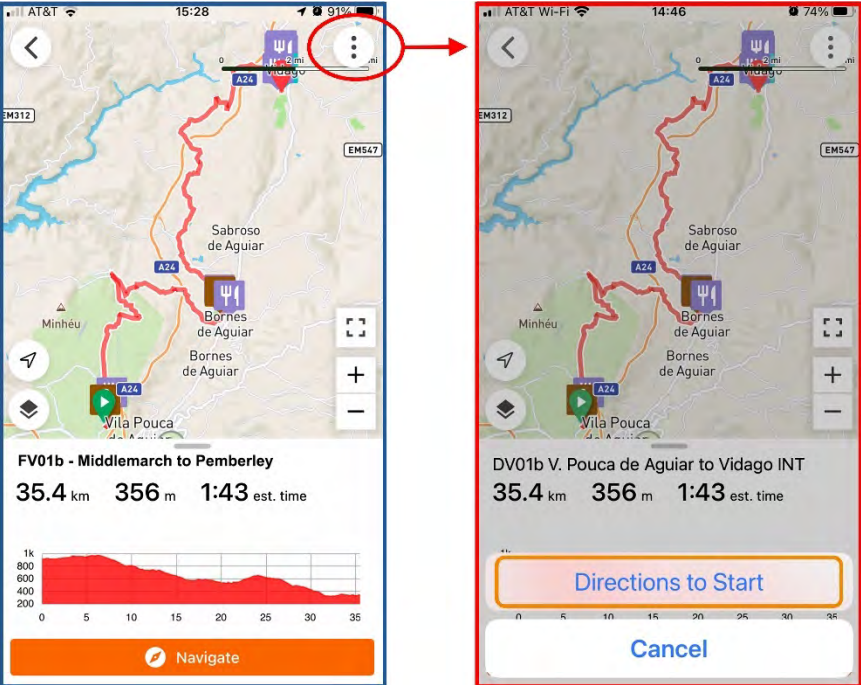
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **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



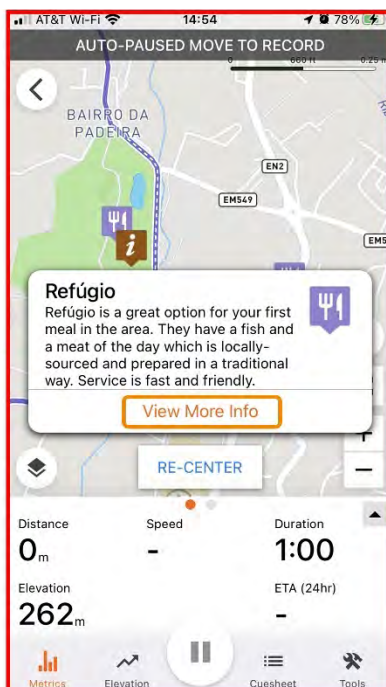
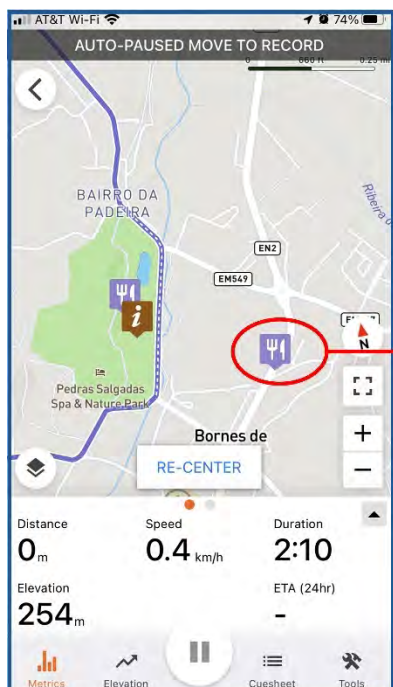
... Point of interest



... Viewpoint



... Winery (not all areas)

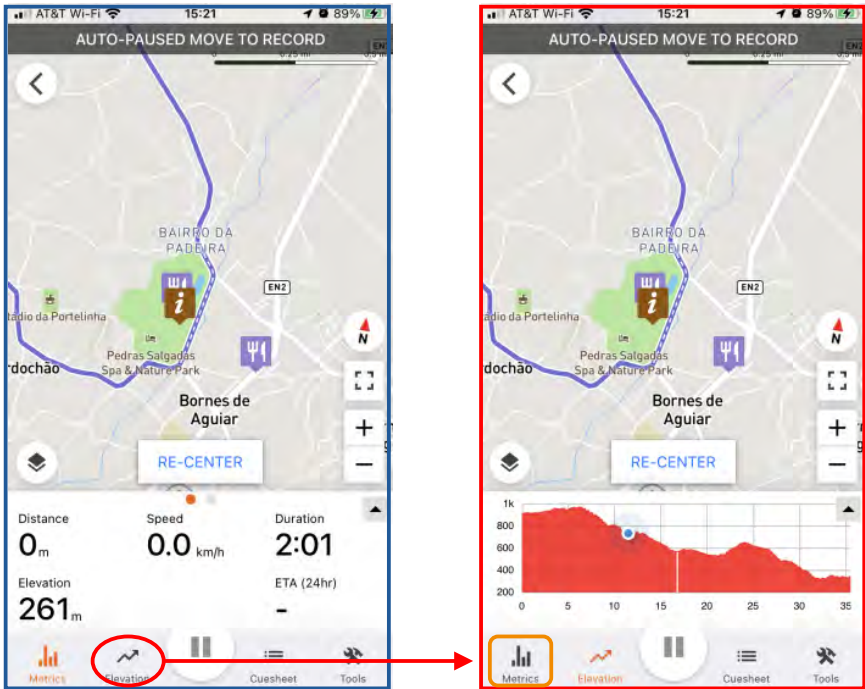


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

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?

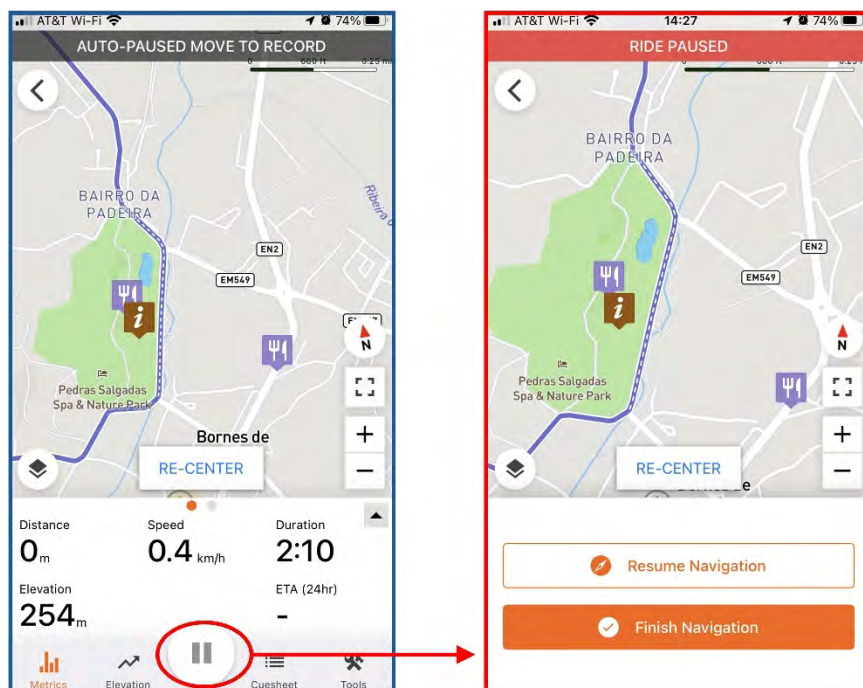
To see where you are on a hill, tap the *Elevation* icon.



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.

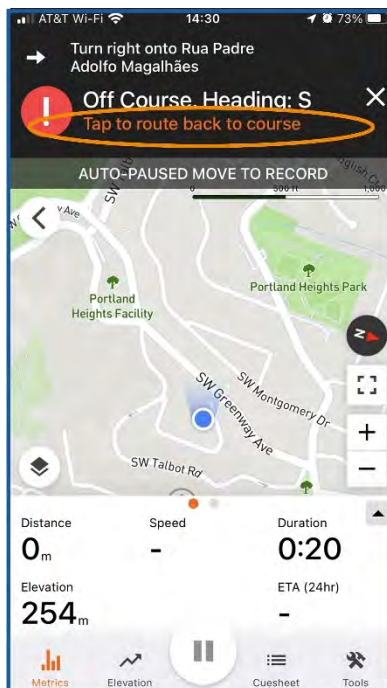


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

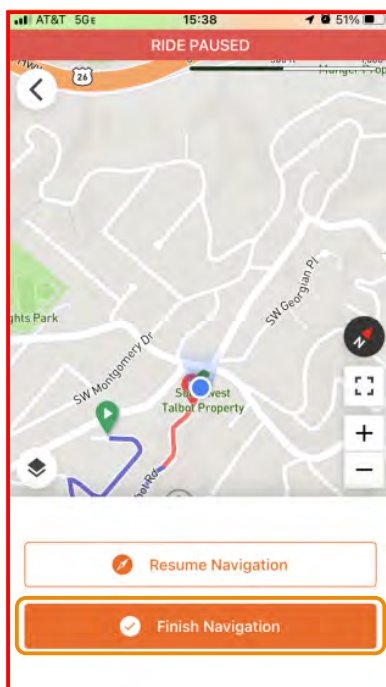
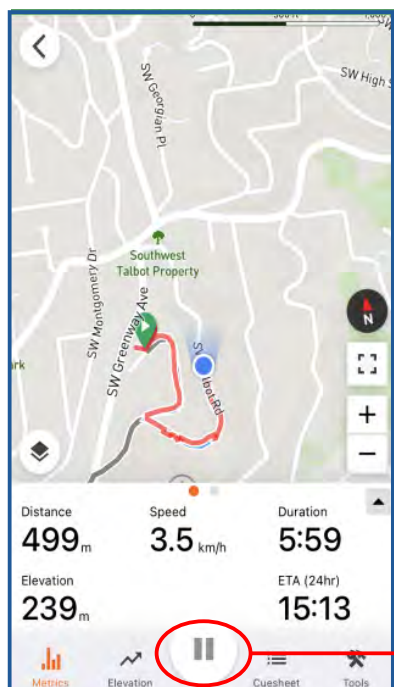
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back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

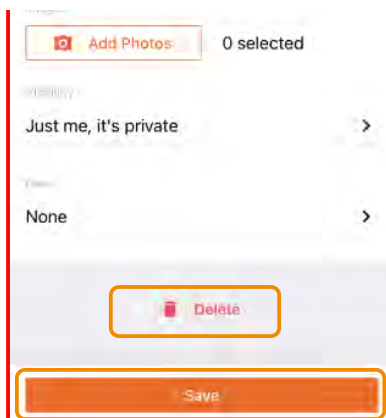
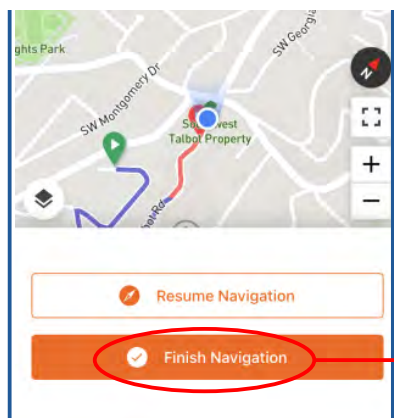


What do I do when I get to my destination?

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.

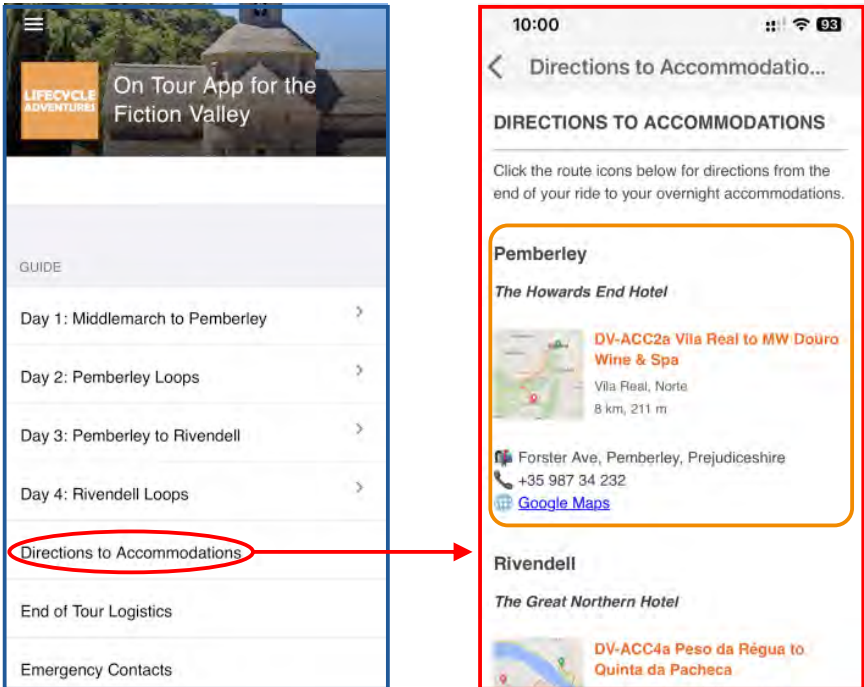


Follow the prompt to either save or delete the ride.



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*.



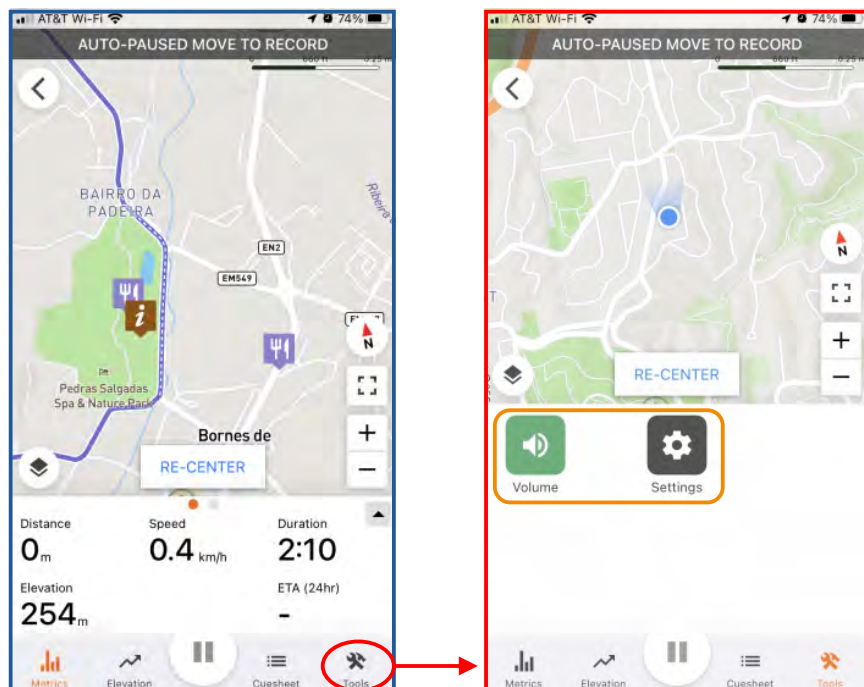
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

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.



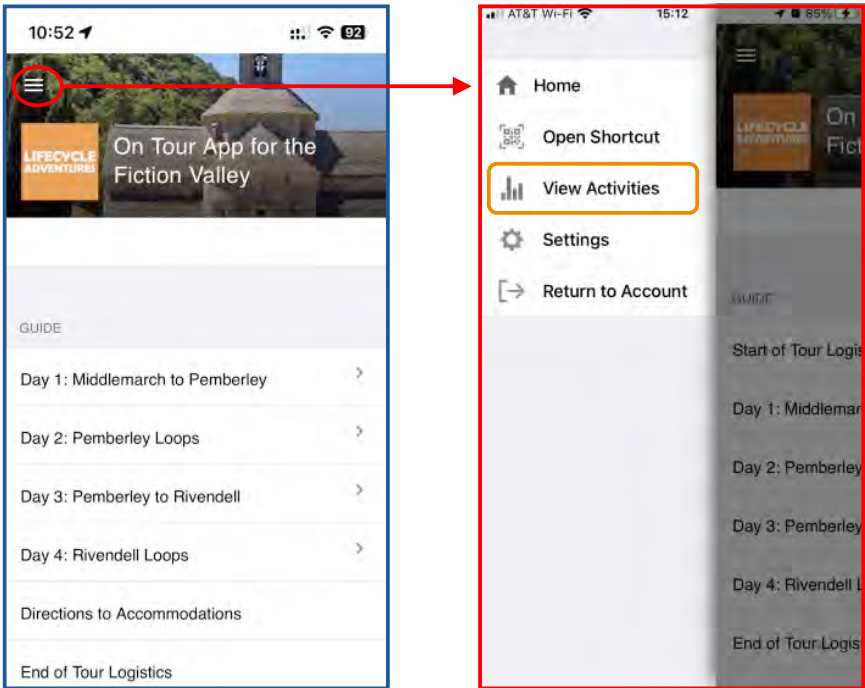
Volume allows you to turn off audible alerts or adjust the volume.

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?

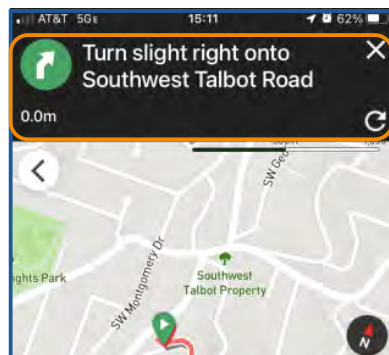
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



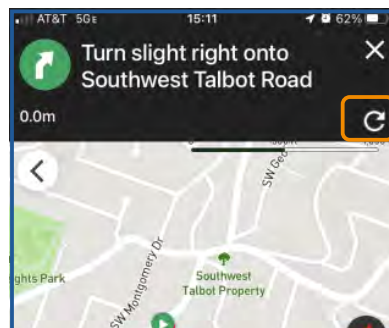
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

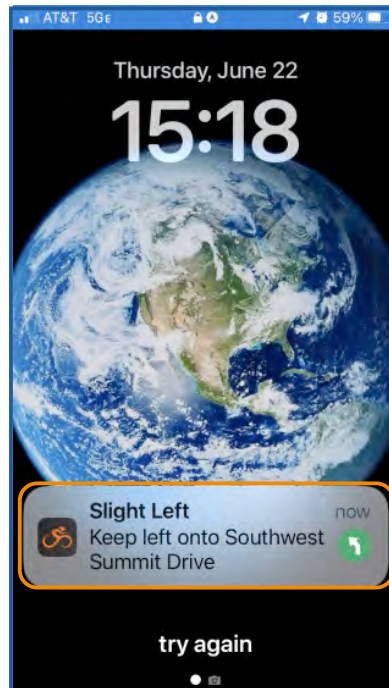
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are 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.

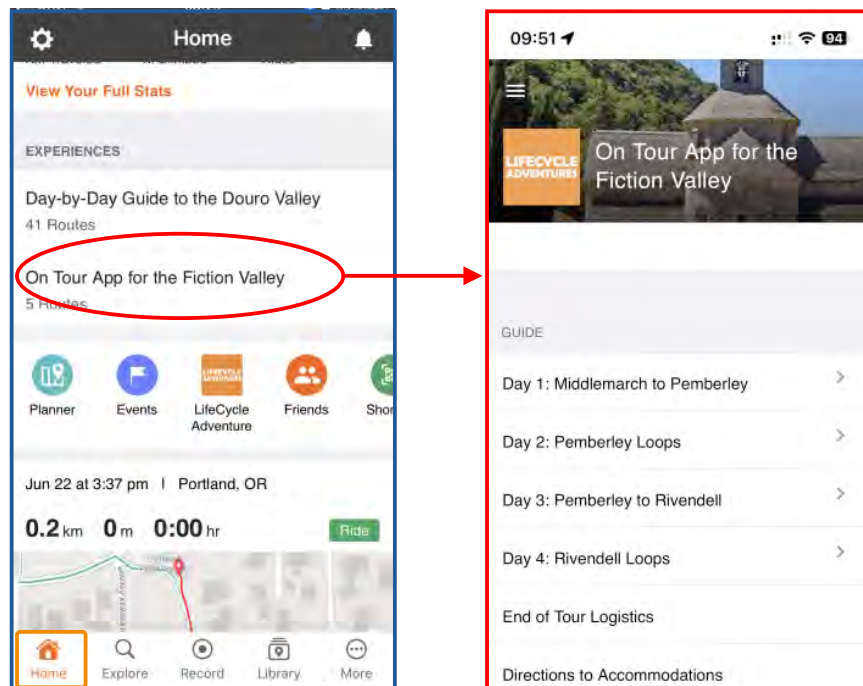
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

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 your *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 fluorescent 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

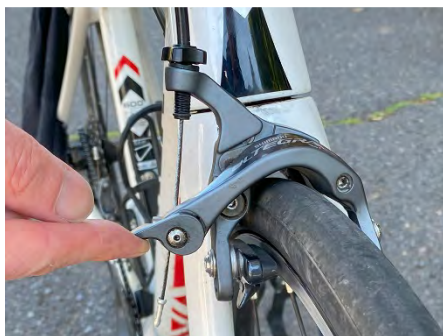
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

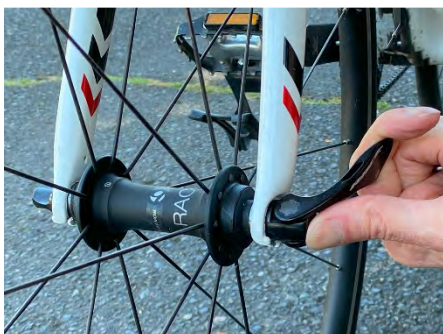
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

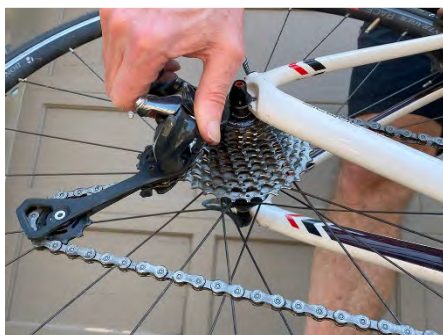
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



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 flat. 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.



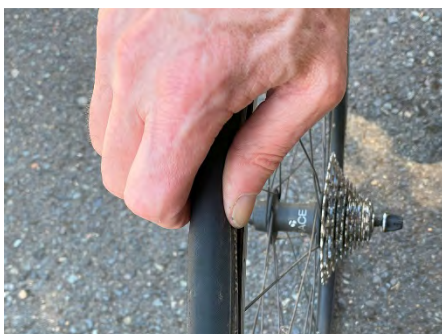
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



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.

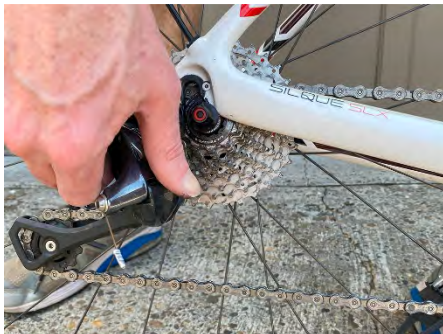
Refit the Wheel

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.

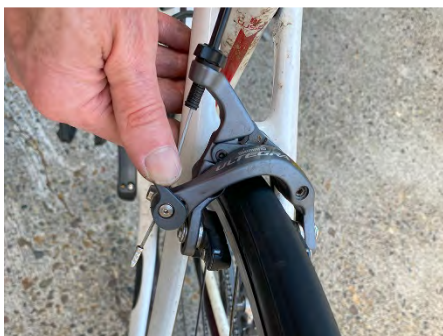


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the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



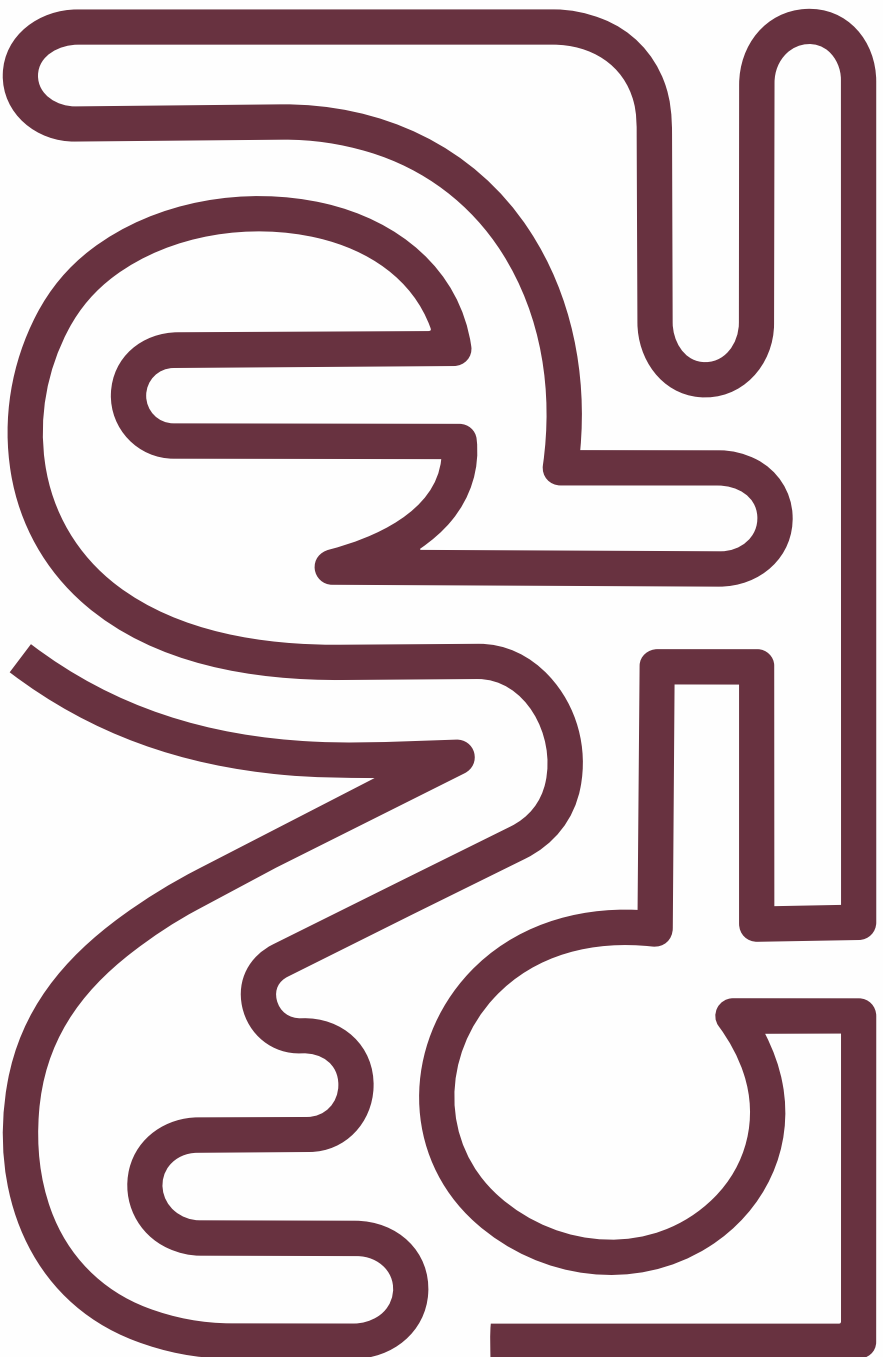
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking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



APPENDICES

Appendix 1 – Quiz Questions	102
Appendix 2 – Quiz Answers	106

APPENDIX 1 – 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 in the next section.

Planning Your Tour

1. *What is the most useful tool to help you navigate your tour?*

- ☐ A piece of string and a lodestone
- ☐ 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:*

- ☐ Whale watching excursion
- ☐ Wine tours
- ☐ Kayaking excursion
- ☐ Airport transfers
- ☐ 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 Island is known as the “Emerald Isle”?

- ☐ San Juan Island
- ☐ Lopez Island
- ☐ Orcas Island
- ☐ Shaw Island
- ☐ None of the above, this isn’t a tour of Ireland

8. What historic event is commemorated in San Juan Island National Historical Park?

- ☐ The Treaty of Washington
- ☐ The Battle of San Juan Hill
- ☐ The Pig War
- ☐ The Salmon War

9. Which town is the main village on Orcas Island?

- ☐ Lopez Village
- ☐ Friday Harbor
- ☐ Eastsound
- ☐ Seattle

10. Where, on San Juan Island, is known as one of the best places on land in the world to spot whales?

- ☐ Spencer Spit
- ☐ Mount Constitution
- ☐ Roche Harbor
- ☐ Lime Kiln Point State Park
- ☐ Whale Watching State Park

11. What natural phenomenon helps make the San Juan Islands sunnier than nearby Seattle?

- ☐ The Olympic Mountains rain shadow
- ☐ Coastal winds from Alaska
- ☐ Warm ocean currents
- ☐ Proximity to volcanoes
- ☐ They are not sunnier it is just that the people are happier, so it seems sunnier

12. Shaw Island is home to:

- ☐ The tallest mountain in the San Juan Islands
- ☐ A commercial winery
- ☐ An international airport
- ☐ A Benedictine monastery
- ☐ None of the above

13. *When is a whale not a whale?*

- ☐ When it's a pod
- ☐ When it's a dolphin
- ☐ When it's an orca
- ☐ When it's a scream
- ☐ When it's a hit

14. *The Pig War began because:*

- ☐ An American captain insulted a British admiral, saying he had the face of a pig
- ☐ A pig rooted in a settler's garden and was shot
- ☐ The Hudson company taxed the American settlers
- ☐ Spain claimed the Rosario Strait

Overnight Towns

15. *What is the only incorporated town in the San Juan Islands?*

- ☐ Eastsound
- ☐ Lopez Village
- ☐ Friday Harbor
- ☐ None of the above

16. *What was the original name of the settlement that predated Friday Harbor?*

- ☐ Joe Town
- ☐ Griffin Bay Landing
- ☐ San Juan Town
- ☐ New Amsterdam
- ☐ Haro Hamlet

17. *Which museum in Friday Harbor focuses on orcas, whales, and marine conservation?*

- ☐ San Juan Historical Museum
- ☐ Orca Heritage Center
- ☐ San Juan Islands Museum of Art
- ☐ The Whale Museum

18. *Where can you watch a sunset Colors Ceremony featuring multiple flags and a cannon shot?*

- ☐ Friday Harbor House
- ☐ Lime Kiln Lighthouse
- ☐ Shaw Island Beach
- ☐ McMillin's Dining Room at Roche Harbor

19. Which Eastsound museum is made up of six original 1800s homestead cabins?

- ☐ Orcas Island Historical Museum
- ☐ Orcas Island Heritage Barns
- ☐ Funhouse Commons
- ☐ Emmanuel Episcopal History Center

20. Which Friday Harbor coffee shop is a “wedge” between two buildings?

- ☐ Fox Den Espresso Bar
- ☐ Crow's Nest Coffee Shop
- ☐ Otter Nook Café
- ☐ Beaver Lodge Coffee Co.
- ☐ The Wedge Café

21. Whale watching and kayaking tours often offer sightings of which animals, besides orcas?

- ☐ Polar bears and penguins
- ☐ Elephants and zebras
- ☐ Porpoises, seals, and bald eagles
- ☐ Grizzly bears and cougars
- ☐ All of the above

On Tour

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

APPENDIX 2 – 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. Orcas Island
8. The Pig War
9. Eastsound
10. Lime Kiln Point State Park
11. The Olympic Mountain Rain Shadow
12. A Benedictine monastery
13. All answers considered correct – as bad dad jokes – though orca gets you a bonus point as orcas are more dolphins than a whales
14. A pig rooted in a settler's garden and was shot

Overnight Towns

15. Friday Harbor
16. San Juan Town
17. The Whale Museum
18. McMillin's Dining Room at Roche Harbor
19. Orcas Island Historical Museum
20. Crow's Nest Coffee Shop
21. Porpoises, seals, and bald eagles

On Tour (Qu. 22)

- 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 22 questions in total with one bonus point. How did you do?

- 9 well done.
- 14 brilliant!
- 19 genius!!
- 22 really!?

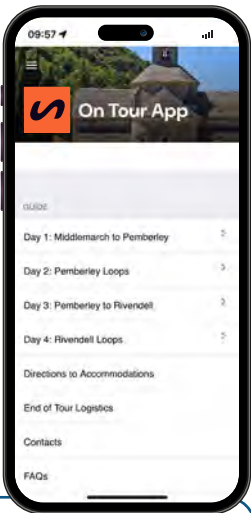
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On-Tour App

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.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark & Sweden

Loire Valley, France

Provence, France

Gascony & the Pyrenees,
France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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