



TOUR ITINERARY

RIDING
LEVEL

2

United States / California / Northern California

Napa + Sonoma Bike Tour

Wine to Waves in California Wine Country

TOUR HIGHLIGHTS

- Ride along the Pacific coast into wine country for a diverse cross-section of California by bike
- Explore the historic logging towns of Guerneville and Occidental, where cowboy culture survives alongside a thriving wine industry
- Stroll Healdsburg's quaint town square and pop into dozens of local tasting rooms
- Dine in dreamy Bodega Bay at a family-run Michelin-starred restaurant



ARRIVAL + DEPARTURE

Arrival Details

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

Departure Details

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

NOTE: DuVine provides group transfers to and from the tour, within reason and in accordance with the pick-up and drop-off recommendations. In the event your train, flight, or other travel falls outside the recommended departure or arrival time or location, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

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

Travelers Take Note

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

COVID-19 Travel Restrictions

For the latest travel restrictions related to the coronavirus pandemic—including quarantine requirements—please review [California's state travel guidelines](#).

TOUR ITINERARY

Tour By Day

DAY
1

Exploring West County

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

Meals: Lunch / Dinner

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

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

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

Accommodations: [Bodega Bay Lodge](#) or [The Inn at the Tides](#)

DAY
2

The California Coast

Today's ride highlights the variety of Northern California: start by pedaling past the rugged headlands of the Pacific coast and pause for a photo against a backdrop of rocky cliffs and dramatic, cresting waves. After a coffee stop, we veer east along the Russian River. En route to Healdsburg, we'll stop on the historic West Side Road to taste crisp Chardonnays and velvety Pinot Noirs at a standout winery. Our favorite Healdsburg restaurant hosts us for dinner this evening.

Meals: Breakfast / Lunch / Dinner

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

Accomplished: 47 miles / 75 km, elevation gain: 2,066 feet / 630 meters

Shorter Option: 38 miles / 61 km, elevation gain: 1,902 feet / 580 meters

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

TOUR ITINERARY

DAY
3

Dry Creek and Alexander Valleys

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

Meals: Breakfast / Lunch

Destinations: Dry Creek Valley, Alexander Valley, Jimtown Store

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

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

DAY
4

Chalk Hill Road and the Gateway to Napa

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

Meals: Breakfast / Lunch

Destinations: Chalk Hill Road, Knights Valley, Calistoga

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

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

Accommodation: [Solage Calistoga](#)

TOUR ITINERARY

DAY
5

Undiscovered Napa

The focus of our day is discovering a side of Napa that remains relatively untapped. Begin with a challenging four-mile climb up to the Petrified Forest, or catch a lift in the van to this unique geological site and begin riding from there. Meander along Spring Mountain Road and then back down to St. Helena. Grab lunch from a funky food truck at a local winery owned by a family of cyclists—when enjoyed with the estate's own wines, it's a fun and relaxed take on wine pairings. After lunch, choose to keep riding, transfer back to the hotel, or explore the shops and tasting rooms of St. Helena. This evening, enjoy a memorable farewell dinner at one of our favorite local restaurants.

Meals: Breakfast / Lunch / Dinner

Destinations: Petrified Forest, Spring Mountain, St. Helena

Accomplished: 20 miles / 30 km, elevation gain: 1,998 feet / 608 meters

Longer Option: 24 miles / 37 km, elevation gain: 2,814 feet / 857 meters

Accommodation: [Solage Calistoga](#)

DAY
6

Farewell to Wine Country

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

Meals: Breakfast

Destinations: Franz Valley, San Francisco
