

LIFECYCLE ADVENTURES



CUSTOM CYCLING VACATIONS

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info@lifecycleadventures.com

- **6-day/5-nights**
- **Intermediate and experienced riders**
- **30 to 40 miles/day**
- **You choose the start date**

Oregon's Columbia River

A Multi-Activity Tour of Mt Hood and the Columbia River Gorge

This trip is for intermediate & experienced riders looking to enjoy riding through some of the most spectacular scenery in America. On this Columbia River Gorge bike tour, you ride on quiet lanes over the shoulder of Mt Hood then descend to the Columbia River. Much of the trip is on the Historic Columbia River Highway – one of Bicycling Magazine's *Best Rides in America*.

Partway through the trip you'll take a break from cycling and go whitewater rafting down the White Salmon River. If that's not to your taste, there are also great hikes, loop rides or you can simply relaxing in Hood River – one of Outside Magazine's *Best Towns in America*.

This trip is perfect for adventurous people looking to have fun. On the trip, you stay in a combination of character inns, charming B&Bs and end at a boutique hotel.

If you would like to know more, send me an email at info@lifecycleadventures.com or use the [Check Availability](#) button in the left margin.



"The Columbia River at sunset."

Tony Blakey
Founder

From: \$2200 per person

[Check Availability](#)

Includes:

- Transfer from Portland and back again
- Lodging with breakfast
- Luggage transported between lodgings
- Hybrid bikes
- Whitewater rafting on the White Salmon River
- Van support
- Customized routes and a personalized guidebook
- Maps and mile-by-mile directions

Lodging:

- Doublegate Inn – Welches
- Hood River Hotel, Hood River
- Skamania Lodge, Stevenson

Optional Extras:

- Spa treatments including massage
- Horseback riding or hiking in the foothills of Mt Adams
- Upgrade to a high specification road bike

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