Pedal, Paddle & Pinot Adventure  
with MSU Bikes Manager Tim Potter  
Sponsored by the MSU Alumni Association  
July 13-18, 2014  
$2,995 PER PERSON, double occupancy, $3,790 per person, single occupancy  

With great weather, breathtaking scenery and over 500 vineyards, the valleys of Napa and Sonoma are a cyclist's paradise. You'll find terrain suitable for all abilities. Off the bike you'll be treated to a half-day of paddling on Tomales Bay, private wine tastings, world-class cuisine and comfortable accommodations. If you're looking for an unforgettable vacation, look no further!

Ready to book? Questions?  
Call Black Sheep Adventures toll-free: 866-647-4337
Adventure Itinerary

**SUN, 7/13: BIKING PETALUMA TO TOMALES – 28 MILES**

After being picked up in San Francisco, we will head north across the Golden Gate Bridge for the one hour transfer to Petaluma. From there your guides will fit you to your bike, provide a safety review talk and we'll start our first ride. You'll enjoy a gorgeous route past the pastoral beauty of the ranches and farms of rural Sonoma County. After finishing the first ride we'll shuttle to Bodega Bay to tonight's resort. Nestled on a hillside above Doran Beach, the Bodega Bay Lodge is a perfect place to take in the area’s natural beauty. From your balcony, enjoy views of Bodega Bay and the Pacific Ocean beyond. The award-winning restaurant and full-service spa are only steps away. *Bodega Bay Lodge (D)*

**MON, 7/14: KAYAKING ON TOMALES BAY**

We’ll rise early this morning and drive to Tomales Bay. Mornings are typically best for placid paddling conditions on the Bay. We’ll paddle out with a local naturalist to view a variety of bird and marine life such as osprey, harbor seals, pelicans, bat rays and more. We’ll spend about 3 hours exploring the coastline before paddling back to the hamlet of Marshall. Along the way we will enjoy a delicious picnic on the beach before we trade our kayaks back in for bikes to begin biking back towards Bodega Bay. After returning to our hotel, we’ll have some free time before dinner at a favorite nearby restaurant. *Bodega Bay Lodge (B, L, D)*

**TUE, 7/15: BIKING DUNCANS MILLS TO GUERNEVILLE – 25 MILES**

As the morning sun burns off the nightly blanket of fog, you may choose to take a stroll along the tranquil bay before indulging in a hearty breakfast. Today we’ll head into the coastal range for a cruise into the heart of the redwoods. At the Armstrong Redwoods State Park, we’ll picnic among 1,400-year-old trees that tower over 300 feet high and create a unique microclimate. Shafts of light filtering through the canopy make for an enchanting experience. The optional cycle after lunch is along the Russian River. On our approach to Healdsburg, we will stop for a wine tasting at a winery to sample their award winning wines. Tonight will be spent in Healdsburg, a relaxed and prosperous town built around a plaza. *h2 Hotel (B, L, D)*

**WED, 7/16: BIKING RUSSIAN RIVER LOOP – 23 MILES**

From Healdsburg, you’ll cycle out along Eastside Rd. This quiet country road winds its way through miles of vineyards stretching in all directions. The Russian River Valley is one of the cooler wine growing regions in northern California, specializing in varietals like Chardonnay and Pinot Noir. You’ll have the chance to sample some of these wines at Arista winery, known for their sustainable approach to crafting outstanding Pinot Noir. After enjoying your lunch, you’ll continue riding back to Healdsburg. We’ll then continue our ride a short distance back to Healdsburg. Tonight you are free to arrange your own dining plans, though we'll be happy to recommend one of the many great dining destinations. *h2 Hotel (B, L)*
THU, 7/17: BIKING DRY CREEK LOOP – 22 MILES
Today will include some truly classic wine country riding on quiet back roads dotted with welcoming vineyards. Where you enjoy lunch today is your choice. You can sample one of Healdsburg's many restaurants, but we heartily recommend stopping at Dry Creek General Store, a country store along the route known for amazing gourmet sandwiches and fresh salads. Today’s itinerary also includes a visit to Ridge Winery offering stunning views from its hilltop perch. After enjoying the scenery, we will sample some of these unique wines. This afternoon you'll have some free time and you may consider treating yourself to a massage at the hotel’s spa. Tonight we'll dine at one of our favorites, Charlie Palmer’s Dry Creek Kitchen. h2 Hotel (B, D)

FRI, 7/18: BIKING ALEXANDER VALLEY – 21 MILES
We’ll start the day with a pre-breakfast ride out along the back roads of Healdsburg to explore the wine growing region of Alexander Valley. After a coffee stop at a favorite spot, we’ll loop back to the hotel on what many regard as their favorite ride of the week. You’ll have a chance to enjoy breakfast and return to your room to freshen up and pack before departing Healdsburg. We’ll then shuttle back toward San Francisco and take the leisurely route through the famed Napa Valley. On the way we’ll stop in St Helena at a favorite local spot for lunch. With our bellies full of wonderful food and delicious wine we’ll make our final journey back to San Francisco. (B)

Itinerary is subject to change. Included meals as noted above, B=breakfast, L=lunch, and D=dinner.

Lodging Information
You will revel in the comforts of our Sonoma lodging choices, two carefully selected properties: the Bodega Bay Lodge & Spa (pictured left) and h2 (pictured right). Each property features an elegant setting with a pool and a spa on property (or nearby).

MSU Host *A minimum number of 15 travelers are needed to send the MSU host.
Tim Potter manages the MSU Bikes Service Center at Michigan State University, an on-campus operation owned by the MSU where he organizes a host of bike-related programs and initiatives. Bicycling has been an integral part of Tim's life since he was 8, when he learned how to ride on a little blue Schwinn Pixie. Tim has worked as a bike tour guide, mechanic, interpreter and driver in Japan for Americans and for Japanese cyclists in the Canadian Rockies. He enjoys bicycling of all types, soccer, XC skiing, photography and anything related to Japan. He's on the board of the Ride of Silence organization and co-founded the University Bike Programmer's Network.
Trip Price

Price Includes:
- Two nights at Bodega Bay Lodge in Bodega Bay, CA
- Three nights at h2 Hotel in Healdsburg, CA
- Five breakfasts, three lunches, and four dinners, including tax and gratuity
- All activities mentioned in the itinerary – biking, kayaking, and select wine tastings
- All equipment rentals – kayaks, bicycles, and helmets
- Services of professional tour manager(s) throughout the program
- Van support, transportation during the trip, and porterage service
- Guide and driver gratuities

Price Does Not Include:
- Flights to and from home
- Transportation to and from the airport
- Wine/alcohol with meals
- Personal items, such as laundry, internet access, phone calls, wines, liquors, etc
- Airport/airline taxes and surcharges
- Travel extensions
- Personal insurance for health, baggage, and tour cancellation

Trip Pricing:
- $2,995 per person based on double occupancy
- Single supplement $795

Payment:
- $500 deposit per person required to finalize booking
- Balance due by May 13, 2014 (two months prior to departure)
  Balance due can be paid by credit card or check (for those paying the final balance by check a $50 discount off the published price is offered). Reservation received after May 13, 2014 must be accompanied by payment in full.

Cancellation Policy per person:
- 91+ days prior to trip start: A $100 cancellation fee
- 61-90 days prior to trip start: Cancellation fee equal to 25% of trip cost
- 31-60 days prior to trip start: Cancellation fee equal to 50% of trip cost
- 0-30 days prior to trip start: No refund

A Participant Release Waiver and Assumption of Risk (PDF) form must be signed and returned by each traveler before participating on this program.

We strongly suggest purchasing travel insurance. Travel insurance information will be sent to you with your confirmation letter from the MSU Alumni Association.

The Michigan State Alumni Association and Michigan State University, their respective employees, officers, agents, servants and representatives (hereinafter collectively referred to as "Michigan State") are acting only as agents for the tour participants with respect to travel services and shall not be responsible or liable for changes of flight times, fare changes, dishonor of airline, hotel or other reservations, damage, injury (including death), loss of baggage, accidents, delays, inconveniences, cessation of operations, airline or tour operator bankruptcies or insolvency’s, acts of God, acts or omissions of any person or entity engaged in conveying participants or carrying out any other arrangements in connection with the tour, or any other event or occurrence beyond Michigan State's control. Further, Michigan State shall not be responsible or liable for losses or additional expenses incurred by any participant due to sickness, disease, weather, strike, civil unrest, acts of terrorism, quarantine, acts of God or any other cause or occurrence beyond its control. Michigan State shall not be responsible or liable for alterations or changes in the itinerary deemed necessary for carrying out the tour. Michigan State reserves the right to cancel any tour prior to departure. In such an event, participant's entire payment may be refunded without further obligation or liability of any kind on the part of Michigan State. Michigan State also reserves the right to decline to accept or retain any person as a member of the tour should the person's health, actions or general deportment impede the operation of the tour or the rights or welfare of any tour participant. In such an event, no refund will be made for any unused portion of the tour. Applicants for participation in this tour accept all of the terms and conditions set forth above.

Ready to book? Questions?
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Travelers, whether alumni or friends, must be current MSUAA members to participate in Association travel offerings. For more information on membership rates, call the MSU Alumni Association at (877) 678-2586. You may also join online at www.alumni.msu.edu. Tour reservations will be confirmed upon verification of Alumni Association membership.