



TOUR ITINERARY



United States / California / Northern California

Sonoma 4-Day Bike Tour

Wine Country to the Bay: California Vineyards and Coastlines

TOUR HIGHLIGHTS

- Cycle the beautiful and remote Pacific coast, past rugged headlands and crashing waves
- Discover our off-the-beaten path favorites, from bakeries to cafés and cheese producers
- Sip California's most famous wines right where they're grown and discover the burgeoning microbrewery scene in Sonoma
- Stroll Healdsburg's quaint town square and pop into dozens of local tasting rooms
- Join our friend Mary, a talented chef and winemaker, for a private dinner at her stunning Healdsburg vineyard, where fine wine pairs with captivating stories to create an unforgettable evening.



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:**
2:00 pm

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, 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.



TOUR ITINERARY

Tour By Day

DAY
1

Pastoral Sonoma

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 at Marin French Cheese company, the country's oldest cheese producer. 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: 2,132 feet / 650 meters

Longer Option: 43 miles / 69 km, elevation gain: 2,512 feet / 766 meters

Accommodations: [Bodega Bay Lodge](#)

DAY
2

The California Coast

Today's stunning ride highlights the best of California. Start your day pedaling past rugged headlands along the Pacific coast, then head inland to the Russian River Valley. As we ride, the landscape morphs from dense forests to California's renowned vineyards. We'll stop for a picnic lunch in the shade of towering redwoods at a local reserve. After, hop in the van and head directly to Healdsburg or challenge yourself with some extra miles amidst the vines. Tonight, enjoy dinner on your own in Healdsburg.

Meals: Breakfast / Lunch

Destinations: Russian River Valley, Westside Road, Healdsburg

Accomplished: 25 miles / 40 km, elevation gain: 1,157 feet / 352 meters

Longer Option: 47 miles / 75 km, elevation gain: 2,076 feet / 633 meters

Accommodations: [Hotel Healdsburg](#)

TOUR ITINERARY

DAY
3

Dry Creek and Alexander Valleys

This morning we'll cycle West Dry Creek Road in a region flush with welcoming vineyards. As we cross into Alexander Valley, quiet back roads open up to dreamy views of the Mayacamas Mountains and we'll stop for a coffee among acres of vines. After lunch, visit our favorite local winery to sip on crisp Chardonnays and juicy Zinfandels, then return to the hotel for an afternoon by the pool. Tonight, we celebrate our time together at a very special farewell dinner hosted by our good friend Mary for a private dinner at the beautiful Healdsburg winery she owns with her husband Bob. A winemaker and self-taught chef, Mary dazzles us with her culinary talents, pairing each dish with unique tales from the vineyard and the estate's fabulous wines.

Meals: Breakfast / Lunch / Dinner

Destinations: Dry Creek Valley, Alexander Valley, Ridge Winery

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

Accommodations: [Hotel Healdsburg](#)

DAY
4

Chalk Hill Road

If you haven't had your fill of wine country, take an optional spin along the Russian River Valley and Chalk Hill, or enjoy your morning coffee and a leisurely stroll around Healdsburg's town square. After a sendoff brunch—complete with mimosas, of course—we'll see you back to San Francisco where our adventure concludes.

Meals: Breakfast / Lunch

Destinations: Chalk Hill Road, Alexander Valley, Petaluma

Accomplished: 32 miles / 51 km, elevation gain: 1,217 feet / 371 meters

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), **please see our FAQs**.



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DUVINE
- VILLAGE - BIKES - TOURS - GEAR

YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers.

[Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic (“car up”) or pot holes (“pot hole”).
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

