



The Tripper Report for September - December 2006 (updated 6/12/2013)

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Methow Valley Rendezvous September 5th to September 10th
Ride Director: Rita Jensen, Report by: Sidney Whaley



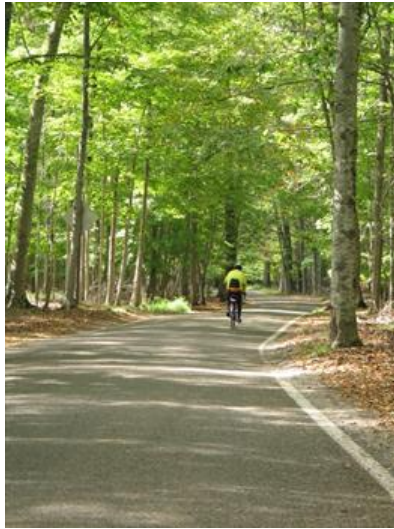
All trips are unique but this bike trip was surrounded by three giant forest fires in a remote mountain setting. To add to the spell we visited the first smoke jumping base in the US complete with helicopters dropping fire retardants five miles from the highway. In 1972 a major highway was opened across the northern Cascade Mountains ending in the town of Winthrop. We had five days of loops from this base, some along river valleys, some up 15 mile mountain passes, and some into stiff head winds with screaming returns. We had lectures at night on the geology of the area, visits to an old mining museum, and a horse drawn ride to a chuck wagon barbeque. No major route finding and trips could be tailored by varying the starting and turn around points. I especially enjoyed afternoon lake swims, short hikes for alpine views, and the opportunity to rent a mountain

bike to explore the miles of trails at Sun Mountain Lodge. Traffic was minimal and there were smooth wide shoulders. Most of us stayed in cabins with kitchens and hot tubs. It was very relaxed but remote and no sag wagon so be self sufficient with your bike gear. There is a reasonable bike shop in town I needed when my rear rack destructed. The leaders live in the area and provided an excellent sample of this scenic rural part of Washington. It is a ski touring paradise in the winter.

Participants: Gordon Kniefel, Sheila Coe, Dean Coe, Rich Disman, Judy Disman, Jocko Burks, Ruth Burks, Gary Dodson, Rita Jensen, Kristi Weir, Tom Weir, Paul Woerner, Pat Woerner, John McManus, Brenda Cole, Rick Watson, Kay Watson, Diane Thompson, Robert Thompson, Shay O'neil, Steve Manton, Sidney Whaley, Janet Whaley

A MICHIGAN RAMBLE September 12th to September 23rd

Ride Director: Vickie Smith, Report by: Claire Russell



Trip Details: Ten days of bicycling
Mileage: 450 miles, approximately
Elevation Gain: 13,000 vertical feet

Vickie used her expertise as a librarian to assemble a wealth of interesting information and significant sights along the route. Her traveling reference library of Michiganiana accompanied us in the van.

We left Traverse City along the TART bicycle trail. That is "tart as in the cherries for which the area is famous, and "TART as in Traverse Area Recreation Trail.

Our first two days we rode along the Leelanau Peninsula which juts into Lake Michigan staying in Glen Arbor and Leland. Some of us opted for the extra 12 mile loop out to the lighthouse where a doe and two fawns grazed

on fallen apples. We returned to Traverse City again along the TART trail.

Then we worked our way North toward Mackinaw Island at the tip of lower Michigan, and considering the hills we climbed, we sometime felt "work" did indeed describe our trip. Our reward was the picturesque terrain.

The hills took us past vineyards, cherry and apple orchards, farms and small towns. We were rewarded with vistas of Lake Michigan, shimmering in brilliant hues of azure and sapphire. At places the lake was edged with sand dunes and beach grass; sometime the lake shone through pine trees or maples beginning to turn crimson and orange. There were small back-woods cabins and palatial summer homes surrounded by vast lush lawns.

After staying in Shanty Creek and Petosky, we arrived in Mackinaw City where we had our first view of the impressive "Big Mac," the Mackinac Straits Bridge connecting upper and lower Michigan. We took our bicycles on the ferry for two nights on car-free Mackinac Island. The only other transportation on the island is horses. Horses haul luggage, garbage, and, of course, people. The only motorized vehicles are an ambulance and a fire truck.

The main industries on the island seemed to be tourism and stores, 17! , selling freshly made fudge. Walking along the street, we could smell fresh fudge on one side and the equally fresh house manure on the other side!

The island's featured points are Fort Mackinac and The Grand Hotel, featuring the world's longest porch. Minus palm trees, The Grand Hotel is similar to the Hotel del Coronado on Coronado Island near San Diego.

Mackinac City, Mackinaw Island? That troublesome question was finally resolved: no matter the spelling, it is always pronounced Mackinaw.

On our route back down to Traverse City we stayed in Harbor Springs, took a 27 mile bicycle path in to Charlevoix for our next stop. We returned to Shanty Creek for our farewell dinner. Vickie had a card game with everyone a winner. Our prizes were chosen from an assortment of made-in-Michigan treats: maple syrup, stationery, DVD, mugs, cookie cutters....

This trip gave us a view of Michigan far from the automobile industry for which the state is famous. The Michigan we saw was quiet back roads, beautiful scenery, lakes, interesting small towns. Vickie gave us another introduction to Michigan each evening at our meetings with a selection of Michigan wines and beer. One day Vickie and Dorothy Stock loaded their bikes with locally smoked fish that we devoured at happy hour. Vickie also gave each of us a generous package of dried Michigan cherries--great snacks for the road. Our souvenir shirts were also cherry red.

Photo of Tunnel of Trees road near Harbor Springs
10/17/2006

Participants: Vickie Smith, Dan Peterson, Harold Ashby, Joan Peterson, Judy Ashby, Donna Carrington, Hugh

Carrington, Carol Hunt, William Mc Connell, Nancy Mc Connell, William Keckler, Arnie Schwartz, Dorothy Stock, Sally Haas, Frank Lamitola, Abby Linzie, Robert Warfield, Travis Russell, Claire Russell, Rickey Davis, Dale Barker, Pauline Barker, James Claffey, Linda Bothwell

Fingerlakes, Waterfalls and Wineries September 16th to September 26th

Ride Director: David Wright, Report by: Barb Jarmoska



Fingerlakes, Waterfalls and Wineries
September 16-26, 2006

September is the perfect time of year to be in the Fingerlakes region of upstate New York! The summer crowds (who haul their speed boats on trailers along narrow back roads) are gone. The leaf-lookers (who are apt to pay more attention to the bright colors on the hardwoods than to the bright colored clothing of cyclists on the roads) have not yet arrived.

It was obvious from our first meeting that Dave and Sue Wright were taking their roles as ride leaders seriously. We were each given our own wine glass, a booklet of all the ride cue sheets (complete with elevation maps & wow & a bonus) as well as a folder with a detailed map of the region and brochures of all of the sightseeing

opportunities our ride would offer. No lack of planning and organization here! The cue sheets proved flawless and accurate to the hundredth of a mile throughout the entire 10 days of the ride.

The tour was aptly called Fingerlakes, Waterfalls and Wineries. The name was a fitting description of what we saw on our journey and enjoyed at our happy hours. The scenery in this part of the northeast is spectacular. The lakes are indeed finger-shaped, up to 40 miles long; always narrow enough to see across and sparkling clear. New York wineries abound and the grape harvest is in full swing in September. Pedaling along the countryside, the air is heady and sweet with the smell of ripe grapes. Ride distances averaging in the high 40's allowed ample time to hike the gorges and stand in awe of the waterfalls and rock formations. The 2-B rating was accurate.

The culinary offerings of the region are first-class. We were also treated each night to the culinary talents of our ride leader, Dave. Happy hour was a meal unto itself and the live guitar music provided by Bruce Lundrigan, one of the riders, added to the spirit of fun and festival that was a hallmark of this trip. We may have broken the all-time BAC record the night we had a two hour and 48 minute happy hour!

Our accommodations varied from clean and adequate mom and pop motels to stunning resorts and an authentic Victorian bed and breakfast. We were often close enough to the water to look out our windows and take in beautiful views of the lakes. On the second night, following a ride that included 15 miles inside Letchworth State Park and a fabulous group dinner, we were lured to sleep by the sound of the waterfalls.

We often stayed for 2 days at a single location, thus allowing the pace of the ride to slow a bit. This was a well-planned change from the everyday pack-up-and-go that is often required. Our second day in a given location provided opportunities for a local loop ride, a day of rest off the bike, and/or sightseeing in the area. Riders' choice. Our ride leaders had two vehicles and could transport all 20 of us to restaurants and sightseeing opportunities as needed.

The support provided by Dave and Sue as well as their attention to the details of this ride went far above and beyond the standard "call of duty for BAC ride leaders. That hospitality and concern, combined with pleasant back roads and small towns, stunning scenery, fine dining and the happiest of happy hours will no doubt always keep this ride on my "favorites list.

Barb Jarmoska

Participants: Michael Eunice, David Wright, Jan Bush, Jeanne Bush, Janice Eunice, Barb Larsen, Leo Riegel, Brenda Sands, Larry Sands, Susanne Wright, Bill Nast, Mary Love Nast, Mike Doelger, Barb Jarmoska, Wes Johnson, Sara Blakeslee, John Blakeslee, Bruce Lundrigan, Susan Strange, Carol Deland

Colorful Parks of Utah and Arizona September 17th to September 30th

Ride Director: Donald Smith, Report by: Daniel Ryan



With Don Smith as a veteran leader of BAC trips we 19 riders knew he would produce another outstanding trip. This is such a colorful trip that four of us had previously ridden this route. Don has led this trip on six other occasions. Of the 20 of us the average age of the men was 67 and that of the women was 56. The men must enjoy riding with those beautiful younger women. Each group member had averaged riding 10 previous BAC trips and 33 trips had been led by the men and women or both. So we had a seasoned group on this trip. However, the newcomers fit right in with us old timers.

The trip started and ended in the growing town of St. George, Utah which is in the southwest corner of the state. It was a 14 day trip with four layover days divided in each of the national parks of Bryce Canyon, the North Rim of the Grand Canyon and Zion

National Park. In each to the parks we stayed in rustic renovated cabins, each one with a nice fireplace which we used on the cool mornings. We didn't have any rain during the trip but one day we did experience some snow on a 13 mile downhill which caused some of us to flag down the van or a driver on the road to give us a lift to get a cup of hot coffee at a nearby town. We will all remember that snowy day.

With Don's thorough daily trip sheets we all knew ahead of time that we would be averaging 2,600 feet of climb each day and covering 56 miles per day. The second day out got our leg muscles going as we had a climb 5,200 feet in 30 miles but we had a super downhill to the Lodge at Brian Head skiing area.

We spend three nights at Bryce Canyon as there was so much to see as we took in all the colorful hoodoos from the top of the rim and hiking down to the bottom. There were beautiful sunrises over the canyon and clear star lit nights in which we viewed the Milky Way and ten thousand other stars.

Then after two days of tackling some more of the hills, we arrived at the spectacular North Rim. Some of us hiked the trails, some took the mules down the canyon trail and others went to the various vistas which over looked the canyon with the muddy Colorado flowing down at the bottom. Some of us even found cell phone reception at the rim to call back home and describe the scenery.

Then it was off to Zion, entering the park from the high plateau at the east end. We took our time as the scenery seemed to get better as we rounded each corner. We had to be shuttled through the mile long tunnel but on the other side we got to enjoy going down six switchbacks which had a drop of 1,500 feet in ten miles. In Zion, some of us hiked to the top of the canyon for the beautiful view of the canyon floor and others hiked up and through the Virgin River which carved out the canyon over the last ten thousand years.

The beautiful scenery slowly dissipated as we did our last day ride back to St. George and we all said our good byes until we would meet again on another BAC ride. We all gave our special thanks to Don Smith our leader who celebrated his 81st birthday this year. Kudos also went to our van driver, Jana Cromer who had to empty the van of its luggage on several occasions to pick us up on the side of the road during the snow day and on the cold days.

Participants: Gayle Boland, Don Gieringer, Mary Wikstrom, Jana Cromer, Donald Smith, Ralph Singer, Carole Nacon, Marjorie Kirk, Daniel Ryan, Karen Ryan, Clarice Sackett, Chuck Jackson, Lucy Glover, Randy Glover, Kenneth Gregor, Jon Marcil, Donald Sullivan, Spencer Ridings, Yvonne Bates, Arthur Nash

Katy Trail September 23rd to September 30th

Ride Director: Scott Brewer, Report by: Jacque Austin



The eleven participants in our group gathered at the Quality Inn in St. Charles, MO on Friday evening, September 22nd. Individual introductions revealed diverse interests and varied cycling experiences. Scott encouraged pre-trip preparation by furnishing us with "The Complete Katy Trail Guidebook by Brett Dufur.

The following morning our group (along with our luggage and bikes) loaded into two vans for the drive to Clinton, MO where our cycling would begin. The route to Clinton was circuitous and included towns along our tour, the Katy Trail.

About the Katy Trail: The Katy Trail State Park is a project of the Rails-to-Trails Conservancy. With its 225 miles is the longest rails-to-trails project in America. The trail was created

from the abandoned Missouri-Kansas-Texas (MK&T) Railroad. The majority of the trail accommodates both hikers and bikers; it follows the Missouri River through fertile agricultural land, dense forests, pastureland, rolling farmland, and beside towering limestone bluffs. The tree canopy provides shade for much of the well-maintained route which is flat to slightly rolling. The only real obstacles we encountered were the walnuts and apples that fall on the trail.

Traffic was almost non-existent since we encountered it when we left the trail to enter a town for food or our evening accommodations. Our maps and cue sheets provided adequate information for us to locate lunch stops and our hotels. We added 20 miles to the route by visiting Columbia. The tour rating, a 1A, was accurate.

Sights along our route: soybean fields, kestrels, a very brief look at a B-2 Stealth bomber as it flew, rabbits, mice, woodpeckers (red-headed and downy), praying mantis, wrens, great egrets, blue herons, garter snakes, turtles (red-eared sliders and box), tree swallows, deer, muskrats, red-tailed hawks, killdeer, ducks, woodchucks, vultures, walking stick, and woodland mole.

Accommodations: our two B&Bs (Rivercene and Captain Wohit Inn) were both pleasant locations with Rivercene being the more elaborate and serving the better breakfast. Five evenings we stayed in typical motels each of which served typical continental breakfast. Capital Plaza Hotel in Jefferson was more elaborate and served a good breakfast. Five of us took advantage of the laundry facilities available at the Regency Hotel in Columbia.

Lunches: Windsor & sports the smallest and oldest Dairy Queen in MO; Rocheport & Trailside Café, Abigail's; Hartsburg & Dotty's Café & scrumptious beef stew and blackberry cobbler a la mode, plus the decorations stimulated lots of memories.

Evening meals: those worth mention are & Magpies in St. Charles, Kehde's Barbeque in Sedalia, the Pasta Factory in Columbia, Madison's Café in Jefferson City (despite the fact we sat in the smoking area,) and the Vintage Restaurant in Hermann which provides an outstanding wine list.

Sites worth seeing: Clinton & the Katy caboose at the trailhead; Sedalia & Missouri State Fair, Scott Joplin Ragtime Shop at Hotel Bothwell; in Boonville & downtown mural, railroad bridges; New Franklin & Katy Roundhouse; Rocheport & Pebble Publishing, MK&T train tunnel; Huntsdale & Great Burr Oak tree; Columbia & college campuses, Boathenge; Jefferson City & Missouri State Capitol with museum and Thomas Hart Benton murals and Governor's Mansion; Hermann & wineries.

Summary: This bike tour was certainly worth riding. The environment and fellow riders were enjoyable. The sag driver Robin was very accommodating. I would suggest two changes: one, do not use the Cresson Shuttle Service again and improve the happy hour food and beverages.

Participants: Gerald Hefele, Jane Leiby, Robin Shorter, Jacque Austin, Marion Van Tassel, Gene Enders, Peg Enders, Scott Brewer, Birgit Shorter, Stephen Mangold, Kirk PURVIS

Bicycle Aspen Colors September 24th to September 30th

Ride Director: Jackie Mastrangelo, Report by: Kathleen Miller



You Can't Beat This
"Perfect "Wonderful "Amazing "Unforgettable
"Fabulous

All these adjectives describe the experience of the lucky riders on the Bicycle Aspen Colors Tour. Jackie Mastrangelo, Perry Pollock and Dusty Hamrick chose a flawless week for their riders to sample the glorious landscape of Aspen. The week before the riders gathered, the area had a solid snowfall -- enough to close Independence Pass. We arrived and enjoyed gradually warming conditions and sunshine. Each day we rose to clear blue skies and each day temperatures climbed well into the 60's. Most days had cloudless blue skies. The jewel colors of the changing aspen -- the gold, copper, intense yellow and chartreuse -- glowed against the deep blue sky . Other times these colors seemed woven as a

tapestry on the mountainside amongst the green-black of the conifers.

In consideration for the low-landers need to get acclimated to the altitude, the first scheduled ride had a remote start down valley at a lower elevation. There, in the Basalt area, we rode along a virtually trafficless road up the Frying Pan River Valley to the Ruedi Reservoir -- and beyond, for those who chose to. We listened to the sound of the river and saw fishermen working in the cold waters. A lovely introduction to the altitude and the scenery. For the following days, the leaders had supplied us with multiple choices for rides, all marked with appropriate elevation gains, lunch facilities (or lack of), options on the rides, etc. Our choices included Maroon Bells, Ashcroft, Snowmass Village, Independence Pass, Carbondale with options, Old Snowmass and Basalt. Included were three topo maps, supplied by Andy Schwartz, a participant.

Because we were a fixed base tour, we experienced a lot of freedom in our choice of rides and activities. But because we enjoyed each others company, we tried to have an informal schedule of rides so that we would see each other during the day in addition to the evening "Happy Hour. Wednesday, an intrepid group rode to Independence Pass, easily the most difficult climb of the week. The elevation gain was 4,213 ft to reach a peak of 12,095 ft. Jackie drove a car to the peak to supply riders with energy bars and water and support. For which we were grateful.

Friday numerous riders rode to Maroon Bells, the most photographed peaks in Colorado. These snow-dusted peaks were majestic against the blue sky and reflected in the lake below. Some participants chose not to cycle, rather, they took the bus and hiked in the area.

Hiking, fishing, and relaxing were all part of our delightful experience in Aspen. But that wasn't all.

We had a wedding! Yes, a wedding! Happy Hour on Thursday was most unusual. As we were gathering in our comfortable meeting room we were hearing wedding music played on the harmonica by Andy Schwartz. Soon the new bride and groom arrived; Patti Post and Leslie Swartley earlier in the day had gone to Glenwood Springs and gotten married. We toasted them with champagne and hearty wishes for happiness.

Our accommodations were very attractive. We were the sole occupants of the Hearthside House where we had a Jacuzzi and a large common seating area where folks sat and knitted and stitched and played guitar and read the paper and chatted.

Our leaders did a wonderful job, the participants were most agreeable and the scenery was outstanding and the weather flawless. And we had a wedding! Fabulous, right?

Participants: Lori Logan, Paul Miller, Mary Ellen Shaughnessy, David Struthers, Perry Pollock, James Shaughnessy, Kathleen Miller, Anne Jones Shelton, Susan McLane, Douglas McLane, Gary Dodson, Dusty Hamrick, Jackie Mastrangelo, Richard Shelton, Rita Jensen, Andy Schwartz, Debbie Schwartz, Bo Newsom, Dianne Bies, Jerry Olhiser, Rod Neathery, Dorothy Fong, Charlotte Patterson, Mark Berenson, Monique Mustard, Bob Mustard, Karen Hemmeter, Patricia Post, Leslie Swartley

Lake Champlain - Adirondacks Fall Tour September 27th to October 8th

Ride Director: Julie Leever, Report by: Kate Gibson



Following our first happy hour, group dinner and a good night's rest in Burlington, VT, we pedaled off to the ferry to cross Lake Champlain into New York and the beautiful scenery that awaited. Within a few miles we visited Ausable Chasm, a magnificent water-carved natural wonder. We continued along the western shore of Lake Champlain to a delightful bed and breakfast in Westport. Each day brought beautiful vistas, colorful fall foliage and good riding. We hit the peak time for fall color. For the most part, the roads were smooth and had a wide shoulder. Some were specifically marked as bike routes. There were definitely some long hills and some steep ones, but one way or another, we all conquered them. Yes, we had a couple of days of rain, and it was a bit chilly - in the low 40's - some mornings, but we all got to our destination each day. Kudos to our van

drivers who went the extra miles to sag some riders on the wettest days.

All routes were well scouted, accurate, and with interesting sites and food stops noted. Shorter options were also available on most days. Staying two nights in three different locations gave us a chance to explore the areas by bike or on foot. The ride around Schroon Lake was magnificent with the fall colors reflected in the water. The extra day at North Creek provided the opportunity to visit the Adirondack Museum, a must if you are in the area. An unexpected evening of square dancing, arranged by Jackie and John Mallery (new members on their first ride who live in the area) was great fun. John M. and Julie L. fit right in as they took turns playing John's fiddle with the local musicians. Plenty of options to keep us all busy at Lake Placid - gondola rides to the top of Whiteface Mountain, shopping (two bike shops), boat tours, a plane ride over the area to see the gorges formed by ancient avalanches, and even a virtual tour depicting downhill skiing, bobsledding, and ski jumping. Riding out of Lake Placid, we had a four mile downhill. Whoopee!

The accommodations ranged from mom and pop motels to rather magnificent. The Copperfield Inn in North Creek was elegant, and at the Best Western/Golden Arrow in Lake Placid we all had balcony rooms overlooking Mirror Lake. Both of these accommodations had large sitting areas with fireplaces and, at the Best Western, a view of Mirror Lake.

Julie and Tom Leever took great pains to thoroughly scout all the routes, find places to eat along the way, suggest shorter routes and to make sure everyone had a good time. Tom and Julie also had other helpful information in a folder that we could use as needed. The happy hours were eating delights with a variety of cheeses, crackers, fruits, vegetables and drinks. Julie's organization made it easy for each of us to host a happy hour. At the first happy hour, each person introduced themselves and told where they were from. The second night we learned about each person's profession, retirement, etc. On the third night we told of our hobbies. We thought this was better than getting all the information at the first happy hour. Seems we could remember more by learning it in pieces.

Participants: Gail Ewart, Mike Doelger, Catharine Stewart-Roache, William Keckler, Forrest Roberts, Gail Roberts, Carol Bozena, Sandra Zinn, Larry Zinn, Brenda Sands, Larry Sands, Tom Leever, Julie Leever, Patrick Roache, Kate Gibson, John Gibson, Joyce Keckler, Libby Miller, Alma Worthington, Carl Groth, Sharon Grimm, Jackie Mallery, John Mallery

Nova Scotia: South Shore, Kejimikujik, & Annapolis Valley September 28th to October 10th

Ride Director: Wilson Cooper, Report by: Jacqueline Lawson



We gathered for our ride in the handsome Lord Nelson Hotel in Halifax, a city of parks, Victorian gardens, historic sites, and a waterfront that threads its way through settled neighborhoods. . Our seasoned ride leaders, Wilson and Sue Cooper, provided us with exquisitely detailed cue sheets which kept us riding alongside coastal waters as much as possible. Leaving Halifax through autumn woods, we wound our way to the famed fishing village of Peggy's Cove which is formed by a slit in the huge rock formations that hug the coast and are guarded by an octagonal lighthouse. A simple granite memorial commemorates "those who helped and those who died when the '98 Swissair Flight 111 found its watery grave just 4 km beyond Peggy's Cove.

Our ride took us around the Aspotogan

Peninsula through the charming coastal town of Chester, its sparkling harbor full of sailboats creating a colorful backdrop for winding streets of houses and shops. Then it was onto Lunenburg via the picturesque town of Mahone Bay. The town forms a half-moon around the bay, which is a reflecting pool for the teal, gold and eggplant-colored homes and shops. Mahone Bay was in full harvest regalia with pumpkins, mums and a festival of "scarecrows. These life-sized figures decorated the village in creative attire from the Parisian woman sipping espresso to the pirates of the Caribbean.

Lunenburg, which was declared a World Heritage Site by UNESCO in appreciation of its well-preserved old downtown, has a wonderful Fisheries Museum of the Atlantic, is home of the Bluenose II (the schooner on the back of the Canadian dime), and has many restaurants which serve up a wonderful fish chowder, as well as other gifts of the sea. A short side trip leads to the fishing harbor of Blue Rocks, so named because its rocks are said to appear blue in certain lights.

The two-day ride to the historic region of Annapolis Royal took us through woods, along lakes and to a first day stop in Kejimikujik National Park. This large preserve has numerous hiking (biking) trails and includes a protected waterway that was the canoe route of the Mi'kmaq for thousands of years. We spent the night in Mersey River chalets that abut the river, its waterfalls, and a 2km-long boardwalk.

The second day of the ride brought us to downtown Annapolis Royal (pop 1000), a charming town that bills itself as Canada's birthplace. A side trip across the Annapolis River to the Port Royal Habitation provides a fascinating step back in time to the country's first settlement. By contrast the Tidal Power Project is a look forward. Here the only tidal generator in North America harnesses the region's extreme tides to generate electricity for Nova Scotia.

Wolfville, our final riding destination, is a college town with a wealth of fine restaurants and pubs, and the charming Blomidon Inn. However, its real jewel is the Minas Basin that can be viewed from town, or more dramatically seen by riding along the dykes to Evangeline Beach. Going from a very full basin fed by the Bay of Fundy, to its drained, mud slicked surface, the Minas Basin does its phenomenal tidal dance in 6-hour intervals. A more panoramic view of the basin and the Bay of Fundy is the reward for riding to the end of the North Mountain ridge.

A side trip to the Grand Pre National Historic Site tells the story of early French Acadians, whose backbreaking work built the first dykes to reclaim the saltwater marshes for farmland. It was here that Longfellow wrote his epic poem "Evangeline " recounting the tragic demise of the Acadians at the hands of the British in 1755.

This ended our 400 mile fall tour of the beguiling land of Nova Scotia.

Participants: Jo-ann Nicola, Monnie Parker, Ruth Goldman, Glenn Addleman, Jacqueline Lawson, Sue Cooper, Travis Russell, Wilson Cooper, James Hunt, Susan Hunt, Nancy Hurtado, Ronald Guidotti, Kileh Friedman, Claire Russell, Saul Goldman, Ray Cosyn, Paula Cappello, Marty Uhlmann, Jim Boucher, Joan Meyer, Don Meyer

Tour de Normandie 2006 September 2nd to September 17th

Ride Director: Charles Shinn, Report by: Alice Carter

Twenty-five cyclists enjoyed a marvelous tour of the Normandy region in northwestern France, starting and ending in Rouen and traveling west. The trip included everything a touring cyclist could want: scenic routes, interesting sights along the way, friendly companions, and good pastry shops! We traveled through the unusually sunny and warm Norman countryside, experiencing occasional showers and foggy mornings. Not surprisingly, many highlights of the trip related to the Allied invasion of Normandy in June 1944. We had the opportunity to visit a German battery at Le Chaos, the Pegasus Bridge, and the Pointe du Hoc, the strategic cliffs scaled by the Army Rangers. These sites offered the chance to literally touch history as we walked in gun emplacements and bomb craters. A visit to Arromanches allowed us to see the remains of an artificial harbor, called Mulberry B, built by the Allies to unload supplies after their initial landing. Numerous monuments and museums along the way explained the significance and the mechanics of the invasion, which made especially meaningful the visits to the Normandy landing beaches and the American Military Cemetery at Omaha Beach. Sights on this trip were not limited to recent history, however, as we enjoyed seeing two masterpieces from the Middle Ages. The Bayeux Tapestry is a 200-foot strip of linen embroidered with pictures that tell the story of William the Conqueror and the Battle of Hastings in 1066. Mont-Saint-Michel, a 10th- to 15th-century church on a promontory, is a most imposing and beautiful sight as it towers over the surrounding bay. Other highlights of the trip included a visit to artist Claude Monet's house and garden in Giverny and the scenic harbor town of Honfleur, which contains the unusual Church of St. Catherine. The church's wooden interior resembles the inside of two upside-down boats, a reminder of its construction by shipbuilders. Less significant in historical importance but no less thrilling were peeking into small-town gothic churches, learning how umbrellas are made, and discovering the "workman's lunch in towns along the way.

Throughout the tour we encountered friendly locals as we traveled scenic roads through farmland and primeval forests and along the coast with enough hills to keep the route interesting. At the end of the day we enjoyed wine with a variety of local cuisine, especially cheese and apples. Tour leader Chuck Shinn put together a fine tour that combined interesting historical sites with scenic cycling, the perfect combination for a pleasant bike trip.

Participants: Dan Clark, Joni Sellinger, Lois Williams, Frank MacFadden, Charles Shinn, Cathy Cloutier, Gilbert Jean, Alice Carter, Mark Carter, Bob Dill, Judith Barday, Robert Barday, Jo-ann Nicola, Kenneth Eden, Elizabeth Eden, Doris Falls-Grablewski, Tom Beddingfield, Alison Rowe, Pamela Cissik, Tina Neil, Tom TeBockhorst, Jim Willis, Colleen Gant, Doug Gant, Mary Weist, Nancy Follett

Los Picos de Europa, Spanish Basque Country September 7th to September 27th

Ride Director: Donna Graham, Report by: Sharon Foster Howrey



Bicycle Adventure Club lures riders to Spain!

Eight cyclists from the USA were able to enjoy 18 days of riding in Northern Spain, on the BAC trip called Los Picos de Europa. We traveled to Bilboa, Spain, where bright sunshine and breathtaking scenery greeted us. Each day's total mileage was 80 km, or about 50 miles, unless you count the days we got lost. We rode in rolling countryside, with olive trees, grape vines, and livestock scattered between the small towns.

Everywhere we went, reconstruction and new roads (with new numberings-!) were common. We could deal with the re-numbering of the roads; it was when they changed the town names from Spanish to the Basque dialect that we really had to pay attention! Some interesting things that

happened include: Carol watching "the running of the bulls in Andosilla, touring the Guggenheim Art Museum in Bilbao, watching a fierce storm where "the rain in Spain stayed mainly on the plain, seeing the pilgrims on the Camino de Santiago, listening to the monks chant in Santo Domingo de Silos, seeing the names of professional cyclists on the roads, and joining in the dancing at a wedding in a parador.

What's a parador, you ask? In Spain, the government has restored (as hotels) castles, palaces, fortresses, convents, monasteries, and other historic buildings for the purpose of promoting tourism. We stayed at Parador de Cangas de Onis, and Parador de Cervera de Pisuerga, and both were wonderful places to rest. Some of our other favorites include Hotel Real Monasterio San Zoilo, where history seems to seep through the walls (and the wall hangings!), and the coastline of the Atlantic at Playa de la Franca and Leikeitio.

The most incredible part of our journey was riding through the gorges, Desfiladero de Los Beyos, and Gargantas de Pongas. We rode 70 km, ALL downhill. The incredible canyons that the rivers carved were long and deep. At one point, we looked down, and the river was 100 ft below us! The beautiful rock formations and glorious scenery are indescribable—and the pictures don't do them justice. Imagine towering rock faces over 100 ft tall, surrounding you as you glide downhill with very little traffic and calm winds. It doesn't get much better!

The other images that remind us of our trip are the cows, horses and sheep dotting the countryside, with their bells chiming a charmingly harmonious sound. The church steeples added to the melodious sound with quarter-hour reminders. And we did encounter some wind—when we saw huge, white windmills on the horizon, we knew that "our friend, the wind was coming for a visit! Overall, the trip was a success, and we are glad for all of our experiences.

This trip would not have been what it became without the leadership and knowledge of our trip leader, Donna Graham. Her knowledge of the area, which included personal friendships with the proprietors of some of the local hotels was invaluable. The dinners and happy hours that we enjoyed were filled with stories of past rides, in Spain and other European tours. We all enjoyed her expertise, and also enjoyed getting to know her son, Mark, who was with us on the tour.

We would all highly recommend this tour, based on the hospitality of the locals, the historical richness of the area, the wonderful roads for biking, and the "gorgeous scenery.

Participants in photo from left to right:
Mark Graham, Donna Graham, Dieter Hohnke, Boris Subbotin, Carol Hohnke, Janet Freeman, Dick Spinetto, Sharon Howrey, Phil Howrey, and Ernest Manewal.

Participants: Mark Graham, Donna Graham, Boris Subbotin, Ernest Manewal, Dieter Hohnke, Carol Hohnke, Phil Howrey, Sharon Foster Howrey, Richard Spinetto, Janet Freeman

Tuscan Coast and the Island of Elba September 14th to September 25th

Ride Director: Jack Tiano, Report by: Therese Hancock

After 2 days of acclimating to the time change a group of 24 riders and 3 support people, took off from Florence to catch a train to Cecina.

Our first ride day was a wet one, but oh the view, our first hilltop town Volterra. Each lay over day offered route slips to ride or the opportunity to explore wonderful ancient Italian villages. Being a bit drizzly most chose the village tour.

Volterra to Massa Maritima fulfilled our 2B rating. Over 4300 feet of climbing. In Italy the old saying is reversed, what goes down must come up, seeing that Massa Maritima is another hilltop town, that great downhill was worrisome. Massa another great town to leisure in or take the day ride trip.

The 3rd traveling ride day was a hike and bike trip. Definitely the most beautiful of all ride days yet, maybe because 23 of the 24 riders walked a bit of the way and really took in the scenery. We ended up in Castagneto Carducci, at the bottom, yes bottom of the hill, Whew! 2 day layover in Castagneto Carducci which is the area the Italian Racing team trains. Gorgeous riding, beautiful wine country, and a charming town of Bulgheri near by. An alternate day took the group to another hilltop town Lucca; a group also visited La Cinque Terra, a nice off day to explore outside of our ride zone.

Our fourth traveling day took us to the Island of Elba; we rode about 20 miles to the ferry and crossed to Elba. How do you say gorgeous in Italian? After a short ride to the hotel we were in paradise, and poolside soon after. Our layover day found half riding bikes the other scooters or other motor vehicles. Exploring the island was wonderful.

Our last ride day was wet, fortunately Jack and Judy planned ahead and had us airlifted, or taxied off the island, we said our goodbyes many times and returned to Florence via ferry and train.

Every meal was fabulous, thank goodness we rode so we could eat, and indulge in the wines and desserts too. Accommodations were beyond expectations for Italy, a very first class trip

What a wonderful way to see Tuscany and Elba. A great group of riders. The Tiano's are directors you do not want to miss sharing an opportunity with.

Participants: Kathy Gerwin, Ron Gerwin, Nancy Kirk, Michael Kirk, Rosie Pohle, Greg Pohle, George Hancock, Martha Pullen, Barry Pullen, Therese Hancock, Jack Tiano, Conrad Hamilton, Don Martin, Judy Tiano, Charles Abbott, Laurie Abbott, William Tracy, Brenda Tracy, Paul Maull, Tara Maull, Sharon Eaves, Rex Eaves, Larry Barnes, Margot Barnes, Lori DiPasquale, Kim DiPasquale, Ronald Guidotti

Wine Harvest & the Wilder Side of Burgundy September 16th to September 29th

Ride Coordinator: Jane Holahan, Report by: Keith Packard



The group met Sept. 15 in the Millennium Hotel to begin our adventure

- > through the vineyards, the forests and pastures, past chateaus and
- > along the rivers and canals of Burgundy.
- > So what do you think of when someone mentions Burgundy? Certainly
- > wine, but it's also a region of cattle raising and where there are
- > cows there are also cheese and sausage. Charolais cattle dotted the
- > hillsides and the meadows once we left the Great Wine Route from
- > Dijon to Beaune. We sampled many new cheese varieties such as Comté,
- > Epoisses, Morbier and Brillat-Savarin and enjoyed old favorites of
- > Brie and Roquefort.
- > We cycled through vineyards climbing up the steep road from Rochepot

- > through Saint-Aubin but we also cycled on the Voie Vertes, the level
- > "rail trails. We even cycled through the longest tunnel which is
- > used exclusively by cyclists in Europe (1.6 KM long).
- > We visited chateaus, Romanesque churches, medieval villages, a
- > hospital built in the 14th century for the poor, Hospices de Beaune--
- > Hotel-Dieu, and the Cluny Abbey founded in 910 and becoming the most
- > powerful Benedictine abbey in the West. Many of us also visited the
- > resistance museum at the Maison du Parc near St. Brisson. Some of us
- > climbed the hills to Brancion and toured the chateau, a feudal castle
- > dating back to the beginning of the 10C. Other chateaus along our way
- > included Chateau du Clos Vougeot, Chateauneuf-en-Auxois, Chateau en
- > Epoisses, Chateau de Sully and Chateau de la Rochepot. And you
- > thought there were only chateaus on the Loire?
- > Our lodgings varied from extremely modern (Hostellerie d'Aussois) in
- > Semur-en-Auxois to old chateaus refurbished for the modern age
- > (Moulin des Ruats) near Avallon and Hotel Chateau de Bellecroix,
- > Chagny. They also included former abbeys (Hotel des Ursulines) in
- > Autun and center of town hotels such as the Tulip Inn in Beaune. All > were of excellent quality, some with more character than others. For
- > example at the Hotel Chateau de Bellecroix our bathroom was carved
- > out of the stone walls of the turret and looked like a grotto!
- > There were optional loop rides or day excursions on days we had two
- > night stays such as to Vezellay or into the Morvan forest, and many
- > of us visited the resistance museum near Saulieu. Saulieu even had
- > their bi-annual market day while we were in town!
- > Dinners all included four courses with that lovely Epoisses cheese
- > featured among the cheese course several times. We were introduced to
- > jambon persille which is a ham-parsley loaf , foie gras and one night
- > lobster tartare for our first course. Unfortunately the lobster
- > tartare was not a hit! Main courses included Boeuf Burguignon,
- > chicken including coq-au-vin, pork and several different fish dishes.
- > Desserts included a wonderful variety of lovely fruit desserts,
- > chocolate desserts and flan. Even with the big dinners the cycling
- > was enough to make us all tired. If there weren't enough miles in one
- > route Jane had devised another more challenging one. She even had
- > optional cycling excursions for our days off!
- > And what more can I say than that Jane Holahan is an excellent tour
- > director. She scouts each route by herself and then works with
- > Discover France to set up the best hotels and meals, create the maps
- > and route sheets and then present it to 26 of us for the best two > weeks of the year. And she says after leading 13 trips she is
- > retiring. She will be missed by all of us who have toured with her
- > and hope to see her on more BAC rides. Thank you, Jane.

Photo by Robert Yee

Participants: Joseph Saxe, Sandra Vaurs, Gary Martin, Jody Borer, Paul Borer, Les Garber, Alinda Barth, Wilson H Fieberling, Tom Ockenden, Robert Yee, Jane Holahan, Arlene Parnay, Douglas Springsteen, Linda Springsteen, Leslie Train, Janet Noble, Ravi Gulati, Joe LaPointe, Janice LaPointe, John Nice, Mary Nice, Audrey Fieberling, Richard Packard, Keith Packard, Linda Whitehead, Velia Saxe, Bill King, Chinmoy Bose

Chiapas Mexico November 1st to November 13th

Ride Coordinator: Bob Lambert, Report by: Willard Fraize



We were 21 people, including Bob Lambert, our trip coordinator, plus three people from the EcoColors organization, led by Kenneth Johnson, that were responsible for making our trip comfortable and interesting.

We rode bikes on all but two days when we were traveling by van to new regions of Chiapas. Our total biking distance was 305 miles. Our longest day was 57 miles, but the toughest ride was the toll road to San Cristobal: a continuous climb for 26 miles and 6000 elevation change. Our peak biking elevation was at 7800 ft.

With one or two exceptions, our hotels were all comfortable and clean and most were in the three-or-four star category. One hotel was in bad physical shape and did not offer hot water or air conditioning.

We were very well supported by EcoColors as we biked. Our bikes were secured overnight and made ready for us to roll on the next morning. The van and its bike trailer showed up at several locations during each day's trip offering snack food, including fruit and peanut butter & jam sandwiches, and whatever personal and bike repair support that was needed. Much of the time, one of the crew, cell-phone equipped, rode with us as a guide and monitor.

The trip was made all the more memorable by the wide range of activities and points of interest that EcoColors arranged for us to enjoy. Among them were:

- Three Mayan archeological sites, including Chinkultic and Palenque
- A cacao farm and processing facility
- A warm sulfur springs pool at one of our hotels
- A visit to Kolom Jaa, a beautiful jungle resort offering a ten-stage zip-wire canopy tour and waterfall rappelling.
- A boat tour of the Sumidero Cayon in Chiapa de Corzo
- Visits (by bike) to the Mayan towns of San Juan Chamula and Zinacantan. In Chumal, we entered the formerly-Catholic church that is now an Indian place of worship; in Zinacantan, we visited a private home that operates a flower-growing green house and a craft market.
- An optional (van-enabled) visit to the waterfall, "El Chiflon"
- The Lagunas de Montebello national park
- An optional raft or kayak ride across the international lagoon to the Guatemala shore and back.
- An unexpected encounter with a huge landslide that closed a back road during our first long van trip forcing us to retrace our steps and take the long way to our destination (Tuxtla Gutierrez)

Participants: Caroline Pease, Marcia Stowers, Willard Fraize, Craig Deidrick, Bob Lambert, Ed Hass, Karen Hass, Alexis Armao, Jon Armao, John Stephens, Rod Neathery, Bedford J Silvey, Marilyn Silvey, Patrick Frank, Daniel Telep, Patrice Scully, Joe Stowers