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The Tripper

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The Tripper Report for September - December 2011 (updated 6/12/2013)

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Coast of Maine 2011 September 4th to September 18th
Ride Director: Julie Leever, Report by: Alexis Armao



The Coast of Maine trip lived up to all our expectations. Even the weather cooperated (except for two damp and drizzly days) with blue skies, fluffy white clouds, and perfect temperatures.

The trip began in charming Portsmouth, NH. Several bikers arrived on the 3rd and were able to tour the city. Staying multiple nights in Rockland, Camden, and Bar Harbor gave us the choice of riding additional miles or choosing alternate activities.

Terrain. Because of the irregular coast and busy Route #1, we generally cycled on quiet roads through countryside, farms, woods, and small town neighborhoods. The route was never far from lakes, bays, incredible summer homes, and islands with gorgeous views and endless photo ops. Cycling was often challenging over rolling roads and some fairly long or steep hills.

Sights and Attractions. The trip had something for everyone. Really serious bikers—you know who you are—rode up Mount Battie (as many as 3 or 4 times) and Cadillac Mountain for the extra exercise and fantastic views. Others visited museums and workshops (the Farnsworth in Rockland, the Marine Museum in Bath, Frederick Olmsted's park in Camden, the Wooden Boat School near Brooklin). Lighthouses and artist galleries abounded and were worth visiting. We enjoyed talks with locals and other bikers (including Ari who was 2 years into a 15? year world bike tour carrying 200+ lbs of equipment). In Rockland, several of us went for a 2-hour (\$35) schooner sail on the best day ever. Some bikers kayaked - on their own or with Castine Kayak.

Lodgings. Our accommodations were magnificent—usually romantic old B&Bs and historic houses. In Bar Harbor, we stayed at the Bar Harbor Inn and watched the cruise ships come and go from port.

Food. Breakfast was included as well as four dinners. On our own, we had lots of choices for dinner. Lunch was sometimes more of a challenge, requiring some planning. Some of our favorite eats were at Run of the Mill Brewery on the Saco River, Becky's at mile 26.0 on the way to Brunswick (great crab salad sandwich), Cappy's Chowder House, Pizza and Movies (yummy grinders to eat at picnic tables) or The Tavern in Waldoboro. Conte's in Rockland is a unique experience. On Islesboro, only The Island Store had food so good idea to pick it up to eat later.

Acadia. Bar Harbor is touristy but Acadia is fabulous. The Loop Road could take all day with numerous sights and beautiful views. Also, the carriage trails, which are fine gravel, are easy to ride, lovely, and peaceful with lakes, wildlife, and back ways for getting back into town.

Participants: John Beland, Richard Pellerin, Tom Leever, Carolyn Roth, John Leever, Jon Armao, Alexis Armao, William Alkire, David Hansen, Wes Garbee, Cornelia Garbee, Joyce Jack, Julie Leever, Victoria Beland, Susan Rexer, Gerald Rexer, Alex Reis, Cia Reis, Jackson McCarter, Pamela McCarter, Ruth Maule, John Leever

The Scenic Byways of the Blue and Wallowa Mountains September 5th to September 17th

Ride Director: Jim Erickson, Report by: Midge Cross

Led by Jan and Jim Erickson, this terrific trip started and ended in Walla Walla, Washington, and made a loop through Northeast Oregon. We began in the rolling wheat fields; deep, rock free soil brought by the Ice Age Floods. Note: My informal survey indicated that the favored beer of this area is Keystone Lite, with Coors Lite in second place.

Out of Pendleton, our first stop, we climbed a long, hot hill above the bustle of I-84; at the top we rolled along following the trail of the settlers who traveled the Oregon Trail many years ago. We passed Emigrant Springs State Park, and imagined the women, trudging along in their long dresses at dusty oxen pace. A delicious downhill followed, and then we merged onto I-84 (no, there really is no alternative). Who knew you could ride on the interstate? The headwind made for some character building moments as we forged on next to semis and motor homes.

Between LaGrande and Baker is Pondosa, the geographical center of the US and home of the Pondosa Store, which merits a stop and visit with the charming proprietors. Rolling hills that day; a wooded climb next to a creek, and great dinner in Baker City.

Sumpter, Oregon, was once a thriving town of 4,000, fueled by mining; the river was dredged for gold. Now fading, Sumpter is barely hanging on. From Sumpter, we rode up over 7,392 foot Elkhorn Summit in the Blue Mountains, down forever (Jim Erickson and Sherry Krown hit better than 50 mph) and past windmill farms to Union and the Union Hotel, of which special note must be made. Built in 1921, every room of the lovely hotel is unique. My roommate, Julie, and I had "Elsie's Room", wherein everything was pink and white, with a princess drape on the white iron bedstead. The delightful owner, Rob, gave us a brief history lecture about the building. Put the Union Hotel on your list of places to stay.

More wheat fields back to Baker, and replacement of the rear van window, which had managed to break itself on a telephone pole's power box. And then to Halfway along the beautiful Powder River, with fish jumping and a long downhill into Richland. What goes down must, of necessity, go up, and we did, over the ridge and down, down into Halfway, which sits in a beautiful, verdant valley.

The next day, the hardest, was 73 miles and 6,100 feet of climbing as we bent around the east side of the Wallawas, the "Switzerland of the U.S.". We stopped at a lookout to peer down into Hells Canyon and watched a cowboy and his dog steer away some steers from the road, then down into Joseph, nestled in the crook of the mountains. Our rest day was spent taking the gondola above Wallowa Lake, doing laundry, napping. After a scrumptious breakfast prepared by lovely Lisa, we set out for Elgin by way of Enterprise and the TW Bronze foundry, where the artist/artisan owner, Tim Parks, gave us a tour of the labor intensive bronzing process. So that's why bronzes cost so much! Bucking a headwind, we rode grand scenery to Elgin, where our group had all the rooms in the one motel. Another fading little town, with friendly people and many hopeful "For Sale" signs. The lumber mill there seems to be flourishing, so maybe there's hope.

From Elgin, we ambled over the 5,400 foot summit of the Blue Mountains, and then tore down hill where the headwind became – yes, a tail wind! to push us into Walla Walla and the end of our wonderful trip.

Participants: Jan Erickson, Clarice Sackett, Darrell Follett, Julie Tilden, Nancy Follett, Ron Kovanic, Marilyn Williams, Jim Erickson, Hank Hermes, Carol Hermes, Ronald Guidotti, Sarah Madden, Rick Madden, Terry Karro, Charmaine Ruppolt, Linda Brockway, Chuck Jackson, Midge Cross, Ray Persico, Wes Johnson, Sherrie Krown, John Nerness

Lake Michigan Ramble September 7th to September 20th
Ride Director: Vickie Smith, Report by: Carol Anderson



Everyone should do the Michigan Rambler. The riding is fantastic. The roads are in great shape. The traffic is low. The country is beautiful. The leaders, Vickie Smith and Frank Lamitola, did a really good job running this trip.

We met in Mackinaw City where we left our cars. After loading our bikes and luggage into a bus, we were transported to a very nice B&B in Ludington where we would start our riding. We rode from Ludington to Mackinaw City along the east shore of Lake Michigan (or the west side of the Michigan "mitten"). We finished with a ferry ride to spend 2 nights on the magical Mackinac Island. It is true that one can certainly bicycle this distance in less than 2 weeks but our daily cue sheets took us on circuitous roads to fully experience the region between stops.

Our lodgings were small inns and hotels, and each was fantastic. We were able to have happy hour at each place although a few times we were required by the inn's management (not Vickie and Frank) to purchase our beer and wine from the bar. For most nights, our leaders had stocked the best wine and beer, and each day we sampled a variety of local Michigan snacks. Our favorite was locally smoked whitefish. Yum! Our group dinners were great as we were able to select our meals from the menu. When we were on our own for dinner, we always had great restaurant options. Most of our lodgings provided a buffet breakfast. Only once did we opt to have breakfast in town instead of having the inn's "continental breakfast" consisting of a single pre-packaged muffin. Vickie was well aware of this flaw in this inn and had suggested we make alternative plans. Lunches were obtained on our own either along the way or at our destination town. Due to the great fall weather, several lunches turned into picnics at beautiful scenic overlooks.

Cue sheets were accurate. Vickie and Frank did a good reconnaissance trip just prior to the BAC tour. A few road constructions caused a few minor mileage errors. However, we were given very good maps and everyone arrived each night without a problem. The routes were mostly on back roads. If we did have to ride on a busy road, it was never more than a few miles. The BAC rating of 2B was accurate. The roads were in great shape. The beginning of the trip was pretty flat. A few small hills crept into the ride as we progressed north but there were never any killer hills. It would have been very easy to shorten most day's rides if needed (i.e., bad weather) or desired.

Some of the highlights of the trip were climbing (on foot) the sleeping bear sand dunes, touring lighthouses on Lake Michigan, searching for Petaskey stones, eating everything to do with cherries and riding road through the fabulous tunnel of trees. Mackinac Island was fantastic as there are no cars allowed on the island. We had rain almost all day on our full day on the island but that gave us the opportunity to explore the town by horse-drawn carriage or by walking.

So give it a go next time this trip is offered. You will not be disappointed.

Participants: Frank Lamitola, Jon Marcil, Dorothy Stock, Alexandra Wagner, Jim Nystrom, Ida Nystrom, Vickie Smith, Susan Hardy, Miriam Joscelyn, Carol Anderson, Bob Anderson, Pete Kappus, Beverlee French, Beth Caldwell, John Caldwell, Susan Strange, Eddie Flayer, Jane Maxwell, Rhonda Goldberg, Gary Martin, Dawn Callahan, Jan Shubitowski, Daniel Harrison

Inland Northwest Rivers, Lakes and Trails September 9th to September 19th

Ride Director: Roy Glickman, Report by: Sara Blakeslee



Idaho's nickname is the 'Gem State', and for a very good reason. For cyclists, the Idaho gems are the extensive and well maintained bike paths that wend their throughout the beautiful countryside, following sparkling rivers and edging brilliant lakes. With names that include the Trail of the Coeur d'Alenes, Spokane River Trail, Route of the Hiawatha, Fish Lake Trail, Centennial Trail and so many more, these bicycle byways take you into the history and romance of the Idaho Panhandle. Our merry band of BACers enjoyed these bikeways and so much more as we rode Roy and Judy Glickman's "Inland Northwest" tour in September.

We gathered in bike-friendly Spokane for three days to explore this destination city including Riverfront Park and both the Spokane River Trail and the new Fish Lake Trail.

We continued our adventure pedaling east on the Centennial Trail to Coeur d'Alene where we spent two nights at delightful Riverstone Park, a brand new resort and restaurant complex. Our hotel was conveniently located across the park from Bardenay's, a restaurant, bar and vodka distillery.

Leaving Coeur d'Alene we boarded our vessel for a cruise down the lake to Harrison where we hopped on our bikes and pedaled the Trail of the Coeur d'Alenes to Kellogg. Every cyclist appreciates how liberating it is to cycle a dedicated bike path enjoying the scenery and watching for wildlife along the way (and not the crazy driver type of wildlife!). As we pedaled this especially beautiful bike path along the river and past marsh areas, we saw much evidence of animals and had several sightings of moose. One of the tandem couples, Spencer and Linda Hayashi, had to brake on-the-double to avoid three moose who trotted out of the marsh and across the bike path directly in front of them.

During our stay in Kellogg we ventured all the way to Montana, where we rode the Hiawatha Trail through mile long pitch black tunnels and across mile high (it seemed) train trestles. During our two night in Kellogg we resided at the posh condos of the Silver Mt Resort. Our return trip to Spokane included riding our favorite trail back to Harrison, and then on to Worley where we were delighted with our stay at the ultra avant garde, deluxe Casino Hotel and Spa.

Roy and Judy Glickman are to be complimented on an exceptional BAC trip. They have researched area lodging and food and have refined this trip to perfection. It was always a pleasure to cycle in from the rugged countryside to discover our luxury accommodations and fine dining options in the evenings. The Glickman's practice a fun and easy leadership style that holds the group in a comfortable embrace. This combination of gracious leadership, great riding, beautiful scenery, local history, sumptuous happy hours, and a companionable group made for a most enjoyable trip!

Participants: Arlene Deardorff, Randy James, Ruth James, Roy Glickman, Sara Blakeslee, John Blakeslee, Bill Deverell, Marne Deverell, Linda Yee Hayashi, Spencer Hayashi, Judy Glickman, Carole Milligan, Jack Dysart, Jim Joyner, Julie Clark, Evan Deardorff

Oregon 2011: Cascade/Coast Loop September 12th to September 23rd

Ride Director: Randy Glover, Report by: Bruce Dewey



Blackberries—the edible ones wild and plentiful. Blackberries—the electronic ones useless and no-service. In southern Oregon's isolated area of mountains and coast, our tour was a perfect end to summer. Randy and Lucy Glover, legendary leaders of innumerable European tours focused their expertise on their first domestic BAC tour—an artful blend of Crater Lake and the less-visited part of the Oregon coast. We enjoyed low-traffic roads and accommodations that varied from rustic to chic. Everyone cherished our ever cheerful, thoughtful, and skillful support-and-gear driver, Judy McCarroll.

Commencing from Medford, a challenging climb to historic Prospect Hotel was followed by even more elevation gain through the big trees to Crater Lake Lodge, a classic log and

stone edifice with its stunning view and gourmet dining. Next heading downhill through the Umqua River valley toward the Pacific, chilly mornings reminded us of the impending end of summer. An orientation by BACer and Roseburg resident Martin Fink revealed that area's up-and-coming wine industry that features excellent Pinot varietals. From Roseburg to the coast, we rode the most mellow and picturesque back roads. Along the way, at the isolated Big-K Ranch, family members thankfully carried us in their trucks over five miles of primitive roads to the lodge.

The balance of the tour followed the coast south to the California line. Mainly travelling the famous and busy Oregon Coast Bike Route, we grimaced walking our bikes over the three-quarter-mile Coos Bay bridge and rejoiced riding anywhere off the 101. A particular highlight was the bucolic Seven Devils road with its seven devilish hills.

Our end-of-summer tour traversed three distinct microclimates, had a 50-degree range of temperatures, escaped rain, and missed the smoke from nearby forest fires. A little coastal fog the last day educed the observation that we "had the best scenery we could almost see." Best of all, we made many new friends, had lots of fun, ate wonderful meals, and lulled quickly asleep by ocean sounds.

Photo

Back Row L-R:

Liz Eden, Tom Weir, Carole Nacon, Judy Morgan, Marilyn Ellis, Colleen Gant, Arlene Sakamoto, Doug Gant, Lucy Glover, Betty Hoffman, Bob Barday, Gary Gustavson, Vern Morgan.

Front Row:

Roger Paluska, Ken Eden, Sue Paluska, Randy Glover, Jackie Arnett, Kristi Weir, Roger Hoyer, Tony Moy, Judy Barday, Lyn Rawlinson, Marilyn Dewey, Bruce Dewey.

Dropped:

Judy McCarroll, Richard Ellis, Elaine Gustavson.

Participants: Colleen Gant, Doug Gant, Arleen Sakamoto, Vern Morgan, Lucy Glover, Randy Glover, Robert Barday, Judith Barday, Jackie Arnett, Roger Hoyer, Anthony Moy, Roger Paluska, Sue Paluska, Betty Hoffman, Carole Nacon, Richard Ellis, Marilyn Ellis, Kenneth Eden, Elizabeth Eden, Elaine Gustavson, Gary Gustavson, Bruce Dewey, Marilyn Dewey, Kristi Weir, Tom Weir, Judy Morgan, Lyn Rawlinson, Judy McCarroll

Nova Scotia: Cape Breton and the Cabot Trail September 12th to September 24th

Ride Director: Charles Haraway, Report by: Rebecca Berry



The Cape Breton trip is a very interesting and scenic bicycle ride, with moderate length distances and some pretty challenging climbing each day. Our trip had great trip leaders (Chuck and Carol Haraway), as well as our own "webmaster" and blogger (Jerry Zimmer). The seafood and Cape Breton music were wonderful and certainly added to our experience!

We all arrived in Port Hawkesbury, Nova Scotia in time to assemble our bikes for the next day. We left bright and early the next morning, and rode up the western coast of Cape Breton Island. It was a beautiful ride that ended at the Glenora Inn and Distillery. On the way, many of us stopped for lunch at the Celtic Music Interpretive Center for lunch. It was a great introduction to the Cape Breton music. The roads coming out of Port

Hawkesbury were rough and in need of repair. We did have one rider crash on the first day, but she was tough and was back on her bike and completing all the rides by the 3rd day. We all adjusted quickly to the road conditions which varied from rough to beautifully smooth. At the Glenora Inn we toured the distillery (a small single malt whiskey brewer).

The second day was on to the beautiful Margaree Valley, with a ride around Lake Ainslie, the largest freshwater lake in Nova Scotia. The night was spent in a rural setting at the Normaway Inn, and, again, we were treated to the wonderful local Cape Breton music. On leaving the next morning, some stopped at a local salmon and brown trout hatchery. Downstream some also stopped at the Salmon Museum. En route to Cheticamp, we traveled the Cabot Trail, some on quiet backroads as well as busy main roads.

The fourth day was to be the most challenging of the trip, riding through the National Park, with two very steep climbs of several miles. However, due to tropical storms in the area (Hurricane Marie heading towards Newfoundland), the conditions made riding nearly impossible and very dangerous. We were transported with our van to Dingwall. We also were able to obtain the use of a couple of local vehicles supplied by some friendly people in Dingwall. The fifth day was scheduled as a rest day, which was good because there were gale-force winds. Some of us did ride, and some of us hiked around the area and went to the farmer's market where they served great salmon chowder (again with local music).

The next day we were well underway, with a ride to the Keltic Lodge in the Ingonish area. It was a beautiful day with fantastic views. After this, we traveled over Cape Smokey Hill and along the coast, with a very short cable ferry ride, to Baddeck, home of the Alexander Graham Bell Museum. Then we were on to Iona with a ride along the Trans Canada Highway (great condition). Iona was very scenic, and also the home of the Living History Museum. The ninth day was from Iona to Dundee and went along Lake Bras d'Or, with lots of rolling hills. We then traveled to Arichat, passing through older fishing villages. Our final day was quite foggy in the beginning, with bike lights being necessary. The fog lifted, and it turned into a lovely, although overcast, day which everyone thoroughly enjoyed. On our final night, a group photo was taken, and we celebrated Sue Cooper's 75th birthday!

As well as the riding, camaraderie, music, food, and facilities, what made this ride special were the wonderful people of Cape Breton Island. Their friendliness and the courtesy of the drivers definitely were an important part of the ride!

I'd like to acknowledge that some of the information in this report was gleaned from Jerry Zimmer's blog (To see the blog and more pictures, go to www.capebreton2011.com.)

Participants: Rebecca Berry, Lois DuBois, Carol Haraway, Charles Haraway, Paul Greene, Wilson Cooper, Sue Cooper, Gary Dickinson, Elizabeth DeNiro, Paul Swetik, Valery McNally, Jerry Zimmer, Julia Irwin, Christine Kerr, John Kerr, Topper Hermanson, Leslie Walker, Sally Mather

Oregon 2011: Cascade/Coast Loop, Section 2 September 13th to September 24th

Ride Director: Wayne Haley, Report by: Jackie Helleis



This BAC event began in Medford, a farming community in southwest Oregon. We briefly followed Highway 62 north from Medford, and then turned east on Butte Falls Road. As we climbed to the community of Butte Falls we passed through agricultural and ranch lands. Leaving Butte Falls to the north, we entered forest land, and finished our first day in the hamlet of Prospect.

Day two was a 37 mile climb, to the northeast on Hwy 62, to the entrance to Crater Lake National Park. By now we had gained some 2,000 feet for the day. We turned into the park and climbed up to the rim of Crater Lake, netting another 2,500 feet in only about 10 miles. Views were stunning, and worth the climbing. We followed with a short day of 24 miles. The first 5 were spent along the west rim of the crater; then we sped downhill

across a lava desert, and arrived at Diamond Lake. We were still at elevation (5,200); our fourth day was a romping descent of 41 miles down to 500 feet, and another 40 miles along the Rogue-Umpqua Scenic Highway (aka 138). We dismounted for the final time that day in Roseburg, along the Umpqua River.

After a lay-day, we departed Roseburg along quiet farming roads that paralleled the Umpqua River. Our route followed Hwy 33 before joining Hwy 138 for the run in to our lodging for the night. On day seven we reached the coast, where we first followed BLM roads through heavily forested and lightly-trafficked terrain. With about 20 miles left we rejoined the main road (138) for the run to Winchester Bay. Our final three days were spent on or near Hwy 101, tracing the Oregon Coast Bicycle Route. The 'near' parts included the Seven Devils between Charleston and Bandon. Someone was kind enough to label each crest so we could check off the devils one by one. Our coastal overnights: Bandon, Gold Beach, and Brookings.

Our routing was blessedly free of meaningful traffic until we came near the coast. Once there we experienced the flows along 101 that included loaded logging trucks, commercial vehicles, and motor homes. We also had the occasional fleet of motorcyclists roar by. And though 101 was busy compared to the earlier legs, it was still manageable, especially compared to portions in, say, Southern California.

Mid September gave us great weather. The consensus is that identifiable rain drops fell for perhaps 30 seconds, but no one can remember on which day. The day of our climb to Crater Lake was marked by cloudiness, and cool mornings followed. Along the coast we encountered plenty of fog, but the worst of it came the day we took the bus back to Medford, so no cycling was lost to the dank.

Either we were a particularly docile group or the accommodations were quite fine, for there was no complaining, and I suspect the latter is the case. The standouts were (in chronologic order) the Prospect Hotel for its history; the Crater Lake Lodge, for its views of the lake and stately, old-world ambience; The Big K Ranch, perched above a bend in the Umpqua River and winner of the 'Best Night's Sleep' award (it was so quiet); and the inns in Bandon, Gold Beach, and Brookings that were all close by the crashing waves, and luxurious to a fault. Best meal of the trip – the Scampi at Spinners in Gold Beach.

Summary: Challenging but manageable route, low traffic, great late-summer weather, fine accommodations, and scampi. Do this ride.

Participants: Nancy Butler, Paul Schnabel, Philip Sanderman, Karen Sanderman, Ruth Buchheit, Margaret Gibson, Sara Schnabel, Ruth Haley, Wayne Haley, Martha Lush, John Lush, Barry Wallach, Helen Wallach, James Dudley, Jan Dudley, Larry Shingleton, Fred Reeb, John Weber, Janet Weber, Jerry Shank, Ethel Shank, Judith King, Jackie Helleis, Jean Peters, Patrick Engstrom

Wisconsin Hills September 25th to October 1st

Ride Director: James Abel, Report by: Debbie Anderson

The Wisconsin Hills were a beautiful sight coming from summertime in Phoenix, Arizona. Each day we rode, the trees began changing into their fall colors. The fascinating landscape of rolling hills, ridges and bluffs were formed half a million years ago and had escaped the last great Ice Age. I enjoyed the contrasts of color from the red barns, green hillsides, golden cornfields, purple asters and the guardian black and white cows. We spotted hawks, cranes, wild turkey, deer, gray squirrels and most memorable a soaring bald eagle.

Jim's rides were complete with maps and tip sheets that were easy to follow. He had everything so well organized, with a variety of rides to select from easy to challenging. Each ride we did was fulfilling with some climbing and rewarding downhill. The road conditions were good and there was very little traffic.

Most rides had destinations from the Cedar Grove Cheese Factory to the towers at Blue Mound or Hooterville's (as in owls!) for lunch. Charming villages along the way with flavors from their immigrant roots offered grandma style pies, brats or what we heard were fabulous fries in Mazomanie.

The fixed base for this ride was The Resort of House on the Rock, close to the village of Spring Green. Nice suite style rooms with a deck and view of the fine golf course and wooded hillside. Within the resort, were 2 swimming pools and a spa (good temps), a workout room, bar and restaurant. Jim did a wonderful job hosting the map meeting/happy hour. The first meeting started quietly but ended up as a party. Everyone in the group was so nice and interesting.

We had two group dinners. The first one was at the hotel. The second was at the Frank Lloyd Wright visitor center it was a lovely warm setting near the end of the ride. We had a third optional delicious group dinner at the Driftless Depot in Spring Green. Spring Green was a fun town to explore, several of the buildings influenced by Frank Lloyd Wright's architecture. It also has a complete grocery store, laundromat, caf  s, antique shops and a great book store. Some of the cyclists even enjoyed a small town homecoming parade Friday afternoon. There were many attractions to see and explore including Wright's Taliesin, the House on the Rock, the American Players Theatre group, hiking trails, Mt. Horeb's brewery and resident trolls and numerous other villages. It deserves a return trip which I would do in heartbeat.

Participants: James Abel, Perry Pollock, Tom Beier, Rebecca Swan, Elizabeth Buckingham, Beverlee French, Abby Linzie, Lucette Glackmeyer, Karl Glackmeyer, John Dolansky, Nancy Dolansky, Thomas Ryan, Cynthia Lyons, Lorelee Hettinger, Pat Highet, Jack Mason, Jackie Mastrangelo, John Stephenson, Debbie Anderson, Bill Manera, Pat Simmermacher, Jeanne Bush, Jan Bush, Kit Fogel, Jim Fogel, Graham Fleming, Lois Fleming

Cooperstown: Leatherstocking Country October 8th to October 15th

Ride Director: Ida Nystrom, Report by: Ed Hass



Thirty cyclists arrived in Cooperstown NY for a one-week fixed-base getaway of wonderful cycling. Our base was the 200 year-old Cooper Inn, which was completely filled by our group. The rooms were large and comfortable and included a well stocked continental breakfast each morning.

Cooperstown was established in 1786 on the south end of Ostego Lake and is the home of the Baseball Hall of Fame, The Farmers Museum and the Fenimore Art Museum. The countryside is rolling with many significant climbs in the 300-800 foot range - a great cycling venue. Furthermore, the foliage was in high season, but traffic was generally minimal since Columbus Day (October 10th) generally closes the tourist season in the area.

The daily format was breakfast about 8am, riding from about 9:30am to whenever depending on the length of your chosen ride, happy hour with meeting at 5:30pm and dinner after the meeting. Two delicious dinners were provided as part of the package - the first and last nights. These were at the Otesaga Resort Hotel. Lunches and remaining dinners were on your own with many local restaurants from which to choose.

Rides were plentiful and the 2B rating was accurate. Ida provided each participant with a copy of Cranks from Cooperstown - 50 Bike Rides in Upstate New York by Dennis Savoie. Dennis is a local cycling enthusiast who put this book together in 1998 with the help of a graphic artist. The cue sheets and maps were quite accurate given that they were over 13 years old. Regardless, we had Dennis at our disposal at each daily meeting to note any changes, interspersed with great commentary about the daily suggested rides or any other ride that one might wish to discover.

Riding was generally spectacular. The first four days were picture perfect with temperatures between 50 and 75 degrees and fall foliage was at its peak. Highlights included a Russian Orthodox Monastery in Jordanville NY, the Owen D. Young Nature Trail and a Rainbow Trout fish hatchery in Van Hornesville NY. Traffic was generally minimal with slightly higher volume on Sunday and Monday. Thursday was rainy in the morning, but cleared nicely for a beautiful afternoon ride to the local Ommegang Brewery. Friday was rainy all day, but local attractions kept everyone occupied.

Participants: Diane Pearson, Dorothy Stock, Jim Nystrom, Mary Counihan, Ida Nystrom, Dennis Moberg, Patricia Daniels, Fred Reeb, Graham Fleming, Janet Freeman, Richard Spinetto, Ed Hass, Karen Hass, Gerald Hefele, Edie Baxter, Jacque Smith, Robert Buck, Mary Jane Burns, Marita Moberg, Michael Counihan, Margie Berger, Conni Pressman, Arlene Deardorff, Evan Deardorff, Vickie Smith, Frank Lamitola, Barbara Klaus, Edward Yaglou, Susan Barlocher, Helen Greitzer

Amherst in Autumn October 9th to October 15th
Ride Director: Andy Schwartz, Report by: Jay Mead



We 27 mighty cyclists converged on the Amherst Inn on a Sunday night in early October for our week-long New England fall riding idyll. We were there for bracing autumn weather and spectacular foliage, and were not disappointed. For this fixed-base ride a variety of countryside rambles were available for every rider level. On the first day most of us worked our way west to Northampton and through the hills north of town to the charming 18th-century village of Whately. (They're all 18th-century in this neighborhood, and all charming.) One renegade group did try the infamous and unexplored-since-colonial-times Reservoir Route, involving a stern Keep Out warning and sand. While unfazed by any obstacle this doughty band did discover the true meaning for bicyclists of Frost's "The Road [Much] Less

Traveled," and provided an object lesson in what not to do next time.

Days 2 and 3 included rides over the Holyoke Range to South Hadley and a long Rail-to-Trail over the Connecticut River to Easthampton, with stops in the chic eateries of Northampton, notably Herrell's Ice Cream, best ice cream anywhere by universal agreement. Weather was generally sublime, with the exception of Thursday, when it was wet and blustery (many rode, thoughâ€we're a brave bunch). Friday was dry in the morning long enough for a beautiful, misty moist ride to Leverett, north of town, some riders' favorite ride of the week.

Notable sights included no less than five college campuses, including beautiful Amherst College, with its stately oaks and earnest undergraduates and inspiring views of the red and gold mountains to the south; the Connecticut River; the quiet and lovely old hill town of Leverett; and, inexplicably, many random sightings of the Amherst College track team, whose unpredictable appearances at various town intersections were chronicled nightly at happy hour by intrigued cyclists.

Happy hours in the Amherst Inn parlor provided summaries of the day's rides and plenty to eat and drink. Two fine meals were included (Chez Albert, excellent, and the traditional Wiggins Tavern in Northampton), and six nights plus breakfasts in the very pleasant Amherst Inn, directly across from the Emily Dickinson house on Main Street. Participants with a literary bent noted that the light was on late every night in Emily's corner bedroom: scoffers claimed it was an irresponsible museum curator, but the excellent tour guides confirmed that Emily herself was known to have kept late hours nearly every night, and the light was for her.

Ride leaders Andy and Debbie Schwartz were organized, attentive, and pleasant and helpful in every way, and led a delightful ride. Participants included both beginner and seasoned cyclists, including some round-the-world veterans who seemed relieved to be tackling a 1A ride, and all agreed that Amherst and New England in autumn make for a wonderful week-long riding adventure.

Participants: Andy Schwartz, Bo Newsom, Ben Satterwhite, Gail Waimon, Len Friedman, Bill Hartline, Charlie Kalb, Kristina Kalb, Bob Carson, Alan S Levine, Dean Welch, Judy Welch, Ellen Cohen, Ron Cohen, Ellie Moller, Ellie Moller, Debbie Schwartz, Mary Myers, David Hansen, Rosemary Carmody, Alton Imhof, Lois Bolton, Paul Barrett, Jay Mead, Carol Svendsen, Nora Davis, Lou Ann Hartline

Tuscany on the Mediterranean 2011 September 7th to September 17th

Ride Director: Syd Smoot, Report by: Joan Reinhardt Reiss



For years northern Europeans have vacationed in the glorious hill towns of Tuscany like Montepulciano, Arezzo, and San Gimignano. Americans learned about this Italian secret when Frances Mayes rebuilt a Renaissance house in Cortona and wrote "Under the Tuscan Sun".

Yet there's another Tuscany on the Mediterranean with 3000 years of ancient history based on the Etruscan civilization. Our fixed-base bicycle trip began on this coast near the village of Donoratico. Texans Syd Smoot (Leader), and George Hall (Ride grandfather) are ably assisted by Tommy Glendinning, a Scotsman with kilt.

Our hotel is on the sea for those after-bike swims. Food is superb but this is Italy where even the airport food is gourmet. Did I mention the excellent gelato found everywhere? Snacking on such ambrosia is a

twice-daily requirement.

This section of Tuscany is bicycle-heaven. Small roads have courteous drivers and acres of vineyards are interspersed by age-old olive groves. Intermingled among the trash-free country roads are pink stone villages reachable by climbs of varying length and height.

Several roads are shaded with tunnels of overlapping chestnut trees. Tall umbrella pines provide another shady respite. On some rides, regal cypress trees mark our pathway while far away mountains touch the sky. California's pink and white highway flowers, "oleanders" grow everywhere.

Most days the climb is at least 2000 feet with an average distance of 30+ miles. The weather starts cool but quickly heats up to 80o plus. Based on pace, attitude, food needs, and past friendships, we form small cycling units.

One stunning hilltop town feels like our 'hood since we climb there frequently• Castagneto Carducci dates back to 1000 C.E. The five mile ascent is a downhill delight on our homeward stretches. Originally the town was Castagneto Della Gherardesca, after a wealthy, royal, family. They ran their world in a feudal "Cosa Nostra" style. By 1907, the locals decided to rename the town to honor a famous short-term resident, Nobel laureate poet Giosu  Carducci. As we sip espresso, our spectacular view extends over pink stucco towns with red tile roofs until our eyes meet the sea.

The most challenging and spectacular ride was off the prescribed route sheet. My intrepid group bicycled almost 70 miles with 4200 ft of climbing to Volterra, a major tourist attraction. D.H.Lawrence traveled to Tuscany in the 1930s and wrote about Volterra. Climbing up we understood Lawrence's words: "On a towering great bluff that gets all the wind and sees all the world."

The last cycling day is a flat coastal ride to Populonia, an ancient town. As we approach the town, a gorgeous aquamarine bay stretches below. We cycle along until the final mile where we are confronted with several 18% grades. I make a few stops to catch breath. There's an amazing contrast between the 14th century castle-fort and the 3000 year old Etruscan ruins.

Italy is my favorite country. Consider the package: food, passionate people, Renaissance, ruins, Michelangelo, hill towns, and gorgeous landscapes. The words of Guiseppe Verdi are perfect, "You may have the universe, if I have Italy."

Participants: Stephen Kiel, Gary Johnson, Sharon Intagliata, Karin Nelson, Vickie Romo, Thomas Glendinning, Linda Kiel, Valerie Butler, James Intagliata, Suzie Shao, Richard McNamara, Cheryl Houston, Ken Keeler, Ellen Cohen, Ron Cohen, Marguerite Humphries, Richard Friedmann, Karen Friedmann, David Dolfinger, Delia Dolfinger, Gail Blanco, Ron Sonkin, Mark Greene, Joan Reinhardt Reiss, Via Page, Syd Smoot, Elaine Manuele, Raul Suarez, Fred Bennett, Evelyn Taoka, Mark Reiss, Warren Davis, Ruth Norris, Peter Krichman, Marjorie Kirk, Rod Harmon, Robert Simpson, Andy Poggio, Karen Lake-Shampain, Harry Witt, Allen Hu, Rose Baker, Jonathan Parker, John Bowen

Kyushu: Haiku, Hot Springs and Hospitality October 24th to November 3rd

Ride Coordinator: Rick Hill, Report by: Rick Madden



Kyushu: Haiku, Hot Springs and Hospitality
October 24 - November 3, 2011
Tour Leader -Rick Hill
Report by - Rick Madden

Orange, yellow leaves
Caldera steam arising
Amber wheat whispers

Nancy Thomas
Voted 'Best Haiku'
BAC Kyushu, 2011

Konnichiwa! Starting late October 2011, twenty-two BAC members biked Kyushu, the southernmost island in the Japanese archipelago in what may arguably be the

most adventurous trip on the 2011 BAC calendar. What we found there wasn't merely a cycling trip. With the help of "Leaders in Training" Sarah Madden and Kate Gordon, leader Rick Hill organized a cultural immersion program packed into 11 magical days.

In a country where English speakers were rare and street signs practically non-existent, guides Kenichi Kawamura and Toby Washer of Cycling Japan and Ayaka Yoshikawa of Adventure South translated, supported and ushered us through cities, towns and countryside, all on the left side of the road.

After many hours of air travel, airports and transfers, the group assembled in Yufuin at our first hotel. All the hotels but one featured an onsen, communal baths that were a luxury when our rooms had showers and a necessity at those where it was the only means of bathing. Most of the riders found the onsen to be a relaxing way to unwind, soaking in 104 degree water in both a open air and indoor setting.

After the onsen, we all found the loose yukata a comfortable, casual kimono to wear around our rooms and to meals. The yukata was an acceptable dress anywhere in the hotel. Our first dinner together was an intimate affair, with small groups seated around a grill where we cooked thinly sliced meats and vegetables. Each meal during this trip became an adventure as we were served familiar and exotic foods that were as pleasing to the eye as it was to the palate.

The first ride of the trip around the Yufuin area gave most of us an opportunity to become familiar with our rented bikes, experience riding on "the wrong side" of the road and work out some of the jet lag. Kenichi introduced us to a Shinto shrine, the first of many that we would see on our journey. The ride ended at a traditional tea house, where we sampled some of the finest green tea in Japan and sweets made from bean paste...who would have thought!

The highlights of this trip are almost too numerous for the limited space in the tripper report, but let's sum it up in a paragraph...crowded coastal roads, twisting scenic byways, the power of a steaming active volcano, three national parks bursting with fall colors, sleeping inside one of the largest calderas in the world (120 km circumference!), a Shogun castle dating back to 1607, partying at a festival celebrating the latest release of shochu, a liquor made from sweet potatoes. Lying on a beach buried in sand warmed by geothermal activity while staring up at a near-perfect cinder cone...yes, this was voluntary! Touring a green tea farm where some of our riders drove the harvesting tractor, then having a taste of green tea ice cream!

The climax of the trip was our final destination, Yakushima Island, home to Macaque monkeys, twisting old-growth cedar trees, loggerhead turtles and tiny Yakushima deer. Most of the island is a UNESCO World Heritage site with an impressive rainfall average, over 164" per year. Our last day of riding around the island was our longest at almost 65 miles.

The tour ended with many of us having developed a true appreciation for Japan; the country, the people and the unique landscape. It was an amazing cultural and biking experience.

The gang...sa Yonaka, Kate Gordon, Rick Hill, Ida and Jim Nystom, Joan and Larry Roe, Sarah and Rick Madden, Melissa and David Norton, Nancy and Phil Thomas, Thomas Ryan, Cynthia Lyons, Martha and Ken Neville, Michael Blake, Ann and Scott McMahon, Carol and Hank Hermes.

Participants: Lisa Yonaka, Joan Roe, Kate Gordon, Larry Roe, Rick Hill, Ida Nystrom, Jim Nystrom, Rick Madden, Sarah Madden, Melissa Norton, David Norton, Nancy Thomas, Philip Thomas, Thomas Ryan, Cynthia Lyons, Ken Neville, Michael Blake, Scott McMahon, Ann McMahon, Martha Neville, Carol Hermes, Hank Hermes