

Women-only Biking Adventure September 2021

Itinerary dates: September 8 – 12, 2021

Trip Leader: Beth Whitman

HIGHLIGHTS

- Daily rides through **eastern Washington, Idaho** and (a little bit o') **Montana** on **well-groomed trails** with BEAUTIFUL scenery
- The option of riding **your own bike**, or **renting** a hybrid trail bike or an **electric bike**
- Having **peace of mind** knowing a support and gear (sag) vehicle is never far away
- **Sleeping in comfortable** inns and hotels at the end of each day
- Enough mileage to be considered **moderately difficult** although the trails are not super difficult.

Have you ever wanted to try long-distance biking but wanted a support vehicle and guide? Would you enjoy good meals and a comfortable bed each day of riding? Here's your chance!

Our adventure begins the morning of September 8 (around 9 A.M.) in Spokane, WA. If you wish, you can drive or fly in early that morning to meet the group OR you can spend one or more nights in the area prior to the tour start. (This is Labor Day week so maybe you have more time than usual for a getaway – YAY!)

Note that this is a fully-supported trip, meaning we'll have a sag (support and gear) vehicle accompanying us should we need help with our bikes or you'd like to rest by riding in the vehicle for any portion of the adventure.

Consider this to be a moderately difficult trip due mainly to the mileage we'll be riding each day.

The cost includes rental of a hybrid (recommend) bike. You may rent an electric bike at an additional cost of \$200 or receive a discount of \$75 if you bring your own bike!

ITINERARY

Day 1 –Spokane – Couer d'Alene
Wednesday, September 8, 2021
Meals: Lunch, Dinner

We'll start the day around 9 A.M. by meeting up with our guide, driver and sag vehicle to get outfitted for our bikes! Once we're all set, our ride will start at **Riverside State Park**—a whopping 9,200 acres of green space—where we'll be able to get used to our bikes and leisurely ride as a group.



This area is historic (which we'll learn about from our guide) and the scenery is breathtaking. We'll be riding through **ponderosa pines** and **black basalt canyons** that date back 13 million years.

Throughout today's ride, we'll be able to stop at scenic points, including the dramatic **Bowl and Pitcher Rapids**, where ancient lava flows formed a spectacular setting of huge boulders of basalt. We'll also be passing by the **beautiful Spokane River Falls**.



We'll have lunch in downtown Spokane and then continue our ride on the level **Washington Centennial Trail** which will take us east through town and the **Spokane Valley** until we arrive at the Idaho/Washington border.

From here, you can either take the shuttle van to **Couer d'Alene** or ride the additional 9 miles to our hotel!

We'll have dinner at a nearby restaurant and then overnight at [Spring Hill Suites](#) or similar in Couer d'Alene.

Miles: 37 miles with optional 9 additional miles..

★ **HIGHLIGHT!** The **Centennial Trail** travels from western Spokane to just east of Couer d'Alene. It's a beautiful—and relatively easy—trail that you'll find striking!

Day 2

Thursday, September 9, 2021 – Couer d'Alene – Montana – Wallace, ID

Meals: Breakfast, Lunch, Dinner

Today, we'll travel east via shuttle van for about an hour toward the Montana border. We'll mount up here and then ride west on **two connecting trails** that lead us back through beautiful Idaho.

The ride starts on the **Route of the Olympian** in the small town of Saltese. This trail is hard-packed gravel and climbs gently following the **St. Regis River** to East Portal, where the **Route of the Hiawatha** begins. This is a spectacular trail that many consider a highlight of this adventure. We'll appreciate it even more so as we enjoy our picnic lunch along the way.

During today's journey, we'll be riding through a total of **seven tunnels!** The gravel trail then becomes an easy downhill slope from which we can look down into **thick forests of pine and cedar**. We'll be able to also gaze up at steep slopes covered in trees.



At the end of our ride, we'll take the short drive to the historic (and adorable) silver mining town of **Wallace** which has the distinction of being the world's largest silver producer! Who knew!? (If you're so inclined, you can ride the additional 13 miles (downhill) into town.)

Wallace is filled with storied brick buildings, a couple of **breweries, cafes, and friendly locals.**

We'll have dinner at a nearby restaurant and then overnight at the [Wallace Inn](#) (or similar) in Wallace, ID.

Miles: 24 miles with optional 13 additional miles.

★ **HIGHLIGHT!** Today will be a **truly magical day** of stunning scenery as well as a sense of adventure as we pass through the tunnels and end in Wallace.

Day 3

Friday, September 10, 2021 – Wallace, ID – Harrison, ID

Meals: Breakfast, Lunch, Dinner

Today, if you're feeling energetic, you can get an extra 5 miles in by starting east of the town of Mullen, which will take you to the beginning of the **Trail of the Coeur d'Alenes.**

If you prefer, you can start in Wallace. 😊

In either case, today we'll ride west along the main section of the **Coeur d'Alene River** through the **Silver Valley.**



We'll stop for lunch at a **favorite local restaurant** where you might try Rocky Mountain Oysters (definitely not vegetarian!).

After lunch, we'll ride to the **Cataldo Mission**, Idaho's oldest building built by the Jesuits in the mid-1800's.

The trail turns south and follows the **Chain Lakes of the Coeur d'Alene River**, through marshes and farmland. Here you may see **waterfowl, osprey** and, perhaps, **deer and moose.**

We end our ride in the quiet hamlet of **Harrison**, which is located on the shores of **Lake Coeur d'Alene.**

We'll have dinner at a nearby restaurant and then overnight at **Osprey Inn** (or similar) in Harrison, ID.

Miles: 35 miles with optional 5 additional miles.

★ **HIGHLIGHT!** It will be common to see birdlife throughout our trip because we'll be traveling along rivers and lakes, but today (if we're lucky), we may even see moose!

Day 4

Saturday, September 11, 2021

Meals: Breakfast, Lunch, Dinner

Today we'll set out for our final ride of this journey! The trail follows the shore of **Lake Coeur d'Alene**, then crosses over the lake on a low and scenic bridge that leads to **Heyburn State Park.**

We'll stop to stretch our legs today and, depending on timing, take a **1 – 3 mile hike** on the Indian Cliffs Trail for panoramic views of **Lake Chacolet** and **Lake Coeur d'Alene**.

Our ride continues as we climb a gentle slope through a gorgeous forest of **Ponderosa Pines** on the edge of the **Palouse**, one of the world's most productive farming areas.

After a picnic lunch, we'll arrive at the western trailhead in Plummer, ID and then travel via shuttle (about one hour) back to Spokane.

We'll have a **lovely final meal** at a nearby restaurant to reflect on our journey and say our goodbyes! 😊

Overnight at the [Centennial Hotel](#) or similar in Spokane.

Day 5

Sunday, September 12, 2021

Meals: n/a

Today you'll depart on your own back home or to your next destination. There will be no formal gathering on this morning as people will be departing at different times but you might be able to catch up with others over breakfast (on your own).

**** Itinerary subject to change without notice.**