

25 November 2020

# BICYCLES, BAKERIES, & FERRIES OF THE PACIFIC NORTHWEST

*Trip 2237 scheduled 9–18 September 2022*

## 1. INTRODUCTION

Time travels slower on San Juan islands. Leave the watch behind, turn off the phone, keep the camera, drain the stress, & come soak in the magical beauty of Pacific Northwest.

We will treat ourselves to abundant doses of ocean views, mountains, bakeries, ferry rides, chocolate, country roads, & friendly company.



See [previous trip report](#) with similar itinerary to most placed proposed here.

We rate this trip as a 4 to 5, moderate to vigorous per [AMC's rating system](#). Routes distance will range 60–80km, elevation gain 500–1,500m, & speed 20–25km/h. In

between, there will be many options to enjoy the scenery, relax with a book, & eat local meals.

## 2. LOCATION

We will have two base locations:

- Days 1–3: downtown Seattle, within 30 minutes walk or 15 minutes light rail ride to Pike Place Market. All rides will start from the front door of our hotel to either bicycle paths, ferry terminals, & islands.
- Days 3–7: Friday Harbor in San Juan islands for daily bicycle rides on the islands. Last day will be in Victoria, BC, Canada, to tour gardens, historical sights, parks without bicycle. We take ferry directly back to Seattle.
- Days 7–10: back to downtown Seattle for further tours & bicycle rides on the islands.



Each participant will have an Orca public transport card to use on buses, light rail, & ferries. All fares are included for transport according to itinerary.

## 3. ROAD SUPPORT



All riders should be familiar with basic bicycle maintenance such as changing a flat tire, changing saddle height, & adjusting cleats. The trip leaders will also be available to help with such needs as much as possible.



We expect to remain within reasonable distance of bicycle shops in cases of more complex repair that is needed to the bicycle.

There will not be a dedicated support vehicle to follow the group all day for help or to carry extra gear. All riders will remain self-sufficient during the day. However, there is no need at any time on the trip to carry on bicycle gear for overnight stay. These will be transported separately for the group between Seattle & San Juan Islands.

#### 4. NAVIGATION

The leaders will provide a GPX file of the routes that you can download onto your GPS device or favorite smartphone app. On the road one leader will generally be near the front and one near the rear of the pack. We will have several stops each day at sites of interest and to take breaks for lunch or a snack. We expect that the group will spread out a bit between stops and participants are expected to be able to have some self-sufficiency in navigating given the GPX file.

We also typically use WhatsApp for group communication since it is very handy for group texts, sharing your location, photos and sharing places to meet for dinner, rest stops, etc.

## 5. TRANSPORT

Our main transport will be on ferries to reach the islands. Otherwise, we will ride on bicycle paths and suitable roads.



To reach the ferry, we will ride from the hotel a short distance through a gentle descent & climb on the return trip.

Seattle has an extensive network of public light rail & buses for us to use when not on the bicycle.

## 6. BICYCLE

This is a great time to fly with your bicycle. Many airlines stopped charging any extra fees for bicycles. Some charge a nominal fee identical to a regular piece of luggage.

For example, at the time of writing this document, the web sites show that Delta charges \$25 each way; Alaska Airlines \$30; Southwest \$75; & Jet Blue \$50.

You have the choice of shipping your own bicycle (see <https://bikeflights.com> for help with such arrangement) or renting a bicycle from a local shop. The trip leaders will help you connect with the bicycle shop.

The cost for either choice is not included with the trip.

## 7. BICYCLE RENTAL

Estimated weekly rental for an average road bicycle, aluminum frame, carbon fork, Shimano Tiagra components is \$180. An upgrade to Shimano 105 or Ultegra components will bring the rate to \$300.

The trip leaders will advise you of bicycle shops to rent from and arrange for bicycle pickup and fitting. We will recommend that you bring your own saddle & pedals.

<i>Shop</i>	<i>Road</i>	<i>Electric</i>
<a href="#">Ride Bicycles</a>	✓	
<a href="#">Pedal Anywhere</a>	✓	
<a href="#">Electric Bikes Northwest</a>	✓	✓
<a href="#">Montlake Bicycle Shop</a>	✓	✓
<a href="#">Element Cycles</a>	✓	✓

Verify range for electric bicycles around 50 miles per battery charge.

## 8. WEATHER

Rain highly likely during the trip.



While historically, it rained 15 out of 30 days in the month of September, it is still relatively dry month for the area & rain quantity is low at 5.11cm. Average temperature is nice & cool between 11-23°C.

Prepare with rain gear—refer to packing list for details. We ride rain or shine.



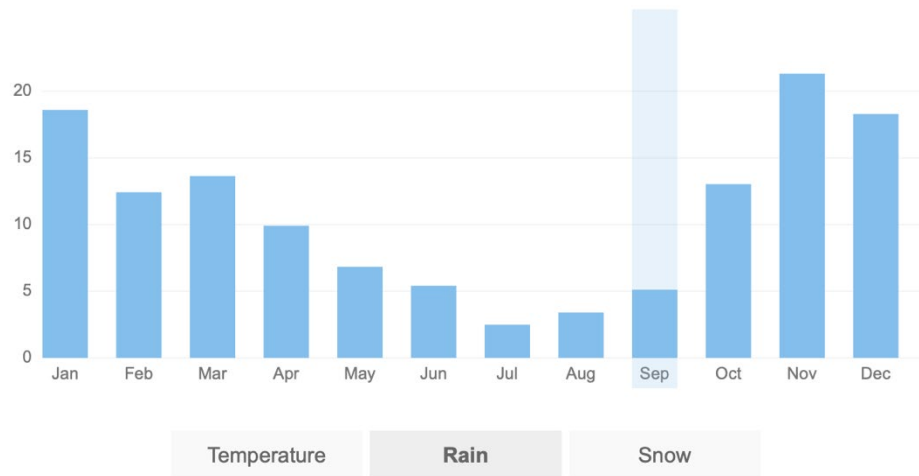
## Weather history for Seattle, Washington

Average rainfall

September

**5.11** cm | in

Rain 15 days  
Snow 0 days  
Avg temps 23° / 11° C



Current forecast · Radar map · Data from Weather Trends

## 9. ITINERARY

All distance & elevation information are approximate based on representative maps.

Day	Route
Friday 9 September 2022: Seattle	Travel from home to Seattle airport (code SEA). No group activities planned for the day. Take train, bus, or taxi to hotel in downtown.
Saturday: Seattle	<ul style="list-style-type: none"> <li>Meet in hotel lobby for breakfast at 7:30.</li> <li>Assemble bicycles or retrieve rental from shop as you have arranged in advance.</li> <li>Meet at 13:00 in hotel lobby for shakedown ride in afternoon. Repair any remaining items on bicycle &amp; adjust fit.</li> <li>Load bicycles &amp; luggage onto truck for transport to San Juan islands. Leave a small day pack to use overnight &amp; for transport to Friday Harbor.</li> <li>Group welcome dinner at 19:00.</li> </ul>
Sunday: Friday Harbor	Meet for breakfast at 7:00. Taxi to ferry at 7:30. Ferry leaves to Friday Harbor at 8:15. Bicycle to American Camp, Cattle Point lighthouse, & lavender farm. ↪ distance 45km ↑ elevation 600m ↗ slope 14m/km.
Monday	Admire San Juan sculptures in open park, walk the gardens of Roche Harbor marine, explore English Camp, & watch for migrating orcas from Lime Kiln Point state park. ↪ 60km ↑ 800m ↗ 14m/km.

Tuesday	Orcas island: take ferry in early morning at 8:30 to arrive at 9:15. Enjoy the views as we wind between the islands. Bicycle to small waterfront park to enjoy some baked goods from Brown Bear ahead of a big climb to Mount Constitution—the highest point on the islands at 731m, and the second highest mountain on an ocean island in the contiguous 48 states. Optional detours to Obstruction Pass state park & Deer Harbor. Return on ferry at 16:30 to arrive Friday Harbor at 17:10. $\square$ 75km $\uparrow$ 1,700m $\nearrow$ 23m/km.
Wednesday	Lopez island: board ferry at 8:30 to arrive at 9:50 for a relaxed tour with regular ocean views & look back Cattle Point lighthouse from Sunday. Taste some fresh Lopez pear hazelnut white chocolate Danish. Return on ferry at 17:20 to arrive Friday Harbor at 17:50. $\square$ 60km $\uparrow$ 750m $\nearrow$ 13m/km.
Thursday	Pack luggage & bicycle in truck for transport to Seattle. We take ferry at 9:55 to arrive Vancouver Island at 11:10. Transfer to the famous Butchart Gardens for a tour & light snack. Transfer to Victory water front for a walking tour of harbor, Fairmont Empress, & world's tallest free standing totem. Early dinner. Ferry to Seattle at 17:00 to arrive Seattle at 19:45.
Friday	Bainbridge island: hop from one bakery to the next while taking in the charm of the island, home to many artists. Finish the day with a walk in the small town & dinner. $\square$ 80km $\uparrow$ 1,200m $\nearrow$ 15m/km.
Saturday	Vashon island: home of the classic Chilly Hilly annual ride, prepare for some big hills, open views, & quiet roads. We will try to finish early in time to pack bicycles & prepare for travel next day. $\square$ 50m $\uparrow$ 1,000 $\nearrow$ 20/km.
Sunday	Travel back home.

## 10. TERMS AND CONDITIONS

Please refer to [Terms & Conditions](#) regarding the AMC Adventure Travel, dated 20 July 2020:

- Cancellation Policy
- Leaders' Right to Change Itinerary
- Leaders' Expectations of Participants
- Trip Price
- Travel Documents
- Safety
- Activity Rating System

## 11. COST

Cost is US\$2,999 per club member shared occupancy. Non-members add \$100. [Join AMC](#) for as little as \$50.



Deposit of US\$1,500 is due with application. Balance of US\$1,499 is due by 1 March 2022.



Includes:

- Nine nights of lodging.
- Breakfast and dinner for the entire trip, not including travel days, starting with breakfast on Saturday 10 September through Dinner on Saturday 17 September 2022.
- All transport as included part of the itinerary on ferries between Seattle & islands.
- Emergency medical & evacuation insurance coverage.

Does not include:

- Airfare. We estimate the cost for a round trip ticket between the Boston & Seattle will be \$500–\$750.
- Lunches, beverages, & incidental expenses.
- Bicycle, shipping, packaging, assembly, & rental costs.
- Local transport between arrival airport & beginning of trip.
- Local transport between end of trip & departure airport.
- Insurance for travel delay, interruption, cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is

suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

## 12. REGISTRATION

We expect a group size of 16 people, including the 2 leaders. This trip is likely to fill quickly. You should apply as soon as possible. When registration is complete, we will send all participants the names, email addresses, and phone numbers of all those going on the trip.

To apply, you must review, complete, and submit the [application form](#) which consist of:

- Application
- Acknowledgement and Assumption of Risk and Release form
- Medical Questionnaire

Full link to the form at

<https://forms.office.com/Pages/ResponsePage.aspx?id=1WPPEIVo2067f46l1-dGypUwYmi-7bVFrwmao--wzJ1UQTJRQks4UlpGTDZNNjNEMjJWWFNrWEVNOc4u>

You will not be accepted and your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match. Deposit checks from wait-listed applicants will not be cashed until a spot is available, the applicant is accepted onto the trip, & they confirmed their continued interest.

## 13. LEADERS



**A. Mike Barry**

Mike has been biking since junior high and has been leading rides with the AMC since he moved here in the 1990s. He leads rides from evening rides to local day trips to regional weekends to week long tours in New England and in Tuscany and the Czech Republic for AMC's Adventure Travel Program.

**B. Rami Haddad**

Rami is an active AMC leader with Adventure Travel, Bicycle, Ski, & Family committees. He travelled throughout the Alps region on several trips for hiking, bicycle touring, sightseeing, Boston Marathon, & Ironman Switzerland. He has been on extended trekking & bicycle tours through the Pacific Northwest, Pacific Coast, Rocky Mountains, Japan, France, & Germany.

## **14. REQUIRED PACKING LIST**

- Bicycle in good working condition
- Helmet (include label with emergency contacts)
- Water bottles or water bladder

- Bicycle shorts
- Rain gear
- Casual clothing when off the bicycle
- Warm clothing (it can get cool)
- Tire irons, wrench keys, chain tool, patch kit, & pump
- Passport. Tourist visa to Canada not required for US citizens. For other citizens, check with the embassy.

## 15. OPTIONAL PACKING LIST

The following is a long list of optional items to bring. Use it as a reminder of additional items that can make your trip and rides more comfortable.

- Bicycle Gear
  - Tubes
  - Helmet mirror
  - Chamois cream
- Bicycle Clothing
  - Shorts
  - Jersey
  - Arm & leg warmers
  - Rain jacket
  - Vest
  - Socks
  - Gloves
  - Sunglasses
  - Shoes
- Accessories
  - Swim suit
  - Toothbrush & paste
  - Lip balm
  - Razor & shaving cream
  - Contact lens solution & case
  - Glasses
  - Flashlight or head lamp
  - Mobile phone & charger
  - Deodorant
  - Sunscreen
  - Camera & battery charger
  - GPS, power charger, & bicycle mount
  - AA & AAA batteries