



WILLAMETTE VALLEY SCENIC BIKEWAY

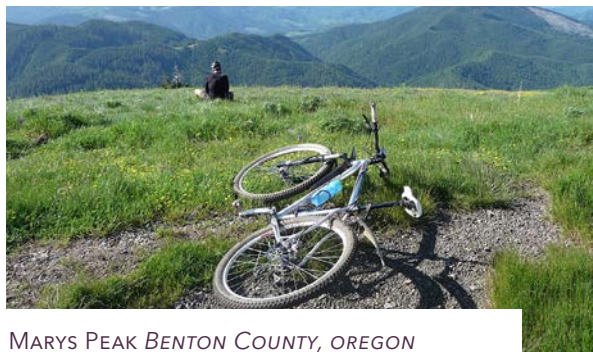


CYCLING TRIPS

Drink in the lush countryside of the Willamette Valley on an Oregon Wine Country cycling trip. With miles of beautiful back roads and rugged mountain trails, plus the nation's first official Scenic Bikeway, the Willamette Valley offers an unforgettable cycling adventure.



KING ESTATE *EUGENE, OREGON*
WINTER'S HILL VINEYARD *DAYTON, OREGON*



MARYS PEAK *BENTON COUNTY, OREGON*



WOODEN SHOE TULIP FARM *WOODBURN, OREGON*
MONTEITH HISTORIC DISTRICT *ALBANY, OREGON*



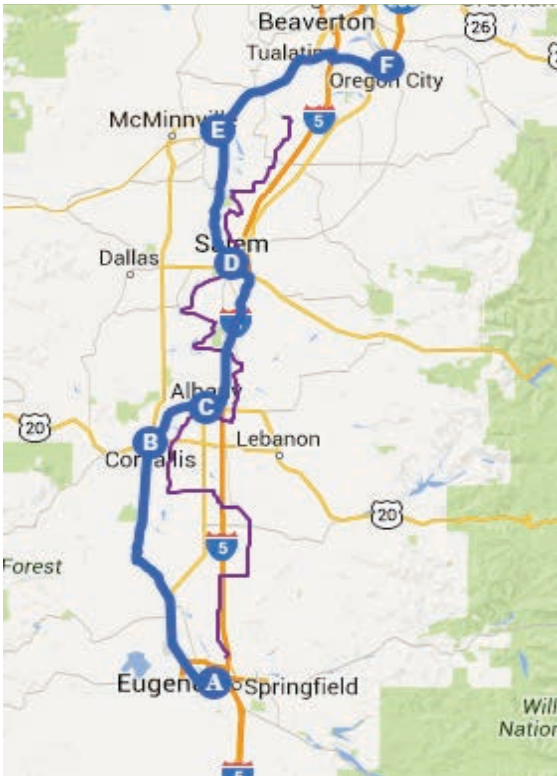
STATE CAPITOL *SALEM, OREGON*

EUGENE, CASCADES & COAST: Begin your journey in Eugene, located at the south end of the Willamette Valley just two hours south of Portland. Browse through locally-owned bike shops, urban tasting rooms and restaurants. Cycle the extensive bike path system throughout the city, or head to nearby Fern Ridge Reservoir for a fun day of boating, swimming and wildlife watching. Discover the many vineyards that line Territorial Highway, then cozy up for the night at a hotel or bed and breakfast. The next day, begin your ride with serious carbo-loading at **Off The Waffle** a local favorite with a menu full of fresh, organic fare. You'll find three of the state's official scenic bikeways here, all with breathtaking vistas, history and challenge. The Covered Bridges Scenic Bikeway follows the paved Row River Trail, taking you back in time via six of the region's 20 historic covered bridges. Those looking for an epic ride by lava beds and up a mountain pass should head for the McKenzie Pass Scenic Bikeway, which follows Hwy 242 through pine forests and ancient lava flows, then descends to the soothing pools at Belknap Hot Springs Resort. Or, bike out to Armitage Park, where you can head northward on the lovely 130-mile Willamette Valley Scenic Bikeway. *Contact: Meg Trendler - Meg@EugeneCascadesCoast.org*

CORVALLIS: Enjoy biking or hiking at the historic Tye Winery, located on a certified Century Farm noted for its sustainable practices and its art gallery. While there, savor a glass of award-winning Pinot noir under their old apple tree, from a seedling that made the journey across the Oregon Trail. If you feel like really getting away from it all, Marys Peak is an ideal place for mountain biking or hiking. It's the highest peak in the Coast Range, with both a campground and day use areas, making it an enjoyable place to bike or hike for miles and miles. If you are looking for a more laid-back cycling route, start at the Irish Bend Covered Bridge and follow the meandering road that leads you to Bald Hill. An easy biking and hiking area, Bald Hill has a bench at the top to sit down and enjoy the beautiful view of the valley. *Contact: Jennifer Johnson - sales@VisitCorvallis.com*

MORE ON BACK
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866-548-5018

MUST SEE.



MAP OF WILLAMETTE VALLEY
PURPLE LINE: SCENIC BIKEWAY



REDGATE VINEYARD INDEPENDENCE, OREGON



FARMERS MARKET CORVALLIS, OREGON
WILLAMETTE RIVER WATER TRAIL



ANKENY VINEYARD SALEM, OREGON

ALBANY: Continue on the Willamette Valley Scenic Bikeway to historic Brownsville, where everything is within walking distance and you can visit spots where the movie "Stand By Me" was filmed. Get a snack at Randy's Coffee, then continue to Albany, where you can visit the upscale Sybaris Bistro, the Albany Farmers Market, the Albany Pix Theater and antique shops, all within a 10-block area. At the Carousel Museum, you'll see volunteers hand-carving the animals for a historic carousel. Tours are free and offer a behind-the-scenes peek into the carving studio to watch artists at work. Ride past historic homes or take a paved riverfront path to Deluxe Brewing to sip smooth German-style lagers and eat delicious barbecue; or Calapooia Brewery, where you can taste their famous chili beer while you cool off on the covered patio. *Contact: Sherri Pagliari - sherri@AlbanyVisitors.com*

SALEM: Make a rejuvenating stop on your trip to catch a river breeze along the Willamette River as you cycle through Salem on the Willamette Valley Scenic Bikeway. Salem, Oregon's capital city, is split by the mighty Willamette River and is surrounded by lush forests, fields and bird-filled wetlands. You will want to take a stroll through Salem's beautiful and historic downtown, featuring sky bridge walkways and architectural delights that house specialty shops, galleries and restaurants. Historic downtown Salem offers a Wednesday Farmers Market, May through October, and a Saturday Market, April through October. Both feature locally grown fruits and vegetables, specialty meats and cheeses, candy and an array of culinary pleasures. The weekly markets also offer a wide selection of fresh flowers and art from local artisans - it is truly a feast for all senses. *Contact: Debbie McCune - dmccune@TravelSalem.com*

YAMHILL VALLEY: The sweet song of spring warblers will lure you to explore the Willamette Valley Birding Trail Yamhill Loop. Stop for a fresh, Northwest-inspired lunch at The Barlow Room in historic Dayton, then head to Winter's Hill Vineyard to explore trails specially designed for birdwatchers. Nest boxes for the Western Bluebird line the road up to the vineyard, and Acorn Woodpeckers are resident in nearby oaks. Sample a Reserve Pinot noir or crisp Pinot gris at the Winter's Hill tasting room. Enjoy spectacular vineyard views as you cycle from Winter's Hill along Hilltop Lane to Wine Country Farm, a bed & breakfast located on a working farm that raises wine grapes and Arabian horses. *Contact: Sheryl Kelsh - sheryl@chehalemvalley.org*

OREGON'S MT. HOOD TERRITORY: Cycle to the northern end of the Willamette Valley Scenic Bikeway, historic Champoeg State Park, just south of Wilsonville in Oregon Horse Country. It boasts 10 miles of hiking and biking trails, as well as yurt and tent camping. The paved cycling trail winds past old growth hardwood forests, and the hiking trail curves along the banks of the Willamette. The Willamette Water Trail is nearby, so watch for canoeists and kayakers. For cyclists who love to climb, take the new Farmlandia Farm Loop to culinary destinations like Pete's Mountain Vineyard and Terra Vina Wines on Parrett Mountain. Reach out to the Bike Concierge, equipped to haul your cycling gear, wine purchases and provide roadside assistance for any of your bike trips through Oregon. Conclude your adventure with a ride into Oregon City, where you can put your bike on the train and ride the rails into downtown Portland, PDX for the flight home, or back to the south Willamette Valley - where you can start the fun all over again! *Contact: Samara Phelps, sp@mthoodterritory.com*

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