

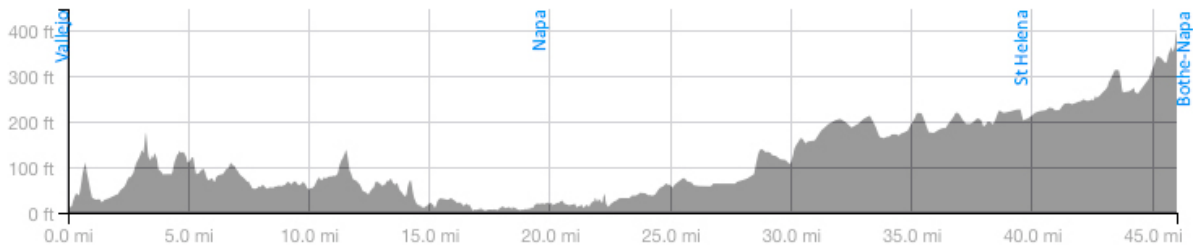
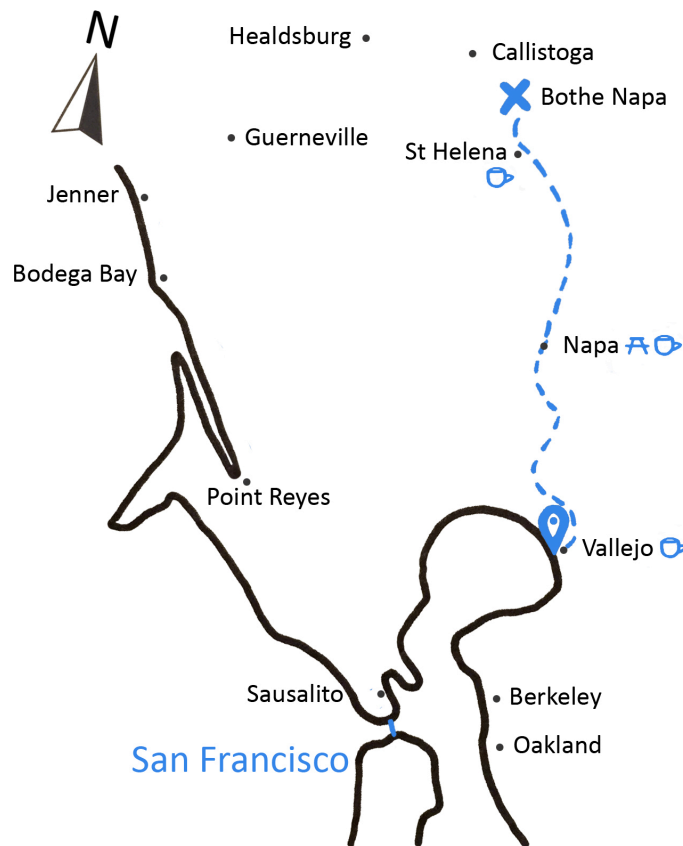


## The Bay to Napa Loop

### Day 1 - Vallejo to Bothe-Napa State Park

46 miles, 1,527 ft total elevation gain

Hop aboard the morning ferry from either the Ferry Building or Pier 41 and cruise over to Vallejo. Meander through farmland and cross into wine country, stopping in the quaint town of Napa for a late lunch. Continue riding past endless rows of vines to St. Helena before arriving at Bothe-Napa State Park for the night.





## The Bay to Napa Loop

### Day 1 - Vallejo to Bothe-Napa State Park Daily Recommendations

Check the San Francisco to Vallejo ferry schedule here:

<https://sanfranciscobayferry.com/route/sffb/vallejo>

In Vallejo, stop for a coffee or snack before starting your ride. Check out these spots on Georgia St.:

- Good Day Cafe
- Momo's Cafe
- Nathan's Conscious Cup
- My Homestyle Cafe (on Marin St. – turn right off Georgia)

In Napa, stop for lunch or an afternoon or snack. Here are our favorite spots:

<ul style="list-style-type: none"> <li>• Velo Pizzeria</li> <li>• La Taverna</li> <li>• Starbucks</li> <li>• Napa Valley Coffee Roasting Co.</li> </ul>	<ul style="list-style-type: none"> <li>• Yo Belle Frozen Yogurt</li> <li>• Ben &amp; Jerry's Ice Cream</li> <li>• Taqueria Rosita</li> <li>• Pizzeria Azzuro</li> </ul>
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\* Consider picking up groceries in Napa. You can also get groceries later in the afternoon if you take the optional detour into St. Helena.

As you turn onto Silverado Trail, you'll pass Soda Creek Café and Auberge du Soleil Restaurant in case you need a snack.

This afternoon, you'll pass a handful of wineries. In case you're a little thirsty for some vino, here are the ones en route. Most are only open 10am-5pm, and reservations may be required for tastings. Calling in advance is recommended.

Monticello	Quixote	ZD	Raymond Vineyards
James Cole	Baldacci	Mumm Napa	Joseph Phelps Vineyards
Clos du Val	Robert Sinski	Frank Family	Auburn James Winery
Chimney Rock	Goosecross	Conn Creek	Markham Estate
Regusci	Paraduxx	Honig	Beschen
Stag's Leap	Vine Cliff	Rutherford Ranch	Casa Nuestra
Hartwell	Miner Family	Rutherford Hill	Chateau Boswell
Odette	Round Pond	Quintessa	Rombauer
Pine Ridge	Camus	The Terraces	Hunnicut
Silverado	Piña	Wm Harrison	

#### **Visit to St. Helena - Optional:**

*At 39.6 miles: Turn **LEFT** onto Pope St. If you pass Meadowood Ln, you've gone too far. You'll soon cross over a narrow stone bridge. Turn **RIGHT** onto Main St and explore the town of St.*



*Helena. After exploring, continue on Main St. Hwy 128 for 5 miles to Bothe-Napa State Park, and turn **LEFT into the park entrance.***

<b>St. Helena restaurants, cafes &amp; grocery:</b> <ul style="list-style-type: none"><li>• Farmstead (restaurant &amp; grocery)</li><li>• Gott's Roadside (restaurant)</li><li>• Pizzeria Tra Vigne (restaurant)</li><li>• Himalayan Sherpa Kitchen (restaurant)</li><li>• Velo Vino Tasting Room <i>(Bikes and Wine? One of our favorites!)</i></li></ul>	<ul style="list-style-type: none"><li>• Sogni di Dolci (Gelato &amp; Cafe)</li><li>• Market (restaurant)</li><li>• Archetype (restaurant)</li><li>• Nature Select Foods (grocery)</li><li>• Giugni W F &amp; Son Foods (grocery)</li><li>• Sunshine Foods (grocery)</li></ul>
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***Make sure to get groceries for tonight and tomorrow morning here if you have not got your supplies already. There are no more grocery options after St. Helena.***

**If you did not take the detour to St. Helena, continue following the maps to the campsite.**

**Bothe-Napa State Park Campground:**

- \$6 per person hiker-biker site, restrooms, coin operated hot showers. Private sites or Yurts can be booked online, or at registration if available. Enjoy your first night!



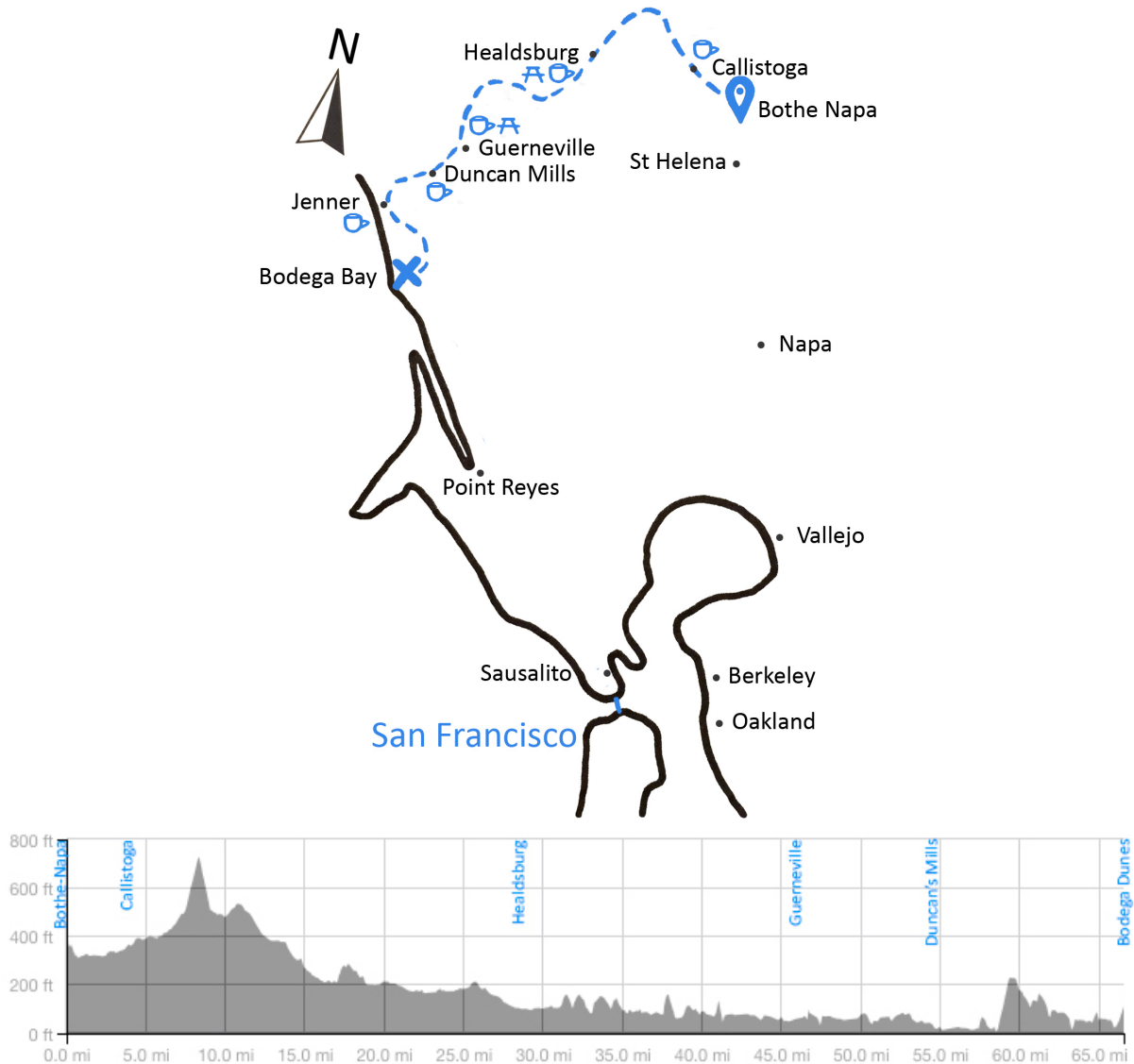


## The Bay to Napa Loop

### Day 2 – Bothe-Napa State Park to Bodega Dunes State Park

66.5 miles, 2,222 ft total elevation gain

Continue through wine country this morning, visiting Calistoga, Healdsburg and Guerneville before meeting the famous Russian River. Consider a short afternoon detour to Jenner for some riverside relaxation. Cycle out to the Pacific where you'll have a few glorious coastal miles before hitting camp at Bodega Dunes State Park.





## The Bay to Napa Loop

### Day 2 – Bothe-Napa State Park to Bodega Dunes State Park Daily Recommendations

In Calistoga town center, you'll find some breakfast spots and cafes:

- |                      |                     |
|----------------------|---------------------|
| • All Seasons        | • Calistoga Kitchen |
| • Calistoga Roastery | • Sam's Social Club |
| • SolBar             |                     |

Between mile 4 and 25, you'll pass the following vineyards and shops en route:

- |                         |                                 |
|-------------------------|---------------------------------|
| • Home Plate Cafe       | • Bennett Lane Winery           |
| • Wine Barrel Furniture | • Bavarian Lion Vinyards        |
| • Hanna Winery          | • Soda Rock                     |
| • Hawkes Tasting Room   | • Jimtown Store - General store |
| • Simi Winery           | • Big John's Market             |
| • RITE AID              |                                 |

Healdsburg town center is a good spot to stop for lunch or grab supplies for a picnic later in the day. Here, you'll find:

- |                            |                            |
|----------------------------|----------------------------|
| • Flying Goat Cafe         | • Costeaux Bakery and Deli |
| • Healdsburg Bar and Grill | • Pizzando                 |
| • La Crema Mateo's         | • Café Lucia               |

After leaving town, you'll pass by more wineries:

- |                          |                                |
|--------------------------|--------------------------------|
| • De Vero Farms & Winery | • De La Montanya Winery        |
| • Mill Creek Winery      | • Twomey Cellars               |
| • Armida Winery          | • Matrix Tasting Room & Winery |

Enter Russian River Valley

<b>Russian River Valley wineries:</b>	• Hop Kilm Vineyards	• Thomas George Estates
	• Rochioli Winery	• Porter Creek Vineyard
	• Gracciana	• Moshin Vineyards
	• Arista Winery	• Gary Farrell Vineyards
• VML Russian River Winery		
• Bacigalpi Vineyards		
• MacRostie Winery		

Country gems en route:

- |                           |                     |
|---------------------------|---------------------|
| • Korbel Champagne Cellar | • Stumptown Brewery |
| • Fife Creek Antiques     |                     |



In Guerneville, you'll find several shops, restaurants, and markets. This is the best place to get dinner and breakfast for tomorrow if you don't already have:

<ul style="list-style-type: none"><li>• River Inn Grill</li><li>• Anderino Pizza</li><li>• Alarm Grill</li><li>• Seaside Metal</li><li>• Market</li><li>• Pat's Restaurant</li><li>• Boon eat &amp; drink</li></ul>	<ul style="list-style-type: none"><li>• Main St. Station</li><li>• California French Cuisine</li><li>• Banks – If you need to take out cash</li><li>• Safeway- <i>Fuel up here for meal supplies</i></li><li>• Farmer's Market on Saturday mornings</li><li>• Taqueria la Tapatia</li></ul>
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In Monte Rio, you'll find:

<ul style="list-style-type: none"><li>• Fern's Grocery</li></ul>	<ul style="list-style-type: none"><li>• Rio Cafe</li></ul>
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At mile 53.1, you'll pass the historic Duncan Mills. Here you'll find shops, galleries and restaurants:

<ul style="list-style-type: none"><li>• Cape Fear Café</li><li>• Brick Oven Pizza</li></ul>	<ul style="list-style-type: none"><li>• Blue Heron</li><li>• Gold Coast Café and Bakery</li></ul>
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Optional detour to Jenner:

At the stop sign with Highway 1, turn **RIGHT**, and later return *SOUTH* on Highway 1. *Café Aquatica* will be on your *LEFT* as you enter Jenner. *This is one of our favorite seaside spots! Great place for a warm drink by the bay.*

At 65.8 miles: Turn **RIGHT** into the Bodega Dunes Campground. Welcome home for the night! Head to the registration booth, and continue 0.5 miles to the hiker-biker site. Hot showers, toilets, picnic tables, sand dune site

Dinner option: La Bodeguita is a great Mexican spot just past the campground on Highway 1 (you can even walk there through the campsite!).





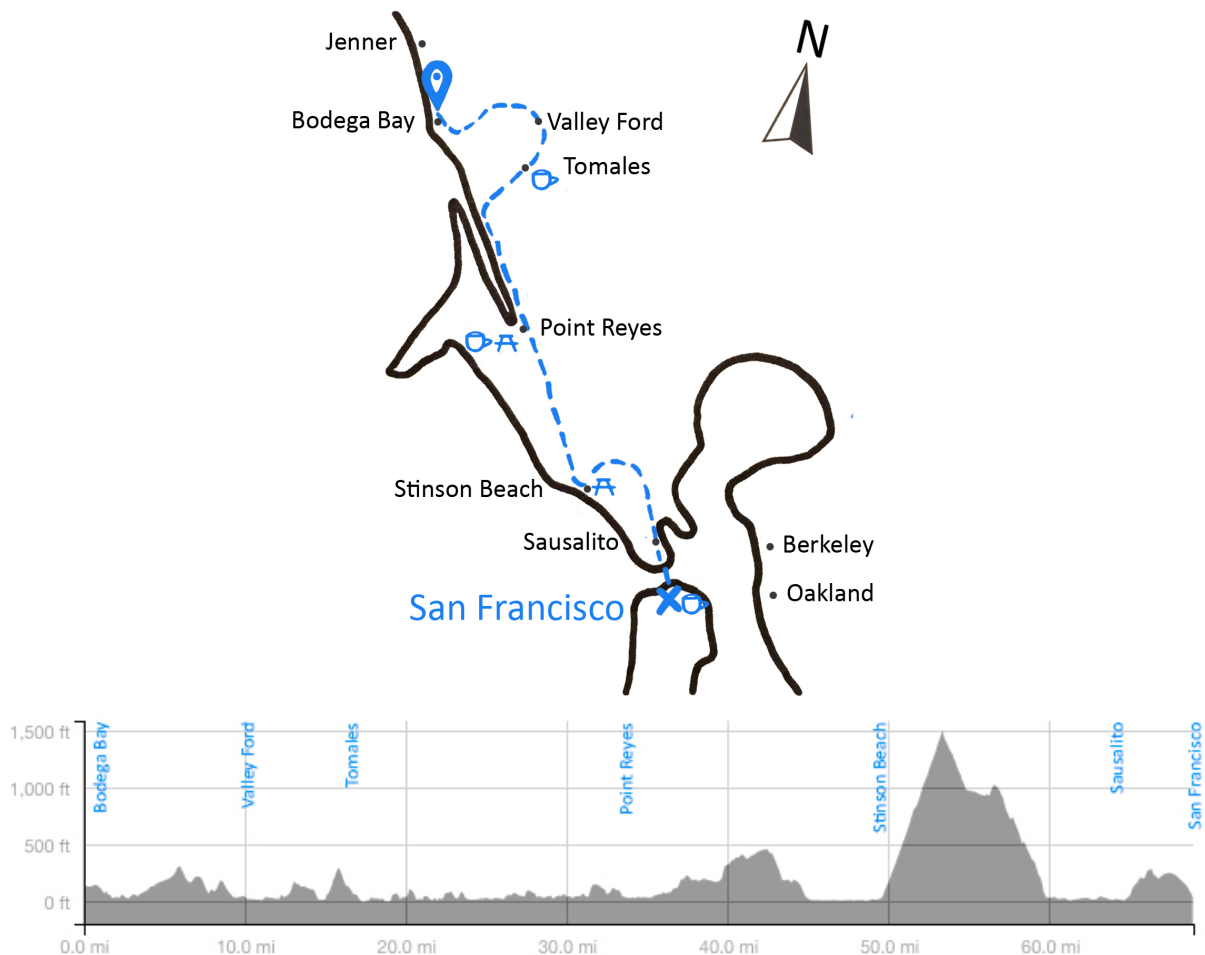


## The Bay to Napa Loop

### Day 3 – Bodega Dunes State Park to San Francisco

68.5 miles, 5,054 ft total elevation gain

From Bodega Bay, wind down the coast and head inland to the quaint towns of Valley Ford and Tomales. After biking along the shore of Tomales Bay, stop in the center of Point Reyes Station for lunch before continuing to Stinson Beach and the coastal redwoods. The last major climb of the trip winds up the side of Mt. Tamalpais, into the Marin Headlands and down to Sausalito, before crossing the iconic Golden Gate Bridge into San Francisco. The ride ends back in the Presidio, beneath the Golden Gate.



## The Bay to Napa Loop

### Day 3 – Bodega Dunes State Park to San Francisco Daily Recommendations



Start early today, as you have some major climbs ahead. Most of Bodega Bay's shops and restaurants will be closed until 10am, so head right out of town.

Stop in Tomales for a morning treat:

- |  |  |
|--|--|
| • The Deli 1 & 2   | • Diekmann's General Store                                 |
| • Tomales Bakery <i>(incredible pastries if they're still in stock!)</i> | • Restroom available next to Tomales Bakery. Key in store. |

Stop in Point Reyes for lunch or grab local supplies for a picnic in the park:

- |                            |                      |
|----------------------------|----------------------|
| • Bovine Bakery            | • Palace Market      |
| • Cowgirl Creamery         | • Café Reyes         |
| • Toby's Coffee Bar        | • Station House Café |
| • Whale of a Deli & Market |                      |

Stop in Stinson Beach for a quick rest or walk on the beach, and get ready for the big climb of the day over Mt. Tamalpais:

- |                             |                          |
|-----------------------------|--------------------------|
| • Stinson Beach Market      | • Breaker's Cafe         |
| • Parkside Snack Bar & Café | • Sand Dollar Restaurant |

After Stinson Beach, you'll begin a 3.5-mile climb. Go slow and steady!

After reaching the top, follow your maps closely as you weave through the North Bay towns.

There are many small turns, so pay close attention to the directions. You will be on bike paths for part of this section.

Crossing the Golden: Take the bike path and cross under the bridge when you are on the San Francisco side. If it is closed, you can take the Pedestrian path, and keep left after the bridge.

Once you've crossed, turn LEFT onto Long Ave. We'll be at the bottom of the hill by the Warming Hut Café.

Congratulations! You've made it!!