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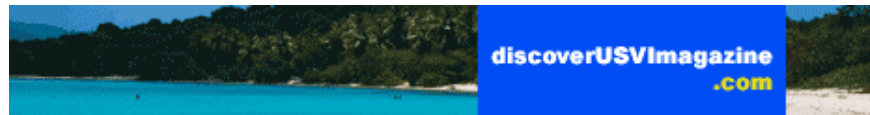
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Cycling and Sipping in Napa Valley

By : Kyle Roderick



Thanks to world-renowned vineyards and idyllic landscapes, California's Napa Valley is a major bike tour destination. Bicycle tours around Napa can be self-guided, led by local experts or offered by hotels. While trips vary in terms of fitness levels and accommodations, here's an overview of the best options.

Traveling along mostly flat lanes with views of San Francisco Bay, the Carneros Sip 'N Cycle tour offered by Getaway Adventures is a day-trip visiting family-owned wineries that ends with a lavish picnic. A support van carries purchased wines and dispenses water. getawayadventures.com



LifeCycle Adventures creates customized itineraries and guidebooks for all levels of self-guided or expert-led group tours. Included in the fee are luggage moves from one destination to another—so riders can travel unencumbered—mile-by-mile directions, maps and a personalized guidebook with details on en route stopping places and overnight towns. Support vans also provide assistance and safely stow purchases made along the way. lifecycleadventures.com

Napa Valley Bike Tours designs tours for all cyclists, including serious ones who prefer drinking in Napa's lush landscapes rather than its wines. Should you wish to visit vineyards that produce your favorite varietals, that can be arranged as well. napavalleybiketours.com

For those seeking a luxurious bike tour experience, the Panorama Package at the 5-star Milliken Creek Inn & Spa combines adventurous, yet easy, cycling, wine tasting and outdoor dining with a restorative spa treatment, plus two nights in one of Milliken's luxurious suites. The Panorama guided bicycle tour stops at several wineries. A support van transports wine purchases and a gourmet outdoor picnic lunch tops off the tour. Upon returning to Milliken, guests experience the property's signature Head, Hands & Feet spa treatment, a rejuvenating medley of aromatherapy, holistic and hot stone massage techniques. Each evening of your stay, a complimentary reception offers Napa wines and cheeses. millikencreekinn.com

Book your trip today! Visit www.aa.com, call American/American Eagle reservations at 1-800-433-7300, or call your travel agent for more information.



