

# St. Augustine's Easy Napa County Bicycle Ride

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|-----------------------|---|
| What?                 | Easy Bike Ride from Yountville to Napa in the heart of Napa County.   |
| When?                 | Saturday, October 29, 2016.   |
| How far?              | Total distance is 10.2 miles.   |
| Where do we start?    | <a href="#">Napa Valley Bike Tours</a><br>6500 Washington St. Yountville, CA 94599  |
| What Time?            | Meet at Napa Valley Bike Tours at 9:30 a.m.<br>We plan to start at 10:00 a.m.   |
| Where do we finish?   | <a href="#">Andretti Winery</a><br>4162 Big Ranch Road Napa, CA 94558   |
| Are there rest stops? | Yes, you can stop when you need to. We plan to stop at Domaine Chandon near the beginning of the ride. We also plan to stop at Laird Family Estate which is about 4 miles from Chandon.   |
| Lunch?                | Food choices include restaurants in Napa, or a picnic on the grounds at Andretti Winery where we bring the food. Wine tasting and use of the picnic grounds at Andretti is \$35.00 per person.  |
| What if I get tired?  | There is a "no-drop" policy, so you never ride alone. It is OK to slow down.<br>There will be a shuttle vehicle to carry you and your bike if your get too tired or your bike breaks.<br>Return to Yountville. Take the Shuttle or ride your bike back to Yountville. |

More information is contained on the attached itinerary.

It you are interested, please review it for details.

~ Keith Howard

# ST. AUGUSTINE'S 2016 FALL BIKE TOUR ITINERARY\*

## Saturday, October 29

| Arrive  | Location  | Activities   | Duration | Depart   | Miles/<br>Time to next stop |
|---------|---|--|----------|----------|-----------------------------|
| 9:30 am | <a href="#">Napa Valley Bike Tours</a><br>6500 Washington St,<br>Yountville, CA 94599 | <b>Meet-Up, Stretch, Safety Talk, and Ride Out</b><br><br>Bike rental available (If needed).   | 30 min   | 10:00 am | .7 miles/<br>5 min          |
| 10:05   | <a href="#">Domaine Chandon</a><br>1 California Drive<br>Yountville, CA 94599         | <b>Rest Stop</b><br><br><i>Optional: Tasting</i>   | 25 min   | 10:30    | 3.7 miles<br><br>20 min     |
| 10:50   | <a href="#">Laird Family Estate</a> ,<br>5055 Solano Ave,<br>Napa, CA 94558           | <b>Rest Stop</b><br><br>Optional :<br>Wine Tasting & Tour – min group of 8;<br>Reservation Required - \$35 per person<br><br>Standard Tasting – \$20/Reds Only-<br>\$30 (group of 6 or more requires<br>reservation) | 30 min   | 11:20 am | 3.8 miles/<br>20 min        |
| 11:40   | <a href="#">Andretti Winery</a><br><br>4162 Big Ranch Road,<br>Napa, CA 94558         | <b>Rest Stop and Tasting</b><br><br><a href="#">Reservation and Tasting fee Required here</a><br>30 minute tastings range from \$15 - \$24<br>per person   | 30 min   | 12:10    | 2 miles<br>9 minutes        |

**Option A – 9.1 mile Tour** (Ride back to meet up spot in support vehicle(s), finish as early as 1:55 pm. Actual finish time may vary depending on how many trips are needed to carry everyone taking option A.

|       |  |  |        |      |                     |
|-------|--|--|--------|------|---------------------|
| 12:20 | <a href="#">Silenus</a><br>5225 Solano Ave<br>Napa, CA 94558 | <b>Wine Tasting, Picnic Lunch and Bocce Ball</b><br><br><a href="#">Reservation and Tasting fee Required here</a><br><b>Vintners Tasting:</b> \$20 Six wines (three whites, three reds)<br><b>Reserve Tasting:</b> \$40 Four reserve reds<br><br><b>Private, sit-down Tasting</b> can be arranged for \$45 | 90 min | 1:50 | 2.9 miles/<br>5 min |
|-------|--|--|--------|------|---------------------|

**Option B– 12 mile tour** (Bike back to meet up spot) finish at 2:05 pm

|       |  |   |        |      |                     |
|-------|--|---|--------|------|---------------------|
| 12:20 | <a href="#">Silenus</a><br>5225 Solano Ave<br>Napa, CA 94558 | <b>Wine Tasting, Picnic Lunch and Bocce Ball</b><br><br><a href="#">Reservation and Tasting fee Required here</a><br><b>Vintners Tasting:</b> \$20 Six wines (three whites, three reds)<br><b>Reserve Tasting:</b> \$40 Four reserve reds | 90 min | 1:50 | 2.9 miles<br>15 min |
|-------|--|---|--------|------|---------------------|

## **BIKE SAFETY**

- Bicycles are vehicles under the California Vehicle Code and you are subject to all the rules and regulations of that code. Obey all traffic laws, traffic signals and signs. Ride as far to the right as is safely possible. Ride defensively, predictably and stay alert. Assume car drivers cannot see you.
- Stop at all stop signs and stoplights without exception. When you are riding, you must make a complete stop, ceasing all forward motion and placing one foot on the ground before proceeding.
- Wear your helmet at all times when on your bicycle. This includes while riding in Rest Stops.
- Ride single file and leave at least one bike length between you and the rider in front of you.
- Communicate your intentions. Use verbal alerts to point out potential vehicle hazards. Use hand signals to indicate right turn, left turn, stopping or slowing. Alert others to potential hazards by pointing and/or calling out in aloud, outside voice.
- Look behind you before passing to make sure it is clear. Pass only when it is safe to do so and pass only on the left. When passing, call out loudly, "On your left!"
- Never wear headphones or ear buds while on your bike. The use of cell phones, iPods, mp3 players, radios, walkie-talkies, handheld cameras or video cameras, or any other electronic device is discouraged while riding.
- Control your bicycle: Keep at least one hand on the handlebars at all times.
- Eat before you feel hungry and drink before you feel thirsty.
- Emergency Procedures: If an accident occurs requiring medical services, call 911 immediately and direct traffic around the scene. Wait for emergency personnel to arrive. Do not move an injured person if they are unable to move themselves. Notify a Ride Leader.

## **WHAT TO WEAR & BRING**

- Wear casual, comfortable clothing.
- Shorts or cropped pants are ideal; long pant legs should be tapered or held in place with a pant-leg strap.
- Warm layers are often a good call for cool mornings
- Comfortable shoes; covered toes highly recommended
- Sunscreen
- Sunglasses
- Camera