

## Yosemite To San Francisco Cycle



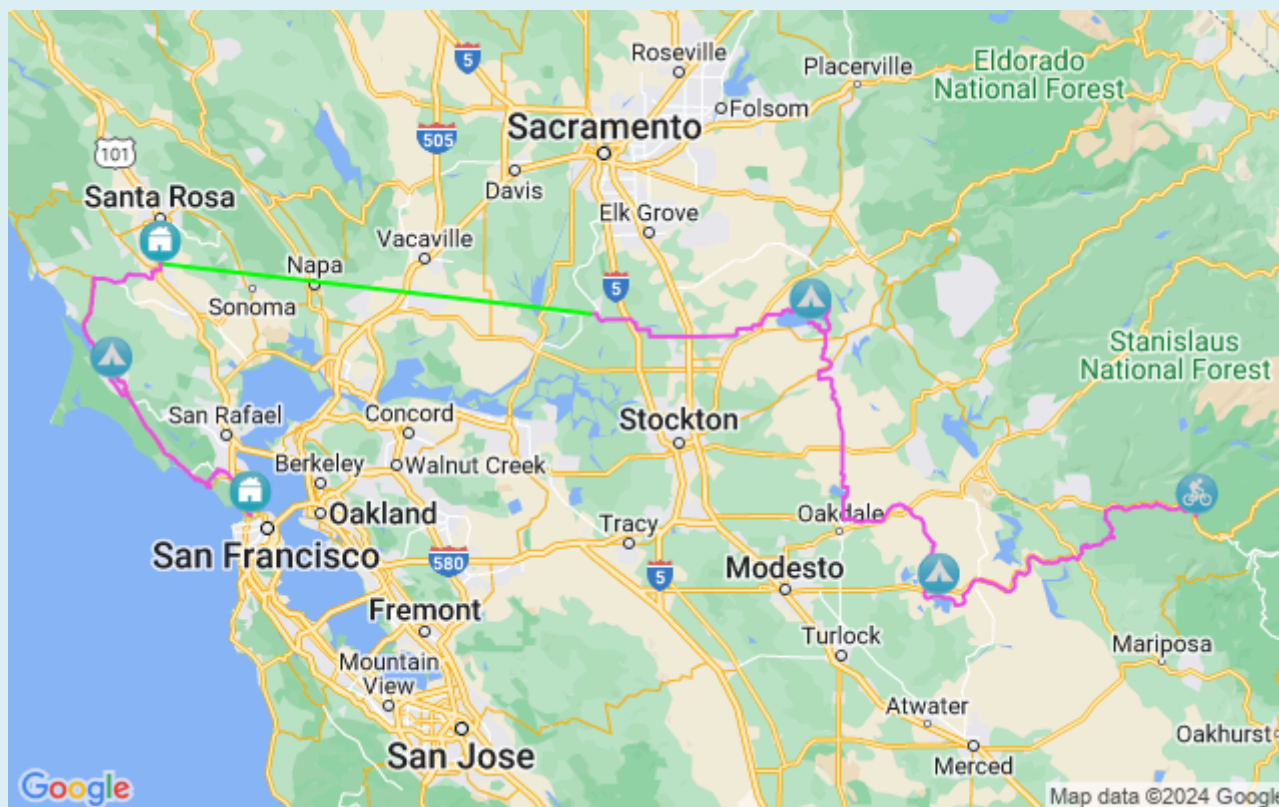
Duration: **9 days**

Journey from the spectacular Yosemite National Park to the Pacific Coast, finishing with an unforgettable finish at the iconic Golden Gate Bridge into San Francisco.

From the Sierra Nevada mountain range in eastern California, we ride through landscapes of pine forests, tranquil lakes and vineyards and onto the sweeping rolling western plains before coming to the Pacific coast.

This is a highly diverse ride packed with highlights which offers an unforgettable adventure and a sense of achievement which will stay with you for years to come!

## DETAILED ITINERARY



### Day 1: London – San Francisco – Oakdale

On arrival in San Francisco we transfer to Oakdale, en route to Yosemite National park (approx. 2 hours' drive) and check into our hotel. Night hotel. *(Dinner not included)*

### Day 2: Oakdale – Yosemite National Park

An early drive takes us to Yosemite National Park – a monumentally beautiful area of massive granite peaks and towering cliffs, roaring waterfalls and sparkling lakes. After pitching camp and having a bike fitting, we are free to head out on our bikes for a short but stunning warm-up ride taking in the main landmarks, including Yosemite Falls and the impressive sheer cliffs of El Capitan. Night camp.

**Cycle approx. 10 miles (16km)**

### Day 3: Yosemite National Park – Turlock Lake

We break camp and set off on our first full day of cycling – which starts with a big climb! The scenery is beautiful though, with great mountain views. Heading west, we ride through rolling farmland and forests, passing small towns, before stopping to take in views over beautiful Lake McClure, a reservoir surrounded by pines in the foothills of the Sierra Nevada.

The rest of our day is on flatter terrain, bringing us to the shores of Turlock Lake, amid pines and oaks, in the hills

of the San Joaquin Valley. Night camp.

**Cycle approx. 60 miles (97km)**

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### Day 4: Turlock Lake – Camanche Lake

An early start sees us tackling our longest day, riding past the shores of Turlock Lake. Our roads today are predominantly long, flat and straight, with a few hills to stretch our legs. Stopping for lunch, we continue on quiet country roads, passing farming communities and ranches adorned with white picket fences. We come to the popular fishing spot of Camanche Lake, another reservoir which helps to irrigate the otherwise-arid lands, where we camp among cottonwood and eucalyptus. Night camp.

**Cycle approx. 70 miles (113km)**

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### Day 5: Comanche Lake – Sacramento Valley – Rohnert Park

Hills beckon again, but it's a shorter day with some wine-tasting acting as a carrot to motivate us! We climb through the San Joaquin Valley to Clements Town, where our road flattens out a little. Our route takes us over the mighty Sacramento River, which we follow for some miles to the town of Walnut Grove. We stop for lunch at a nearby vineyard, with a chance to sample! We then hop into our vehicles and transfer to the city of Rohnert Park. Night hotel / lodge.

**Cycle approx. 50 miles (80km); drive approx.**

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### Day 6: Rohnert Park – Olema

The scenery changes again today as we ride over rolling hills to the Pacific coastline – having crossed most of California from mountains to coast! Seeing the ocean is a great landmark on our journey – the end feels very close now! We stop in Tomales Bay near an oyster farm, and then ride the undulating coastline to Olema, in the San Francisco Bay area, near the beautiful Point Reyes seashore reserve. Night camp. *(Dinner not included)*

**Cycle approx. 40 miles (64km)**

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### Day 7: Olema – San Francisco

Some strenuous hills lie between us and our goal, with steep winding roads around the coastline, passing Bolinas Lagoon and popular, sandy Stinson Beach, and continuing south to our scenic lunch-spot. Our final ascent takes us through Muir Woods, famous for its redwoods, and then the famous Golden Gate Bridge is before us. After plenty of photos on this iconic landmark, we come to our hotel and can relax, before a celebratory dinner to mark our achievements this week.

**Cycle approx 36 miles (58km)**

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### Day 8: Depart San Francisco

We are free to explore or relax until we transfer to the airport for our international flight home. *(Lunch and Dinner not included)*

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## Day 9: Arrive London

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## WHAT'S INCLUDED

- All transport from London to San Francisco return
- All meals except where specified, accommodation and camping equipment, including camp mattresses
- Discover Adventure leaders; doctor with a group of 15 or more participants; local guides/mechanics & drivers
- Local support and back-up equipment
- Entry to National Park and any other sites included in itinerary
- 8-speed Hybrid Touring Bike (Trek or equivalent; upgrades are available at an extra cost).

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Cycle helmet (compulsory) and 2 water bottles
- Sleeping bag (can be hired in advance at extra cost)
- Tips for local guides and support crew
- Inbound airport departure tax
- Fees for any optional sites, attractions or activities
- Airline taxes: we cap these so £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

## GRADE | DEMANDING (2)



Trip grades range from Challenging (1) to Extreme (5).

DEMANDING trips ramp up the challenge with some long days over tough terrain, and require good stamina, fitness and determination.

See [Trip Grading Explained](#).



# CHALLENGE INFORMATION

## DETAILED INFORMATION

### Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

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### Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

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### Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

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### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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### Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

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## Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

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## Accommodation

We camp in roomy two-man tents in wonderful campgrounds, often in state parks, with good facilities. Other nights are in hotels of a 2-3\* standard or equivalent.

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## Roomshare Arrangements

Accommodation is usually on a twin-share basis. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

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## Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

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## Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in

the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

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## Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

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## PREPARING FOR THE CHALLENGE

### Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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### Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For](#)

[Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

## Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

## Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

## Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 24 Apr 2024, and the challenge is subject to change.