

PALO ALTO, CA

The best place I have ever ridden a bike!

February 2nd – 8th 2015

Diverse



You cannot ask for a better location from which to ride a bicycle. From the west side of the Bay there are a wide variety of rides available. Starting in the City of Palo Alto you can ride through Stanford and up into the hills. The bustle of the city drops away as you head upwards, climbing through variations in vegetation up into the pine trees and ancient Redwood groves.

Once we're over the hills we'll head over to the coast, as far as Santa Cruz where we can stop for a coffee on the beach.



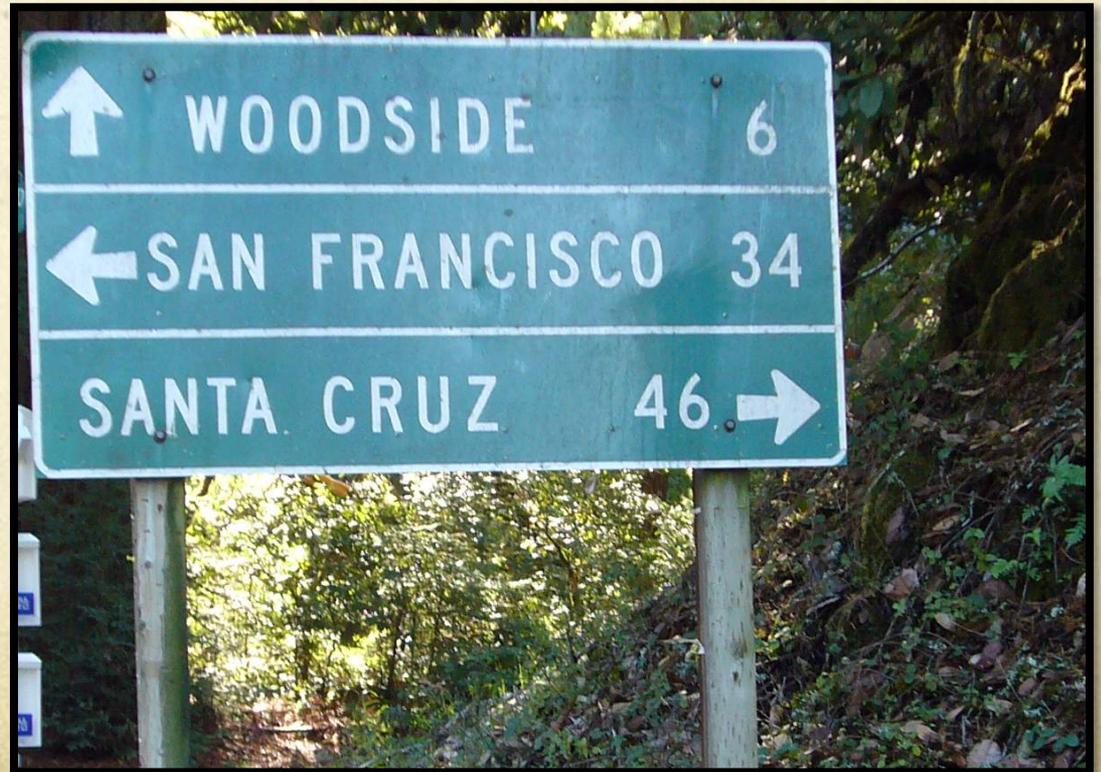
Coming from the cold of winter for my spring training I always loved the smell of the forest!



Challenging

The riding in Palo Alto will be both challenging and rewarding. Each day will offer a climb or two to be conquered: Old la Honda, the local classic; Alpine Road, long and steady; Old Highway 17, getting to the coast; or Mountain Charlie Rd, a single lane forgotten in the hills of Santa Cruz. These climbs are challenging but not outrageous. Each offering unique scenery and a visceral experience not to be forgotten.

Riders will have to have maintained their fitness through the winter in order to enjoy the trip. A 39x28 is recommended gearing to get over some of the longer or steeper climbs.

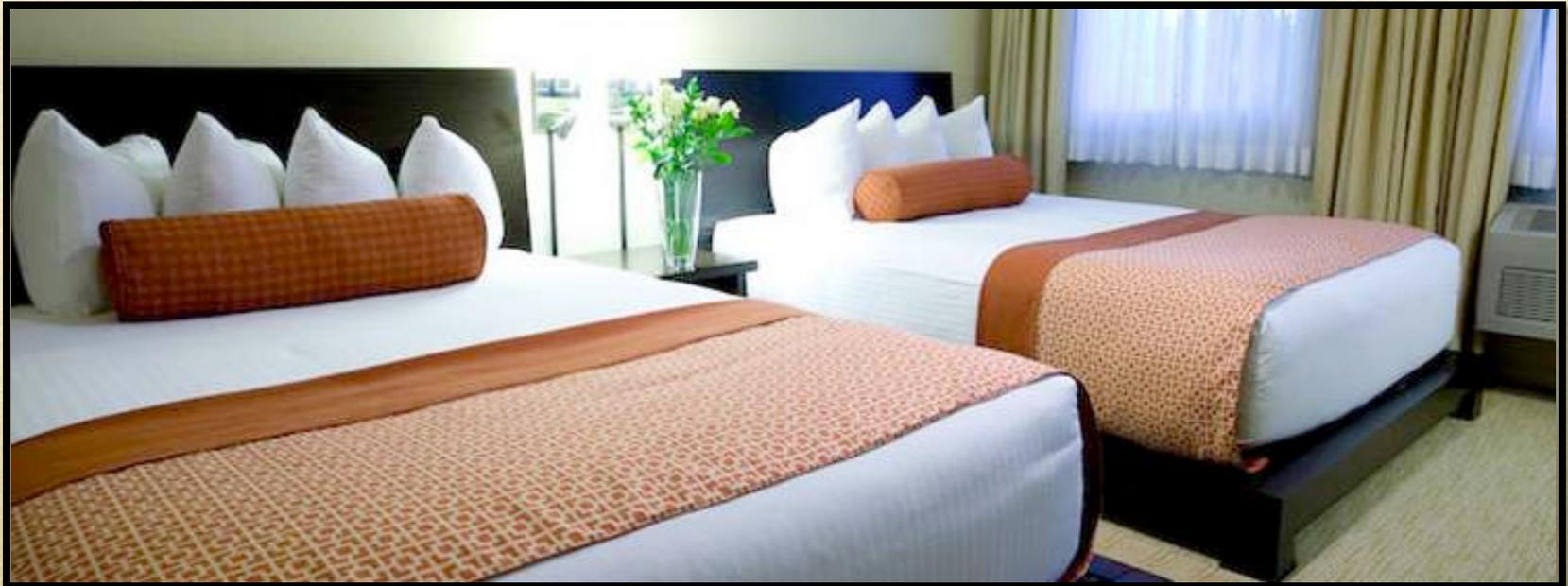


Accommodations

The Zen Hotel will be the base for the trip. This green hotel, inspired by Asian-design, provides all the amenities we like to have when travelling:

- Complimentary hot breakfast buffet daily (enough morning food to fuel our riding)
- Complimentary bottled water in the rooms replaced daily
- Complimentary Wi-Fi

The location of the hotel couldn't be better for getting into the hills and with a complete hot breakfast will provide us with a great place to relax throughout the week.



Itinerary and Pricing

Itinerary:

Arrival: Friday February 2nd,2015

Departure: Sunday February 8th,2015

Riding Schedule:

Monday, easy ride after the flight

Tuesday and Wednesday long days, 4-5hrs

Thursday, an easier day to rest the legs

Friday and Saturday long days, 4-6hrs

Pricing:

\$2200* includes:

- transportation to and from SFO for specified times**
- organized rides, structured to maximize training benefits
- shared hotel room (single rooms can be arranged at additional cost)
- breakfast and post-ride snacks/lunch

* price includes applicable taxes

** You can book a direct flight on Air Canada, usually for under \$1000.

I spent each spring of my professional career training in the hills of Palo Alto and now want to share the incredible riding in this area with you. I know the routes in and out. Few places offer such a diversity of rides, terrain and vegetation. There is never a dull moment in these hills . Come and join me for a wonderful week of riding!



Expressions of Interest

If you are interested in attending the trip please send me an email at andrew@arcoaching.ca.



Requirements

20% initial deposit, rest of payment due January 2nd, 2015

- payment can be made through either Interac e-transfer or cheque

Travel insurance: my preferred insurer for cycling trips is IHI www.ih.com as they do not list cycling as an activity that isn't covered.

Signed Waiver: waivers will be provided before the trip begins.