

# APOGEE ADVENTURES

## 2025 Pacific Coast

### Summarized Itinerary

**Trip Begins:** Eugene, Oregon  
**Trip Ends:** San Francisco, California  
**Mileage:** 25 to 65 miles per day, averaging about 45 miles

- Day 1:** Our group will meet at the Eugene, Oregon, airport this afternoon. Once everyone has arrived, we will transfer by charter bus with our bicycles and gear to the Oregon coast. This day will be spent getting to know one another, playing games, building excitement for our trip, and learning responsible riding techniques.
- Days 2-5** On the morning of Day 2, we'll start our ride south and follow the majestic Oregon shoreline and the Adventure Cycling Association's well-loved Pacific Coast route. Our nights will be spent in Oregon State Parks, and our daily mileage will range from 25 to 50 along this scenic stretch of coast.
- Days 6-9:** Just before crossing from Oregon into California, we'll take a day off the bikes in the town of Brookings, Oregon, where we'll volunteer with a local community group. Hopping back on the bikes to continue our journey south, we'll ride through towering trees in the majestic Redwoods National Park.
- Days 10-11:** On Day 10, we'll spend a day off the bikes in Eureka, California, where we'll meet our professional surf instructors, pull on wetsuits, and spend the morning learning how to catch waves in the warm Pacific waters. As we continue our ride the following day, we'll enter Humboldt Redwoods State Park, where we'll follow the "Avenue of the Giants," a spectacular stretch of road weaving between some of the world's largest and oldest trees.
- Days 12-17:** On Day 12, we'll leave the redwoods and enter California's "Lost Coast" region, a rugged, lightly traveled area of dramatic landscapes. The road we follow, California Route 1, hugs the coastline and passes by small salt-water farms and through small towns like Mendocino, where we'll enjoy another day off the bikes as we explore the charming coastal town.
- Days 18-20:** Our last day of riding will take us through beautiful Marin County to San Francisco Bay and the Golden Gate Bridge. What a finish line! We'll beam with pride as we ride together across this world-famous bridge to San Francisco. A short distance away is our youth hostel near Fisherman's Wharf, where we'll spend the last two nights of our trip. On our last full day together, we'll take to the streets and explore this fantastic west coast city by foot. A festive final dinner at a local restaurant will cap our three-week adventure of fun, exploration, and achievement. On our last morning, we will transfer by van to the San Francisco Airport for pickups and to catch flights home.

*Please note that all itineraries are subject to change.*

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