

HeartCycle Bicycle Touring Club Mississippi River Weave of Minnesota & Wisconsin

- Dates:** Orientation meeting Saturday, June 21, 2025. Riding Sunday, June 22 – Sunday June 29. Departure Monday, June 30 (lodging last night included).
- Leaders:** Jimmy Schroeder and Ron Finch; **SAGs:** Mayoma Pendergast and Kathleen Schindler
- Rating:** Intermediate to Advanced
- Miles:** 380 miles with 16,500 feet of elevation gain
- Riders:** 30
- Cost:** \$2,000 (double occupancy). Deposit \$500 at registration. Balance due by March 22, 2025. Single supplement \$3,000.
- Cancellation:** [Standard cancellation policy](#)

Travel insurance is strongly recommended.

OVERVIEW

Get away from it all on this full week of riding along the Mississippi River! We assemble in Minneapolis, Minnesota, in the heart of the University of Minnesota campus



at Jimmy's favorite boutique hotel chain, Graduate Hotels. This metro area is touted for its bicycling infrastructure including multitudes of trails and bike lanes; we'll be riding those on the first and last days.

The rest of the tour follows the Mississippi River south toward our day-off town of Trempealeau, Wisconsin, a sleepy little river town full of plenty of things to do. With a large river like the Mississippi River comes quite a few scenic bluffs to challenge us. Dairy farming is the name of the game in Wisconsin, and the roads are smooth as silk!

ITINERARY

Saturday, June 21, 2025

Orientation at the Graduate Hotel will be at 8pm.

Feel free to explore the campus, the river trails, and downtown across the river. You'll find plenty of restaurants to nourish you before the week of riding.



Sunday, June 22

45 miles & 1320 feet of elevation gain

We start our journey east along the Mississippi on a wonderful trail system with some urban views of the Saint Paul skyline. Visiting the Rock Island Swing Bridge, we head south on a rustic trail to Hastings and our historic hotel, The Confluence.

Monday, June 23

64 miles & 2525 feet of elevation gain

We weave US-61, the primary route along the Mississippi, to avoid the traffic as much as possible—a few trails with a sculpture garden, to avoid busy Red Wing, and a climb up a bluff. Before arriving at our Wabasha hotel, we will visit the National Eagle Center for a group tour.



Tuesday, June 24

51 miles & 1168 feet of elevation gain

We cross the Mississippi into Wisconsin and head to sleepy little Trempealeau, which is near the northern end of the Upper Mississippi National Wildlife and Fish Refuge. We can expect to see aviary wildlife, ride through Perrot State Park,

and visit their nature center. Relax in Trempealeau. Group dinner at Sullivan's Supper Club.

Wednesday, June 25

Rest Day

Besides relaxing, there's plenty to do in this sleepy river town. Do some birding and search for wildlife in the National Refuge and Perrot State Park. Check out the locks. Talk with locals at the Saloon or River Cafe. Do some gravel riding on the Great River State Trail. Our hostess at The River Bluff Inn has also offered a boat ride on the river. Breakfasts at Ma's Kitchen are included and learn about Shirley's vision on as to what Trempealeau will be.



Thursday, June 26

59 miles & 3000 feet of elevation gain

Trempealeau County is full of dairy farms with their very smooth roads up and down the bluffs. This day to Arcadia may just be the queen stage of the week.

Friday, June 27

55 miles & 3600 feet of elevation gain

More bluffs and beautiful forests as we head northwest to Durand, WI.





Saturday, June 28

64 miles & 3600 feet of elevation gain

Our longest day is northwest to the Mississippi River and Hudson, WI. More farmland and you might see some Amish. You'll cross The Swinging Bridge at our afternoon stop.

Sunday, June 29

40 miles & 1260 feet of elevation gain

The last day is a short one. We cross the Saint Croix River into Minnesota, through touristy Stillwater, then mostly bike trails. We even ride on a two-lane road designated only for buses, emergency vehicles, and bicycles! We arrive back at the Graduate Hotel and finish up our sightseeing in Minnesota. Lodging included tonight.



Depart Monday morning, June 30th.

For more information contact:

Jimmy Schroeder

jimmyschweb@gmail.com

260-450-2007

Ron Finch

blouie-rfinch@comcast.net

303-656-5573