

# HEARTCYCLE BICYCLE TOURING CLUB

## TRAVERSE BAY, LEELANAU PENINSULA AND SLEEPING BEAR DUNES NP



- Dates:** May 30, 2020 (Orientation meeting). Riding May 31 – June 7, 2020. Depart June 7.  
**Leaders:** Lynn Driver, Bob Rowe. SAGS: Mayoma Pendergast, Kathleen Schindler  
**Rating:** Intermediate to Advanced. 440 miles, 16,000 vert ft climbing. Daily rides range from 40 to 80 miles with 1,500 to 3,000 ft of climbing in multiple shorter climbs.  
**Riders:** 28 paid riders (plus Leaders and SAGs).  
**Price:** \$1,570. Single Supplement \$2,355. \$400 deposit at registration. Balance due March 1.  
**Cancellation:** [Standard cancellation policy applies](#). Travel insurance is recommended.

### OVERVIEW

This 8 day tour includes 7 days of riding and 1 rest day in Glen Arbor Michigan, home of the Sleeping Bear Dunes NP. We will stay in Traverse City, Charlevoix, and Glen Arbor. Our route covers the east and west sides of Traverse Bay, and along Lake Michigan.

The area is noted for its water and land beauty. The area has a long history of agriculture and produces the nation's largest crops of sweet and tart cherries. More recently, the orchards have been joined by wineries and there are many nice local wines. In 2011, viewers of ABC's Good Morning America choose Sleeping Bear Dunes as The Most Beautiful Place in America. This September, a New York Times [travel article](#) on the area noted the Dunes are in "a remarkably beautiful, off-the-radar, corner of northwest Michigan...."

If you have more time, come early or stay late, and take a side trip to Mackinaw Island, or take a 40 mile check-out ride Saturday from Traverse City to the Old Mission Peninsula lighthouse .

Bikes. Bring your own bike (some bikes can be transported from Denver in the Sprinter), ship your bike to the start hotel with BikeFlights.com or ShipBikes.com, or quality rentals are available locally.

### ITINERARY

The exact routes for some days are subject to change. GPS route files for Garmins and smartphones will be provided in advance. Detailed route maps and cue sheets will be provided on-site.

Saturday May 30. We will have an evening orientation meeting and stay at the Bayshore Resort, a Victorian style hotel located on the West Grand Traverse Bay beach and a few minutes' walk to the restaurants in downtown Traverse City. <http://www.bayshore-resort.com/> Breakfast and wifi are included. A laundry is available. If you arrive early or late, you can ride the nearby Old Mission Peninsula to a lighthouse at the tip (about 40 miles roundtrip).

Sunday May 31. 62 miles, 2000 vert. We'll ride the TART (Traverse Area Recreational Trail) and take back roads along the west side of Torch Lake and on to Charlevoix, a quaint town bordering both Lake Michigan and Lake Charlevoix. We'll have our group dinner in Charlevoix at the Weathervane Restaurant.

Monday June 1. 66 miles, 1500 vert. We'll start the day with breakfast at the Weathervane, then do an out-and-back ride to Harbor Springs. We ride the Little Traverse Wheelway along Lake Michigan into Petoskey. Then bike paths and mostly back roads to Harbor Springs for lunch.

OPTION. You can proceed 10 miles from Harbor Springs to the Tunnel of Trees (with limited support) [http://en.wikipedia.org/wiki/M-119\\_\(Michigan\\_highway\)](http://en.wikipedia.org/wiki/M-119_(Michigan_highway)) , and then ride up to 15 miles (each way) of along Lake Michigan under a canopy of trees. While this road can be busy in the fall, traffic is light in early June, making for a peaceful ride.

Tuesday June 2. 70 miles, 2200 vert. Breakfast on your own. We ride inland from Charlevoix through farm country past Torch Lake and Elk Lake back to the Bayshore Resort in Traverse City.

Wednesday June 3 45 miles, 2300 vert. We'll leave Traverse City and cross the Leelanau Peninsula, ride past Glen Arbor Lakes and through the beautiful but difficult Pierce Stocking loop in the Sleeping Bear Dunes Park – a not to be missed ride - ending at the Homestead Resort in Glen Arbor, which will be our headquarters for 4 nights. <http://www.thehomesteadresort.com/> Breakfast is not included, but is available at eateries near our rooms. Wifi is available in some common areas.

Thursday June 4. Rest Day – Visit Sleeping Bear Dunes, take a ferry, shop, kayak the Crystal River, or enjoy the many activities available through the Homestead Resort, including golf, tennis, beach and pools, spa and more. Climbing the Dunes is great for fun-seekers of all ages. There are also bike rides and nature hikes in the area. <http://www.sleepingbeardunes.com/>. Note: the rest day may change depending on weather forecasts, and you can take more than one day off.

Friday June 5. Up to 80 miles, 2500 vert. We'll ride north into the Leelanau Peninsula along Lake Michigan through Leland to the Grand Traverse Lighthouse at the northern tip, then return along inland lakes. There are several options to shorten this day and enjoy time in scenic Leland

Saturday June 6. Up to 75 miles, 2600 vert. We ride south to Crystal Lake (you can take a short side trip to the Robert Manning Lighthouse), then to the Point Betsie Lighthouse and into Frankfort before returning back to the Homestead Resort.

Sunday June 7. 42 miles, 2000 vert. Our journey ends with a short ride across the Leelanau Peninsula to Traverse City. You should be able to catch flights, or drive home, leaving as soon as 1pm.

### For More Information, Contact:

Lynn Driver [ldriver@med.umich.edu](mailto:ldriver@med.umich.edu) 734-646-0307

Bob Rowe [browe49@comcast.net](mailto:browe49@comcast.net) 303-910-7230

