

Northern Virginia & The Eastern Shore



While our Northern Virginia and Eastern Shore tour is nonstop adventure, you'll find that the easy, relaxed cycling combined with super fun side-trips and activities will leave you feeling excited, fulfilled and rejuvenated! The tour includes cycling through the beautiful rural inlands of Northern Virginia and the suburbs of metro DC, a visit to George Washington's Mount Vernon home, two nights in charming and historic Alexandria, cycling and kayaking with the ponies in Assateague National Park, a visit to Harriett Tubman Underground Railroad National Park, two nights in Ocean City MD and so much more!

Tour Includes: All lodging; complete on-ride support; ride guides; daily luggage transport; ride snacks & beverages, several meals, fun activities and more!

Duration: 7 Days / 6 Nights

Lodging: Hotels & Inns

Meals: 6 Breakfasts, 1 Lunch, 1 Dinner

Total Distance: 150 miles

Avg. Daily Miles: 25-35

Difficulty: Easy



Washington & Old Dominion Trail



Cycling Assateague Island



Cape Henlopen Boardwalk

Getting Here

Pick Up for Tour: Tour originates and terminates at Dulles International Airport. If you will fly in for your tour, the Hampton Inn Cascades-Dulles offers free airport shuttle.

If Driving to the Tour: You'll arrive at the Hampton Inn Dulles-Cascades at your leisure. The hotel provides free parking for the nights you will be staying there. This is also where you'll park your car there for the duration of the tour. Cost is \$7/day. We return all guests back to this hotel after the tour.

Day 1: Arrival and Trip Orientation

Your tour begins with your first night at our designated hotel near Dulles Airport. Please plan to meet our team in the front lobby of the hotel at 7:00 PM to make introductions and for a brief tour orientation.

Day 2: Washington & Old Dominion Trail

40 Miles

Our cycling kicks off on the Washington & Old Dominion trail. During the mid-1800's the W&OD railway was used to transport coal from the Appalachians to Alexandria VA, but after only 10 years in service the onset of the Civil War halted those operations. After the war, the railway was reactivated and used for passenger travel until 1968. Today the W&OD rail corridor has been repurposed as a beautiful, fully-paved bike trail, transversing the lush farmlands of Northern Virginia, past cornfields and pristine pastures, and provides an amazing link between the state's rural and historical past, and the nation's capital of Washington DC. We end the day with a short shuttle to our hotel in charming Alexandria where an evening of fun and great food awaits us!

Day 3: Falls Church to Mount Vernon

23 Miles

Activity George Washington's Mount Vernon Homestead

Today we begin where we left off on the W&OD but we quickly divert to the Four Mile Run Trail taking us through the more rural sections of the metro DC area. In 8 miles we reach the banks of the Potomac River where we hop onto the

super scenic Mount Vernon trail which we'll cycle to its namesake endpoint at George Washington's Mount Vernon home. You'll have the remainder of the day to tour and explore this beautiful and historic place before we end the day with a quick shuttle back to our hotel for another lively evening in Alexandria.

Day 4: Blackwater National Wildlife Refuge

25 Miles

Activity Harriett Tubman Underground Railroad National Historic Park

We set out today heading for Blackwater National Wildlife Refuge where we'll cycle this gorgeous area taking in the views and enjoying the birds and other wildlife along the trail. In 7 miles we reach Harriett Tubman Underground Railroad National Historic Park where we'll have plenty of time to visit, explore and learn about Tubman's remarkable life working to liberate the enslaved. We'll share a picnic lunch before jumping back on the bikes for cycling along quiet country roads and through salt marshes before ending our day with wine tasting at a local vineyard. After a great day of cycling, history, wildlife and wine, we'll head to Ocean City and 2 wonderful nights on the Atlantic Coast.

Day 5: Ocean City to Assateague National Park

25 Miles

Activity Cycling & Kayaking on Assateague Island

Today we're off for adventure on Assateague Island, part of our US National Seashore, and where hundreds of wild ponies have made the island their home since the early 1800s when Spanish settlers brought them to the new world. As you cycle through the beautiful coastal landscapes, you'll find the ponies grazing in the marshes, resting on the sand of the pristine white beaches and even splashing and playing in the ocean. In addition to the ponies, Assateague Island is also home to deer, fox and dozens of bird species providing a truly fantastic wildlife experience. Adding to our adventure, we'll park the bikes and hop into kayaks for a guided nature tour, paddling through salt marshes, shallow bays, and hidden channels while discovering the wildlife, marine life, and coastal ecology that make Assateague one of the East Coast's most unique ecosystems.

Day 6: Ocean City to Cape Henlopen

35 Miles

Ocean City is in the rearview as we venture out cycling along the Eastern Shore peninsular taking in the stunning views of the magnificent Atlantic coast. We'll cycle the super cool boardwalk along Rehoboth Beach where we'll stop for lunch and maybe a bit of shopping. We continue on making our way to Cape Henlopen where we'll visit Fort Miles, an historic World War II coastal defense installation, complete with artillery, bunkers and other great WWII artifacts. We'll chill for a bit at Cape Henlopen Beach before knocking out our last 12 miles reaching the end of the Georgetown-Lewes Trail and the end of this truly great adventure!

After our day of cycling we'll shuttle back to Dulles Airport where we'll gather for a final group dinner social and lively conversation about the fun we've shared!

Day 7: Departure

Guests will depart today in accordance with their individual travel plans.