

Six-Day Itinerary

DAY ONE - Stonington, CT & Watch Hill, RI



SUNDAY

Shuttle from Airport/Train Station
Biking Options: 15, or 26 miles
Meals: Welcome Reception & Dinner
Accommodations: Inn at Stonington

DAY TWO - Stonington, CT, to Shelter Island, NY

MONDAY

Biking: 10, 18, 32, or 43 miles
Meals: Breakfast & Dinner
Accommodations: Olde Country Inn



DAY THREE - Shelter Island, NY, to Montauk, NY



TUESDAY

Biking Options: 13, 23, or 51 miles
Meals: Breakfast & Dinner
Accommodations: Solé East

DAY FOUR - Montauk, NY, to Block Island, RI

WEDNESDAY

Biking: 10 or 20 miles
Walking: 1.5 and 3 miles
Meals: Breakfast & Dinner
Accommodations: Rose Farm Inn



DAY FIVE - Block Island, RI, to Newport, RI



THURSDAY

Biking Options: 15, 26, or 38 miles
Meals: Breakfast & Dinner
Accommodation: The Hotel Viking

DAY SIX - Newport, Rhode Island

FRIDAY

Biking (Optional) - 13 miles
Meals: Breakfast
Shuttle to Airport/Train Station



2010 Bike Tour Details

Dates: Sept. 12-17, Sept. 19-24, Oct. 3-8

Bike Trip Length: 6 days / 5 nights

Maximum group size: 13 cyclists

Daily mileage: Trips customized for personal interest and fitness level (van transportation available at any time)

Cycling terrain: Mostly flat with some hills for beginners or experienced cyclists

Now offering a 3-day Block Island, Narragansett, Newport tour: Sept. 26-28

Custom dates and durations are also available for groups of six or more.

Your Hosts

John Freidah and **Betsy Angeletti** are adventure cycling enthusiasts and photojournalists, whose work has appeared in National Geographic, Time, and Newsweek, among other national publications. They have combined their love of healthy living, active travel, and the great outdoors to found Coastal Biking Adventures. The New York and Connecticut natives now reside in Rhode Island and have great knowledge of the routes, terrain, and history of the area.

The tours are specifically designed to showcase the picture-perfect beauty of southern New England. John and Betsy gladly share their professional experience and photographic knowledge as they guide the tour.

Please contact us with any questions regarding our bicycle adventures. We look forward to hearing from you and sharing our excitement about the trip.

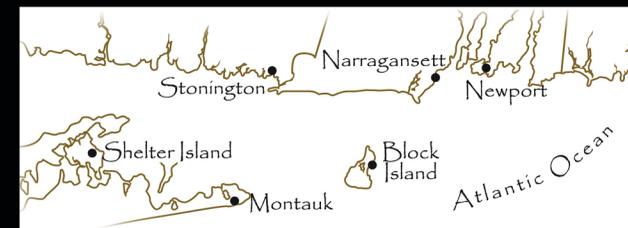
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Coastal Biking Adventures, LLC
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RHODE ISLAND CONNECTICUT NEW YORK



With our deepest gratitude for the vacation of a lifetime!
- Karen & Steve, Oct. '09

COASTAL BIKING ADVENTURES



Six days,
five ferries,
four islands,
three states,



....one unforgettable cycling vacation



COASTAL BIKING ADVENTURES

Coastal Biking Adventures specializes in small, distinctive, luxury bicycle tours along the stunning seacoasts of southern New England and eastern Long Island. Cyclists explore a unique route each day, ending at a new location in the comfort of a well-appointed inn. Guests dine at our favorite restaurants, choosing from imaginative menus that offer delectable local cuisine. Our tours invigorate and inspire. They connect riders with nature's beauty, to be experienced from the open road, at the pace of a biking vacation.

Vacation packages include:

- * Welcome luncheon and bike fitting
- * Evening wine and cheese reception
- * Accommodations at deluxe inns and hotels
- * Breakfasts and dinners at fine restaurants
- * Support van en route with snacks, drinks and first aid assistance
- * Trek 7.2 FX hybrid or 1.5 road bike with water bottle, helmet, lock, computer and touring bag
- * Private vineyard tour and wine tasting
- * A professional photographer on each trip offering guidance
- * Luggage transfers and passenger transportation at any time
- * Friendly, professional guides with intimate knowledge of the routes
- * Nature hikes through national wildlife refuges and nature preserves
- * Lighthouse tour and museum visit
- * Detailed route information and bike trip maps
- * Cost of all ferries and listed excursions
- * Shuttle to and from the airport or train station
- * All taxes and gratuity for hotels and restaurants

Highlights

Newport - one of New England's most historic, romantic, and beautiful cities-by-the-sea

The Montauk Light House - a historic beacon authorized in 1792 by the Second Congress under President George Washington

Magical scenery of Block Island - spectacular trails along the majestic cliffs of Clay Head

Gilbert Stuart Museum - the birthplace of America's foremost portrait artist and the site of the first snuff mill in America.

The Old Field Vineyard - a family-run vineyard which recently celebrated its 34th anniversary.

BLOCK ISLAND
*
SHELTER ISLAND
*
MONTAUK POINT



NEWPORT
*
WATCH HILL
*
NARRAGANSETT

Explore America's most beautiful shoreline, breathtaking landscapes, and historic villages while cycling the coastal roads of Rhode Island, Connecticut, and New York.

Discover the islands of southern New England
Follow an itinerary designed to showcase the region's picture-perfect scenery
Cycle at your own pace with a support van and guides always en route
Enjoy a bike vacation for any level of biker
End the day at a luxury inn with a gourmet dining experience



FOR RESERVATIONS - CALL: 401-649-0206 OR EMAIL: INFO@COASTALBIKINGADVENTURES.COM



WWW.COASTALBIKINGADVENTURES.COM

