

WayPoints

MASS BICYCLE RIDE

The fifth annual MassBike Pike, a four-day bicycle tour running from August 11 through 14, will explore the quiet and scenic backroads of western Massachusetts and the Berkshires. The tour caters to cyclists of all abilities, offering two or three route options each day. The shorter rides range from 25 to 45 miles; the longer ones are from 45 to 70 miles. The terrain tackles ranges from flat to quite steep, so even the short route options can be challenging. Overnight stops will be at local schools in Warren, Paxton, and Orange. Other towns along the way include Stockbridge, Great Barrington, Williamstown, Lenox, Lee, North Adams, and Pittsfield.

The registration fee includes luggage transport, most meals, camping privileges, and a tour T-shirt. Proceeds from the ride benefit the Mass Bike Coalition. For more information or to sign up, visit www.massbikepike.org. Be aware, however, that only 125 lucky riders will get spots and that registration closes July 24 – so if you're too late, put it on your calendar for next year!



Velomobilists pull over to talk about their machines with another kind of cyclist.

ARE YOU READY FOR ROAM?

Coast to Coast by Velomobile riders may be heading your way

“Hello, Missoula bikers! Next summer, Roll Over America (ROAM) is coming to town on August 1 and 2. We'd really like to meet with you folks, as we will take our first rest day in your city.” This brief message, signed by tour captain Josef Janning, forewarned Adventure Cycling headquarters about the pending arrival of a mixed group of Europeans and North Americans participating in the “Coast to Coast by Velomobile” event. We think it's safe to say that they

will not go unnoticed as they ride from Portland, Oregon, to Washington, DC, in an estimated, and blazing, 30 days' time.

To give you an idea of where this group of riders is coming from, consider these words from participant Daniel Owen Fredrikson of Dahlgren, Virginia: “I'm getting back from two years in Afghanistan. ROAM sounded like a lot of fun, and it was a good excuse to finally buy a velomobile, which I've been drooling over

for years. I think that traditional bikes are obsolete and that recumbents in general, and velomobiles in particular, are the way of the future. ROAM will expose many Americans to the velomobile concept and demonstrate their capabilities.”

Some 60 participants from Europe, Canada, and the U.S. had signed up for ROAM as of April. To read about them and to view photos of their cycles, many of which are unique and interesting, visit www.rollloveramerica.eu.

VELO VINO OPENS IN NAPA VALLEY

Clif Bars, handlebars, and tasting bars

Gary Erickson and Kit Crawford, the owners of Clif Bar & Company and the Clif Family Winery & Farm, have announced the opening of their Velo Vino destination tasting room in St. Helena, California.

Open to visitors from 10:00 AM to 6:00 PM daily (with extended summer hours), Velo Vino offers tastings of Clif Family wines, along with pairings of Gary and Kit's gourmet food products. Not your everyday tasting room, Velo Vino pays tribute to the owners' love of bicycling. Cyclists visiting Velo Vino can pick up maps of local bike routes and customized rides to destinations including the Clif Family Farm on Howell Mountain. Velo Vino also offers items for sale, including espresso drinks, food products from the farm, and specially-designed bike jerseys. A bike rental program is expected to be up and running later this year.

"Velo Vino is a place for



slowing down and spending time with family and friends over a great bottle of wine," said Gary. "With so many cyclists riding through Napa Valley, we recognize that cycling and wine are a natural fit. Because cycling is such a passion of ours, we wanted to create a central hub for congregating and connecting [wine and cycling]."

"Imagine starting your day at Velo Vino with a shot of espresso

so as you map out your bike ride and grab a few Clif Bars," added Kit. "Then finish your ride back at Velo Vino and relax with a glass of wine in our sensory garden.

"We want Velo Vino to be the source for starting and ending that perfect day in Napa Valley."

For more information, visit www.facebook.com/VeloVinoNapaValley.

TRAILS IN WALES

Recently coming to our attention: an enterprise in Wales called MudTrek, which is part accommodation ("think of a ski chalet for mountain bikers") and part guided tour.

"Based on the doorstep of the world-renowned Brechfa Trails, MudTrek provides amazing, fully-catered mountain-biking weekends," it says at the enterprise's website. "We offer luxurious accommodations in a stunning location at affordable prices, with some free guiding thrown in as well."

Curious about these Brechfa Trails, we dug around a bit and learned that the Brechfa Forest is situated in a relatively little-visited rural area of west Wales, punctuated by hills peaking out at around 1,200 feet. Deep valleys cutting through forest ensure ample climbing and descending. The four main trails in the forest's system range from the easy Derwen Trail to the demanding Raven Trail, rated extreme. And there's plenty more good riding in the general vicinity, in the Brecon Beacons, Black Mountains, and elsewhere.

Andy Livo of Manchester, England, had this to say about the Brechfa Trails at www.mbpost.com: "If I had to choose which trail to do, it would be the Red [12-mile Gorlech Trail, rated difficult] without hesitation. This route has three major climbs, two of which are on fire roads and one up switchback singletrack, but the payoff is definitely worth it. The downhill sections are awesome. The whole route takes about two hours to complete."

The accommodation at MudTrek, called Bay Tree Barn, is "a beautifully furnished, cozy mountaintop retreat with incredible views in the heart of the stunning Carmarthenshire countryside. It is single story and sleeps up to six in one double bedroom and one twin bedroom, plus sofa bed." A second barn accommodation also sleeping six is slated to open later this year.

For more information, visit www.mudtrek.com.

PUSHKAR UPDATE

"Energizer Bunny on a bike" makes good on his word

The last time we wrote about Pushkar Shah in Waypoints was in March 2008: "The Nepalese rider, who was born in a stable, set out in 1998 on an intended 11-year bicycle odyssey. ... This mission is not about material gain or international fame," Pushkar said. "It's simply about spreading the message of peace. ... I have no official sponsor and have thus far been able to pursue my dream through the kindness and generosity of the many strangers who have befriended me along the way."

We're happy to report that in January we received this update from Pushkar: "Namaste! Happy New Year 2011! I believe you have



learned about the completion of my 11-years-long journey on bicycle through 151 countries (all continents, adding up to 221,000 kilometers [137,250 miles]). Carrying a national flag, I proudly introduced my country as the land of Mt. Everest. I firmly believe that my successful adventure not only inspired Nepalese youth, but also other

people around the world. Upon returning, I successfully ascended the Mt. Everest on 17th of May 2010, taking 192 flags of all over the world."

Pushkar noted that he is now busy sorting through thousands of photographs and hours of video footage to produce a documentary about his adventure. "The main objective of making this documentary is to start a fund for a school [for orphans and other kids affected by conflict], which I am planning to establish in my village in a remote part of Dolakha, Nepal."

For more information, visit www.pushkarshah.com.