



## CROSS COUNTRY USA: SANTA BARBARA TO MYRTLE BEACH

THE BUCKET LIST TRIP

Back by popular demand! Bike across America with us as we bring back our epic southern Cross Country USA bike tour for the first time since 2013 – with some exciting new twists! On this ultimate bucket list trip, you'll ride over 3,400 miles and climb more than 141,000 feet as you make your way from coast to coast, starting in Santa Barbara and ending in Myrtle Beach after 42 days with four rest days. That's an average of 93 miles and over 3,800 feet of climbing per day. This epic bicycle trip across America will take you from the Pacific Coast of California to the vast basins of the Mojave Desert, past the mystic spires of Monument Valley, the volcanic fields, and the high desert of New Mexico. Oklahoma will give you a chance to catch your breath before the terrain ramps up again as you enter Ozark country. From here, you'll traverse the green rolling hills of the Great Smoky Mountains as you pedal through Tennessee and North Carolina and then settle in for the big finish as you approach the Atlantic Ocean. Through the miles, you'll take in a sunrise over the Grand Canyon, pedal portions of historic Route 66, feed wild burros in the historic town of Oatman, two-step the night away listening to Nashville's best country music, and admire the views from Caesar's Head before descending into quaint downtown Greenville. And these are just a few of the highlights you'll encounter along the way. This ride is an extreme challenge and the ultimate experience for any avid cyclist. The reward is an accomplishment that only few can claim – and memories

From  
**\$17999**

Rider Type  
**Avid**

Hotel Style  
**Explorer**

Duration  
**42 days | 41 nights**

Start | End  
**Santa Barbara,  
California | Myrtle  
Beach, South Carolina**

Dates  
**2020/Sep**

that will last a lifetime. Are you ready to join us for a bike tour across America?  
Looking for a shorter version of this cross country trip? Check out our [Santa Barbara to Taos](#) option.

### TRIP WOWS

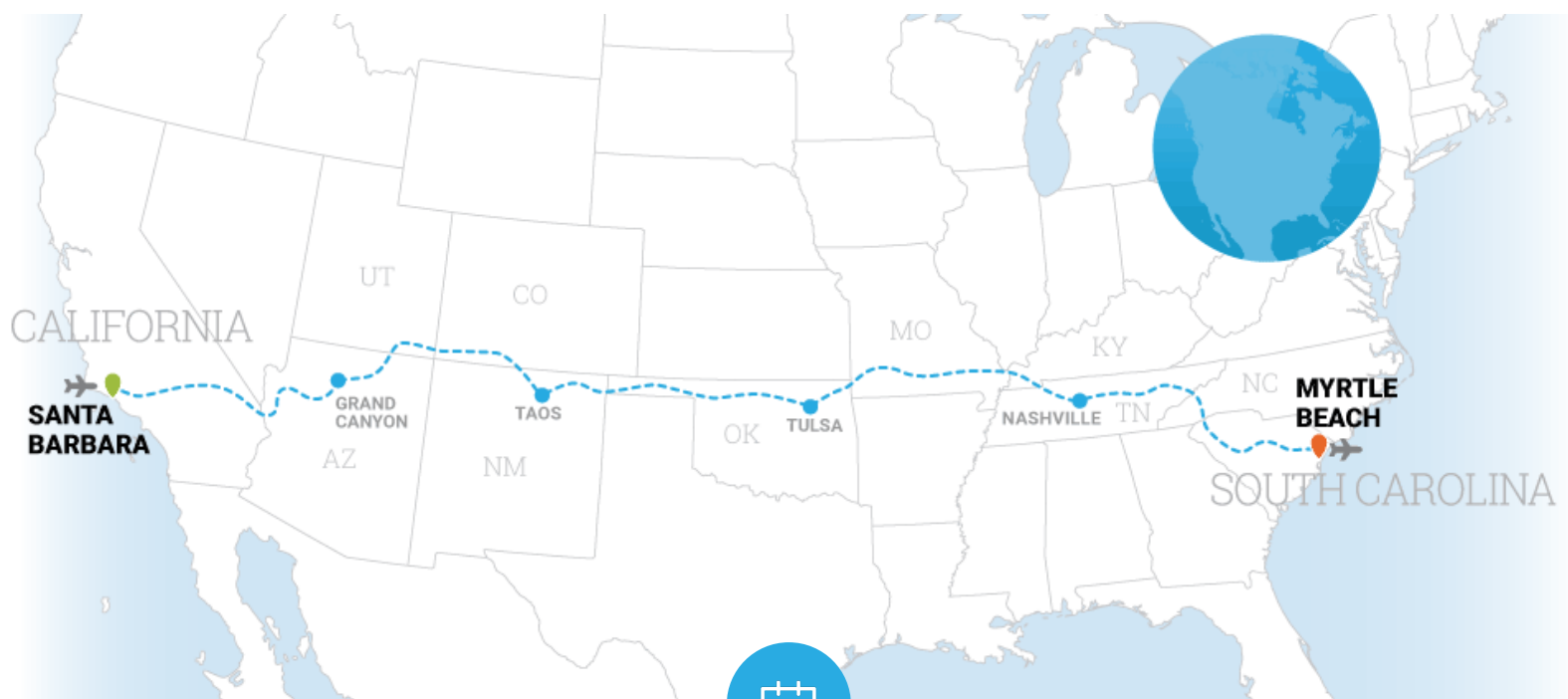
Ride the most scenic sections of Historic Route 66, including the ghost town of Oatman and the epic climb over Sitgreaves Pass

Discover the vast, colorful landscape of the Mojave Desert and the scenic treasures of Monument Valley and the Colorado Plateau

Take in the famous music scene of Nashville and the beauty of the Great Smoky Mountains as you pedal from Knoxville to Asheville

Watch the sunrise from the south rim of the Grand Canyon and spend your rest day contemplating this natural wonder of the world

Admire the rugged peaks of the Sangre de Cristo Mountains and the rounded caldera of the Capulin Volcano as you cross the high desert of New Mexico



## DAILY ITINERARY

2020

# Day

## 1

### TODAY'S RIDE:

**East Mountain Drive Loop**  
Approximately 21 miles with 1,725 feet of climbing

### TODAY'S DATE:

**September 17**

### DESCRIPTION:

Your Trek Travel guides will meet you at the Santa Barbara Inn (901 East Cabrillo Boulevard) at 11:00 AM on the first day of the trip. Today is the day to get everything in order before embarking on your cross-country odyssey. You'll begin with a hearty welcome lunch and brief introductions, and your guides will take time to ensure that you are comfortable on your bike. We recommend that you have a professional bike fit early in your training for the greatest efficiency and to reduce the risk of injury. Please bring your measurements, as well as your saddle, pedals, personal GPS unit, and any other equipment you would like affixed to your bike to this meeting so your guides can set up your bike to your requirements. Following the bike fit, safety tips and some introductory information, it's time for a short scenic warm-up spin around Santa Barbara. This evening, the group will gather for social hour and dinner, where your guides will discuss your upcoming adventure in more detail and answer any questions you may have.

### HOTEL:

Santa Barbara Inn

### INCLUDED MEALS:

Lunch | Social Hour | Dinner

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# Day

## 2

### TODAY'S RIDE:

**Santa Barbara, CA to Valencia, CA**  
Approximately 80 miles with 3,200 feet of climbing

### TODAY'S DATE:

**September 18**

### DESCRIPTION:

Your adventure begins oceanside, under the towering palms of Santa Barbara's harbor. After a stop at the Pacific Ocean to dip your tire and mark the official start of your journey, you'll ease into the first pedal strokes as you cruise south along the gently rolling coastline. Bid farewell to ocean breezes until the journey's end as you turn east and head inland toward Ventura and eventually through citrus, palm, and avocado orchards. Tonight you will enjoy dinner at Vines Restaurant at your Valencia hotel.

### HOTEL:

Hyatt Regency

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

## 3

### TODAY'S RIDE:

**Valencia, CA to Victorville, CA**  
Approximately 101 miles with 4,000 feet of climbing

### TODAY'S DATE:

**September 19**

### DESCRIPTION:

A 25-mile gradual climb through beautiful Bouquet Canyon leads you out of California's Mediterranean climate, over the Transverse ranges, and into the vast and sublime Mojave Desert. After a brisk 12-mile descent, find yourself pedaling through the broad mountain-fringed Antelope Valley Basin, best known for wind farms, the California aqueduct, NASA Space Shuttle landings and the symbolic Joshua tree.

### HOTEL:

Hilton Garden Inn

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

## 4

### TODAY'S RIDE:

**Victorville, CA to Twentynine Palms, CA**  
Approximately 97 miles with 2,750 feet of climbing

### TODAY'S DATE:

**September 20**

### DESCRIPTION:

The heart of the Mojave Desert is your destination today. The breadth of the terrain may challenge you, yet you may also find yourself pleasantly surprised by the stark beauty of the desert in the Fall. The military town of Twentynine Palms rests near the northern gateway to Joshua Tree National Park.

### HOTEL:

29 Palms Inn

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day 5

## TODAY'S RIDE:

**Twentynine Palms, CA to  
Parker, AZ**  
Approximately 114 miles with 2,300  
feet of climbing

## TODAY'S DATE:

**September 21**

## DESCRIPTION:

Today you head due east, venturing through the most desolate ride of the whole trip. The seemingly barren and rugged landscape teems with life, including the desert tortoise, bighorn sheep, many species of cactus, and scattered relics of human attempts to tame this wild place. Your home for tonight lies on the banks of the mighty Colorado River.

## HOTEL:

Hampton Inn

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

# Day 6

## TODAY'S RIDE:

**Parker, AZ to Lake Havasu  
City, AZ**  
Approximately 42 miles with 2,000  
feet of climbing

## TODAY'S DATE:

**September 22**

## DESCRIPTION:

Relish a relaxed start today, as you and your new riding mates only have 42 miles to conquer! Today's active recovery ride takes you along the gently rolling banks of the Colorado River. After stopping for some photos as you cross over historic Parker Dam, climb along the edge of the Bill Williams Mountains before descending into the resort town of Lake Havasu City. You'll have time to check out the original London Bridge, brought over brick by brick and rebuilt here in 1967. Tonight, enjoy dinner on your own at one of the many choices near your hotel.

## HOTEL:

London Bridge Resort

## INCLUDED MEALS:

Breakfast | Lunch

# Day 7

## TODAY'S RIDE:

**Lake Havasu City, AZ to  
Kingman, AZ**  
Approximately 86 miles with 6,125  
feet of climbing

## TODAY'S DATE:

**September 23**

## DESCRIPTION:

After heading north out of Lake Havasu City, you'll lay down some rubber on Historic Route 66! The Black Mountains lay ahead of you as you gradually climb up to the historic "living" ghost town of Oatman. Catch your breath, fill your bottles and snap some photos of the wild burros wandering among the remnants of this gold-rush boomtown. As you depart you'll be tackling serious grades as you climb up the switchbacks of Sitgreaves Pass. Soak in the epic views and enjoy the descent because you have more climbing (albeit more gradual) to do before arriving in Kingman at the end of the day.

## HOTEL:

Springhill Suites

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

# Day 8

## TODAY'S RIDE:

**Kingman, AZ to Seligman, AZ**  
Approximately 87 miles with 3,550  
feet of climbing

## TODAY'S DATE:

**September 24**

## DESCRIPTION:

Riding the longest intact section of Historic Route 66, you'll make your way through Hualapai Indian lands and up onto the Colorado Plateau. Mesas with multi-colored badlands will characterize today's ride. Take some time this afternoon to stroll the main street of this eclectic town and take in the local flavor before dinner at the Roadkill Cafe.

## HOTEL:

Supai Motel and Deluxe Inn

## INCLUDED MEALS:

Breakfast | Lunch | Dinner



Day  
9

**TODAY'S RIDE:**  
**Seligman, AZ to Tusayan, AZ**  
Approximately 94 miles with 4,800 feet of climbing

**TODAY'S DATE:**  
**September 25**

**DESCRIPTION:**  
With the San Francisco Peaks—Arizona’s highest mountains—as your backdrop, today’s terrain will undulate through high desert landscapes dappled by fragrant sage, piñon pines and juniper. Experience the serenity of the largely unpopulated landscape after leaving Williams, as crisp desert air powers your lungs and legs to the edge of one of the world’s most geologically revealing places. Relax in the village of Tusayan, just outside the gates of Grand Canyon National Park. If your legs are up for it, ride a few additional miles this afternoon for your first glimpse over the canyon rim. Read the pages of time, written in stone on the 5,000-foot walls of the Grand Canyon.

**HOTEL:**  
Holiday Inn Express Grand Canyon

**INCLUDED MEALS:**  
Breakfast | Lunch | Social Hour | Dinner

Day  
10

**TODAY'S ACTIVITY:**  
**Rest Day**  
Grand Canyon, AZ

**TODAY'S DATE:**  
**September 26**

**DESCRIPTION:**  
For those who wish to make the most of their rest day by exploring Grand Canyon National Park, your guides will offer a shuttle to the Park Visitor’s Center, from which you can hike or catch a Park Service shuttle bus to other points on the South Rim. Or you may choose to catch up on some sleep, relax, and simply get some emailing and laundry done. Today is yours to explore, dine, and recover as you please.

**HOTEL:**  
Holiday Inn Express Grand Canyon

**INCLUDED MEALS:**  
Breakfast

Day  
11

**TODAY'S RIDE:**  
**Tusayan, AZ to Tuba City, AZ**  
Approximately 84 miles with 3,625 feet of climbing

**TODAY'S DATE:**  
**September 27**

**DESCRIPTION:**  
This morning’s ride, which takes you through evergreen forests along the South Rim of the Grand Canyon, is absolutely unforgettable. Take your time soaking in the great views as the sun climbs into the sky. On the road, the haunting beauty of the variegated landscape is accentuated by legends of Native American spirits, such as the infamous trickster known as Kokopelli, which are said to inhabit the region. Your final destination for the day is a small town, perched on the border of Hopi tribal lands.

**HOTEL:**  
Moenkopi Legacy Inn & Suites

**INCLUDED MEALS:**  
Breakfast | Lunch | Dinner

Day  
12

**TODAY'S RIDE:**  
**Tuba City, AZ to Mexican Hat, UT**  
Approximately 117 miles with 4,050 feet of climbing

**TODAY'S DATE:**  
**September 28**

**DESCRIPTION:**  
Today you will know you are in the Wild West, as your route skirts the iconic mesas, buttes, and pillars of Navajo National Monument, commonly referred to as Monument Valley. Every pedal stroke of your brief experience in Utah will be rewarded with the awe and amazement of a truly epic ride. You will finish with a long descent to the banks of the San Juan River as a reward for a long but incredible day in the saddle. Grab a drink, kick up your feet, and soak in the great views of the river from your hotel as you celebrate a great day’s ride and another state conquered!

**HOTEL:**  
Hat Rock Inn

**INCLUDED MEALS:**  
Breakfast | Lunch | Dinner

# Day 13

## TODAY'S RIDE:

**Mexican Hat, UT to Cortez, CO**

Approximately 102 miles with 5,750 feet of climbing

## TODAY'S DATE:

**September 29**

## DESCRIPTION:

Another big ride today takes you very near the Four Corners—Utah and Arizona to the west, Colorado and New Mexico to the east. Along the ride, hunt for ancient cliff dwellings left by the Anasazi, the ancestral Pueblo Indians, or add a few miles and stand in the only place in the country where you can be in four states at once.

## HOTEL:

Holiday Inn Express Mesa Verde

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day 14

## TODAY'S RIDE:

**Cortez, CO to Durango, CO**

Approximately 44 miles with 3,250 feet of climbing

## TODAY'S DATE:

**September 30**

## DESCRIPTION:

Today you'll bid farewell to the southwestern desert and enter the San Juan Range of the Rocky Mountains. After spinning your way up to 8,500 feet above sea level, you'll enjoy an epic descent into the Wild West outpost town of Durango. Enjoy some time off the bike as you explore this quintessential Colorado mountain town. Tonight's dinner is your choice so, armed with recommendations from your guides, you can find the perfect recovery meal.

## HOTEL:

Best Western Plus Rio Grande

## INCLUDED MEALS:

Breakfast

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# Day 15

## TODAY'S RIDE:

**Durango, CO to Pagosa Springs, CO**

Approximately 61 miles with 3,900 feet of climbing

## TODAY'S DATE:

**October 1**

## DESCRIPTION:

Today you'll continue your journey through the San Juans of southwestern Colorado. After conquering today's climbs, you'll be duly rewarded with a soak in Pagosa's namesake natural hot springs! The shops and cafes of downtown Pagosa are a short walk away if you'd like to explore this small town. You will walk to dinner at a highly acclaimed local restaurant for a great meal before tomorrow's mammoth day.

## HOTEL:

The Springs Resort & Spa

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day 16

## TODAY'S RIDE:

**Pagosa Springs, CO to Taos, NM**

Approximately 142 miles with 8,500 feet of climbing

## TODAY'S DATE:

**October 2**

## DESCRIPTION:

Today will be memorable and momentous, as it is the longest day of your cross country adventure. Views of distant cliffs, aspen-cloaked mountain passes and wildflower-fringed valleys provide a feast for your eyes as your legs do the work. The day finishes by crossing the broad plain of the Rio Grande River Valley west of Taos, providing stunning views of mountains to the east and west. Your well-seasoned legs and acclimated lungs have trained hard for today. Enjoy being in the best shape of your life!

## HOTEL:

El Monte Sagrado

## INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

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Day  
17

TODAY'S ACTIVITY:

**Rest Day**  
Taos, NM

**TODAY'S DATE:**  
**October 3**

DESCRIPTION:

Congrats on making it across the desert and over the mountains to your second rest day! This is your day to rest, recover and have the miles massaged from your muscles. For those who simply cannot rest, activities abound to occupy your time in Taos. Visit the famous Taos Pueblo, peruse the many art galleries, play a round of golf, or take a hot air balloon ride or whitewater rafting trip down the Rio Grande. Culinary options abound in Taos, so take advantage of this night on your own to sample the best of New Mexican fare.

HOTEL:

El Monte Sagrado

INCLUDED MEALS:

Breakfast

Day  
18

TODAY'S RIDE:

**Taos, NM to Raton, NM**  
Approximately 93 miles with 4,125 feet of climbing

**TODAY'S DATE:**  
**October 4**

DESCRIPTION:

Back in the saddle and well-rested, today will be your last day in the Rocky Mountains. Climbing out of Taos on a segment of the Enchanted Circle, you will pedal past Angel Fire and Wheeler Peak, ultimately traversing the Sangre de Cristo Mountains and descending onto the high plains.

HOTEL:

Best Western Plus

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
19

TODAY'S RIDE:

**Raton, NM to Clayton, NM**  
Approximately 93 miles with 2,850 feet of climbing

**TODAY'S DATE:**  
**October 5**

DESCRIPTION:

Today you'll ride through wind-swept, gently undulating plains, as you slowly pedal your way out of the Rocky Mountain foothills. You'll ride past the ancient Capulin Volcanoes, which were active some 60,000 years ago, and into a region that has been at a crossroads for more than 100 million years, from fossilized dinosaur tracks dotting the countryside to Native American and Spanish trading routes. Your final destination today is Clayton, a quiet agricultural town in eastern New Mexico. Enjoy your stay in the historic Eklund Hotel, which was built in 1892 as a saloon and gambling hall. Step into the past and have a beer in the saloon as you listen to the bartender's colorful stories about the bullet holes in the walls.

HOTEL:

Hotel Eklund

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
20

TODAY'S RIDE:

**Clayton, NM to Guymon, OK**  
Approximately 107 miles with 650 feet of climbing

**TODAY'S DATE:**  
**October 6**

DESCRIPTION:

Today you'll be riding through the grasslands of the plains, retracing portions of the Santa Fe Trail—the main trade and travel route once used to get from Kansas City to Santa Fe. You'll enter the Panhandle of Oklahoma, once known as “No Man’s Land” when it was Cimarron Territory before its assignment to the state of Oklahoma in 1890. Your destination town, Guymon, OK, wasn’t settled until 1901, but today it is the largest town in the panhandle.

HOTEL:

Holiday Inn Express

INCLUDED MEALS:

Breakfast | Lunch | Dinner

# Day 21

## TODAY'S RIDE:

**Guymon, OK to Woodward, OK**  
Approximately 140 miles with 2,850 feet of climbing

## TODAY'S DATE:

**October 7**

## DESCRIPTION:

Keep your eyes open for wildlife today, as you enter a region filled with deer, coyotes, raptors, hawks and eagles. Traveling further east and transitioning from the High Plains to the Central Plains, you'll encounter the slightly rolling terrain common to this area. Today's goal is Woodward, a one-time mecca for cattle herders heading back and forth across the plains. It's also your second longest ride of the trip at 140 miles, and your half way point!

## HOTEL:

Hampton Inn

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day 22

## TODAY'S RIDE:

**Woodward, OK to Enid, OK**  
Approximately 113 miles with 2,150 feet of climbing

## TODAY'S DATE:

**October 8**

## DESCRIPTION:

Begin your day by leaving town through Boiling Springs State Park, once a favorite campsite of the Plains Indians. As you continue east, you'll traverse the Cross Timbers ecosystem. Unique to portions of Kansas, Oklahoma, and central Texas, this semi-savanna terrain mixes oak forests with patches of tall-grass prairie, which formed virtually impenetrable growth for early settlers. This unique area marks the divide between the almost treeless Great Plains and the forested country to the east.

## HOTEL:

Holiday Inn Express

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day 23

## TODAY'S RIDE:

**Enid, OK to Stillwater, OK**  
Approximately 72 miles with 2,550 feet of climbing

## TODAY'S DATE:

**October 9**

## DESCRIPTION:

Today is a relatively short ride on quiet two lane roads. May the winds be in your favor as you make your way through Tornado Alley and into Stillwater, the home of Oklahoma State University and Red Dirt music. This genre of music gets its name from the colorful soil surrounding Stillwater. Red Dirt artists are known for rebelling against typical standards of country music and playing a mixture of rock, blues, folk and country. It's Friday night in this college town, so there's sure to be plenty going on. Catch a football game at Eskimo Joe's, or see live music at Willie's Saloon or the famous Tumbleweed Dance Hall.

## HOTEL:

TBD

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day 24

## TODAY'S RIDE:

**Stillwater, OK to Tulsa, OK**  
Approximately 92 miles with 4,575 feet of climbing

## TODAY'S DATE:

**October 10**

## DESCRIPTION:

Continue across the plains on undulating roads today as you cross the Arkansas River and pedal through the Osage Reservation to the city of Tulsa. Tulsa was largely built on the shoulders of several oil booms and was once known as the "Oil Capital of the World." Wealth from the oil industry led to constructing a treasure trove of art deco style buildings that still survive today. You'll stay in the heart of the Brady Arts District which is just outside the cluster of downtown high rises. Enjoy drinks and dinner at one of the trendy neighborhood bistros tonight as you look forward to your third rest day!

## HOTEL:

Fairfield Inn & Suites

## INCLUDED MEALS:

Breakfast | Lunch | Social Hour |  
Dinner

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Day  
25

TODAY'S ACTIVITY:

Rest Day  
Tulsa, OK

TODAY'S DATE:  
October 11

DESCRIPTION:

You'll have no trouble finding plenty to do in Tulsa today. Sip your morning coffee as you lounge on Guthrie Green and admire the city skyline. Visit the Woody Guthrie Center and learn about the folk singer's life and legacy. Tour the Philbrook Museum of Art, which is comprised of two locations: a 1920s villa with an extensive art collection and exquisite gardens and Philbrook Downtown, just steps from your hotel with exhibits featuring Native American works and contemporary art. See a performance at the Tulsa Symphony Orchestra or Performing Arts Center. Top it all off with dinner at one of the many excellent restaurants in the Brady District or the neighboring Blue Dome District. Be sure to also get some rest, because tomorrow you are back in the saddle for your 9th century and last full day in Oklahoma!

HOTEL:

Fairfield Inn & Suites

INCLUDED MEALS:

Breakfast

Day  
26

TODAY'S RIDE

Tulsa, OK to Miami, OK  
Approximately 112 miles with 3,150  
feet of climbing

TODAY'S DATE:  
October 12

DESCRIPTION:

Today begins on quiet city streets as you depart Tulsa and head back into green rolling pastures separated by small meandering streams. Rural roads are mixed with more miles on Route 66 as we wind our way into Miami. A short detour to First and Main Streets will take you to the grand Coleman Theater, which opened in 1929 and has been restored by the efforts of local volunteers.

HOTEL:

Holiday Inn Express

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
27

TODAY'S RIDE

Miami, OK to Springfield, MO  
Approximately 111 miles with 4,450  
feet of climbing

TODAY'S DATE:  
October 13

DESCRIPTION:

Only 20 miles til you bid goodbye to the Great Plains and enter the Midwestern state of Missouri. Your destination for today is Springfield, known as the "Queen City of the Ozarks". The rolling hills that lead us to the city's outskirts are just a taste of what's to come!

HOTEL:

Holiday Inn Express-Medical District

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
28

TODAY'S RIDE

Springfield, MO to Willow  
Springs, MO  
Approximately 92 miles with 3,775  
feet of climbing

TODAY'S DATE:  
October 14

DESCRIPTION:

Enjoy the scenic beauty of the Missouri Ozarks today. The region is dotted with old-time flour and gristmills. Dating back to the mid-19th century, these mills were the center of life in the region before the coming of the automobile. After the harvest, people would bring their corn or wheat to be ground and spend time visiting with their friends and neighbors as they waited for it to be ground. Tonight you'll rest your head in a small town aptly named as the site of a spring surrounded by a grove of willow trees.

HOTEL:

Comfort Inn

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
29

TODAY'S RIDE:

**Willow Springs, MO to Van Buren, MO**  
Approximately 61 miles with 3,000 feet of climbing

**TODAY'S DATE:**  
**October 15**

DESCRIPTION:

A short ride today brings you to the center of the Ozark National Scenic Riverways, America's first federally protected river system. The park was established in 1964 to conserve the unique cultural and natural resources of the Current and Jacks Fork Rivers and protects 134 miles of clear, free-flowing spring-fed waterways. Much of the area is underlain by soluble dolomite, giving rise to sinkholes, caves and springs of classical Karst topography. Tonight, you'll stay on the banks of the Current River. Perhaps try your hand at angling or take a side trip to Big Spring, one of the largest springs in America.

HOTEL:

Rosecliff Lodge

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
30

TODAY'S RIDE:

**Van Buren, MO to Sikeston, MO**  
Approximately 114 miles with 4,275 feet of climbing

**TODAY'S DATE:**  
**October 16**

DESCRIPTION:

Today you'll say goodbye to the Ozarks as pedal through the 1.5-million acre Mark Twain National Forest and emerge at the shore of Lake Wappapello, an 8,400 acre lake that is a favorite of anglers, boaters and kayakers. The terrain is decidedly more mellow as you make your way to tonight's home in Sikeston.

HOTEL:

Pear Tree Inn

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
31

TODAY'S RIDE:

**Sikeston, MO to Paducah, KY**  
Approximately 75 miles with 1,550 feet of climbing

**TODAY'S DATE:**  
**October 17**

DESCRIPTION:

Reach another milestone today when you cross the mighty Mississippi River and enter the Bluegrass State for one short day. Founded in 1827 by William Clark, Paducah sits at the confluence of the Ohio and Tennessee Rivers. A long flood wall with hand-painted murals illustrating the town's history will welcome you to town. Tonight, we will dine at the hotel. If you are up for exploring, we recommend a stroll to Paducah Beer Werks!

HOTEL:

Holiday Inn Riverfront

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
32

TODAY'S RIDE:

**Paducah, KY to Clarksville, TN**  
Approximately 109 miles with 4,100 feet of climbing

**TODAY'S DATE:**  
**October 18**

DESCRIPTION:

Get ready for another great day, as your ride takes you through the rolling farmland of eastern Kentucky all the way to the Land Between the Lakes Recreation Area. After crossing the Cumberland River, you'll wind your way along rural, wooded roads into Tennessee's fifth largest city. This area was once home to the Cherokee Indians, and from Paducah to Nashville, our route roughly parallels the Trail of Tears.

HOTEL:

Riverview Inn

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
33

TODAY'S RIDE:

Clarksville, TN to Nashville, TN  
Approximately 53 miles with 3,100 feet of climbing

TODAY'S DATE:  
October 19

DESCRIPTION:

The final stretch of your journey across the heartland is lush, hilly, and exceptionally scenic. Celebrate the completion of the third leg on this cross country adventure as you arrive in the heart of the "Country Music Capital of the World." Since the ride is relatively short, lunch is on your own today to allow for maximum exploration (and laundry) time. Tonight, we will gather for social hour and a delicious dinner at the Fairlane Hotel.

HOTEL:

Fairlane Hotel

INCLUDED MEALS:

Breakfast | Social Hour | Dinner

Day  
34

TODAY'S ACTIVITY:

Rest Day  
Nashville, TN

TODAY'S DATE:  
October 20

DESCRIPTION:

Home to the Grand Ole Opry and the launching pad for music careers of legends like Johnny Cash, Elvis Presley and Patsy Cline—Nashville is the political and cultural capital city of Tennessee, but don't let the 10-gallon hats and Wranglers fool you. Nashville can be as hip as any east or west coast metropolis ... just add a dash of Southern hospitality. Following 33 days on the secluded byways of small town America, today is your chance to recharge with the help of humming guitar strings, tangy Tennessee barbecue, or the restorative healing of a Shiatsu massage.

HOTEL:

Fairlane Hotel

INCLUDED MEALS:

Breakfast

Day  
35

TODAY'S RIDE:

Nashville, TN to Cookeville, TN  
Approximately 95 miles with 5,250 feet of climbing

TODAY'S DATE:  
October 21

DESCRIPTION:

Depart Nashville via bike path as you head into the rolling hills of central Tennessee, seeing firsthand the transition from metropolitan to rural. You'll ascend into the geologically ancient and culturally rich Appalachian highlands. The sounds of folk music, recognizable in the modern bluegrass revival, provide an audio backdrop for riding along the undulating roads of this deeply forested region. Today's ride will prove to be challenging, as you'll end the day atop the Cumberland Plateau.

HOTEL:

Towne Place Suites

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day  
36

TODAY'S RIDE:

Cookeville, TN to Oak Ridge, TN  
Approximately 96 miles with 5,200 feet of climbing

TODAY'S DATE:  
October 22

DESCRIPTION:

Prepare yourself for the first of three challenging days as you wind your way out of Cookeville and tackle plenty of rolling hills. If luck is on your side today, cool air has snapped foliage into explosions of fall color. The valleys and ridges that you'll explore will introduce you to the geographic isolation that helped mold the traditions, cuisine, and pastoral country ethic of Southern Appalachia.

HOTEL:

Towne Place Suites

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

37

**TODAY'S RIDE:**

**Oak Ridge, TN to Newport, TN**

Approximately 94 miles with 7,143 feet of climbing

**TODAY'S DATE:**

**October 23**

**DESCRIPTION:**

Gear up for another big effort today! We start by crossing the famous Tennessee River and gradually climbing and winding your way along the western slopes of the Appalachian Mountains, through pine and oak forests. Tonight, we'll rest in the small town of Newport on the edge of the Smoky Mountains.

**HOTEL:**

Best Western

**INCLUDED MEALS:**

Breakfast | Lunch | Dinner

Day

38

**TODAY'S RIDE:**

**Newport, TN to Asheville, NC**

Approximately 84 miles with 6,700 feet of climbing

**TODAY'S DATE:**

**October 24**

**DESCRIPTION:**

On today's ride, we'll enter North Carolina as we make our way across the Smoky Mountains. We'll follow the French Broad River Valley which provides a scenic and relatively moderate route to Asheville, when compared with the few other roads over these mountains. Stop for a rest in the historic resort town of Hot Springs and finish your day with a cruise along the French Broad River, ending in the heart of downtown Asheville. Tonight you get to explore this gem of a town and have dinner at the restaurant of your choice, armed of course with a list of our favorite local haunts.

**HOTEL:**

TBD

**INCLUDED MEALS:**

Breakfast | Lunch

Day

39

**TODAY'S RIDE:**

**Asheville, NC to Greenville, SC**

Approximately 97 miles with 5,875 feet of climbing

**TODAY'S DATE:**

**October 25**

**DESCRIPTION:**

As you leave Asheville, your route will take you due south today. You'll pass the Biltmore Estate, pedal a few miles on the famed Blue Ridge Parkway and follow the edge of the Nantahala National Forest to the mountain biking mecca of Brevard. After entering South Carolina, you'll climb your way into Caesars Head State Park. Stop at the overlook for panoramic views of Table Rock and take in your final views of the Smoky Mountains. From here, you're rewarded with an epic twisting descent before winding your way through back roads and into the charming town of Greenville. Tonight, we'll gather for dinner at one of our favorite local watering holes.

**HOTEL:**

Embassy Suites

**INCLUDED MEALS:**

Breakfast | Lunch | Dinner

Day

40

**TODAY'S RIDE:**

**Greenville, SC to Blythewood, SC**

Approximately 114 miles with 4,700 feet of climbing

**TODAY'S DATE:**

**October 26**

**DESCRIPTION:**

Southern hospitality, a rich history, cultural diversity, and a charming dialect make today's ride yet another highlight of your journey. You'll pass by historic Rose Hill Plantation. Enjoy the shade of Sumter National Forest and cruise through quaint southern towns on your way to the small town of Blythewood.

**HOTEL:**

Holiday Inn Express

**INCLUDED MEALS:**

Breakfast | Lunch | Dinner

# Day 41

## TODAY'S RIDE:

### Blythewood, SC to Lake City, SC

Approximately 87 miles with 1,850 feet of climbing

## TODAY'S DATE:

October 27

## DESCRIPTION:

You will know you are getting close to your final stop as you descend gently off the Carolina Piedmont and enter the palmetto-dappled coastal plains. As you pedal through charming antebellum towns, you may find yourself reflecting on the diversity you have experienced across this country. The final stop before the grand finale is Lake City, perhaps most famous as the home of Dr. Ronald MacNair, a renowned physicist and NASA astronaut who died in the 1986 launch of the Space Shuttle Challenger.

## HOTEL:

Quality Inn

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

# Day 42

## TODAY'S RIDE:

### Lake City, SC to Myrtle Beach, SC

Approximately 75 miles with 700 feet of climbing

## TODAY'S DATE:

October 28

## DESCRIPTION:

Today is your victory lap ... your cross country "Champs Élysées," when a final push allows you to celebrate your amazing accomplishment. As you approach the Atlantic, the familiarity of coastal breezes and swaying palms is reminiscent of 42 days ago, when you set out from Santa Barbara to pedal your way across the United States. The final miles will deliver you to the white sand of Myrtle Beach. Let it all sink in as you dip your wheel into the Atlantic Ocean! Tonight, you'll enjoy a gourmet feast, and a well-earned Trek Travel celebration, for completing this epic 3,400-mile journey across America.

## HOTEL:

Island Vista Resort

## INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

# Day 43

## FAREWELL:

### Myrtle Beach, SC

## TODAY'S DATE:

October 29

## DESCRIPTION:

A celebratory farewell breakfast and a leisurely morning offer you the opportunity to revisit the triumphs and challenges of your cross country journey. This epic ride has come to a close, but the friendships and memories you've created will undoubtedly last a lifetime.

## INCLUDED MEALS:

Breakfast

## WHAT'S INCLUDED

### For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

### What's Included

- 41 nights of accommodation at handpicked hotels
- 3 to 5 experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with guides and 2 to 3 support vans
- Daily breakfast, 35 lunches and 34 dinners
- 6 social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc
- Snacks and drinks for each day's ride
- Custom Cross Country Trek Travel Bontrager cycling jersey and socks to keep



- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip
- Entrance fees for all activities, private tours and events

## Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting
- Custom Cross Country Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, we recommend you bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

## THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

## What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

# HOTELS

*First, last and rest day hotels are listed below.*



### HOTEL CALIFORNIAN

#### SANTA BARBARA, CALIFORNIA

Flourish. Romance. Panoramic coastal views. This hotel may be called the Californian, but it's pure Santa Barbara from its Funk Zone location to its two signature restaurants. You'll lavish in every luxurious touch, whether it's taking a break on the rooftop pool with a panoramic view of the palm trees and Pacific shoreline or treating your skin to a decadent purist oil blend at the surreal spa. This is truly one of the most impressive, incredible hotel options we've ever offered. The rooms are a magical mix of Spanish Colonial Revival architecture and



### HOLIDAY INN EXPRESS GRAND CANYON

#### TUSAYAN, ARIZONA

The **Holiday Inn Express Hotel & Suites Grand Canyon** is located in Tusayan, just a mile from the South Rim entrance. Standard rooms with two queen beds feature large windows, triple-sheeted beds and black-out shades for a comfortable, restful stay. The hotel is situated near a number of tour agencies, offering airplane, helicopter, jeep, horseback riding and rafting excursions and the front desk will be happy to assist with making reservations.

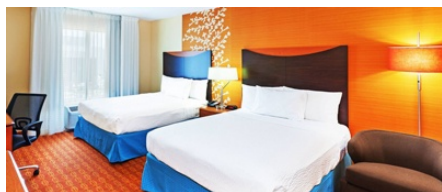


### EL MONTE SAGRADO

#### TAOS, NEW MEXICO

This boutique hotel can truly be regarded as a luxury sanctuary. Set on a vast property beneath the sacred Taos Mountain and shrouded in old cottonwood and aspen trees, no comfort, amenity or standard of service is overlooked. Located three blocks from shops, galleries, museums and the historic Taos Plaza, it makes the perfect base for exploring town. For those who simply cannot get enough spa relaxation, the Living Spa and Aquatic center is for you. El Monte Sagrado is a unique property that employs sophisticated green

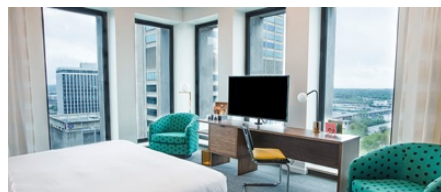
Moroccan flourishes, with modern touches from celebrity designer Martyn Lawrence Bullard. And even the facade tells a special story, with history dating back to the original 1925 hotel itself. Will it make you fall in love with the city? No doubt. Will you want to leave and actually see the sights? That might be up for debate.



### FAIRFIELD INN & SUITES TULSA DOWNTOWN

#### TULSA, OKLAHOMA

Enjoy a bright and spacious suite, which comes equipped with a refrigerator, microwave, and coffee maker, at the Fairfield Inn this rest day. It is situated in the Tulsa Arts District, which is the perfect location to explore Tulsa's vibrant downtown. Just steps from the front door, you'll find cafes, coffee shops, boutiques, galleries, museums. Visit the Woody Guthrie Center to learn about Tulsa's cultural heritage or take in a show at the Tulsa Performing Arts Center, Cain's Ballroom or the Brady Theater.



### FAIRLANE HOTEL

#### NASHVILLE, TENNESSEE

Located in Nashville's downtown business and arts district, The Fairlane Hotel is a retro-modern hub that bustles with the city's contagious energy and creative spirit. Behind the midcentury modernist facade, savvy travelers experience impeccable service with the timeless appeal of classic style. Oversized King rooms feature super comfy euro-top king beds with multiple charging options to keep you and yours energized no matter the occasion. Enjoy the 55" TV, luxe marble peek-a-boo showers, locally-stocked mini-fridge, and the Nashville views through your floor-to-ceiling window perch. Oversized Double Standard rooms have two euro-top queen-sized beds, loads of bedside charging options, a 55" TV, marble shower, separate water closet for more bathroom versatility, and a mini-fridge stocked with locally-curated snacks.

architecture and global accents and is downright cool! From the spacious rooms to the lively Anaconda bar there is a little something for everyone here.



### MYRTLE BEACH MARRIOTT RESORT & SPA AT GRANDE DUNES

#### MYRTLE BEACH, SOUTH CAROLINA

The Myrtle Beach Marriott Resort & Spa at Grande Dunes is an oceanfront retreat in North Myrtle Beach featuring spacious guest rooms with luxury amenities. You'll enjoy an oceanfront room with a balcony so you can soak up the views of the coastline on our final evening. Relax at the bar, in the indoor or outdoor pools or reward yourself with a spa treatment at Hibiscus Spa, featuring a full menu of wellness services.



## MEETING & DEPARTING

### How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays.

We recommend flying into Santa Barbara Municipal Airport (SBA) in Goleta, approximately 8 miles from downtown Santa Barbara. A cab to downtown will cost approximately \$50. We suggest calling Shah at S R Transportation at 805-708-1403 to

### Meeting Time And Location

Your Trek Travel guides will meet you at the Hotel Californian (6 State Street, Santa Barbara, CA 93101) at 11:00 AM on the first day of the trip. We will start with a welcome lunch, and your guides will do a thorough bike fit to ensure your comfort before we set off on a warm-up ride. Please come prepared with pedals, shoes, saddle, bike fit measurements, and anything else you would like affixed to your bike. Have these items and your riding clothes packed in a small, easily accessible bag. The hotel can store your larger pieces of luggage until check-in time.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Hotel Californian ((805) 882-0100), and leave a message with your expected arrival time and contact details. Your guides will be aware that you are late and will be in

prearrange a taxi. Please be sure to mention that you are a guest of Trek Travel.

Due to better connections from most major cities, you may alternatively fly into Los Angeles (LAX) and take the Santa Barbara Airbus to Santa Barbara. Visit [www.SBAirBus.com](http://www.SBAirBus.com) for more information. Alternatively, you may book a private car service through SR Transportation at 805-708-1403 for approximately \$200 one way. Please be sure to mention that you are a guest of Trek Travel.

## Before: Santa Barbara, California

P: Santa Barbara is a lively cosmopolitan city with plenty of opportunities for shopping, night life, and outdoor recreation. You can also explore some of southern California's other coastal cities, including Ventura, Oxnard, or the big one, Los Angeles, which is located approximately 90 minutes south of Santa Barbara. We recommend the following accommodations for your pre-trip hotel:

## After: Myrtle Beach, South Carolina

With 60 miles of white sand and sparkling waters, we can't think of a better place for you to get some well-earned rest after your epic journey. Visit Murals Inlet Marsh Walk, the "seafood capital of South Carolina," for waterfront dining and live music. There's also plenty of shopping, dining and strolling opportunities along the Grand Strand. Whatever you do, be sure to take a flight on the 20-story Skywheel for great views of the Atlantic coastline. Photo by

contact with the hotel.

## Departing Time And Location

You will say farewell to your guides at 10:00 AM at the Marriott Resort & Spa at Grande Dunes in Myrtle Beach, South Carolina. We recommend that you fly out of the Myrtle Beach International Airport (MYR), which takes about 25 minutes by taxi.

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### THE HOTEL CALIFORNIAN

This hotel may be called the Californian, but it's pure Santa Barbara from its Funk Zone location to its two signature restaurants. You'll lavish in every luxurious touch, whether it's taking a break on the rooftop pool with a panoramic view of the palm trees and Pacific shoreline or treating your skin to a decadent purist oil blend at the surreal spa. The rooms are a magical mix of Spanish Colonial Revival architecture and Moroccan flourishes, with modern touches from celebrity designer Martyn Lawrence Bullard. And even the facade tells a special story, with history dating back to the original 1925 hotel itself.

[www.TheHotelCalifornian.com](http://www.TheHotelCalifornian.com) | ~\$350

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### HOTEL MILO

The colorful grounds of Hotel Milo blend beach-chic décor and classic Spanish Colonial architecture in an enviable waterfront location. This cozy property is located just a short walk from the Marina, Stearns Wharf, State Street and many other Santa Barbara attractions and activities. Open your windows or sit in the courtyard or in a poolside cabana to take in the refreshing sea breeze and the vibrant atmosphere along the oceanfront of this wonderful city.

[www.HotelMiloSantaBarbara.com](http://www.HotelMiloSantaBarbara.com) | ~\$200

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### BELMOND EL ENCANTO

Indulge yourself with a stay in a private bungalow at this beautiful and exclusive property. One of only 4 Belmond hotels in the US, El Encanto offers beautiful views of the city and ocean from its accommodations, lounge, and restaurant. Treat yourself at the full-service spa, walk in the gardens, or simply take in the views from the infinity pool as you relax in classic 1920s style.

[www.belmond.com](http://www.belmond.com) | ~\$500

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### MARRIOTT RESORT & SPA AT GRANDE DUNES

Experience our tropical sanctuary just steps away from the ocean. Spread out in our spacious guest rooms, enhanced with luxury amenities. Choose a room with a private balcony to soak up ocean and beach views. Visit the luxurious Hibiscus Spa. Satisfy all your dining needs at the resort's array of bars and restaurants. Located near the Boardwalk and popular attractions, our luxury hotel offers the ideal setting from which to explore.

[www.marriott.com](http://www.marriott.com) | ~\$170

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### ISLAND VISTA RESORT

As the only oceanfront hotel for nearly a mile in either direction, the Island Vista Resort feels like a stay on a secluded luxury island – while being mere minutes from the heartbeat of downtown Myrtle Beach. All suites feature a full bath with granite countertops and fully equipped kitchen with full size appliances. A spacious living room offers comfortable seating and private balcony. Amenities abound from gourmet dining in the Cypress Room to 3 indoor and outdoor pools to a full service spa.

www.visitmyrtlebeach.com. We recommend the following accommodations for your post-trip hotel:

www.islandvista.com | ~\$130

#### HAMPTON INN & SUITES MYRTLE BEACH OCEANFRONT

This oceanfront resort offers spacious guest rooms and suites breathtaking views of the beach from the balcony within your room and home comforts like a microwave, refrigerator, and free WiFi internet access. Enjoy a massage at the spa, one of the hotel's 7 pools or head directly to the beach. When you are ready to head for home, grab a seat on the free airport shuttle.

www.hilton.com | ~\$140

\* Hotels listed above are local properties we love. We do not have special rates available.



## FAQS

### What Are The Daily Rides Like?

- Rider Type | 4 - Avid
- Average Daily Mileage | 93
- Terrain | Hilly
- Average Daily Elevation | 3,765 feet
- Total Miles | 3,426
- Total Elevation | 139,250 feet

On our bike across America tour, the terrain is extremely varied, including rolling roads along rivers, long gradual climbs and descents across the plains, as well as long and steep climbing and descending in the Rockies and the Appalachians. Roads are primarily two-lane secondary highways with good shoulders, but also include stretches of primary highways (particularly out west) with wide shoulders, and smaller local roads and surface streets with little or no shoulder. Some road surfaces may be rough. The Cross Country USA bike trip is best suited for our Type 4 Riders, due to the extreme physical demands of the trip.

### What are the options for a non-rider travel companion?

This destination is best suited to guests who want to cycle every day. Because of the terrain and/or remoteness of the hotels and riding routes, there are no non-riding options available on this trip. If a non-rider wants to accompany a rider guest on this trip, they would need to spend many hours in the van and/or at the hotels on the trip. Due to this, we strongly discourage non-riders from this destination. As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-rider activities are available.

### Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Due to the nature of this trip, highways and busy roads are sometimes unavoidable. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. The routes, hotels, activities, etc. listed here are subject to change based on hotel availability, road construction and the discretion of the trip designer or guides.