

## Oregon Coast Sustainability Tour

Visit **organic farms** and intentional communities. Meet **incredible people** committed to redefining our world. Participate in **hand-on service projects** and amazing discussion circles. **Live with the land** and camp under the stars. **Discover new ways** of being. **Transform, nourish and thrive.**

Oregon's world-renowned Coastal Scenic Bike Route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Along the way, we will visit organic farms, a land trust, a community art center and hear speakers from some of Oregon's most noteworthy permaculture organizations!

*"I have never had such a satisfying holiday. Thanks for providing such a holistic and intellectually challenging experience." - Vi Maeers, Oregon Coast Tour 2007*

### Activities:

- Work and sleep under the stars at an organic farm and off the grid homestead. Be inspired by its visionary owner!
- Get your hands dirty working side-by-side with stakeholders as you restore natural habitat at a coastal land trust.
- Work with an incredibly hardworking staff at FoodRootsNW, a Tillamook food bank that integrates community gardens into the food bank model. Learn about the hunger problems that hurt small coastal towns with seasonally fluctuating economies.
- Have the opportunity to go sea kayaking!
- Engage with speakers from some of Oregon's innovative and renown permaculture and sustainability promoting organizations: OSALT and the Oregon Tilth.
- Visit a permaculture demonstration site where you can see everything grown right on site, from heirloom chickens to heirloom tomatoes.
- Hike coastal trails through some of Oregon's last remaining old growth, viewing some of the most spectacular coastline in the world.

### Committed to Sustainability:

In addition to visiting organic farms and intentional communities, we make every effort to minimize the ecological footprint associated with our tours. Our bio-fuel powered gear van will haul your gear for you. One day out of the tour you'll help out on a cooking crew, where you'll help prepare 3 healthy vegan meals. We purchase mostly organic, locally sourced ingredients. Your accommodations will be simple, comfortable 6-person tents equipped with privacy curtains—bring your own sleeping bag and pad. If you're traveling into Oregon, we encourage you to offset your associated carbon footprint.

### Yes, YOU CAN Bike 200 Miles in a Week

One common question we get is, "am I fit enough to complete this tour?" The answer is: yes, you (most likely) are. We've designed our route specifically for the beginning to intermediate bicyclist. You'll primarily bike on scenic, paved country roads—never on gravel or dirt roads and only rarely on busy roads. Mileage increases gradually over the course of the tour and our support-and-gear (SAG) van follows along the route so you won't ever be stuck or left behind. **Our oldest tour participant so far has been 78 years old; the youngest has been 12.** We want this tour to inspire people of all ages to cycle regularly for fitness, fun, and transportation.

## **Tour Itinerary – Oregon Coast Sustainability Tour**

### **Day 1: Tour Orientation, Portland, 0 miles**

We begin the tour with a breakfast and full day orientation on Saturday. Orientation is held at the Quakers Meeting House in Portland, Oregon. Why a full-day orientation? Because there's a lot to cover! Topics include tour policies, essential aspects of bike maintenance and safety, as well as group dynamics. Generous breaks for meals included...this is your chance to check out Portland's vibrant Hawthorne and Belmont districts. We conclude with a post-dinner discussion on green business models and eco-entrepreneurship.

### **Day 2: Lunasea Farm, Nehalem, 11 miles**

A shuttle bus will pick you up Sunday morning and head coastward. After lunch, you'll cycle 10 rural miles to LunaSea Farm, an off-grid homestead and organic farm outside Nehalem. Find out how a goose and a strawberry plant work together in a basic permaculture system! You'll help out with a service project, pitch camp, and enjoy dinner.

### **Day 3: Lower Nehalem Community Trust & Bay City Arts Center, Bay City, 30 miles**

After a hearty breakfast, we'll hit the road Monday morning, pedaling west about 8 miles to the Lower Nehalem Community Trust for lunch and a service project related to land conservation and native habitat restoration. Then it's a 20 mile spin to the Bay City Arts Center for a speaker from the Oregon Tilth organic certification educational and research organization.

### **Day 4: Food Roots Northwest, Tillamook & Cape Lookout, 30 miles**

Since we're so close, we'll visit the famous Tillamook Cheese Factory on Tuesday morning after breakfast. You'll then head into the town of Tillamook for lunch and a service project with FoodRoots Northwest where you'll learn more about food security issues in natural resource dependent communities. You'll push yourself Tuesday afternoon, pedaling 20 incredibly beautiful miles up and down along the dramatic coastal bicycle route as you make your way to dinner and camp oceanside at Cape Lookout State Park.

### **Day 5: Oceanside Hiking and Kayaking Day – Cape Lookout, 0 miles**

Wednesday is truly the most beautiful day of the tour. You'll wake up and find yourself eating breakfast at the beach! We'll take a break from cycling to explore the area. Activities include hiking, sea kayaking, and relaxing on the shore. We'll have a dinner and discussion on the future of forestry in Oregon.

### **Day 6: Dovre Peak Campground, Dovre, 35 miles**

We begin our eastward trek to Portland on Thursday morning. After breakfast, you'll pedal scenic country roads, up and down rolling hills, wending your way alongside the Nestucca river for about 34 miles to dinner, camp and a speaker from the Oregon Sustainable Agriculture Land Trust (OSALT) at the Dovre Peak campground.

### **Day 7: B Street Permaculture Project, Forest Grove, 45 miles**

Friday offers another full day of cycling. We'll spin through picturesque wine country and the towns of Carlton and Newberg as we continue east, covering 45 miles as we make our way to the B Street Permaculture Project in Forest Grove. Here, our tour will include market gardens, fiber rabbits, heirloom livestock, bee keeping, river habitat restoration and a "food not lawns" demonstration site – all on just 3 acres of land!

### **Day 8: Back to Portland, 40 miles**

After helping out with a service project at B Street on Saturday morning, we make our final 40 mile push from Forest Grove into Portland. Our journey ends Saturday evening at the orientation site in Portland, where we'll all gather for Closing Circle.

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planned events and hosts are subject to change as necessary, without notice.

<b>Start/end point</b>	Portland, OR.
<b>Trip Dates</b>	Saturday, July 12 - Saturday July 19 Saturday, Aug 2 - Saturday Aug 9 Saturday, Aug 23 - Saturday August 30
<b>Mileage</b>	200 miles total. Average of 28 miles per day
<b>Skill level</b>	Fit beginner to intermediate
<b>Cycling conditions</b>	Road surfaces only—no cycling on unpaved (gravel, dirt, etc.) surfaces. Rolling hills. Primarily low-traffic, farm and logging roads. Occasional highway shoulder.
<b>Group size</b>	Intimately small group of up to 40 participants.
<b>Accommodations</b>	Tent camping
<b>Support level</b>	Support and Gear Van
<b>Meals</b>	3 vegan meals a day. Prepared with (mostly) organic, local food
<b>Bike rental</b>	\$150 for 1 week. Bike equipped with a triple-chain ring on the front, straight handle bars, and road tires. Also included: patch kit, tire levers, extra tubes, visibility flag, and third eye mirror
<b>Minimum Age</b>	18 or older. Minors welcome if accompanied by parent.

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