



## **Sustainability in Motion Program**

# ***Oregon Green Living and Permaculture Expedition***

**“we reconnect people and nature, remembering our collective history, creating a beautiful thriving future.”**

Join a traveling community of **incredible people** committed to redefining our world. Visit unique **organic farms** and intentional communities. Participate in **hands-on service projects** and lively discussion circles. **Live with the land** and camp under the stars. **Discover new ways of being. Transform, nourish and thrive.**

The Oregon Green Living and Permaculture Expedition offers a unique, meaningful, and life-changing group cycling experience geared towards the beginning to intermediate rider. On this guided, supported tour, you'll not only challenge yourself physically; you'll also gain first-hand knowledge of how real people are taking real steps to live lightly on the planet. Service projects along the way give you an opportunity to get off the bike, meet with local residents at the forefront of the green movement, and actually get your hands dirty helping them with a project. This tour covers a greater distance than our Oregon Coast Sustainability tour and focuses on service projects with organic agriculture and natural building/permaculture sites.

*“I hope more people can take the time...to not only travel and be outside in beautiful country but also to learn how to protect and share the beauty of our world...So now I urge you, either get involved in your community...or go on this bike tour to learn how you can be the change you want to see in the world. Straight up.” - Emmanuel Mansong, 2007*

This trip is sure to be an experiential learning intensive for all who participate! During this tour we will:

- Learn about and become a part of the permaculture transformation! See how creative and caring people have designed systems on their land and in their communities that mimic nature's way of “closing the loop.” You will see projects in different stages of completion to help facilitate understanding of the permaculture process – service projects will integrate you into the system!
- Get a close-up view of models of sustainable living in an urban environment. Our hosts feature rainwater catchment systems, organic gardening, permaculture landscaping, photovoltaic electric systems, passive and active solar hot water system, constructed wetlands, composting, fluorescent lighting, and natural building practices (straw bale walls, earthen plaster, passive solar design, and use of recycled and sustainably harvested lumber).
- Learn about forest health and politics from an environmental watchdog group here in Oregon, where the debates and battles over logging rights affect our landscape, communities and economy in a major way.

**courses fill up fast so sign up early at [www.commoncircle.com](http://www.commoncircle.com)**

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- Explore the green side of the famously bike-friendly city of Eugene, OR. Innovation abounds, from bicycle design to building design to community design.
- Take the once-in-a-lifetime opportunity to chat with the brilliant framer of the USDA organic standards, founder of the Oregon Tilth organic certification organization and educator, Harry MacCormack. Plus, dig in on his farm as we help prepare crops for the local farmers' market.
- Compare and contrast natural building, green LEED building techniques and the structures they create. You will see it all from earthen structures, to cardboard geo domes to high-end LEED Platinum and "Net-Zero" houses.

### **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 vehicle will haul your luggage for you. One day out of the tour you'll help out on a cooking crew, preparing 3 healthy, mostly vegan and organic meals. We'll eat 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 Far!**

One common question we get is, "Am I fit enough to complete this tour?" We answer, "Yes! You (most likely) are." We've designed our route specifically for the beginning to intermediate bicyclist. On every trip we have clients who feel the satisfaction of completing their longest ride ever, almost everyday! Mileage increases gradually over the course of the tour and our support-and-gear (SAG) van follows the route so you won't ever be stuck or left behind. **Our oldest tour participant so far was 78 years old, the youngest 12.** We want this tour to inspire people of all ages and abilities to cycle regularly for transportation, fun and fitness.

### **What is Permaculture and Green Building?**

Permaculture (from the root *permanent culture*) describes both a set of design principles and the practice of putting those principles into action. Like organic farms, permaculture farms avoid use of pesticides, chemical fertilizers, and other harsh industrial chemicals. However, permaculture farms take this respect for nature a step farther, seeks to restore and harmonize with natural processes (rather than simply seeking to minimizing harm). For example, on this tour, you'll explore farms that gather all of their inputs on-site, have restored streamside habitat, and cultivate native plants. Ultimately, permaculture is a sustainable design science rooted in natural principles.

Green building, which also encompasses both design principles and associated techniques, can also refer to anything using low-toxic paint to building a house entirely out of cob. To explore these variations, we'll be visiting a variety of green and natural building sites, including a state-of-the-art LEED Certified Platinum housing development as well as an eco-village featuring earthen structures.

Our goal with this tour is not necessarily to define 'permaculture' and 'green building' for you. Our goal is to facilitate a holistic cycling experience that nourishes your mind, body, and soul. We want to provide you with the opportunity to speak with farmers, community organizers, educators, and other folks who grapple with the concept of sustainability. You'll bike. You'll explore a variety of perspectives. You'll even do some farm work. By the end, you'll find yourself more able to critically evaluate claims of sustainable development on your own because you have an array of examples to draw on when formulating an opinion.

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## Course Itinerary and Plan

### **Day 1: Orientation: Dharmalaya Center for Human Development (Eugene)**

Dharmalaya is an ambitious, multifaceted permaculture site nestled in a residential Eugene neighborhood, functioning as a yoga studio, meditation center, and community gathering place for Eugene's permaculture community. Featuring beautiful gardens, renewable energy systems, water harvesting, and natural building techniques, the Dharmalaya site weaves together the permaculture whole systems design and green building themes. The day will be a full-day orientation in permaculture and sustainability, tour policies, essential aspects of bike maintenance and safety, as well as group dynamics.

### **Day 2: Lost Valley Educational Center (Dexter)**

We meet Sunday morning at the orientation site to load your luggage and other gear in the support-and-gear (SAG) van. We'll then pedal southwest out of Eugene, cycling through downtown and into the suburbs. You'll notice an abrupt change of scenery as the built environment gives way to farm country. You've crossed Eugene's Urban Growth Boundary, which was implemented to put clear geographic limits on sprawl. Our destination for the evening will be Lost Valley Educational Center.

### **Day 3: Lost Valley Educational Center - Service Project Day**

After breakfast, we'll gather for a discussion and service project centered around permaculture and intentional communities. Lost Valley Educational Center is providing examples of how humans can successfully live simply and well within their ecosystem, providing learning opportunities demonstrating how application of permaculture principles can create profitable, productive, and sustainable cultivated ecosystems which mirror the diversity, stability and resilience of healthy natural ecosystems. It is also a model intentional community and eco-village.

### **Day 4: MattCyn Farm (Albany)**

We'll cycle out of Dexter, biking north through scenic Willamette Valley farm country as we make our way to MattCyn Farm, an organic family-owned farm outside of Albany. Upon arrival, we'll set up camp and have dinner and discussion with our hosts, Matt and Cyndee.

### **Day 5: MattCyn Farm - Service Project Day**

Former corporate executives, our hosts Matt and Cyndee quit their jobs to become organic farmers and haven't looked back. We will spend the day touring the site and helping them with various projects on the farm. Be prepared to learn lots about sustainable food systems, organic farming and much more!

### **Day 6 : Sunbow Farm (Corvallis)**

We'll pedal off to Sunbow Farm in Corvallis. Sunbow was the first organic farm in the area (in 1972) and continues to be a hub of sustainability education. We'll meet Harry MacCormack, founder of Oregon *Tilth* organic certification standards, and a radical visionary who defined USDA organic standards.

### **Day 7: Sunbow Farm – Service Project Day**

This is our day to get our hands dirty on the farm and learn more about organic food standards, sustainable community development and much more with Harry MacCormack. There is usually also time to explore the town of Corvallis, with its many bike paths and local shops.

### **Day 8: Dharmalaya Center for Human Development (Eugene)**

The last day, we will pedal our way to Eugene, ending our tour with a service project at Dharmalaya Center for Human Development and a closing circle in the early evening. Bikes and gear gets checked in, and we say our goodbyes as we close our adventure!

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<b>Start and end points</b>	Tour starts and ends in Eugene, Oregon Amtrak and bus connections are available to Portland.
<b>Mileage</b>	Varied per-day, between 20-70 miles.
<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 with occasional highway shoulders.
<b>Group size</b>	Intimately small group of around 40 participants.
<b>Accommodations</b>	Tent camping
<b>Support level</b>	Gear vehicle carries all supplies.
<b>Meals</b>	Three mostly organic, vegan meals per day, reasonably sustainably sourced.
<b>Bike rentals</b>	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. Strict bike requirements apply to all client bikes.
<b>Age range</b>	All ages. Minors welcome when accompanied by an adult. We've had folks as old as eight years old and as young as eighty join us!

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