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Niagara Wine Country Bike Tour

by [Lee](#) on May 27, 2010 · [1 comment](#)



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I was delighted when I had the opportunity to speak to Susan from [Sojourn Travel](#) about their Wine Country Bike Tours. There are more and more travel companies that are making visits to the wine country an adventure, but what makes Sojourn different, is that these are trips, and not just day trips. Sojourn offers two different biking wine country trips. One is to Sonoma and the other is to Ontario.

What makes these trips so unique? They are each 6 days and 5 nights, and they are luxurious. We are talking great tastings and fabulous accommodations. You bike about 25 miles a day on average, and there are two leaders to make sure you stay on the right path. One is on a bike, while the other is driving a van, which carries the luggage and will carry you if you get tired of riding on two wheels, and decide you want to ride on 4 instead. These trips are not high pressure, and there is plenty of time to enjoy not only surroundings, but the wine!

The trip that grabbed my attention was the Niagra Wine Country Bike Tour. It goes a little something like this...



Niagra Falls

You arrive in Buffalo, New York, where you will be driven over the Canadian border to a bike path along the Niagra river to Niagra Falls on the Canada side. The Canadian side of the Falls is very different than the U.S. side. It is green and verdant, and not commercial at all. After taking in the falls from the beautiful Victoria Park in Jordan, Ontario, you ride to your first bed and breakfast, [Inn on the Twenty](#), which is owned by [Cave Spring Cellars](#), and dine al fresco on the patio while you have your first private tasting.



Inn on the Twenty

On day 2, you take a loop ride through the wine country in Jordan. Several tastings await at [Fielding Estate Winery](#), [Angels Gate Winery](#), [Mountain Road Wine Company](#) and [Thirty Bench Wine Makers](#). At each of these wineries, you will be introduced to what is surely some of the best wine that the region has to offer. A picnic lunch will be held at one of these wineries, and after a long day of riding and tasting, you will return to the Inn on the Twenty for a lovely meal in the dining room.



Welland Canal

The next morning the ride will take place on top of the escarpment, which keeps the winds out of the valley and makes the growing conditions so perfect. You will visit [Flatrock Cellars](#) and have lunch at [Henry of Pelham Vineyards](#). You will see the [Welland Canal](#), which is the canal that is at the mouth of the river where it flows into Lake Ontario. That evening you will stay at [The Oban Inn](#), located in Niagara-on-the-Lake, which is across from one of the oldest golf courses in Canada.

Another loop ride is on the fourth day, but this time you will wind south and west of Niagara-on-the-Lake to a region that was agricultural before they ever grew grapes. The terrain is very level and you will visit [Frog Pond Farm](#), which is a certified organic winery and have a picnic in the park for lunch and then a free afternoon to do as you please around the town!



Floral Clock

The following day, you ride south back towards Niagra Falls, where you will visit the botanical gardens and the butterfly conservatory and see homes that have been preserved from the war of 1812. You will see the unusual Floral Clock and after a day of sight seeing return to the Inn on the Twenty for dinner.

The final day, you visit [Stratus](#), which is unique because they produce wines that are blends only, one white and one red. They are also the only winery in Canada that has LEED certification. And, after an amazing tour and tasting, it is back to Buffalo and reality.

These trips average about \$2,395 per person, and include most everything but alcohol at the Inns and one meal. Oh, and it does not include airfare. I am so impressed by this trip, I am already planning for it for next year!!

To book your bike trip through the wine country, please contact 1.800.730.4771 or go to www.gosojourn.com.

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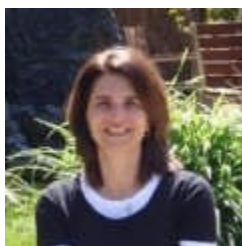
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Lee has written **41** awesome articles for us.

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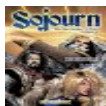
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