

# Eastern Shore & Outer Banks



**Tour Type:** Cycling – Country and Coastal Roads

On this tour you'll experience the gorgeous beaches and coastal towns of the US Eastern Shore, including Assateague National Park where the famous wild ponies have made their home for over 300 years. We'll sample the history of Harriett Tubman and the Underground Railroad, cycle along the Outer Banks, tour Jamestown and Colonial Williamsburg by bike, and cap off our tour cycling the incredible Virginia Capital Trail. The cycling is super scenic and flat, so you just glide along as you take it all in!

**Getting Here:** Tour originates at BWI Airport and ends in Richmond VA. Free return shuttle to BWI included.

**Tour Includes:** All lodging, full ride support, daily luggage shuttle, tour guides, on-ride SAG support, immense amounts of FUN!!

**Duration:** 9 Days / 8 Nights

**Lodging:** Hotels & Inns

**Meals:** 8 Breakfasts, 1 Lunch, 1 Dinner

**Total Distance:** 200 miles

**Avg. Daily Miles:** 25-35

**Difficulty:** Easy



Assateague Island National Park



Cycling Virginia Beach



Bodie Island Outer Banks

## Day 1: Arrive Baltimore

7:00 PM: Orientation at hotel  
Lodging: BWI

Try to arrive early so you'll have a chance to spend time at the awesome Baltimore Inner Harbor, with Naval Ship on display, the National Aquarium and to enjoy the great shops and restaurants!

## Day 2: Blackwater National Wildlife Refuge and Harriett Tubman's Underground Railroad

9:00 AM Departure from BWI  
Cycling: 25 miles  
Lodging: Ocean City, MD

Group pick up at BWI airport and shuttle to Blackwater National Wildlife Refuge for trip orientation and bike fitting. We'll then jump on the bikes for gorgeous cycling through the park and to the Harriett Tubman Underground Railroad National Historic Park. You'll enjoy a great picnic lunch, before jumping back on the bikes cycling along quiet country roads, ending with wine tasting at a local vineyard.

## Day 3: Assateague & Chincoteague

Cycling: 25 miles  
Lodging: Chincoteague Island, VA

Today's adventure begins with cycling on Assateague Island, part of our US National Seashore, and where hundreds of wild ponies have made this their home since the early 1800s. In addition to the amazing ponies, Assateague Island is home to deer, fox and dozens of bird species making our day a truly fantastic wildlife experience, complimented by the spectacular Atlantic Coast scenery!

## Day 4: Cycling Virginia Beach

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Cycling: 22 miles  
Overnight: Oceanfront - Virginia Beach

We leave the ponies behind and head to Virginia Beach for an easy but scenic day of cycling stopping to visit First Landing and the twin Cape Henry Lighthouses before continuing on to VB's awesome boardwalk where you'll spend the remainder of the day exploring on your own or just relaxing on the beach.

## Day 5: Kitty Hawk to Rodanthe

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Cycling: 45 miles  
Lodging: Oceanfront – On the Outer Banks

Get ready for boundless Atlantic vistas as we begin our cycling on the famous Outer Banks. We start just outside of Kitty Hawk where we'll stop to explore this awesome National Monument. From there its on to Roanoke Island for a great lunch stop and gorgeous views, before ending at the Bodie Island Lighthouse. We spend the rest of the day at the beach and enjoying our fantastic oceanside lodging.

## Day 6: Cape Hatteras to Rodanthe

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Cycling: 25 miles  
Lodging: Oceanfront – On the Outer Banks

Today we begin our cycling from the famous Cape Hatteras Lighthouse and we'll cycle back to Rodanthe, just 25 easy, but beautiful miles, allowing the rest of the day for chillin' on the beach!

## Day 7: Jamestown and Colonial Williamsburg

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Cycling: 10 miles  
Lodging: Williamsburg, VA

Today is a full day of exploration taking in both Jamestown, the first American settlement, and incredible Colonial Williamsburg, both taking us back in time to the very birth of the United States. (Admission to attractions not included.)

## Day 8: Virginia Capital Trail to Richmond, VA

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Cycling: Rider's Choice up to 52 miles  
Lodging: Richmond, VA

We start out at Jamestown and cycle the awesome Virginia Capital Trail all the way to Richmond. The cycling is spectacular as is the scenery along this gorgeous, all paved trail! We spend our final night in Richmond with fantastic nightlife and dining options.

## Day 9: Return

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8:30 AM: Departure from Richmond airport or return shuttle to BWI.