



CYCLING SONOMA COUNTY

sonomacountyparks.org

Key Features

- Cycling on the nations premier cycling routes
- Enjoying the scenery at a relaxing pace
- Supporting the sustainable economy

Overview

The following three days presents a variety of cycling adventures covering a broad spectrum of ability levels. The routes may be combined, extended, or truncated to meet your needs and availability. The loops include visits to parks for lunch breaks, breathtaking views of wine country, and a ride through the redwoods to a small town. The routes may be undertaken easily while staying overnight in any number of towns including Healdsburg, Windsor, Sebastopol, and Occidental. Cyclists are advised to go early to beat the motorists.

For Sonoma County Regional Parks info: www.sonomacountyparks.org, or 707-565-2014

For cycling in Sonoma County info: Sonoma County Bicycle Coalition at www.bikesonoma.com

Day 1 – Wine Country on the River

This moderate ride takes you through 20 miles of iconic wine country and Russian River scenery. Allow three to four hours of riding time for experienced riders, more for weekend warriors. Begin your adventure at [Healdsburg Veterans Memorial Beach](#) on the Russian River with a view of the historic Healdsburg Bridge. Cross the bridge to Front St. and make your way through town to Mill St. /Westside Road. Although the road is a bit bumpy and narrow at the beginning, it soon widens and provides a smooth ride with sweeping valley views. After a few miles the road turns right and begins to wind through farms and becomes more heavily forested as you approach Wohler Road. Turn left onto Wohler Road and cross the historic Wohler Bridge, built in 1921. Head south on Wohler and bear left at the intersection with Eastside Road. Stop in at [Riverfront Regional Park](#) for a snack in the redwood shaded picnic area. Two reclaimed ponds that were once gravel quarries wait for you beyond the picnic area should you choose to augment your ride with a walk.

After the break complete the loop by continuing north on Eastside Road to Old Redwood Highway, which will lead you right back to Healdsburg Veterans Memorial Beach. If it is a warm summer day, you may want to take advantage of the lifeguarded swimming area for a refreshing dip after your ride!

Day 2 – The Redwoods and Coast

This moderate to difficult ride showcases breathtaking coastal views, small towns, and forests in western Sonoma County. The route is roughly 31 miles, with an optional ten mile out-and-back extension to [Doran Beach Regional Park](#).

Start your day in the small west county town of Occidental. If you drove over, you may leave your vehicle at the Occidental Community Center parking lot. Head down Main Street and turn right onto Coleman Valley Road-well known in the cycling community for the steep eastbound climb featured in several cycling events. Although this itinerary takes the “easy” direction, be prepared to climb! The road ascends from Occidental, drops into Coleman Valley, and then it’s back up to the summit. After the summit Coleman Valley Road offers breathtaking views and a long-at times technical-descent to the ocean with little vehicle traffic.



Turn north when you reach Highway 1 and make your way to the estuary of the Russian River. Most of this section is relatively level, with a small climb as you approach the river. Take advantage of the great views with a lunch stop along the highway. Turn inland onto River Road/Hwy 116, where you will continue for several miles over rolling terrain. The road is quickly enveloped by forests and provides a shady ride to the junction with Bohemian Highway. In Monte Rio, take the winding Bohemian Highway south through the redwoods. Along the way you will pass former logging enclaves over gentle terrain until you begin the gradual climb up to Occidental for the last several miles.

You may extend your trip with a short out and back to Doran Beach Regional Park, a sandy two mile long spit of land that forms the southern boundary of Bodega Bay. Doran Beach includes a campground, day use picnic areas, restrooms and showers.

Day 3 – Rails to Trails

This easy 28 mile out and back allows you to experience the local lifestyle via a paved, mostly off-road bike path. The [West County & Joe Rodota Trails](#) meander over mostly level ground through agricultural and open space land between Santa Rosa, Sebastopol, and Forestville.

You may want to grab a cup of coffee or breakfast in Historic Railroad Square before beginning this route in Santa Rosa. The Joe Rodota trail starts at the pedestrian/bicycle bridge intersection with the Prince Memorial Greenway (between West 3rd Street and Railroad Street). The West County & Joe Rodota Trails are built along land that was once the Petaluma and Santa Rosa Railway, a line that linked Petaluma and Santa Rosa with Sebastopol and Forestville. The trail offers beautiful views of farms, vineyards, and other agricultural lands. Along with the year around views you will be treated to ripe blackberries during the summer months. Pull off in Graton or Forestville for tantalizing lunch options.