

POTOMAC HERITAGE ODYSSEY

INFORMATION BOOKLET

We hope this Information Booklet gives you the details you need to make a decision to join us on the Potomac Heritage Odyssey in 2010. Don't hesitate to email info@virginiaodysseys.com or call 757-810-3102 with any questions you might have.

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POTOMAC HERITAGE ODYSSEY ITINERARY

The **Potomac Heritage Odyssey** is available as either an **8-day, 7-night** tour (Saturday through Saturday) or a **6-day, 5-night** tour (Monday through Saturday). The 8-Day tour begins in Alexandria on Saturday afternoon at 3:00 PM. The 6-day tour begins in Fredericksburg on Monday afternoon at 2:00 PM. Biking the Civil War battlefields and historic Fredericksburg are included in the 6-day tour. Prices and logistics for both tours are given below.

Day 1 Saturday, September 11

Meet in Alexandria
Holiday Inn Old Town
Distance – 10-15 miles

We'll meet at our hotel in Old Town Alexandria mid-afternoon Saturday. After checking-in and relaxing, we'll take a short warm-up ride at 4:00 PM and explore Old Town by bike. We will bike following in Washington's Footsteps, going past many of his haunts, including Gadsby's Tavern, Christ Church, Stabler-Leadbeater Apothecary, and the towering 1932 Masonic Memorial Temple. For Civil War history buffs, we will pass by the boyhood home of Robert E. Lee, visit the first National Cemetery and travel thru the tunnel of the Alexandria and Orange Railroad. For modern day bicycle advocates, we will take the new bicycle/pedestrian side path with spectacular views of Washington and Alexandria on the Woodrow Wilson Bridge built for cars. Dinner in Old Town tonight.



Day 2 Sunday, September 12

Tour de Monuments – Washington, DC
Holiday Inn Old Town
Distance – 30 miles

Today's ride is a special treat - a guided bicycle tour to many of the famous, and not so famous, monuments in the District of Columbia, Arlington, and Alexandria. The traffic is light on Sunday so it seems the DC streets have become bike paths. We begin by biking up the Mt. Vernon trail, a major bike commuter route to DC, to the Pentagon and the recently completed memorials to the 9-11 victims and to those who have served with valor in the Air Force. We will continue honoring our military as we pass by the poignant tombstones of Arlington Cemetery and the Marine Corps Iwo Jima Memorial. Spectacular views of the Kennedy Center, Washington Monument, Lincoln Memorial await us as we cross the Potomac to our nation's capital city. Low traffic on Sunday morning will allow us to travel peacefully on the streets to pass by the White House, Ford's Theater, the Newseum, several embassies, and many more of the lesser known treasures honoring our national heritage as we make our way to Capitol Hill. The Capitol building is truly an amazing site up close and with its view overlooking the National Mall. We coast down the hill to the Mall and its many museums as we make our way to the iconic Washington Monument. It too is on a hill with more great views of the Washington skyline. We then move on to the Reflecting Pool and Tidal Basin with their cluster of memorials to Presidents Lincoln, Jefferson, FDR and memorials honoring those who fought in the major wars of the 20th century. Now it's a short 6 miles ride back along the beautiful Potomac to Alexandria. Peruse the 1573 (and counting) [Washington memorials](#) and attractions and let us know if you have a favorite that we might be able to include on the tour.



Day 3 Monday, September 13

Alexandria to Fredericksburg

Marriott Fredericksburg Historic District

Distance – 15 or 30 miles

We leave Alexandria on the [Mount Vernon Bike Trail](#), following the Potomac enroute to George Washington's home. This delightful 12-mile morning ride will bring us to [Mount Vernon](#) in plenty of time to have a leisurely tour of the estate and gardens. The tranquil setting of this historic estate on the Potomac is indeed a national treasure. After enjoying lunch at Mount Vernon, we'll shuttle to Fredericksburg on the banks of the Rappahannock River. We'll mount our bikes again for a 15-mile [Civil War Battlefield](#) tour, learn about the Battle of 1862, and explore the timeless [Historic District](#). Our downtown hotel is located in the middle of the Fredericksburg National Historic District. A short walk before dinner brings us to our restaurant overlooking the Rappahannock. After dinner, an optional visit to the [Capital Ale House](#) will let us sample a pint or two of their many micro-brewery selections.

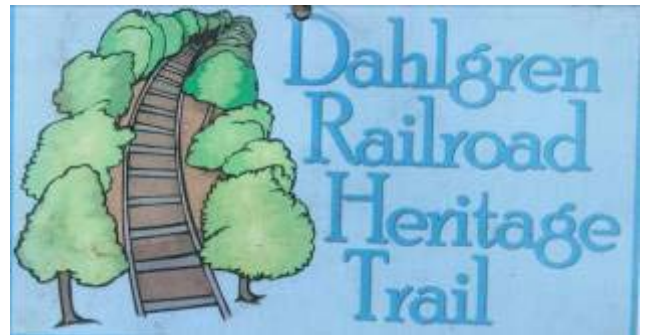
Day 4 Tuesday, September 14

Fredericksburg to Colonial Beach

The Plaza B&B + The Bell House B&B

Distance – 30 (shuttle) or 45 miles

Continuing our George Washington theme, our first stop this morning is the [Ferry Farm](#), just outside Fredericksburg, where young George spent his boyhood. A special treat is biking the [Dahlgren Railroad Heritage Trail](#) as we wind our way to [Caledon State Park](#) for a picnic lunch. This designated National Natural Landmark is the summer home for one of the largest concentrations of bald eagles on the East Coast. As many as 60 eagles have been spotted on the bluffs overlooking the Potomac River. The park ranger will take us on a guided hay wagon tour. Our afternoon biking brings us to [Colonial Beach](#) on the banks of the Potomac. It's time to take our shoes off and walk along the beach and maybe get in a swim before dinner.



Day 5 Wednesday, September 15

Colonial Beach to Stratford Hall

Stratford Hall

Distance – 30 (shuttle) or 40 miles

Imagine a day when you bike to the [birthplace](#) of our 5th President, James Monroe; the [birthplace](#) of George Washington; and then on to [Stratford Hall](#), home of two signers of the Declaration of Independence and birthplace of Robert E. Lee – well, this is that day! We'll have guided tours at each historic site, but still have plenty of time for a relaxed lunch and wine-tasting at [Ingleside Vineyards](#), where elegant wines have been produced since 1980. We bike on Virginia's Northern Neck, a peninsula bounded by the Potomac and the Rappahannock – our route takes us from the Potomac to the Rappahannock and then back again to the Potomac. Stratford Hall is our home for two days allowing us time to immerse ourselves in a bygone era of "life on the Potomac."



Day 6 Thursday, September 16

Layover Day

Stratford Hall

Distance – 0, 10, 15, 20 or 35 miles

There are lots of choices to consider today after our hearty plantation breakfast! Bike loops of various mileages all start and end at Stratford Hall. Maybe this is a day to relax on the deck at your lodging, or explore the grounds and [hiking paths](#) on the 1900 acres of Stratford Hall. You may want to walk the cliffside beach in search of sharks teeth and visit the working Gristmill. The [Miocene formation cliffs](#) at Stratford Hall are unique in that such formations are found in only three other places in the world (the Los Angeles basin, Austria, and Belgium). You can also visit [Westmoreland State Park](#) and swim at its beach. After dinner we can go star-gazing in the Stratford dark night sky. Can you see the Milky Way?



Day 7 Friday, September 17

Stratford Hall to Reedville

Ma Margaret's House B&B + The Gables

Distance – 30 (shuttle), 40 (shuttle) or 50 (shuttle) or 65 miles

Continuing our journey on the scenic [Northern Neck](#) we bike through farmland, pastures, and vineyards as we head toward the Chesapeake Bay. Our destination is Smith's Point, where the Potomac River flows into the Chesapeake. [Captain John Smith](#) explored these waters, which he named "Patawomeck," in the summer of 1608. Four hundred years later, we'll explore by bicycle. Lunch will be at historic [Hughlett's Tavern and Rice's Hotel](#) in Heathsville. After lunch we'll watch the blacksmiths at work in Dan's Forge. We'll take the [Sunnybank Ferry](#) across the Little Wicomico River before arriving at [Smith Point Marina](#). We'll raise a champagne toast to John's Smith's sailing adventure *and* our biking adventure as we watch the Potomac flow into the Chesapeake Bay! The quaint fishing village of Reedville is our home for the evening. We conclude our journey with a visit to the [Reedville Fishermen's Museum](#) and "Cocktails on the Creek" - and perhaps a sail on the Claude W. Somers classic skipjack. We can review our Potomac Heritage biking adventure tonight during our celebration dinner in Reedville.



Day 8 Saturday, September 18

Return Shuttle to Alexandria or Fredericksburg

Depart from Reedville

Additional biking available if spending Saturday night in Reedville.

WHAT'S INCLUDED

Tour Price

8-Day Early Bird before May 1 \$1,495 per person, double; \$ 1,895 per person single occupancy
Regular after May 1 \$ 1,595 per person, double; \$ 1,995 per person, single occupancy

6-Day Early Bird before May 1 \$1,195 per person, double; \$ 1,595 per person single occupancy
Regular after May 1 \$ 1,295 per person, double; \$ 1,695 per person, single occupancy

Payment Schedule May 1 \$ 500 deposit per person (or upon reserving a place)
August 1 **8-Day** \$ 995 (Early Bird) \$ 1095 (Regular) due
6-Day \$ 695 (Early Bird) \$ 795 (Regular) due

Please make checks payable to: Virginia Odysseys LLC.
Address: 109 Woodmere Dr., Williamsburg, VA 23185

Included in the Tour Price

- 7 nights accommodation (or 5 nights)
- 7 breakfasts, 3 lunches, 7 dinners (or 5 breakfasts, 2 lunches, 5 dinners)
- Car Parking in Alexandria, Fredericksburg or Reedville
- Snacks, fruit, and drinks for each day's ride
- Entrance to parks, attractions, museums, and wine tastings
- Support along the route
- Maps and Cue Sheets
- Luggage transfers
- Experienced guides

Not Included in the Tour Price

- Bike Rental
- Train travel
- Alcohol at dinners

Cancellations Full refund (less \$50) if cancellation before August 1. Refunds after August 1 based on amount refundable from hotel and travel support vendors.

WHEN, WHERE, & HOW TO ARRIVE

When

The **8-Day** Potomac Heritage Odyssey will officially begin in Alexandria, Virginia, on Saturday, September 11 at 3:00 PM. It will end in Reedville, Virginia, after breakfast on Saturday, September 18. The **6-Day** Potomac Heritage Odyssey will officially begin in Fredericksburg, Virginia, on Monday, September 13 at 2:00 PM. It will end in Reedville, Virginia, after breakfast on Saturday, September 18.

Where

The Start: **8-Day** [Holiday Inn Old Town](#), 625 1st Street, Alexandria, VA 22314
Telephone 703-548-6300
Check-in time is 3:00 PM. You can arrive earlier to explore Alexandria and leave your luggage in the hotel.
6-Day [Marriott Downtown Historic District](#), 620 Caroline Street, Fredericksburg, VA 22401
Telephone 540-373-8300

The End: [Ma Margaret's House](#), 249 Greenville Road, Reedville, Virginia 22539
Telephone 804-453-9110
[The Gables](#), 859 Main Street, Reedville, VA 22539
Telephone 804-453-5209

Arrival

By Plane Washington is served by two airports – [Dulles International](#) and [Reagan National](#). Complimentary shuttle is available from Reagan National to the Holiday Inn Old Town. Ground transportation is also available from Dulles to the Holiday Inn Old Town.

By Car

8-Day Suggested logistics for arrival by car is to drive directly to Reedville where our tour will end Saturday after breakfast. You will park your car here for the week, and you, your luggage, and your bike will be taken to the start of the tour in Alexandria. Simple, easy – and no driving in the city! Approximate driving time from Reedville to Alexandria is 2½ hours. We will set a departure time from Reedville once we know who would like to leave their car in Reedville. Most likely the departure will be at 12 Noon.

6-Day Suggested logistics for arrival by car is to drive directly to Reedville where our tour will end Saturday after breakfast. You will park your car here for the week, and you, your luggage, and your bike will be taken to the start of the tour in Fredericksburg. You can also arrive in Fredericksburg and leave your car for the week. You will be taken back to Fredericksburg on Saturday at the end of the tour. Approximate driving time from Reedville to Fredericksburg is 1½ hours.

WHAT TO EXPECT

Accommodations

Each overnight accommodation has been hand-picked for its location, uniqueness, and special hospitality for cyclists. Needless to say, we'll sleep very well after our day of adventures both on and off the bike.

Saturday & Sunday September 11, 12

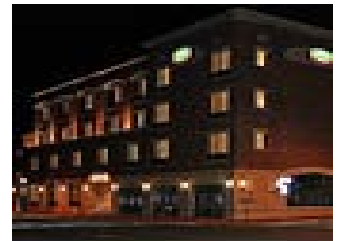
[Holiday Inn Old Town](#), 625 1st Street, Alexandria, Virginia 22314, Phone 703-548-6300
Our hotel for two nights is in the heart of historic Old Town Alexandria, only five blocks from the Potomac River. The rooms have recently been updated and provide spacious accommodations. Complimentary parking for your car is available for the length of the tour.



Monday September 13

[Marriott Downtown Historic District](#), 620 Caroline Street, Fredericksburg, VA 22401, Phone 540-373-8300

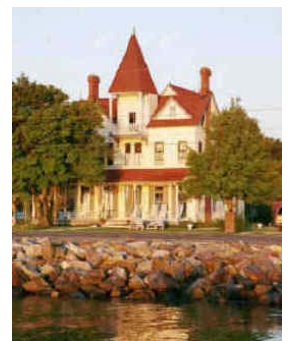
This new hotel has a special European flair and all the amenities we need – indoor pool, Jacuzzi, complimentary wireless, luxurious bedding, and a very helpful, friendly staff. It's an ideal base for exploring the Fredericksburg battlefields and National Historic District. A hearty breakfast with Starbucks coffee will get us energized for our Tuesday bike ride.



Tuesday September 14

[The Plaza B&B](#), 21 Weems Street, Colonial Beach, VA 22443, Phone 804-224-1101

[The Bell House B&B](#), 821 Irving Avenue, Colonial Beach, VA 22443, Phone 804-224-7000
We use two Bed & Breakfasts a few blocks apart in Colonial Beach – The Plaza (5 rooms + cottage) and The Bell House (4 rooms). Both exude charm and southern hospitality and will make us feel right at home. The Plaza has a heated outdoor pool and a Jacuzzi which we can all use. Whether rocking on the front porch or relaxing in the garden, each lodging beckons us to slow down and "sit a spell." The Victorian Bell House was Alexander Graham Bell's summer home.



Wednesday & Thursday September 15, 16

[Stratford Hall](#), 483 Great House Road, Stratford, VA 22558, Phone 804-493-8038

Our rustic lodgings at Stratford Hall are perfect for enjoying the ambience of the magnificent Great House at Stratford and the 1900 acres on the Potomac River. The Cheek House has a common area and a wonderful deck for sitting and sampling our wine and cheese from Ingleside Vineyards. We have our meals at the [Dining Room](#) next door.



Friday September 17

[Ma Margaret's B&B](#), 249 Greenfield Road, Reedville, VA 22539, Phone 804-453-9110

[The Gables](#), 859 Main Street, Reedville, VA 22539, Phone 804-453-5209

We again use two Bed & Breakfast inns for our lodgings in Reedville. One is located on Main Street in downtown Reedville, and one is a few miles outside of town. Both extend a warm welcome in a relaxed setting – one urban; one rural. Our last evening celebration will be in Reedville at the regular Friday night get-together at the Fishermen's Museum and at our restaurant for dinner.



Food

We'll eat well! Our breakfasts will be ample and supply the needed energy for an active day! Dinners are typically three-courses. Snacks and water will be provided by the Support Van. Vegetarian and special diet meals are available by request.

Number of Potomac Heritage Cyclists

The lodging and transportation logistics require that our group size be capped at 20, plus two leaders.

Bikes

Our routes are all paved, with one 0.6 mile unpaved section on Wednesday. There is an option to bike five miles of the unpaved, hard-packed stone dust Dahlgren Railroad Heritage Trail on Tuesday between Fredericksburg and Caledon state Park. Road bikes, touring bikes or hybrids with tire widths ranging from 18C to 35 C are all OK. A multiple speed bike (21-27 gears) is recommended.

Your Own Bike It is assumed that you will bring your own bike if arriving by car. See Guidelines above.

Rental Bikes Rental bikes are available from [Bike and Roll](#) in Washington, DC. The bike you reserve will be waiting for you at the Holiday Inn in Alexandria (or the Marriot in Fredericksburg) when you arrive. The rate is the same for 8-days or 6-days.

Trek Bike Options

7200 Hybrid	\$90
FX 7.2 Performance	\$135
1.5 Road Bike	\$180

Please bring your own rear rack bag to carry your gear. A limited number of rear rack bags are available on a first-come, first-serve basis. You will need to bring your own pedals if you want to have toe-clips or clipless pedals.



Support Van

Our Support Van will be capable of carrying cyclists and bikes as needed. The van will carry luggage, water, snacks, and picnic lunch supplies.

Terrain and Miles per Day

Daily biking distances are listed in the day-by-day itinerary. The terrain is basically flat, but some terrain is rolling. There are no major climbs.

Multi-Sport Adventure

Bring your bathing suit. There are indoor pools on three nights, outdoor pool on one night, and beaches on three nights. Jacuzzis are also available. Optional massages are available by prior arrangement.

Climate

Temperatures: September average High 80° F; Low 60° F

Daylight: Sunrise 6:35 AM - Sunset 7:05 PM

Precipitation: September average 4.3 inches

BEFORE & AFTER YOUR TOUR

If you want to arrive before the tour begins, reservations can be made at either The Holiday Inn Old Town or either of the two B&Bs in Reedville.

POTOMAC HERITAGE ODYSSEY RESOURCES

Books

The Stronghold, A Story of historic Northern Neck and Its People. Miriam Haynie.

Films

Wikipedia lists films

Disclaimer/Responsibility Statement

Virginia Odysseys LLC acts only as an agent for various independent suppliers that provide accommodations, transportation, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Virginia Odysseys and their respective employees, agents, representatives, and assigns, accept no liability whatsoever for any injury, damage, loss, accident, delay, or other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.