

## Cycling the islands burns calories

Tourists oftentimes pack on extra pounds as they sample food fare. However, if one pedals to scenic vistas, the food is virtually guilt-free.

My wife and I left our car in Seattle and did a 400-mile, 10-day loop that took us to Whidbey Island, Port Townsend, Port Angeles, Victoria/Sidney in British Columbia, San Juan Islands, Anacortes, Wash., and eventually Seattle.

I calculated that pedaling burned approximately 17,500 calories beyond what I would normally use in 10 days. The average male burns between 2,000-2,500 calories per day. The exercise on the trip meant I could eat the equivalent of seven extra days of food!

Pedaling also makes it more likely you'll meet people, have conversations that otherwise would not occur and see things that one would not on the interstate.



To enjoy touring, knowledge is the key.

**Wheels:** Before we started our tour, we switched 16-spoke race wheels to 40-spoke wheels. If one breaks 1 of 16 spokes, one is done. If one breaks 1 of 40 spokes, one can pedal on.

**Ferries:** We utilized six ferries. Ferries are economical and convenient for cyclists. The most we paid for the tandem was \$6. The cost of transporting a vehicle ranged from \$53 at one port for a standard vehicle to as much as \$385 for a 60-foot vehicle. Equally important: the vehicle line sometimes stretches for 1-2 miles. That means motorists may wait for multiple ferries for 2-4 hours before boarding. There is no line or wait for bicycles because every ferry has plenty of room to tie up a bike.

**Bicycle paths:** West of Port Townsend, we turned onto Blyn Road and located the 30-mile Discovery Trail that ends in Port Angeles and keeps one off Highway 101. From Victoria, we followed the 17-mile Lockside Trail to Sidney. The scenery was outstanding as was the solitude.

**Know when to stop:** As we neared Sequim, Wash., we considered pressing on to Port Angeles. The darkening rain clouds and ebbing of sunlight changed our minds.

**Gear up:** On this trip, Seattle had a record 1.44 inches of rain the one day. Port Angeles had 1.3 inches the night we stayed in Sequim. Even Victoria had record rain the day we arrived.

**Lodging/bicycles:** Our tandem/cart stretches 12 feet. We ask for first-floor accommodations and/or policies on bicycles in the rooms. The Robin Hood Motel in Victoria and the Coupeville Inn offered us the use of a secured conference room.