

Northern Trace Bicycle Tour



This year's Northern Natchez Trace bicycle tour has been modified to increase the number of nights we stay at the wonderful inns chosen for this tour and to cycle some of the fabulous back roads surrounding the Natchez Trace. The combination of inn's, extra curricular activities and cycling make this one of the very best tours we have to offer.

Detailed Itinerary

Day 1 - Music City - Nashville, TN

Arrival day! This evening we will visit one of the venues that have helped to define Nashville as the Music City. We will spend an evening at the Grand Ole Opry and take in a show at the country's longest running entertainment program before returning to the exquisite Hermitage Hotel.

Meals: Dinner

Day 2 - Cycle to Franklin

Today we will cycle through one of Nashville's most established areas and through the beautiful Warner Park before venturing on to the historic community of Franklin, TN. Our journey today will take us through some well used cycling routes before arriving in Franklin for a late lunch. Tonight we will venture in to downtown Nashville to take in some of the famous sights and sounds.

Meals: Breakfast, Lunch, Dinner

Mileage: 30+ - 50+ miles

Day 3 - Begin the Natchez Trace

We begin the day with a short commute to the Natchez Trace. But before getting on our bikes we will enjoy a full country breakfast at the renowned Loveless Cafe. We will cycle along the Natchez Trace from its northern terminus to the quaint community of Leipers Fork before traveling through the beautiful country roads in route to the Deer Run Retreat.

Meals: Breakfast, Lunch, Dinner

Mileage: options ranging from 30 to 60+ miles

Dates: Apr 22-28, Oct 23-29*

* October tour is ridden from Florence to Nashville

Cost:

Accommodations 6 Nights Lodging

Single Occupancy \$2675

Double Occupancy \$2100

Deposit - \$250 per person with the balance due 60 days prior to the tour start date.

Places of Interest:

Below are a few links that will help you research the area associated with this bicycle tour.

- [Nashville, TN](#)
- [Grand Ole Opry](#)
- [Parthenon](#)
- [Natchez Trace](#)
- [Parkway](#)
- [Florence, AL](#)
- [Scenic Trace](#)

Accommodations:

Night 1 & 2: Nashville, TN
[The Hermitage Hotel](#)



Night 3 & 4
Thompson Station, TN
[Deer Run Retreat](#)

Day 4 - Back Roads of Middle Tennessee

After a gourmet breakfast we will cycle along the quiet back roads surrounding the Deer Run Retreat. There will be options for those who prefer to take it easy in the comfortable retreat of our host inn.

Meals: Breakfast, Lunch, Dinner

Mileage: options ranging from 30 to 60+ miles

Day 5 - South on the Trace

We leave our gracious hosts at the Deer Run Retreat in route to Florence, AL. Today we cycle on the Natchez Trace stopping at a number of historic sites along the way before arriving at the site of Meriwether Lewis's untimely death and grave. Tonight we will be staying at the beautiful Shoals Marriott Resort and Spa.

Meals: Breakfast, Lunch, Dinner

Mileage: options ranging up to 75 miles

Day 6 - Back Roads of Northern Alabama

Today we will cycle through the scenic back roads of Florence, AL looping back to the Shoals Spa for an afternoon of relaxation. This evening we will enjoy a special celebratory meal at the wonderful 360 Degree restaurant.

Meals: Breakfast, Lunch, Dinner

Mileage: options ranging from 30 to 60+ miles

Day 7 - Shuttle Back to Nashville, TN

After a full gourmet breakfast we will say goodbye to Florence and shuttle back to the origination point. The shuttle will take approximately three hours which will give you plenty of time to reflect on the experiences of the past few days with your new found friends.

Meals: Breakfast, Lunch



Nights 5 & 6 : Florence, AL

Shoals Marriott

