



Burn and Bike: 7 Epic Cycle and Gourmet Foodie Trips

Pedal the world's best dine-and-wine destinations, then sleep in style

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(Photo: Enrico Caracciolo)

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Jen Murphy, a regular Outside contributor and its online travel-advice columnist, splits her time between Maui, Hawaii, and Boulder, Colorado.

By some stroke of topographic luck, some of the best roads for biking are located in the world's top food and wine territory. Here's where you can feed your burn like a king.

California



TerraVelo Tours

Just when glamping fatigue was setting in, TerraVelo Tours came along and reimagined the fancy camping concept for cyclists. Launched in 2014, TerraVelo runs itineraries in Utah and Wyoming, but gourmands should head to California. Start at [Point Reyes National Seashore](#), hit Napa Valley, Highway 1, redwoods in the [Avenue of the Giants](#), and finish up with surfing on the [Lost Coast](#) in Mendocino County. Daily rides range from 20 to 89 miles. In addition to canvas tents with memory-foam beds, perks include a juice and wine bar, sunrise yoga, an in-camp masseuse, and a team of chefs preparing pork loin sandwiches and duck confit chile rellenos.

[Seven-day tours](#) from \$5,990.

Italy and Sicily



(Enrico Caracciolo)

Cinghiale Cycling Tours

Andy Hamsten—the only American cyclist to win the Giro d'Italia—launched Cinghiale Cycling Tours in 1997, focusing exclusively on rides throughout Italy. Trips are geared toward more serious riders, with most rides between 30 and 40 hilly miles per day. Itineraries geared toward super-serious riders tackle mountain passes and intense descents daily. Tuscany is the classic itinerary—loaded with cooking lessons, wine tastings, and authentic restaurant meals—but Cinghiale also offers trips to Sicily and the Dolomites.

[Seven-day tours](#) from \$3,450.

France



Gourmet Cycling Travel

What happens when a former pro cyclist and a chef with Michelin-star experience team up? Gourmet Cycling Travel. The founders, cyclist Simon Kessler and chef Jonathan Chiri, personally lead every trip—in Spain, France, and Italy. Kessler's love for the Tour de France inspired him to create a TdF Final Week itinerary, which takes riders through three regions to see three Alpine stages of the Tour, including Alpe d'Huez, plus the finish stage in Paris. Each day of the eight-day trip has options for noncyclists, so while you climb Ventoux, your companion can take a cooking class or go on a hike. The day's adventures are exchanged back at cush hotels over lengthy, wine-fueled meals.

Eight-day trip, \$6,495.

Australia



Gray and Co.

Gray and Co. prides itself on catering to the world's most discerning active travelers. The guest-to-guide ratio is two to one, and trips include a full support team and accommodations ranging from villas to chateaus. Over-the-top itineraries span the globe, but food and wine lovers looking for an unexpected experience should consider Australia. Gray and Co. can craft trips for the Barossa Valley and Kangaroo Island, Tasmania and Daylesford, or Western Australia. Days include plenty of pedaling, plus stays at luxe foodie hotels like the Louise and Southern Ocean Lodge.

\$1,500 per person per day.

Cambodia and Vietnam



Trek Travel

If you're a fan of [Trek bikes](#), then you'll definitely be a fan of Trek Travel: You'll ride a Trek bike that's selected to match your riding style. Itineraries span the globe and can be customized to satisfy both the hardcore and those just learning to use clipless pedals. Trek Travel's 12-day Cambodia and Vietnam itinerary takes riders past rice paddies, temples, and beaches. Day four offers serious riders the challenge of tackling Paradise Pass, the highest pass in southern Vietnam. Each night, cyclists retire to a five-star hotel, such as Evason Ana Mandara, and days are sprinkled with visits to food markets, traditional restaurants, museums, and local villages. Bonus: Anyone who takes a Trek Travel vacation receives \$300 off any 2015 5 Series or 6 Series Trek Domane, including Project One, and the Trek Emonda SL6 and SL8 models.

From \$5,449.

Argentina



(Courtesy of DuVine Cycling + Adv)

DuVine Cycling and Adventure Co.

DuVine Cycling and Adventure Co.'s itineraries are packed with fancy hotels, awesome food, and top-of-the-line bikes from brands like Cannondale and Giant. The most challenging part of the six-day Mendoza trip is avoiding a hangover. Cyclists pedal through the Luján de Cuyo and Uco Valley vineyards; rest stops take the form of wine tastings at Catena Zapata and Salentein. The trip is geared toward weekend cyclists, with daily mileage ranging from nine to 28.6. Calories burned are quickly replenished with local specialties, such as empanadas and chimichurri. At night, guests recharge in luxe hotels, including the Vines Resort and Spa, where they're treated to a meal cooked by celeb chef Francis Mallmann.

From \$4,695.