



SALISH HERITAGE BICYCLE TOURS



Custom Cultural Bicycle (or Walking) Tour

Immerse yourself in the Northwest's culture and get some exercise at the same time! Learn about the rich history and heritage, geographical and environmental diversity, and economic, geological and cultural complexity of the area. You will see great art, visit corridors of the community that few other tours see, and learn some wonderful stuff about its storied past. Choose from several itineraries.

Bike tour are best...

- ⇒ Pick a route (we're happy to assist.)
- ⇒ Travel at your own pace.
- ⇒ Go places bus tour can't go.
- ⇒ Learn fascinating things about the local history & culture.
- ⇒ Gain special insights from a local.
- ⇒ Get exercise.
- ⇒ Leave the air as clean as you found it.
- ⇒ Have a hoot of a time!!!



International Bicycle Fund

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Discover Seattle and Environs by Bicycle

"A city bicycle tour is like a leachy fruit; maybe not the prettiest item on the fruit stand, but peel off the shell and nothing is sweeter and more satisfying!"

David Mozer, Director of Ibike Tours

Over the past 150+ years Seattle and the Northwest have gone through ethnic transformation, environmental transformation, economic transformation and cultural transformation. Sometime the changes have been interdependent and sometimes the change has been independent, but rarely has it been linear. A bicycle tour is a great way to explore all of this.



For those who already love Seattle, or for those who are willing to fall in love with it, Ibike Tours' Seattle bike tour is a fascinating excursion into the heart and soul of this magical city and its environs. Ibike has an inventory of 1800 points of interest in the city to choose from, and an almost infinite number ways to connect them for a fun and enriching bike tour. It just so happens the almost every building and every street has a story -- some happy, some inspiring, some ironic and some sad, but all are informative. We won't try to tell you every tale, but selected stops along the way provide insight that bring out the rich history and heritage, geographical and environmental diversity, and economic, geological and cultural complexity of Seattle. Participants have opportunities to learn how: the indigenous Salish people who lived before contact with Europeans, Hawaiians were early foreign trappers and traders in the region, Chinese immigrants built the infrastructure, Japanese immigrants fed the people, African-Americans and Jews outfitted the gold rushers and other ethnic groups transformed the land. We visit local markets, wander in historic districts, examine art and architecture, identify flora and fauna and enjoy the extraordinary friendliness of the people and inspirational beauty of the city. The rich cultural heritage of Seattle is a virtually undiscovered treasure and the quality of the bicycling is legendary. The program is more than a bicycle trip; in addition to the physical activity you can enrich your mind and nourish your spirit. Custom programs can be arranged year round. Kid-friendly itineraries are available.

Ibike produces immersion, people-to-people, educational programs for those who want to learn more about the people of the world, as well as see the beautiful sights. The cycling varies from program to program but is generally easy to moderate. The program is ideal for the realist who appreciates the world and the wonderful rewards gained for the modest rigors of bicycle touring.

David Mozer, the program director, has been involved in civic and multi-cultural activities and living the history of the Seattle area since the 1960's.

FACT SHEET: Salish Heritage Custom Bike Tours

Custom departures, year round, depending on availability. Choose a preset route (see below) or create your own.

- ◆ Half-day: \$100 per person * (Downtown Architecture and History, Women's Tour, Popular Culture, Ethnic Tour, Est Tour, Bicycle Facilities Sampler, Historic Neighborhoods Abridged, etc)
- ◆ Eight hours: \$160 per person * (Historic Neighborhoods, or combination of other routes)
- ◆ Fees are for guide only and don't include taxes (9.6%), meals, drinks or bikes - bikes can be rented locally. Average out of pocket expenses per tour \$30 plus or minus \$20.
- ◆ * **Discounts:** two-people 20%, three to five people 40%, six to ten people 50%, Eleven or more people 55%.

Sample of Set Bicycle Tour Routes (there are more suggestions on the website):

Women in the Character and Culture of Seattle (four hours) - The route takes in the Pike Place Market, Capital Hill, the University District and Fremont, highlight the contributions of women to the character and culture of Seattle, including politicians, suffragists, educators, artist, social activists, businesswomen.

Celebrating the Ethnic Diversity of Seattle (four hours) - From the arrival of the first immigrants in the region the newcomers have been multi-ethnic. This program examines the stories that lie behind the Euro-America facade of the Pike Place Market, Pioneer Square, International District (Chinatown, Japan Town, Little Saigon), the old Jewish neighborhood.

Duwamish of the Duwamish (four hours) - This very flat route up the Duwamish Valley explores the cultural, natural and economic history back to the time when the Duwamish people were the sole inhabitants of the area. A lot has shaped the valley from time of Duwamish's "Epic of the Wind" myth, to their constructions of numerous villages along the river, to contact with Europe's, to the industrial revolutions and current attempt to restore some of the natural environment.

"est" Tour (four hours) - A fun tour of a hundred of the oldest, tallest, and quirkiest sites in Seattle.

Interfaith Heritage (four hours) - Explore a slice of reverent and irreverent Jewish, Christian, Moslem, and Eastern faith, history and legacy in Seattle from Pioneer Square to Capital Hill and through the Central District..

Labor, Leftists and the Common Folk that shaped Seattle (four hours) - A social history of Seattle.

Popular Culture (four hours) - Seattle dominate popular musical culture has changed over time from vaudeville, to burlesque, to jazz, to garage rock, to hip-hop, to grunge, with more others sub-trends in between. There is also the opera, symphony and more theatre per capita than any place else in the country. We will survey these, along with some film locations and other tidbits that we let you in on the changing pulse of the city.

Seattle's Historic Neighborhoods (eight hours) - A scenic and historic journey through Seattle neighborhoods. The basic routes includes the Waterfront, Ballard, Fremont, University District, Leishi, Columbia City, Chinatown/International District and Pioneer Square. Some of the points of interest that can be included are Fisherman's Terminal, Discovery Park, fish ladders, Burke-Gilman Trail, Kite Hill, UW Campus, Washington Park Arboretum, Viretta Park, Lake Washington and Kubota Garden. Sub-themes can include ethnic communities, women, labor, popular culture, public art and architecture.

General Features of All Programs:

Small group exploration of the fascinating cultural and ethnic diversity (Native American, Asian American, African American, Pacific Islander and European American) and natural and social history of Seattle. Enjoy the extraordinary natural beauty of the mountains, waterways and forest, public art, architecture, historic sites, and beautiful bicycling.

Starting/Ending Point: any convenient location in greater Seattle, including hotels, B&B's, bike rental location, etc.

Skill Level: Suitable for Fit Beginners / Intermediate / Experts

Mileage: 5-80 km, 3-50 miles.

Cycling Conditions: Considering the overall topography of the are most of are routes are surprisingly flat — it is permissible to walk up hills. Some of the longer routes have longer hills. We'll ride rain, sprinkle or shine if you want. .

Accommodations: not provided, information available.

Van Support: no vehicle support, all local transit buses have bike racks and can be used to get back to the starting point.

Meals: not included in the cost of the tour, information on unique restaurants and cafes available.

Other Activities: Discussions, visits, walking

Bike: Touring, hybrid or mountain bikes are suitable. Bicycle helmets are required by local law.

Bike Rental: yes, from local bike shop bikes can be rented for \$25-35 for all day. Ibike has limited free loaner bikes.



SALSIH HERITAGE BICYCLE TOURS

Comments and testimonials from past participants:

"This is a four hour history course, with fresh air, exercise, no text book, no test and not too many dead white men -- pretty sweet."

Dan M.

"I also enjoyed the tour of Seattle and think it's a great city. The leadership of the tour guide, flexibility of the program, and the congeniality of the group made the trip an enjoyable experience. The historical sites, museum visits, people-to-people experiences, art galleries, and David's knowledge about the areas, all amassed into an opportunity to learn about the history, cultures, and peoples of the areas. I now have a better knowledge of the different peoples that have come and gone in the Pacific Northwest and the cultural and environmental changes that have taken place as circumstances and government policies have changed over the years."

Helen S.

"It was a wonderful way to see and learn about Seattle and its neighborhoods from various standpoints; convenience, speed, accessibility and beauty. It offered flexibility to stop and focus on those things that interested me and David was able to pass along much more information than I would have ever gleaned from a tour book. I also think that it really showed what a wonderful outdoor environment Seattle has to offer, from the beautiful views to the numerous parks and unique communities. All of these aspects were something that I never would have gained from wandering the city on foot for a day with a regular tour book."

Brian G.

"Captivating, stimulating and the most interesting educational experience I have had biking. The Ibike tour creates a cultural framework around art, life and history of Seattle and its neighborhoods. By far the most inexpensive, unique, customized tour by bike you'll ever find."

Lisa Q.

"The best part of the program was seeing my own city as if I was a visitor. I learned a lot I didn't know about Seattle even though I live here. I notice things I didn't notice before and now have interesting tidbits of information to share with my companions when I am in the different parts of the city."

Carol O.

"This was a great way to see Seattle. The best part of the program was traveling in my own city at just the right pace. Not too slow like walking and not too fast like driving. It was great! ... I enjoyed the historical tidbits and the info on the tiles, sculptures, etc. I've lived here for 18 years and learned a lot of new info."

Sally D.

"Great variety, good route."

Renee J.

"Idea for it is great. Lots of info.....interesting stuff"

Fran D.

"Great way to see the city...Views were beautiful...(You should) extend to other cities!"

Katy Z.

"Good value and nice way to get another view of Seattle."

Anne B.