



Epic mountain biking for women only



Chasing Epic is offering women-only mountain bike trips in Colorado. (Steve Mokan / Chasing Epic)

Phil Marty Chicago Tribune

Chasing Epic, which specializes in mountain-bike vacations, is branching out by offering three women-led trips in Colorado this summer that are for women only. These trips are aimed at intermediate to advanced mountain bikers, and the company stresses that the emphasis is on riding single track and not sightseeing. Each trip is based in one town, with daily rides exploring area trails. Two of the trips, including an upcoming April 23-25 outing, operate out of Fruita, near Grand Junction. The third trip, which is a day longer than the Fruita outings, is based in Crested Butte, a small town in central Colorado that some say is where mountain biking began. That trip, Aug. 12-15, is priced from \$1,250 per person, double occupancy, and includes lodging, bike rental and most meals. The trips also include an



eight-week training program to prepare. Info: 303-949-3933, <http://tinyurl.com/zjl45qg>

Hiking, the St. James way

Speaking of women-only trips, there's a hiking getaway being offered by CaminoWays.com, a company that organizes biking and hiking trips along the Camino de Santiago. That's the route that pilgrims take to the Cathedral of Santiago de Compostela in the Galicia region of northwest Spain, reportedly the resting place for the remains of the apostle St. James the Great. There are many variations of the Camino route, and this one concentrates on the Portuguese Coastal Way along the Atlantic Ocean. The original hike in September filled up fast, so CaminoWays has added another version, which departs June 25. The hiking will cover about 60 miles over six days, and there will be a day spent in Santiago de Compostela. Cost of the trip is about \$815 per person, double occupancy. Included are seven nights' lodging, some meals, an English-speaking guide and luggage transfers. International air is extra. Info: <http://tinyurl.com/z8ycm88>