

## **Preride Route Notes Columbia Hills 300k**

August 14<sup>h</sup> John Kramer

Distance 187.6 miles, elevation gain between 9,000 and 10,000 ft measured using Polar and Garmin altimeters. Start time is 6:00 at The Dalles Marina. Park on the west side of the Marina next to the water front trail (by the bill board).

**To Start** From Portland Oregon, Follow I-84 east to The Dalles. Take exit 85 and turn left to The Dalles Marina. Follow the sign to the Boat Basin and park in the west side of the parking lot next to the billboard and the waterfront trail.

Dave Rowe's pictures can be found at: <http://tinyurl.com/qxdaz>

Four of us rode the preride, DaveReadyToRide, Burt, Marcello and me. We completed the ride in 17 hours. Temperatures ranged from 57 to 87 degrees with warmer temperatures possible from the asphalt. There was a light breeze out of the west, just enough to keep the temperature nice. We started with our jackets on but stopped after an hour and took our jackets off as it was /getting warm. Dave put his arm warmers on at about 10 p.m. to descend from Rowena Crest. The evening temperatures seemed pretty warm.

### **The Dalles to Goldendale (Mile 0 to 33.3)**

This section has the big hill but as far as hills go, it is probably one of the nicest climbs around. The pavement is good and the slopes are gentle. There is a 4.5 mile climb starting at mile 22.8 with a grade of about 4.5 percent. This was the most challenging hill of the day. Traffic was light as it was early in the morning. There are nice views from the turnouts. It is worth looking over your shoulder from time to time. We stopped for breakfast at McDonnalds in Goldendale. There is also a food mart at the Goldendale turn at mile 33.3. The Goldendale control is open so you can stop where you want.



### **Goldendale to Trout Lake (Mile 33.3 to 87.4)**

This section is chip sealed but the chip seal is pretty old and mostly worn smooth. The section from Goldendale to Glenwood has some frost cracks opening up. The route is generally rolling hills except for crossing the Klickitat River Gorge. The downhill run into the gorge is fun and the climb out is a gentle grade but it is a long climb. The road levels out about 3 miles from Glenwood. We stopped for water in Glenwood and found we were further behind in time than we thought so we hit the road pretty quick. There is a restaurant on the right side of the road that makes pretty good cheeseburgers. The control in Trout Lake is the store and there are restrooms in the back of the Gas Station. The restaurant is in the same building as the gas station and it has good food too.



### **Trout Lake to The Dalles (Mile 87.4 to 134.4)**

There is a buffalo herd on SR 141 at mile post 20. The road between Trout Lake and Husum slopes gently downhill. This is a good section to makeup time if you are behind. There are public restrooms in the White Salmon city hall. Look for the sign on the left side of the road as you roll into town. The Lyle control is at the Lyle Merc Market. They have a table inside where it is cool and you can sit down on a real chair. The railroad is constructing a siding about two miles east of Lyle and we had to stop and talk to the flag person who was still a little jittery out from a rear end collision at the



construction site earlier in the week. She was ready to run every time a car approached.

### **The Dalles out and Back to Hood River (Mile 134.4 to 187.6)**

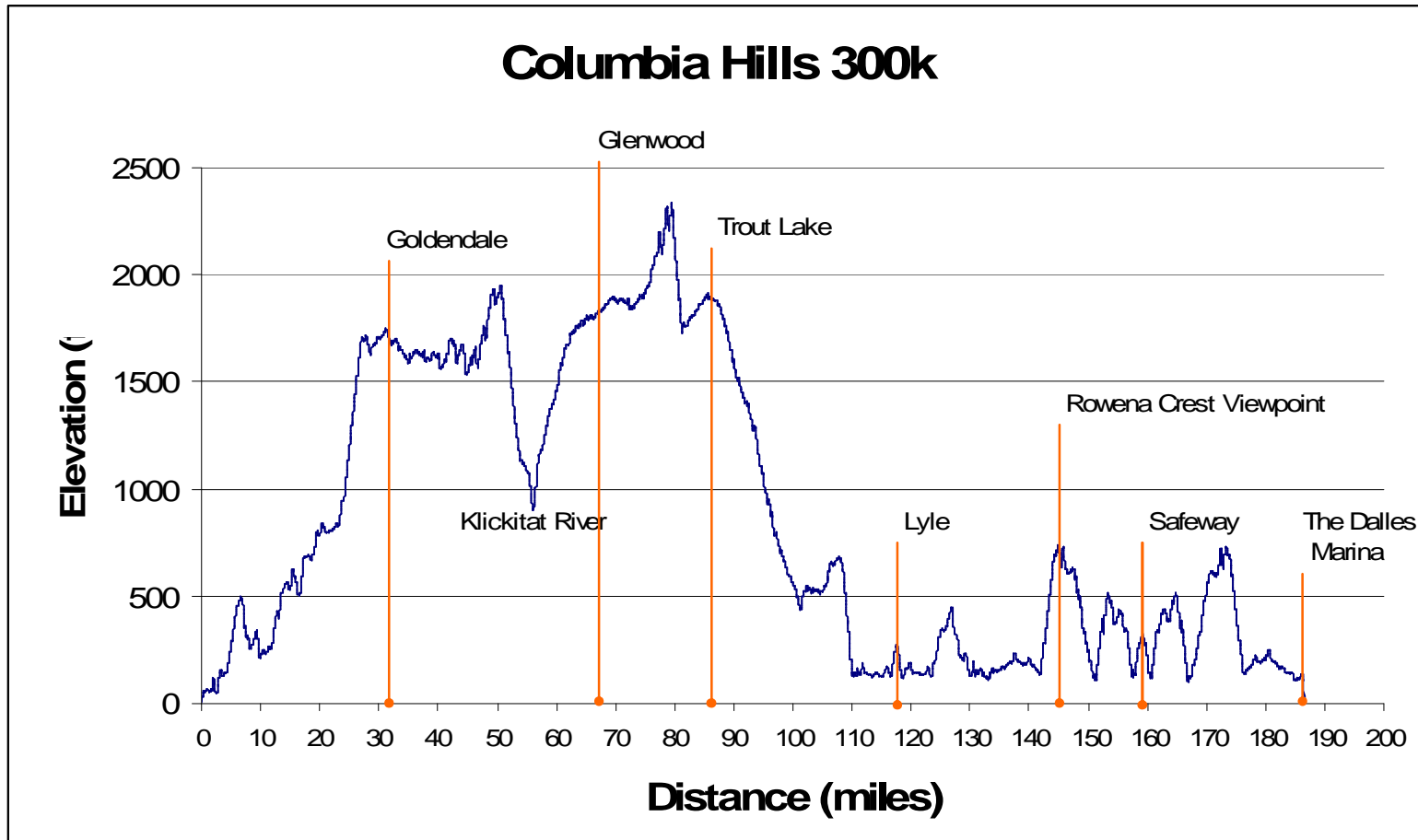
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several overstuffed chairs and a big leather couch too. So the combo of hills and low blood sugar served as a reminder to remember proper biker fueling which we forgot to remember. We stopped at the Burrito bar on the right side of the street in downtown Hood River. The burritos and tocos were great. Andrews pizza is across the street and they have pizza by the slice. The route goes right through downtown and the local traffic should be used to sharing the street with bikers. There will be plenty of traffic but it is the most direct route to the turn

around at Safeway. The return follows the same route back to The Dalles. We watched the moon rise from Rowena Crest Viewpoint. The Rowena Crest Viewpoint is an information control outbound and a time control on the return.





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Mi	Leg	Turn	Instruction	KM	Leg
0.0	0.0	Start	The Dalles Marina (west side of parking lot near water front trail) Control: 1 opens: AUG-19 06:00	0.0	0.0
0.1	0.1	R	follow street sign "To Freeway"	0.2	0.2
0.4	0.3	L	2nd Street (Hwy 30) to Pendelton	0.6	0.5
1.9	1.5	L	to Highway 197	3.1	2.4
5.6	3.7	R	WA 14 (to Goldendale)	9.0	6.0
22.8	17.2	BL	US 97 (to Goldendale)	36.7	27.7
33.3	10.5	L	Broadway Street becomes SR 142 Control 2: Goldendale Open Opens: 07:35 Closes: 09:36	53.6	16.9
45.0	11.7	R	Glenwood-Goldendale Hwy	72.5	18.8
69.2	24.2	S	Glenwood	111.4	39.0
69.5	0.3	BL	Trout Lake Hwy (jct Brid Creek rd)	111.9	0.5
81.0	11.5	S	continue straight becomes Sunnyside Road (don't turn left)	130.4	18.5
84.9	3.9	R	Mt Adams Hwy (towards Mt. Adams)	136.7	6.3
85.9	1.0	TA	Turn around at jck FR 23 & Smokey Bear Sign Control 3: Answer question on bvt card	138.3	1.6
87.2	2.3	R	Hwy 141	140.4	3.7
87.4	0.2	TA	Trout Lake Control 4: Trout Lake Store Opens: 10:09 08/19 Closes: 15:24 08/19	140.7	0.3
87.4	0.0	R	return to 141	140.7	0.0
98.7	11.3	S	BZ Corners	158.9	18.2
102.6	3.9	S	Husum	165.2	6.3
106.6	4.0	S	Stay on SR 141 Do not turn onto Alt 141	171.6	6.4
109.7	3.1	S	White Salmon (rest rooms by clock tower)	176.6	5.0
111.2	1.5	L	SR 14 Bingen (Jct 141 & 14)	179.0	2.4
120.9	9.7	S	Lyle Control 5: Lyle Merc Market Opens: 11:44 08/19 Closes: 19:00 08/19	194.6	15.6
128.3	7.4	R	US 197 (to The Dalles)	206.6	11.9
132.0	3.7	R	US 30 (becomes 2nd St.)	212.5	6.0
133.3	1.3	BR	To downtown under overpass (2nd St.)	214.6	2.1
134.4	1.1	BL	***Lane Change*** get in left lane and follow curve left past Shell to right on 3rd PL.	216.4	1.8

134.5	0.1	R	3rd St (two way traffic continues)	216.5	0.2
134.8	0.3	BR	3rd PI Becomes 6th St.	217.0	0.5
137.0	2.2	S	Becomes US 30 at Union 76 Station	220.6	3.5
142.3	5.3	S	Rowena	229.1	8.5
145.4	3.1	L	Rowena Crest Viewpoint (T Intersection) Control 6: Answer question on bvt card	234.1	5.0
145.7	0.3	L	Return to Scenic Hwy (US 30)		
151.9	6.5	S	Mosier	244.6	10.5
152.1	0.2	R	To Columbia River Historic State Trail	244.9	0.3
152.7	0.6	R	Twin Tunnels Trail (Hike & Bike)	245.8	1.0
157.0	4.3	S	Park Office (Rest Rooms & Water)	252.8	6.9
158.4	1.4	X	OR 35 Cross highway onto State St.	255.0	2.3
158.8	0.4	R	Front Street (first stop sign, curves to Oak St.)	255.7	0.6
160.1	1.3	L	Hood River Control 7: Safeway Supermarket Opens: 13:42 08/19 Closes: 23:12 08/19	257.8	2.1
160.3	0.2	R	Oak St.	258.1	0.3
161.6	1.3	L	State St. (follow curve to stop sign)	260.2	2.1
162.0	0.4	X	Cross OR 35 onto Old Columbia River Dr.	260.8	0.6
163.4	1.4	S	Park Office (Rest Rooms & Water)	263.1	2.3
167.7	4.3	L	Trail ends - Rock Creek Road (to Mosier)	270.0	6.9
168.3	0.6	L	US 30 to The Dalles	271.0	1.0
168.5	0.2	S	Mosier	271.3	0.3
175.0	6.5	R	Rowena Crest Viewpoint (T Intersection) Control 8: Viewpoint Opens: 14:27 08/19 Closes: 00:48 08/20	281.8	10.5
175.3	0.3	R	Return to Scenic Hwy (US 30)	282.2	
178.4	3.1	S	Rowena	287.2	5.0
183.7	5.3	S	Becomes 6th St.at Union 76 Station	295.8	8.5
185.9	2.2	S	Becomes 3th St.	299.3	3.5
186.2	0.3	S	3rd Street (one way traffic)	299.8	0.5
186.9	0.7	BL	merge with US 30 (2nd St.)	300.9	1.1
187.2	0.3	R	To marina (freeway overpass)	301.4	0.5
187.5	0.3	L	Boat Basin Way (marina)	301.9	0.5
187.6	0.1	End	Parking lot Control 9: Opens: 15:00 08/19 Closes: 02:00 08/20	302.0	0.2

John Kramer: 360-607-7477

Bert Lutz: 503-781-4930

## **Oregon**

### **Cascade Locks**

#### **Bridge of the Gods Motel & RV Park**

630 Wanapa Street  
Cascade Locks, OR  
541 374-8628

#### **Best Western Columbia River Inn**

735 Wanapa Street  
Cascade Locks OR  
541 374-8777

### **Hood River / Mosier**

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Hood River, OR 97031  
[www.hoodriverbnb.com](http://www.hoodriverbnb.com)  
541-387-2997, Telephone

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704 Third Ave.  
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<http://www.mosierhouse.com/>  
877-328-0351, Toll Free

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Hood River OR USA 97031  
<http://www.vagabondlodge.com/>  
541 386-1900

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<http://lodging.gorge.net/meredith/>  
541 386-1515

#### **Prater's Motel**

1306 Oak Ave  
541 296-9111

#### **Riverview Lodge**

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<http://www.riverviewforyou.com/>  
800 789-9568

#### **Best Western Hood River Inn**

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541 386-2200

#### **Comfort Suites**

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Hood River OR USA 97031  
541 308-1000

### **The Dalles**

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200 West Fourth Street  
The Dalles, OR 97058  
<http://www.windriderinn.com>  
(541) 296-2607

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541 296-1191

#### **Cousins County Inn**

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The Dalles OR USA 97058  
<http://www.cousinscountryinn.com/>  
541 298-5161

#### **Super 8 Motel**

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The Dalles OR 97058  
541 296-6888

#### **Comfort Inn**

351 Lone Pine Drive  
The Dalles OR USA  
541 298-2800

## **Washington**

### **Stevenson/Carson/Home Valley**

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Home Valley / Stevenson, WA  
<http://www.windmountainresort.com/>  
(509) 427-5152

**Columbia Gorge Riverside Lodge**  
PO Box 381  
Stevenson Washington 98648  
<http://www.cgroversidelodge.com>  
866 427-5650 Toll Free

**Carson Mineral Hot Springs Resort**  
372 St. Martin's Springs Road,  
Carson, Washington  
<http://www.carsonhotspringsresort.com>  
(509) 427-8292

**Sandhill Cottages,**  
932 Hot Springs Ave  
Carson WA,  
<http://www.sandhillcottages.com>  
800 914-2178, 509 427 3464

**Econo Lodge Stevenson**  
40 NE 2nd St, Stevenson, WA  
(509) 427-5628

### **Bingen / Lyle WA**

**Bingen Haus, Bingen WA**  
<http://www.bingenhaus.com>  
(509) 493-4888.

**The Columbia River Gorge Hostel**  
The corner of Humboldt and Cedar  
Bingen, WA  
<http://www.bingenschool.com>  
Phone (509) 493-3363

**The Lyle Hotel**  
100 Seventh Street  
Lyle WA  
<http://www.lylehotel.com>  
509-365-5953



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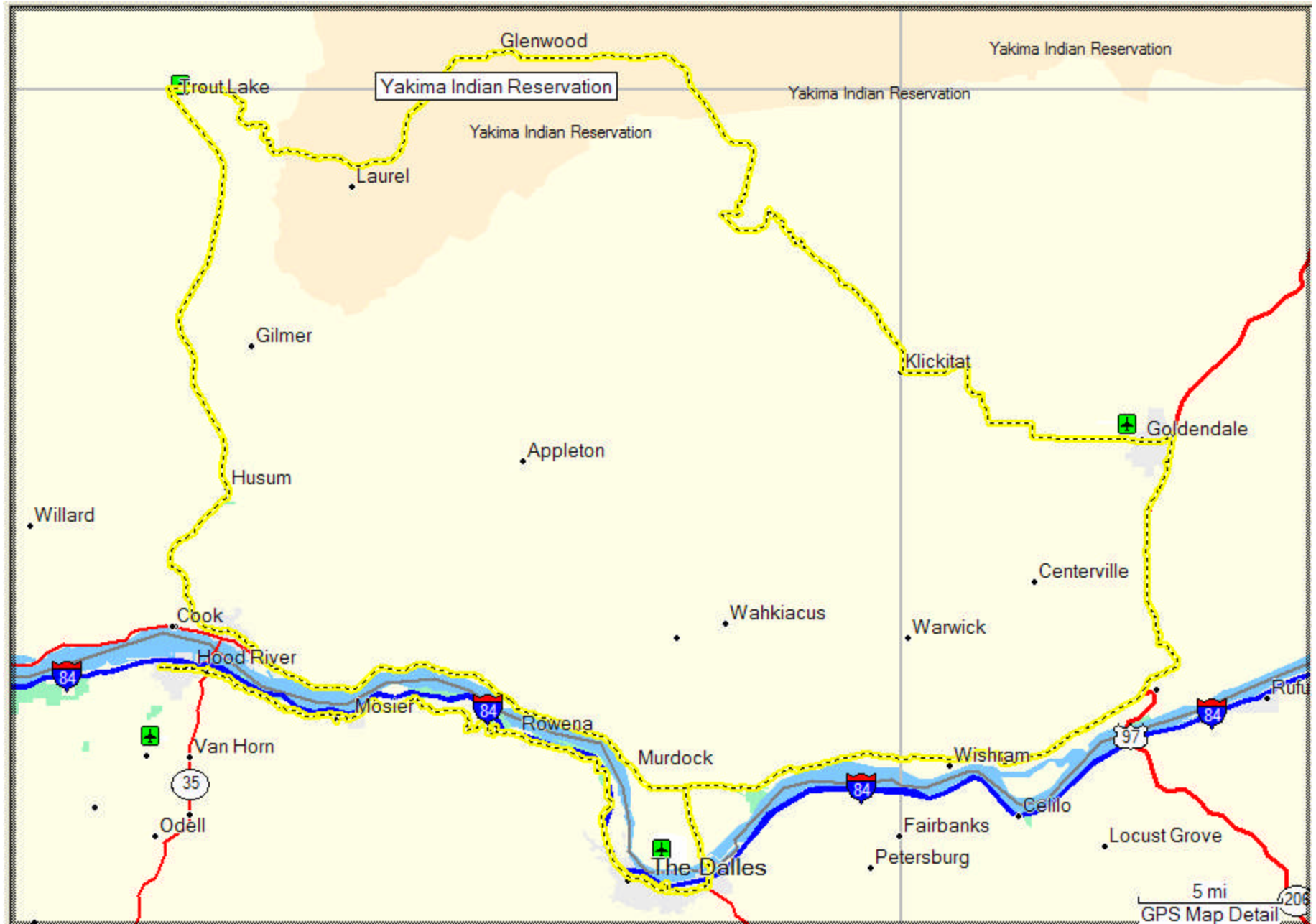
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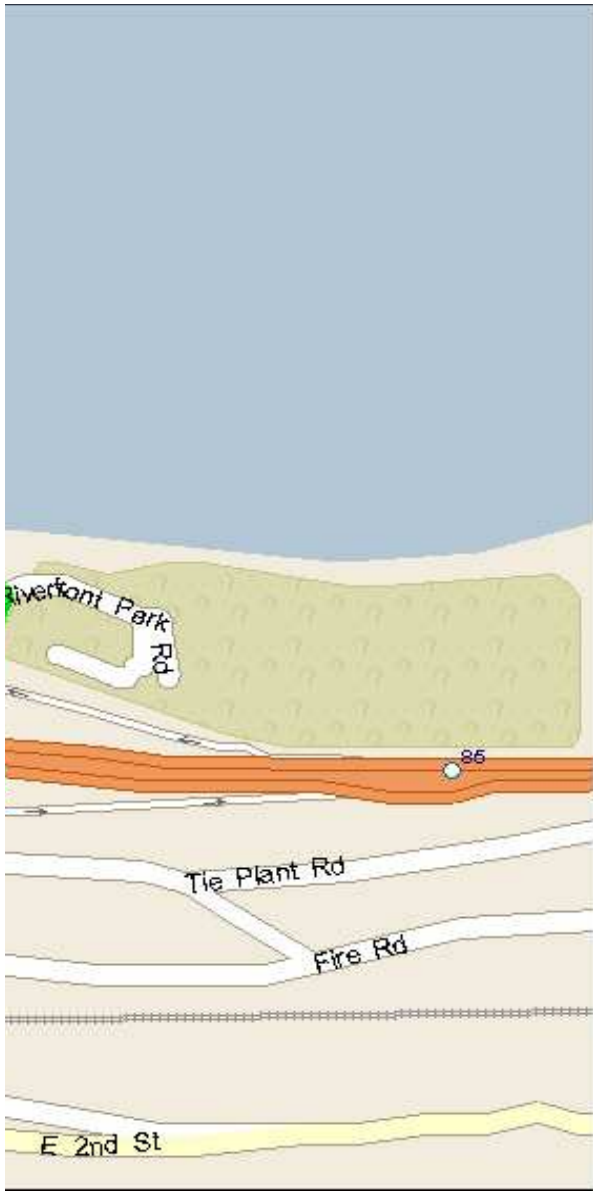


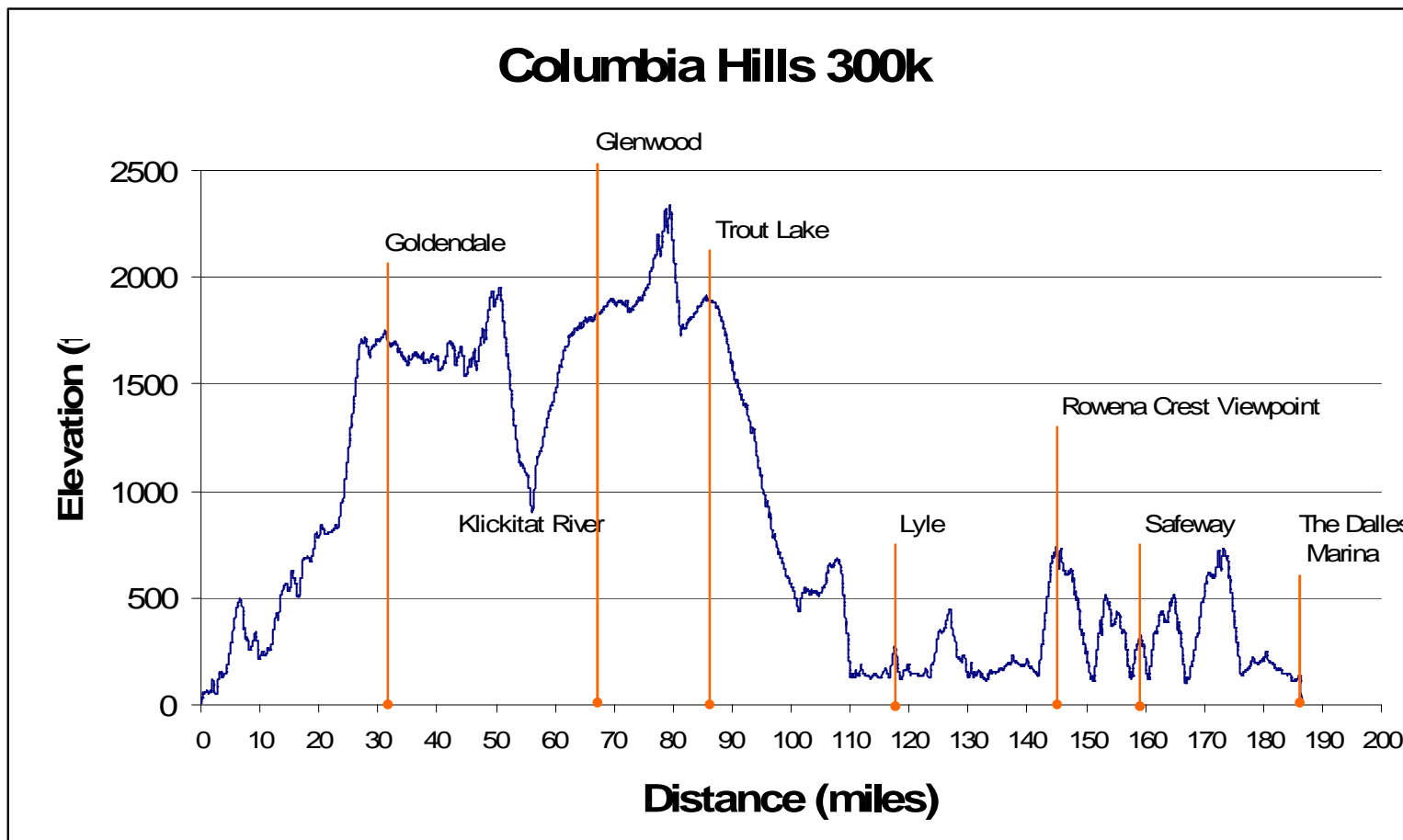
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Stevenson Washington 98648  
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<http://www.sandhillcottages.com>  
800 914-2178, 509 427 3464

**Econo Lodge Stevenson**  
40 NE 2nd St, Stevenson, WA  
(509) 427-5628

### **Bingen / Lyle WA**

**Bingen Haus, Bingen WA**  
<http://www.bingenhaus.com>  
(509) 493-4888.

**The Columbia River Gorge Hostel**  
The corner of Humboldt and Cedar  
Bingen, WA  
<http://www.bingenschool.com>  
Phone (509) 493-3363

**The Lyle Hotel**  
100 Seventh Street  
Lyle WA  
<http://www.lylehotel.com>  
509-365-5953