

## How to Roll Down the “Mighty Mississippi” on an Epic 33-Day Bike Tour



By [James Shillinglaw](#), May 25, 2021,

We’ve heard of cruising the Mississippi, but not biking the Mississippi. Active travelers can now follow the “Mighty Mississippi” river from its headwaters in Minnesota to its mouth at the Gulf of Mexico on an epic new 2,057-mile bike tour from Cycle of Life Adventures. Along the way, they pass Minnesota’s many lakes, the cities of Minneapolis, St. Louis and Memphis, the rolling farmlands of Wisconsin, Iowa and Illinois, and the levees of Louisiana. (Photos above courtesy of Dennis Coello.)

While the tour is southbound, it isn’t all downhill. The 33-day Epic Mississippi bike tour sets out Aug. 28, 2021, starting at \$11,800 per person based on double occupancy with all accommodations, meals, guides and van support included. Four shorter stages are available for those who can’t commit to the entire tour, starting at \$2,400 for five days.

“It’s hard to imagine the trickle of water we dip our wheels in at Lake Itasca will end more than 2,000 miles downstream as the ‘Mighty Mississippi’ nears the vibrant city of New Orleans,” said Elli Sias, owner of Cycle of Life Adventures. “There’s a lot to discover on America’s great river. At every bend you’ll find something special, from beautiful scenery and wildlife to American and Native American history, landmarks, lively culture and more.”

The first stage of the tour departs from the headwaters of the Mississippi at Minnesota’s Lake Itasca, follows the 150-mile Paul Bunyan Trail, passes statues of the legendary woodsman and Babe the Blue Ox, and spins into Minneapolis on urban paths. From Minneapolis, the second stage crosses into Wisconsin and rides rural roads through the rolling hills of Iowa, Illinois and Missouri before reaching St. Louis, seeing the National Mississippi River Museum, ancient Hopewell mounds and Mark Twain’s hometown along the way.

The third stage sets out from St. Louis, touching on the history of Route 66 and the Lewis and Clark expedition, then ferrying to Kentucky and arriving in musical Memphis. From Memphis, the fourth and final stage follows the Blues Heritage Trail and historic Natchez Trace Parkway through Tennessee, Arkansas and Mississippi, then eases into Louisiana along levees and locks, ending in New Orleans.

Rest days offer time to take in St. Paul’s scenic riverfront in Minnesota, St. Louis’ Gateway Arch and Budweiser brewery, and Beal Street’s blues history in Memphis. And cuisine will include everything from walleye and wild rice to St. Louis-style ribs, crawfish étouffée and powdered beignets. For more information about the Epic Mississippi bike tour, click on [Cycle of Life Epic Mississippi](#).

Cycle of Life Adventures offers bicycle tours across the United States, including 45-day cross-country tours, 20-plus day “Epic” tours, weeklong trips and three-day “Fundo” adventures. The 2021 tour schedule includes trips along the East Coast from Maine to the Florida Keys, down the Mississippi River, across the country’s Southern Tier, through the Colorado Rockies and many more. Tours include accommodations, meals, guides and van support. For more information, visit <https://cycleoflifeadventures.com>. For Information and reservation [www.travelclubatregency.com](http://www.travelclubatregency.com) Jeannette Chabina Program Coordinator.