



ANDEAN HEALTH CYCLING TEAM

Mich-Again 2025! Tour: September 6 – September 12

Three ride options: ① 7 days, 8 nights; ② 3 days, 3 nights or ③ 1 day (either Thursday or Friday)

Approximate distances:

7-day rides: 411 miles

3-day rides: 166 miles

1-day rides: 68 (Thursday); 45 (Friday)

Ride with us along the eastern shore of Lake Michigan and the southeastern Michigan countryside. From the Northwest Lower Peninsula and its Tunnel of Trees along the east shore of Lake Michigan through the sun-kissed beaches in Muskegon to the pastoral vineyards and rolling hills surrounding the coastal town of New Buffalo, your ride will be filled with one wow! moment after another. This itinerary provides day-by-day routes and highlights; click on the mileage to link to the route maps on Strava.

PRE-RIDE: Friday, September 5

Today, seven-day riders meet in New Buffalo at 10:00 AM (location and details to be announced) to depart for Mackinaw City. A second van travels to Traverse City to collect riders who arrive at the Traverse City airport. Team stays at [Mackinaw City Hamilton Inn](#).

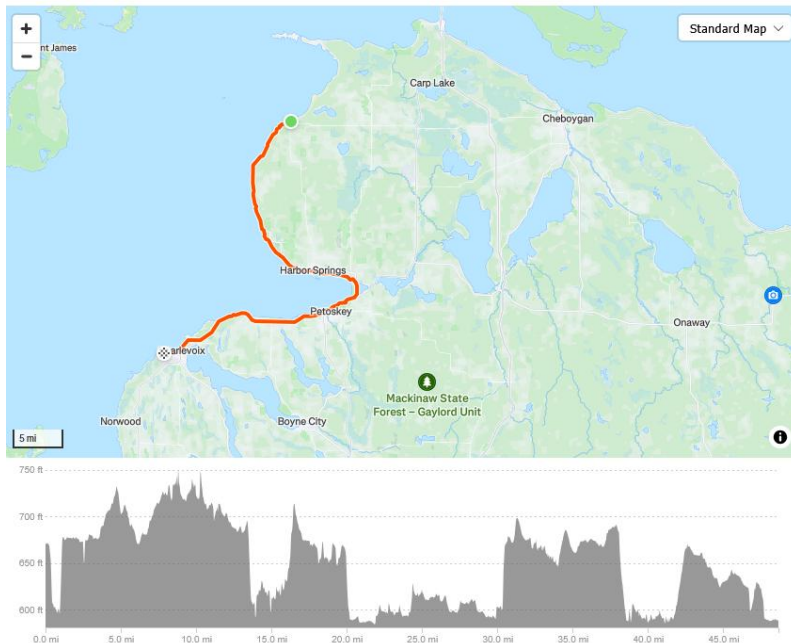
Dinner: [Nonna Lisa's](#)

THE TOUR

Today's Ride: Day 1, Saturday, September 6

Cross Village to Charlevoix

[Approximately 48 miles](#); ↑1,113 ft



After an overnight stay in Mackinaw City, the 7-day team shuttles to Cross Village to begin a 48-mile tour through the Tunnel of Trees and its quirky twisted road under an awesome canopy of trees. Along the way sounds of nature and lake breezes delight while you pedal to today's destination in Charlevoix. There, the team will be shuttled to Traverse City and tonight's hotel.

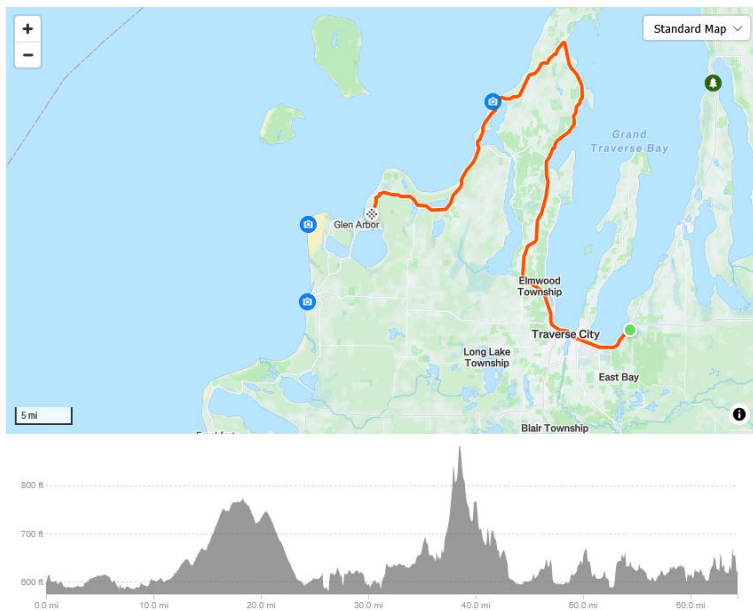
Lodging: [Hampton Inn Traverse City](#)

Included meals: Breakfast, Lunch (on the road), Dinner: [Red Mesa Grill](#)

Today's Ride: Day 2, Sunday, September 7

Traverse City to Glen Arbor (via Northport)

Approximately 62 miles; ↑1,490 ft



Riding through the Old Mission Peninsula, a narrow finger of land extending into the center of Grand Traverse Bay, today's ride offers sights and sounds with peeks of deep blue bays beyond vineyards and orchards dripping with fruit ready for harvest. Picture-perfect farmland brings an overall pastoral light to your day's journey. All of this culminates at The Homestead, a lakefront resort surrounded by the [Sleeping Bear Sand Dunes National Lakeshore](#), aka "The Most Beautiful Place in America" and home to epic sand dunes, a park that features forested trails, starry skies, historical sites and ancient glacial phenomena.

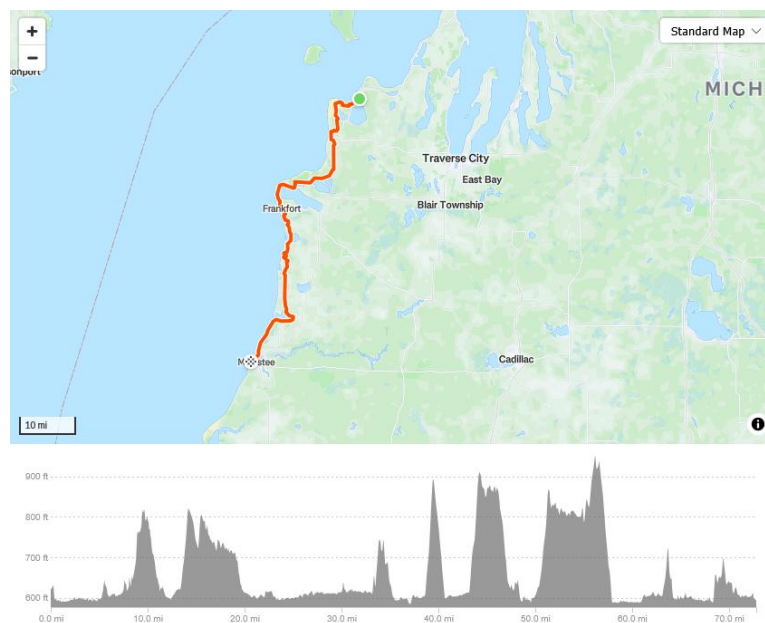
Lodging: [The Homestead](#)

Included meals: Breakfast, Lunch (on the road), Dinner: Whiskers Restaurant at The Homestead

Today's Ride: Day 3, Monday, September 8

Glen Arbor to Manistee, Duffy Park

Approximately 65 miles; ↑2,689 ft



Today's ride leaves from The Homestead and makes its way around the east side of the Sleeping Bear Dunes Park, around Little Glen Lake and then south toward Platte Lake and Crystal Lake, with scenic water views along the way. A winding uphill climb in the Arcadia Dunes Nature Preserve ends with rewarding views of Lake Michigan, followed by a descent and southbound travel to Onkama and Portage Lake. From here, riders continue south to Manistee's Duffy Park and shuttle to tonight's hotel in Muskegon.

Lodging: [Muskegon Shoreline Inn](#)

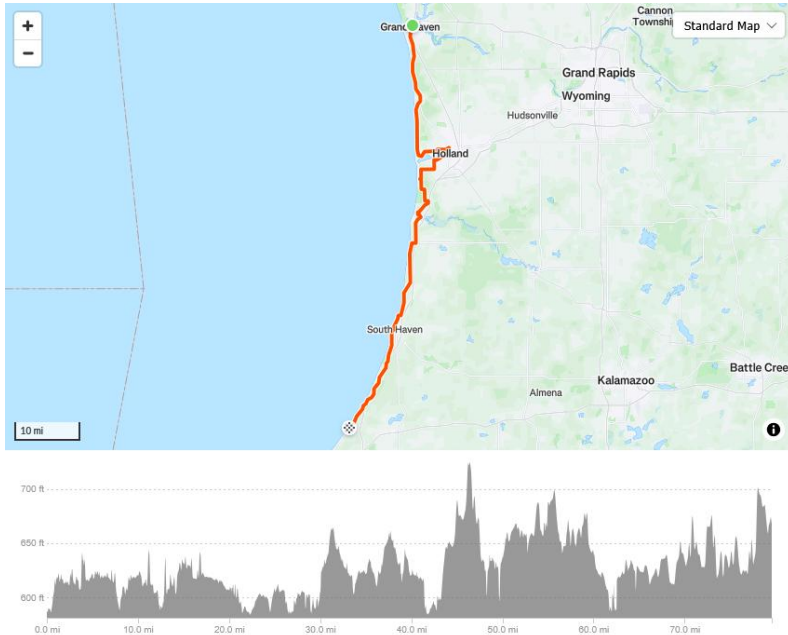
Included meals: Breakfast, Lunch (on the

road), Dinner: [The Lake House Waterfront Grille](#)

Today's Ride: Day 4, Tuesday, September 9

Grand Haven to Coloma, Hagar Park

Approximately 70 miles; ↑1,670 ft



Today's ride hugs the Lake Michigan shore and presents one vista of the lake after another. Small lake communities offer quaint shopping areas and historic buildings. Nearly a third of the way through the ride, the route turns eastward, skirting around the north and south shores of Lake Macatawa. After passing through Holland and the southern shore of Lake Macatawa, the route turns south to continue through Douglas, Ganges, and South Haven before ending at Hagar Park in Coloma where a shuttle awaits to bring riders to tonight's hotel.

Lodging: New Buffalo Marina Grand Resort

Included meals: Breakfast, Lunch (on the road), Dinner: Marina Grand Resort restaurant

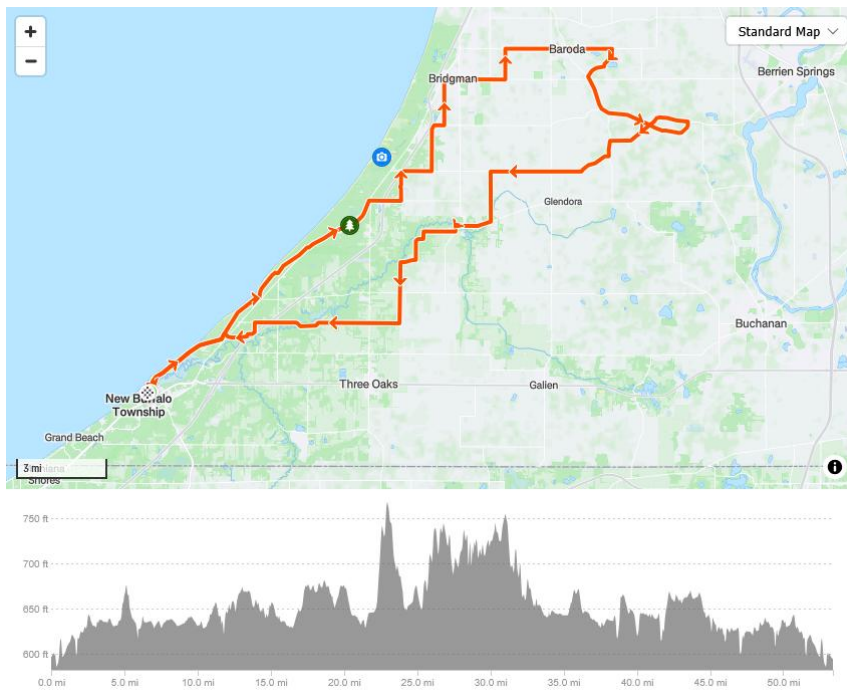
Three-day riders join the team this afternoon/evening for dinner and lodging at the Marina Grand Resort.

Today's Ride: Day 5, Wednesday, September 10

Today, the tour begins a series of three loop roads in the New Buffalo area, leaving from and returning to the Marina Grand Resort hotel. To ensure the wind will always be at our backs (Go Irish!), routes may vary from the order shown in this itinerary. For most of these three days, the ride travels along many small portions of a new 80-mile bike trail that runs from downtown Chicago, around the southern end of the lake and north to Sawyer, Michigan. Riding along the lakefront offers beautiful vistas on very flat terrain. But, for variety, when the route turns away from the lake, many rolling hills provide a more challenging landscape in the country. All routes on each of the three loop days will have two or three options for distance, ranging from 30 to 68 miles. For the sake of planning, we have assigned a day to each of the rides but, as mentioned, this is subject to change.

New Buffalo to New Buffalo, North/East Route

Approximately 53 miles; ↑1,405 ft



Wednesday, September 10, cont.

This North/East Route begins the day by heading north along the lakefront passing by beautiful homes and several small beach communities. The route then heads inland through small towns with coffee shops and breweries, eventually ending up in Michigan wine country where rolling hills, vineyards and apple orchards await.

Lodging: [New Buffalo Marina Grand Resort](#)

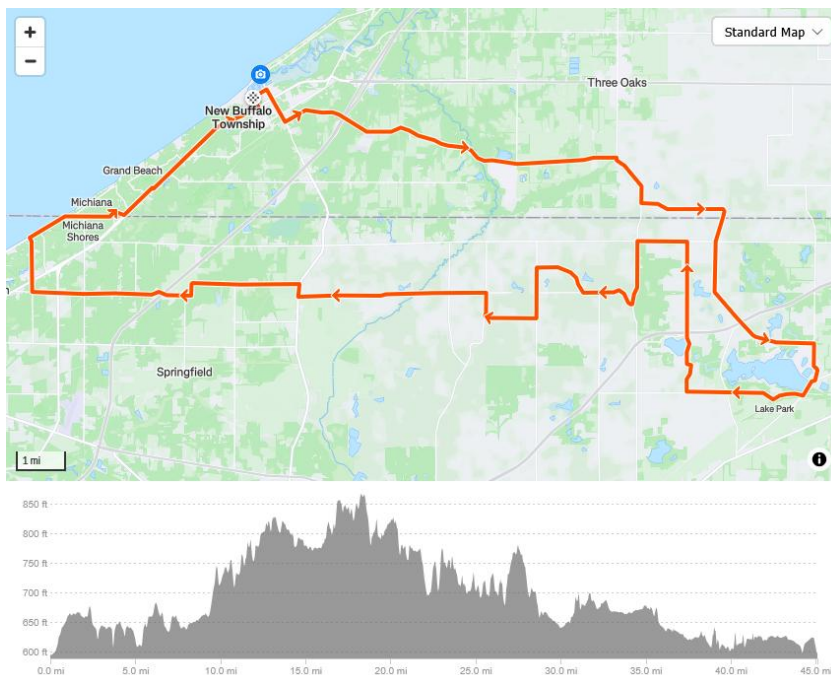
Included meals: Breakfast, Lunch (on the road), Dinner: hosted by Phil Kalamaros at his home.

Today's Ride: Day 6, Thursday, September 11

Thursday's one-day riders join today.

New Buffalo to New Buffalo, East/West Route

Approximately 68 miles; ↑2,406 ft



Today, horse and corn country grace the route after a short distance along Lake Michigan. Along the inland route, riders encounter a few inland lakes and small communities. With a total potential of 2-3,000 ft elevation gain, this route delights climbing enthusiasts wanting to test their legs. Others, not so wild about climbing, can opt for shorter distances.

Lodging: [New Buffalo Marina Grand Resort](#)

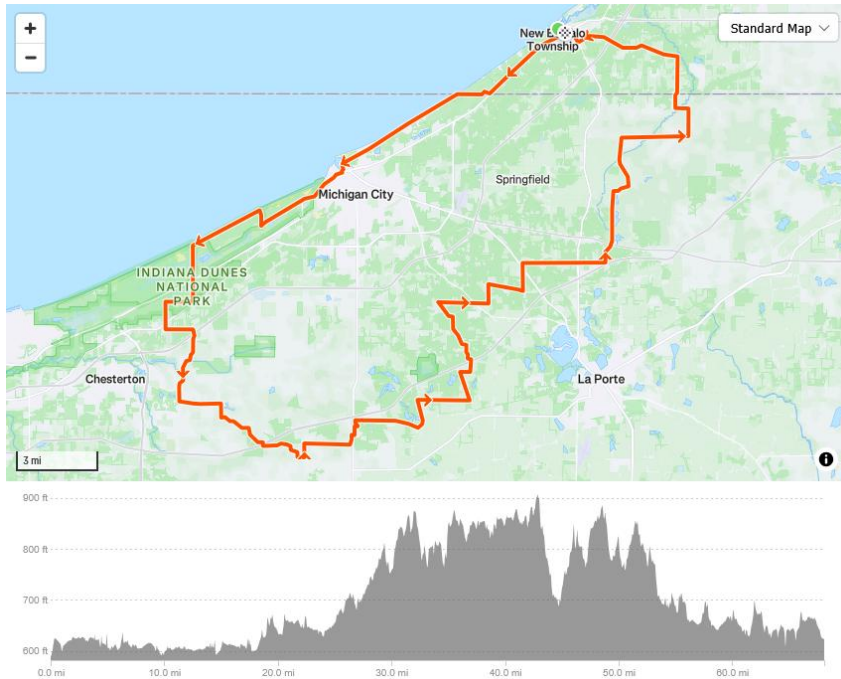
Included meals: Breakfast, Lunch (on the road) for all riders; Dinner: hosted by Mary and Al Harding at their home for 3- and 7-day riders.

Today's Ride: Day 7, Friday, September 12

Friday's one-day riders join today.

New Buffalo to New Buffalo, South/East Route;

Approximately 45 miles; ↑1,724 ft



This final day of Mich-again 2025! heads south along Lake Michigan through Michigan City and the Indiana Dunes National Park. While riding along the lake in Beverly Shores, the ride passes by the [Century of Progress homes from the 1933 Chicago Worlds Fair](#). These unique homes feature innovative engineering and construction technologies of the day and became predecessors to modern residential architecture. From this point, the ride heads south toward the towns of Chesterton and Valparaiso before looping back to New Buffalo – expect more rolling hills and apple orchards. Once back

at the starting point, the team will bid farewell and return home or, in some cases, head to South Bend/ Notre Dame for the football season opener. If interested in this option, email pablo.martinez@andeanhealth.org

Included meals: Breakfast, Lunch (on the road) for all riders.

Optional Loop Route to be used as weather dictates. Could replace any one of the rides on Wednesday, Thursday or Friday. Mileage and elevation maps to be available onsite.

South/North Route: So you think Indiana is flat? This route takes riders south bouncing along and around a 125-ft ridge the glaciers left behind. There will be lots of corn, small inland lakes and some beautiful horse farms.