

## Workout Guide for Bike-O-Vision Wide Screen Journey #12: “Volcanic Legacy”

### Explanation:

Every chapter starts and ends with beauty shots, panoramas etc. There are often breaks between the chapters of two to three seconds. Occasionally there are breaks during the rides for a particular point of interest, such as a scenic overlook. Otherwise, its all forward motion.

The time code, just to be clear: 1:30= one minute thirty seconds.

The range of speeds are: fast, average, and slow

The range of elevation gradients are: steep, medium-grade (“medium”), gentle, slight, and flat. “Slight” is used when there is just barely a hill but its perceivable enough to affect speed (and resistance, if uphill).

There will occasionally be additional notes for other pertinent info- history, etc.

The ending time is when the forward-motion stops, there may be a few more panoramas and beauty shots afterward to end the chapter. Likewise, times listed for the chapter are just the motion.

Volcanic Legacy Overview: The dvd jacket really describes this journey the best: Blaze new trails in downright gorgeous locations in Northern California and Oregon. These Cascadian mountain landscapes have been largely formed by volcanic eruptions so you’ll cycle through sweeps of yellow wildflowers nestled in black lava and red clay with a backdrop of conical volcanoes like Mt. Shasta, Mt. Lassen, Mt. Thielsen, Aspen Butte and around the tranquil beauty of Upper Klamath Lake. This All-American Road’s famous Crater Lake and Lassen Volcanic National Park are covered extensively in BOV journeys #12 & 14, so this title focuses more on the awe-inspiring scenery along the way- sometimes the fun is as much in “getting there”! More thrill-rides put you under mossy cliffs along Cougar Reservoir on West Cascades Scenic Byway, through the fly-fishing paradise of Cascade Lakes Scenic Byway and along the wild, rushing McKenzie River near Santiam Pass.

The chapters are nice and long for the most part, just right for you to build up your endurance.

Chapter 1: Introductory pictures (00:24)

Chapter 2: California Route 89 Mt. Shasta to Lassen Peak: (16:45) This classic scenic route is filmed in a southerly direction from just south of Mt. Shasta going down toward Lassen Volcanic National Park. There is a different view at the opposite side of Mt. Shasta in the end chapter. Both these volcanoes have caused massive amounts of destruction on the landscape in the past but you will probably admire how beautifully the regrown flora recovers the earth. The last large eruption of Mt. Lassen was May 22, 1915, when it blew a huge mushroom-shaped cloud of ash over 30,000 feet into the air. As far as the ride goes, its very level, perfect for building endurance, with only one short stop to hang out with some cows.

Start: (00:25) flat, average speed, soon going into a short down hill dip and then back to flat.

Note the soaring hawk straight ahead.

08:40 You’re starting up a slight hill here for the next minute. The lava rock makes for a great medium, it really makes the yellow wildflowers, green grasses and sagebrush stand out.

09:40 flat.

10:30 Notice the conical mountains in the distance- you are definitely on the volcanic legacy scenic byway now.

11:36 Crossfade to avoid some traffic ugliness. Bike-O-Vision doesn't do ugliness. The road is starting a slight incline here.  
12:24 flat  
12:36 slowing and turning in to get some local color. Good time for a little break.  
13:18 back out onto 89- flat, average speed.  
15:16 slight up  
16:56 as we cross Hat Creek, we gradually slow to a stopping point  
17:10 end of forward motion with a nice view of Mt. Lassen

Chapter 3: Upper Klamath Lake, Oregon: (17:20) Starting with some intro shots of this pristine corner of the Oregon-California border area will get you in the mood to explore. Those are white pelicans you see fishing in the lake, laying over on a migration to some distant ocean. This chapter starts on a very flat Route 140 wrapping around Lake Klamath with some bird life to see on a beautiful summer day. Then there's a turn onto 62 through ranch lands near Fort Klamath.

Start: (17:37) flat, average speed for the next 4 1/2 minutes  
22:05 starting to head uphill at a slight gradient  
22:20 gentle up  
22:40 medium gradient  
23:00 gentle  
23:50 there's a crossfade here from this hill-view above Lake Klamath forward to the flat, ranching and farming region north of the lake. These side views are some of the wetlands you see en route.  
24:13 here we are, headed north with many miles to any major town, flat and easy. Its about 75 degrees with a slight headwind.  
29:26 You know its California or Oregon when you're this far out in the middle of nowhere and the only local diner is called "Organic Green Deli". This is the town of Fort Klamath.  
32:22 Don't be surprised by the passing truck  
33:10 Nice rustic barn!  
34:46 We'll be coming to a stop in ten seconds and seeing some more views of this lovely area. You're now only about 20 miles south of Crater Lake.

Chapter 4: Crater Lake to Mt. Thielsen and Diamond Lake: (5:00) This ride starts on Rt. 138 on a downhill slope, goes across a flat section, then up a gradual hill within a stunted pine forest in this high elevation scenario. It goes on from there across this volcanically-shaped landscape. This all takes place just north of fabulous Crater Lake, still inside the National Park boundaries for part of the way and then inside the Umpqua National Forest.

Start: (35:27) gentle downhill, fast speed. You're headed northwest.  
35:45 That's magnificent Mt. Thielsen in the distance ahead, sometimes called "the lightning rod of the northwest" because of its pointed shape. You're only going slightly downhill now.  
36:20 flat, average speed.  
36:50 slightly up, then gradually to a gentle slope uphill  
38:00 flat. There's still some snowmelt, even though its July. It can snow at any day of the year here at this 6000' altitude.  
39:00 slight up to gentle upslope

39:42 crossfade out of the shade back into the sunshine, still a gentle hill up.  
40:24 medium up  
41:05 flat as we come to a short break (and chapter's end) with an overview of Diamond Lake  
41:23 pause in forward motion for 10 seconds. Wow! What a place! That's Mt. Bailey across the lake. Take a deep breath of the cool, fresh mountain air.

#### Chapter 5: Cascade Lakes Scenic Byway (22:15)

Start: 41:33 We launch right back into the pedaling. Its flat at an average speed. This charred part of Deschutes National Forest is one more good reason not to smoke and especially not to throw the butts out the window. You'll be going northeast on Route 61, then turning north on county 46 through to Crane Prairie Reservoir near Mt. Bachelor.

43:38 You can see in the left periphery another conical remain of an extinct volcano. This  
44:56 slight up  
45:33 crossfade to a slight down stretch  
46:00 flat to gentle uphill  
47:08 slight uphill  
48:00 slowing to turn off and going downhill, slowly on a partially-gravel forest road.  
49:15 The campground at the end of the road is built around these towering piles of black and red basalt lava rock.  
49:20 back out onto the main road, gentle uphill, average speed.  
49:45 medium up  
50:30 leveling off to only slightly up. There are more of those huge piles of basalt on the left just beyond the first row of pines.  
50:50 flat  
52:40 slightly uphill  
53:30 flat  
54:10 slight up  
58:30 flat  
58:52 gentle up  
59:15 slight up  
59:55 flat, then gradually going downhill on a slight to gentle slope. Notice how fast the clouds are moving across- the weather changes sometimes very rapidly in the mountains.  
1:01:10 slightly up. There will be some outstanding views of a stream on the right.  
1:03:36 pulling over for a break in 10 seconds  
1:03:46 end of forward motion and chapter with views of the stream and lakes

#### Chapter 6: Sisters Oregon (6:15)

The chapter starts with a dynamic view of one of the Three Sisters, which are three similar-looking mountain peaks in a row. Your short ride is on a forest road for a view off the beaten path of Hwy. 20 near Black Butte and Mt. Jefferson Wilderness in a forest typical of the area with tall ponderosa pines and other conifers. Its a mostly flat, relaxing ride at a moderate pace with no distractions. The Pacific Crest hiking trail crosses near here, incidentally.

This section, as well as the next two, are not officially located on the Volcanic Legacy Scenic Byway, but are nearby enough, very scenic and definitely have volcanic origins. We think you'll agree that they add to your experience- enjoy!

Start (1:04:04) average speed, flat  
1:05:40 slightly up  
1:06:10 flat, then slightly down  
1:07:00 flat  
1:10:10 stopping in 10 seconds  
1:10:20 end of forward motion with a wide view of all the Three Sisters

Chapter 7: McKenzie Pass- Santiam Pass Scenic Byway: (10:35) Here's a fast-to-moderately paced ride through very pristine wilderness in the central Cascade mountains. Going south on 126, its flat all the way, no noticeable elevation change. The rushing McKenzie River views are inspiring and its just an all-around beautiful part of the country for your cycling pleasure.

Start (1:10:29) flat, average speed. Its about 60 degrees on a misty July morning.

1:13:35 pulling over for a look around...

1:13:52 on the road again, flat, average speed

1:21:07 end of forward motion. They get tons of rain in these mountains, hence the mossy trees.

Chapter 8: Cougar Reservoir, West Cascades Scenic Byway: (13:25) Next is a fantastic ride on one of the Northwest's most scenic backroads. This is only one curvy little section of county road 19 on a long and memorable route but you'll get the idea- its gorgeous and untainted by mankind. Well, someone had to build the road, but anyway... get ready to roll!

Start: 1:21:24 slightly down, average speed

1:22:40 flat

1:23:30 slightly up

1:24:40 slightly down

1:25:00 flat

1:26:20 slight up

1:26:40 flat

1:33:05 we'll be turning to go across the dam

1:34:40 slowing to a close

1:34:50 end of motion

Chapter 9: Mount Shasta, CA: (4:10) The finale takes us back down across the state border to just northwest of Mt. Shasta on A19, near the town of Grenada between I-5 and 97. Its a cloudy autumn day and this gigantic 14,162 foot mountain takes on an even more ominous appearance as you approach it on this flat backroad. They say it could erupt again, by the way, so keep a watchful eye. A stiff, cold wind is against you on this one, so you may want to set your resistance higher for more reality.

Start: 1:35:02 flat, average speed

1:36:50 You can still see so much exposed lava rock around here and looking over to the right you'll notice the smaller cone-shaped hills of volcanic origins. Also, not seen to the right (west) is cute Lake Shastina.

1:41:10 Here we are at the end of the journey for today. These irresistible pelicans deserved an encore appearance! Hope you had a great workout and we'll see you next time!