



A family-friendly, scenic and affordable bicycle tour across Michigan's lower peninsula.



## **PALM is open to all cyclists able to ride 40-50 miles per day for six days.**

The last full week in June, your tour begins near Lake Michigan and meanders east, visiting many small historic towns.

PALM attracts 500-700 participants from across the country, who range in age from tots in trailers to octogenarians on e-bikes. We use paved roads geared to novice and intermediate riders. Routes avoid most busy highways and urban areas.

Short distances and easy terrain combine to make PALM well suited for family bicycling. Each day's ride averages 40-50 miles, and optional longer routes are provided. Wednesday's optional 100 mile "century" route is a popular challenge each year.

Established in 1982, our advocacy group maintains one of those most affordable bicycle tours in the nation due to a dedicated volunteer staff of knowledgeable alumni.

## **PALM is a tour with emphasis on the benefits of safe family cycling.**

The tour gathers Saturday afternoon for check-in and orientation. Riders depart Sunday morning.

There is no mass start — proceed to the route after you've put your tent and gear on the truck and enjoyed your breakfast.

We have designated camping areas in open spaces such as school athletic fields, with nearby toilet and shower facilities.

Breakfast and dinner plans may be purchased at registration. Lunch is on your own, except for Friday — a PALM-provided group lunch will be waiting at the end of your tour.

We provide optional bus transportation to the first or last site so you can leave your vehicle behind for the week.

**Online registration opens in January!**

Pedal Across Lower Michigan (PALM) is a non-profit group dedicated to encouraging family bicycling and the promotion of bicycling safety.

[palmbiketour.org](http://palmbiketour.org)