

Bicycle Tours in Denmark: Expedition: Cycling Copenhagen to Paris

OVERVIEW

We invite you to join us on this special bicycling journey between two of the world's most compelling cities Copenhagen and Paris. Our expedition begins in arguably one of the most bicycle friendly countries in Europe, Denmark. We'll spend four days here before crossing over into Eastern Germany, along the way we'll enjoy Lübeck and a rest day in Hamburg before continuing west towards the Netherlands and its compelling capital city Amsterdam. From Amsterdam, we'll visit some other iconic towns in the Netherlands and Belgium such as Gouda, Antwerp and Bruges before pedaling into the Ardennes and Champagne country in France. We finish in style (and with lots of opportunities to taste Champagne along the way) in Paris. If you want, you can also catch the end of the Tour de France as our trip is timed to finish in Paris with the professionals. Join us for this truly international travel and bicycling experience.

***Read more about the [ExpeditionPlus! concept](#) to see if this type of tour is for you.

HIGHLIGHTS

Gentle riding in Denmark and the Netherlands, Rest days Hamburg, Amsterdam, Bruges, Gouda famous for its cheese, Ghent, Antwerp, Belgian Beer, Champagne region of France and Paris.

TOUR FACTS

| | |
|----------------------------|--|
| Tour Style | ■ Expedition: Learn more about our Expedition tours at https://www.experienceplus.com/choosing-the-best-tour/styles/expedition |
| Includes | 24 days, 23 nights accommodation; 15 dinners, 23 breakfasts; boat trip Hamburg; ferry between Denmark and Germany; champagne tasting/visit in Reims; limited van support |
| Countries | Denmark |
| Begin/End | Copenhagen / Paris |
| Arrive/Depart | Copenhagen (CPH) / Paris (CDG) |
| Total Distance | 1,727km (1,073 miles) |
| Avg. Daily Distance | 96km (60 miles) per riding day |
| Tour Level | ▶▶▶▶ |
| Keep in Mind | We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. We use charming and modern hotels but A/C or fans may not always be available. Separated twin beds are rare in many places instead there will be two mattresses together that sit on the same base. |

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the ■ [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/denmark/Copenhagen-Paris-ExpeditionPlus>

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DATES & PRICES

DAILY RIDE SUMMARY

| Day | Distance/Gain | Terrain | Day Level | Notes |
|-----|-------------------------------|---------------|-----------|-------|
| 1 | Test ride | | ▶▶▶▶▶ | |
| 2 | 79km / 203m (49mi / 666ft) | Gentle | ▶▶▶▶▶ | |
| 3 | 111km / 454m (69mi / 1489ft) | Gentle | ▶▶▶▶▶ | |
| 4 | 114km / 615m (71mi / 2017ft) | Gentle | ▶▶▶▶▶ | |
| 5 | 70km / 373m (44mi / 1223ft) | Gentle | ▶▶▶▶▶ | |
| 6 | Rest Day | | ▶▶▶▶▶ | |
| 7 | 111km / 452m (69mi / 1483ft) | Gentle | ▶▶▶▶▶ | |
| 8 | 93km / 372m (58mi / 1220ft) | Gentle | ▶▶▶▶▶ | |
| 9 | 105km / 382m (65mi / 1253ft) | Gentle | ▶▶▶▶▶ | |
| 10 | 77km / 275m (48mi / 902ft) | Gentle | ▶▶▶▶▶ | |
| 11 | 109km / 272m (68mi / 892ft) | Gentle | ▶▶▶▶▶ | |
| 12 | Rest Day | | ▶▶▶▶▶ | |
| 13 | 77km / 260m (48mi / 853ft) | Gentle | ▶▶▶▶▶ | |
| 14 | 124km / 379m (77mi / 1243ft) | Gentle | ▶▶▶▶▶ | |
| 15 | 111km / 319m (69mi / 1046ft) | Gentle | ▶▶▶▶▶ | |
| 16 | Rest Day | | ▶▶▶▶▶ | |
| 17 | 84km / 378m (52mi / 1240ft) | Gentle | ▶▶▶▶▶ | |
| 18 | 103km / 719m (64mi / 2358ft) | Gentle | ▶▶▶▶▶ | |
| 19 | 124km / 1099m (77mi / 3605ft) | Rolling hills | ▶▶▶▶▶ | |
| 20 | Rest Day | | ▶▶▶▶▶ | |
| 21 | 79km / 982m (49mi / 3221ft) | Rolling hills | ▶▶▶▶▶ | |
| 22 | 93km / 656m (58mi / 2152ft) | Rolling hills | ▶▶▶▶▶ | |
| 23 | 63km / 264m (39mi / 866ft) | Gentle | ▶▶▶▶▶ | |
| 24 | Last Day | | ▶▶▶▶▶ | |



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ARRIVAL INFO

On Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on your itinerary. Meeting time: 10 a.m.

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, **check with us** if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying into the Copenhagen Airport (CPH).

From the Copenhagen Airport to the Day 1 Hotel

1. Metro from the airport (Lufthaven) to Kongens Nytorv, change to M3 to Kovenhavn H (central station)(15 min/DKK 36; we recommend using the ticket machines, credit card only)
 2. **Walk** from central station station Day 1 Hotel (2 min)
- Or Taxi from the airport to the hotel (20 min/DKK 250-300)

DEPARTURE INFO

Your trip ends on the final day after breakfast.

Tour de France Tickets: Anybody wanting to participate in the historic finale of the Tour de France can choose from various companies who offer tour end viewing packages. We recommend **Custom Getaways**. Tell them we sent you!

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

Flying out of CDG:

1. **Walk** to the Riquet metro station (line 7)
2. Change to line 5 at Stalingrad and go to Gare du Nord. At Gare du Nord take the RER to the airport (EUR 1,90 metro/EUR 10 RER/45 min)

Other options to get to CDG from the ending hotel:

- Taxi from the ending hotel to CDG (40 min/EUR 70)
- Super shuttle (book [online](#), time and fares vary)

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Arrive Copenhagen

Highlights Copenhagen considered the "most livable city and bike capital of the world"

The Danes are well known for their love of bicycling and Copenhagen is renowned for its cycling infrastructure that cities across the world are trying to emulate. With over 390 kilometers (241 miles) of designated bike lanes, it is truly a bicyclist's heaven. The world also looks to Copenhagen for the latest innovations in design, architecture, fashion and savors the extraordinary culinary revolution that has taken place here over the last decade. Meet the group and Tour Leaders at 10 a.m. today.

DAY 1: Fri, Jul 5th

Level 
Meals Dinner
Lodging  Hotel Absalon

Bicycle South Seeland

Highlights Kalvebod Faelled, Mosede Fort & Beach, Køge oldest half-timbered house in Denmark

You'll leave Copenhagen on one of its many extraordinary bike paths to the Kalvebod Faelled nowadays one of the biggest recreational areas around Copenhagen. Stop for lunch in Køge, a century-old market town with an impressive medieval section surrounding the central square which is home to the oldest half-timbered house in Denmark. Continue cycling south, past Stevens Klint to our hotel on the Baltic beach of Rødvig.

DAY 2: Sat, Jul 6th

Distance 79 km (49 mi)
Gain 203 m (666 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  Hotel Klinten

Rødvig to Rodby

Highlights Præstø Fjord, pedal over a 3 km bridge

Continue pedaling southeast today through rural Denmark and then along the Præstø Fjord, one of the many fjords in the area that features salt marshes. Further along, we'll leave the Seeland peninsula and cross over onto Lolland Island, the fourth largest island in Denmark and the closest to Germany. We'll sleep on the southern end of Denmark, close to the ferry that crosses the Storstrom to North Germany.

DAY 3: Sun, Jul 7th

Distance 111 km (69 mi)
Gain 454 m (1489 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  Danhotel

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Rodby to Lübeck

Highlights Ferry to Germany, explore Lubeck

The day begins with a ferry as we cross the Fehmarn Sund bridge to the town of Oldenburg. Then it's on the bikes as we continue our journey south. Our destination today, Lübeck is referred to as the Queen of Hanseatic cities. Its extensive brick Gothic architecture is listed by UNESCO as a World Heritage Site. And make sure you enjoy Lübeck's beloved delicacy - one of the best marzipan's in the world made by Niederegger.

DAY 4: Mon, Jul 8th

Distance 114 km (71 mi)
Gain 615 m (2017 ft)
Terrain Gentle
Level 
Meals Breakfast
Lodging  KO 15

Lübeck to Hamburg

Highlights Hamburg

"The gateway to the world" is a bold claim, but Hamburg, Germany's second-largest city and largest port (despite being located on a river 100 km from the coast) has always been industrious. Hamburg has engaged in international trade since joining the Hanseatic League back in the Middle Ages, and this "harbourpolis" is now the nation's premier media hub and its wealthiest city.

DAY 5: Tue, Jul 9th

Distance 70 km (44 mi)
Gain 373 m (1223 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  Hotel Henri

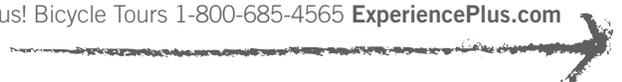
Rest day in Hamburg

Highlights Guided harbor cruise of the Hamburg Port

Enjoy a harbor cruise this morning and some free time to visit some of the local attractions like the impressive Rathaus (city hall) or one of the museums in the newly popular warehouse district. Explore the city, pop into some local shops, and take a stroll along the Alster River and harbor to see the bustling water ways.

DAY 6: Wed, Jul 10th

Level 
Meals Breakfast
Lodging  Hotel Henri



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Hamburg to Bremen

Highlights Elbe River, Altes Land, Bremen

We'll leave Hamburg along the Elbe River to then turn south into the "Altes Land" - or Old Country. This reclaimed marshland is now fertile farmland, producing apples and cherries. Notice the small villages and farm houses decorated with the half-timbered houses that characterize the region. Our destination is the city state of Bremen, important historically as a hotly contested city-state between the Holy Roman Empire and Sweden in the 17th Century. In modern-day Germany it is one of the largest cities of the area. Bremen is also famous for the Brothers Grimm tale ostensibly set there (The Town Musicians of Bremen) even though in the fairy tale the animal musicians never actually make it to Bremen!

DAY 7: Thu, Jul 11th

Distance 111 km (69 mi)
Gain 452 m (1483 ft)
Terrain Gentle
Level 
Meals Breakfast
Lodging  **Star Inn Hotel**

Bremen to Cloppenburg

Highlights Oldenburg Schloss, Ahlhorner Fischteiche nature reserve

It's a relaxing ride west to Oldenburg where you might want to enjoy coffee and a thick slice of German cake in the pedestrian city center. Alternatively, enjoy a visit to the Oldenburg castle, home to the Oldenburg monarchs until 1918. Continue south through rural countryside and the Ahlhorner Fischteiche nature reserve with its small ponds and opportunities for bird-watching. Once at our destination, the small town of Cloppenburg, take time to visit the oldest outdoor museum village in Germany, featuring historic buildings from around the Lower Saxony state, and an important research and cultural center for folklore and traditional village life.

DAY 8: Fri, Jul 12th

Distance 93 km (58 mi)
Gain 372 m (1220 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  **Hotel Diekgerdes**

Welcome to Coevorden and the Netherlands

Highlights Cross the German-Dutch border, Coevorden

Today you'll start your ride in Germany and cycle along quiet country roads and bike paths ending in the Netherlands. As we exit Germany, we'll cross the Ems river and its delta. Keep your eyes peeled for an "auf wiedersehen" and a "welkom" sign as they are the only indicators that you are crossing from one country to another. Our destination, Coevorden was reconstructed as an ideal Renaissance city in the 17th century.

DAY 9: Sat, Jul 13th

Distance 105 km (65 mi)
Gain 382 m (1253 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  **Hotel Kasteel Coevorden**



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Bicycle to Zwolle and on to Kampen

Highlights Dutch bike paths, Zwolle, Kampen

Pedal along the famous network of Dutch bike paths which make the Netherlands one of the most cycling-friendly countries in the world. Visit the small city of Zwolle ("hill" in old Dutch), built on a hill in between four rivers. Continue pedaling to one of the best-preserved city centers in the Netherlands, the Hanseatic city of Kampen. The city center was built on the banks of the Ijssel River, a Dutch branch of the Rhine river. Stroll around town to visit the ancient city walls and gates, as well as the numerous ancient buildings and churches spanning from the 15th to the 19th centuries.

DAY 10: Sun, Jul 14th

Distance 77 km (48 mi)
Gain 275 m (902 ft)
Terrain Gentle
Level 
Meals Breakfast
Lodging  [Het Gouden Hart Hotel](#)
 [Hotel van Dijk](#)

Kampen to Amsterdam

Highlights Waterfront riding, bike paths, Amsterdam

We'll ride due west today following small bike paths that border inlets from the North Sea that spread deep into the Netherlands, reminding us that many parts of the country are at, or below, sea level and that water management is crucial here. We'll finish the day in Amsterdam, a magical city built on canals. Our hotel overlooks the Ij, a body of water that acts as Amsterdam's "waterfront" and that connects the North Sea to the interior's water ways. We'll enjoy a walk and dinner together tonight.

DAY 11: Mon, Jul 15th

Distance 109 km (68 mi)
Gain 272 m (892 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  [Hotel Room Mate Aitana](#)

Rest day in Amsterdam

Highlights Guided tour, the city

Enjoy a leisurely morning and then meet up for a guided tour of the city. The tour finishes by 12:30 and you'll have time this afternoon to visit any number of the city's attractions— museums like the Anne Frank house, canals, quaint neighborhoods, hip locales and a lively night scene.

DAY 12: Tue, Jul 16th

Level 
Meals Breakfast
Lodging  [Hotel Room Mate Aitana](#)



Bicycle Tours in Denmark: Expedition: Cycling Copenhagen to Paris**Amsterdam to Gouda**

Highlights Hollandic Waterline defense system, Gouda

Follow bike paths out of Amsterdam and head into the region of the Hollandic Waterline, a defense system born in the 17th Century where castles and military forts could be used to turn Holland into an island to keep out invaders through integrated systems of flooding. A century later the water froze creating a bridge for the French army to attack. End tonight in Gouda (pronounced Gowda), famous for its orange cheese. Enjoy a visit to the town's cheese museum before dinner together tonight.

DAY 13: Wed, Jul 17th

Distance 77 km (48 mi)

Gain 260 m (853 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  **Best Western Plus City Hotel Gouda**

Gouda to Antwerp, Belgium

Highlights Kinderdijk Windmills, a UNESCO World Heritage Site, Antwerp

Leave early today to enjoy time at a unique UNESCO World Heritage Site along our route: Kinderdijk. Nineteen majestic windmills align to form a memorable and stunning sight. After exploring the windmills you'll keep pedaling south through Dordrecht to reach Antwerp, historically known as the city of diamonds but also the birthplace of the Flemish painter Peter Paul Rubens. Our hotel is centrally located so that you can visit the famous painter's art in the city's cathedral, the historic city center, or the diamond district.

DAY 14: Thu, Jul 18th

Distance 124 km (77 mi)

Gain 379 m (1243 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  **Hyllit Hotel**

Antwerp to Bruges

Highlights Quiet roads, beautiful Bruges, Belgian beer

We head west to the famous city of Bruges, whose city center is a UNESCO World Heritage Site for its outstanding example of a medieval historic settlement. You simply have to walk through the squares to realize how impressive and how much the original Gothic constructions form part of the town's identity. Stroll along the canals that were once main arteries of the city and don't miss a visit to the medieval square and City Hall.

DAY 15: Fri, Jul 19th

Distance 111 km (69 mi)

Gain 319 m (1046 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  **Hotel Boterhuis**

Bicycle Tours in Denmark: Expedition: Cycling Copenhagen to Paris

Rest day in Bruges

Highlights Guided walk of the city

We'll enjoy a leisurely guided walk of the city before you are free to explore on your own. You may choose to visit the museums or stop in at some of the famous beer bars in town. Although none of the elite Trappist breweries are nearby you can stop in at almost any bar to have a thorough tasting. Or, simply enjoy meandering through town as Bruges is bustling with sites to see including its stepped gable houses, market square with the belfort, and historic neighborhoods such as the "Beguinage", an architectural complex created to house a community of lay women from the 13th century.

Bruges to Geraardsbergen

Highlights Medieval Ghent, bike paths, canal riding.

Stop in at Ghent for lunch on your way south. Ghent became one of the richest cities in the world during the Middle Ages because of its wool industry. While not as wealthy as it once was, this lively university city is still one of the prettiest cities in Belgium. Admire its traditional tall Flemish buildings towering over the small streets and plazas. We pedal further south for the evening to the small town of Geraardsbergen, one of the oldest towns in Flanders.

Pedal through Wallonia and into France

Highlights National forest reserves, cross a border, bienvenue en France!

We are deep in Wallonia, the French-speaking part of Belgium. Wallonia or "Wallonie," as the French call it, makes up 55% of the geographic area of Belgium. It was the first industrialized region of continental Europe due to important coal and iron reserves. Today Wallonia is famous for its Trappist beers (Chimay and Orval are both in Wallonia) as well as some industry, services, and tourism. We'll leave Belgium today and enter France, spending the night in the hill border region.

DAY 16: Sat, Jul 20th

Lodging ■ Hotel Boterhuis

DAY 17: Sun, Jul 21st

Distance 84 km (52 mi)

Gain 378 m (1240 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging ■ Hotel Geerard
■ Hotel Grupello

DAY 18: Mon, Jul 22nd

Distance 103 km (64 mi)

Gain 719 m (2358 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging ■ Chateau de la Motte

Bicycle Tours in Denmark: Expedition: Cycling Copenhagen to Paris**Liessies to Reims**

Highlights Hills, forests and agricultural rural land

Leave the forested hills which provided the charcoal industry what it needed to allow for the great industrial period of Wallonia in the 18th and 19th centuries. This geographical area, also known as the Ardennes due to the nearby mountain range of the same name, maintained an industrial feel into the 20th century, after coal replaced charcoal in metallurgy. Take a last look because you'll soon enter the vast fields and rolling hills of Champagne and vineyards and wheat will replace forests as we pedal towards Reims.

Rest day in Reims

Highlights Rest in the capital city of Champagne

Reims is not only the capital of the Champagne region, but also home to the cathedral where the Kings of France were crowned starting in 987 A.D and was originally one of the most important cities for the Roman Empire. Reims has numerous sights to visit including its impressive cathedral so enjoy the day sightseeing or, rest your legs and sip some Champagne as you prepare to pedal the last few days towards Paris.

Reims to Bergères les vertus

Highlights Hautvilliers, Montagne de Reims Nature Reserve

We leave Reims on a bike path this morning pedaling over rolling hills and through vineyards overlooking forests. The Montagne de Reims, where many of the Pinot Noir grapes are grown, is also home to an extensive nature park. As you pass through the wooded park you also will catch glimpses of hills full of vineyards. For lunch you might want to duck into the Abbey of Hautvilliers where Dom Perignon is buried. There are many myths about this Benedictine Monk, including one that he "invented" Champagne. Although this is unlikely, he was instrumental in establishing certain wine-making rules for the region, including some that are still followed today such as how to blend grapes from multiple vineyards.

DAY 19: Tue, Jul 23rd

Distance 124 km (77 mi)

Gain 1099 m (3605 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  **Hotel Continental a la Reims**

DAY 20: Wed, Jul 24th

Meals Breakfast

Lodging  **Hotel Continental a la Reims**

DAY 21: Thu, Jul 25th

Distance 79 km (49 mi)

Gain 982 m (3221 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  **Hostellerie Le Mont Aimé**

Bicycle Tours in Denmark: Expedition: Cycling Copenhagen to Paris

Bergères les Vertus to Meaux

DAY 22: Fri, Jul 26th

Highlights Ride through small villages on your way to Paris

We pedal from a world-famous wine producing region to a region known for its extensive wheat fields that are dotted with picturesque small roads and villages. Our destination today is the beautiful town of Meaux, best known for its Brie de Meaux and its special regional mustard. You can't go wrong with your culinary adventures if you stop and enjoy an aperitif before dinner. If you have time the Cathedral of Meaux is a fine example of Gothic architecture and was built over 400 years ago.

Distance 93 km (58 mi)

Gain 656 m (2152 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  **ibis Styles Meaux Centre Hotel**

Meaux to Paris

DAY 23: Sat, Jul 27th

Highlights Bike into Paris!

We wind our way into Paris through a mix of small roads and bike paths along canals and parks on the way to the center of Paris. We'll have a celebratory evening tonight, a fitting end to our cycling journey from Copenhagen to Paris.

Distance 63 km (39 mi)

Gain 264 m (866 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  **Hotel Canal de la Villette**

Tour end

DAY 24: Sun, Jul 28th

Highlights Tour de France finish

Our tour ends today as does the Tour de France. Anybody wanting to participate in this historic finale check our departure information for recommendations for viewing packages. Others may choose to avoid the hullabaloo and visit the many sites this amazing city offers!

Level 

Meals Breakfast



INCLUDED**WHAT'S INCLUDED**

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to

RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know.

*Tips are included in Expedition pricing and not expected on self-guided tours.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

STYLES **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers.

Classic Tours: Dream of traveling through a region by bike? Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!