

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday

OVERVIEW


Join us for our 2011 ExpeditionPlus! tour to Celebrate Italy's 150th Birthday by Bicycle

Bicycle from Sicily, 1,400 miles, to northern Italy's Piedmont region in honor of Italy's Sesquicentennial (one hundred fiftieth anniversary). In part we'll trace the route of Giuseppe Garibaldi who in May 1860 gathered an army and sailed from Genoa to Marsala in Sicily eventually conquering the island. He then crossed the Strait of Messina with the help of the UK's Royal Navy and marched north taking Naples. We'll head north by bicycle towards Rome, where Garibaldi eventually surrendered all of his territorial gain to the Piedmontese. Our bicycling journey continues along the coast of Tuscany, and over the Apennine Mountains to Emilia Romagna. The finale of our ExpeditionPlus! bike tour comes with our arrival in Turin, designated the first capital of the Kingdom of Italy in 1861, the home of the House of Savoy, and the leader in uniting Italy under one flag. Along the way we'll learn about the unique features and customs of 9 of Italy's 20 regions as we pedal along quiet roads through country towns, medieval and renaissance castles and cities. Of course there will also be ample opportunities to sample some of each region's finest wines and foods. Join us for this special bicycling expedition.

HIGHLIGHTS

- Bicycle the length of Italy on country roads
- Marsala, Segesta, Paestum and ruins of Pompeii
- Naples and Rome
- Etruscan Coast of Tuscany, Lucca, Pisa
- Emilia Romagna's Culinary Delights
- Piedmont Wines, Slow Food and Torino

TOUR FACTS

Tour Style	 : Learn more about our tours at https://www.experienceplus.com/tours/bike-tour-styles/-tours
Includes	Use of a 24 - 27 speed quality bicycle; 29 days, 28 nights in comfortable 3 and 4 star hotels and country estates; 28 breakfasts, 17 dinners, some lunches; van support; bilingual tour leaders; cultural activities as described in itinerary
Countries	Italy
Begin/End	Marsala / Turin
Arrive/Depart	Palermo Falcone-Borsellino Airport (PMO) / Turin Caselle Airport (TRN) or Milan Malpensa Airport (MXP)
Total Distance	2100 - 2250 km (1300 - 1400 miles)
Avg. Daily Distance	55 - 135 km (34 - 84 miles) average of 98 kms (60 mi) if you don't include rest days in the average. per riding day
Tour Level	▶▶▶▶▶ This is an ExpeditionPlus! bicycle tour. We'll average 60 miles per day with 3 rest days.

Please Note: We may have small changes to this trip after you download this PDF document. If you have booked this trip and there are any changes, you will be notified by email. However, you should always be sure to refer to the [online itinerary](https://www.experienceplus.com/guided-bike-tours/italy/Sicily-Turin-Italy-Expedition) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/italy/Sicily-Turin-Italy-Expedition>

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DATES & PRICES

Dates	Price	Single Supplement*
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*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
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Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 7: Arrive in Marsala, meet the group****DAY 1**

Highlights Benvenuti to the Italia 150 Expedition!

Meals Dinner

We'll meet in Marsala, Sicily this afternoon to fit bikes and go for a test ride. Giuseppe Garibaldi landed in the port of Marsala on May 11, 1860 with his "thousand red shirts," and began the liberation of southern Italy from the Bourbon monarch in Naples. We'll enjoy a welcome drink with the mayor and tourism board members before dinner at the "trattoria Garibaldi" together.

May 8: Bicycle the interior of Sicily**DAY 2**

Highlights Greek Ruins in Sicily, Segesta

Meals Breakfast

It's national bike day in Italy today, and we've been asked to honor the city with our presence at the start line of their inaugural ride after our safety talk. We then depart toward Calatafimi and Segesta today then on to Alcamo. Calatafimi is the site of the first significant battle of Garibaldi and his red shirts against the Bourbon army. Segesta was home to one of the three indigenous people of Sicily who took up the Hellenic way of life and architecture. We'll have a chance to visit the ruins of this ancient city on our way to Alcamo. Dinner together this evening. Approximate Mileage: 65 km (40 miles)

May 9: Bicycle to Alia**DAY 3**

Highlights Rock of Busambra

Meals Breakfast

Our route today takes us through vineyards and orchards first and then through pasture lands that have been grazed for thousands of years. We pedal through the evergreen oak forest of Ficuzza underneath the limestone massif of the "Rock of Busambra." Dinner together this evening. Approximate mileage: 100 km (62 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 10: Pedal to Troina****DAY 4**

Highlights Spectacular landscapes of central Sicily

Meals Breakfast, Dinner

We pedal through the spectacular landscapes of central Sicily today on our way to Troina ("Truina" in Sicilian). Truina was a Greek town, a Roman town, and a central city throughout the history of Sicily including in July and August of 1943 when the allied forces pursued the German and Italian defenders here during their invasion to liberate Italy from the German occupation. Be sure and take a walk to the main square at the top of the town for great views of Mount Etna. Dinner together this evening. Approximate mileage 127 km (78 miles)

May 11: Bicycle around Mount Etna**DAY 5**

Highlights Views of Mount Etna, Giardini Naxos,

Meals Breakfast

Our ride today takes us around the west and north side of Mount Etna with spectacular views the entire way. You'll want to stop for a late lunch to explore the Gorge of the Alcantara River cut deep in the basalt that flowed out of Mount Etna in ancient times. Approximate mileage 115 kms (71 miles)

May 12: Taormina and Ferry across the Strait of Messina**DAY 6**

Highlights Roman Theater in Taormina, the mainland

Meals Breakfast

We pedal to nearby Taormina this morning for a view of Mount Etna from the Roman Theater and then we continue on to Messina where we catch a ferry to the mainland later this afternoon. We'll sleep in Calabria tonight in Villa San Giovanni. We'll have options for those who want to avoid the more busy sections of today's route. Approximate mileage 55 km (34 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 13: Pedal to the coast of Calabria****DAY 7**

Highlights Two options today to ride

Meals Breakfast

You have two choices today as we head north in Calabria. You can pedal into the rugged interior of Calabria with a climb up to the "Aspromonte," literally, "Bitter Mountain." Take your time on the climb and enjoy the long downhill to Gioia Tauro. Alternatively, avoid the climb and pedal along the coast through Bagnara Calabria and Palmi to Gioia Tauro. The two routes join here and continue on to Tropea, a delightful village on the Tyrrhenian Sea. Dinner is together tonight. Approximate mileage: Option 1 - 96 km (60 miles) Option 2 - 130 km (80 miles)

May 14: Rest day on the beach**DAY 8**

Highlights Tropea

Meals Breakfast

This is a rest day in Tropea. Take a swim, enjoy sitting in a seaside cafe and writing postcards to the friends at home! The Giro d'Italia happens to pass by Tropea today on its eighth stage from Sapri to Tropea (214 km total), so stay tuned for possible racer sightings!

May 15: Bicycle the Toe of Italy**DAY 9**

Highlights Bicycle Calabria's mountains

Meals Breakfast, Dinner

We follow the coast for a bit today and then head into the mountains of Calabria on the flank of the Piccola Sila (the "Little Sila"), one of four major limestone massifs that make up the mountains of Italy's "toe". Dinner together. Approximate mileage 88 km (55 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 16: Bicycle to Cosenza****DAY 10**

Highlights Bicycle back to the beach

Meals Breakfast, Dinner

Our ride today takes us through Cosenza, a provincial capital and major cultural and educational center in Calabria. We'll cross a coastal mountain range back to the shores of the Tyrrhenian Sea today and we'll be on the beach this evening again. Dinner together tonight. Approximate mileage 125 km (78 miles)

May 17: Pedal Basilicata and Campania**DAY 11**

Highlights Bicycle the coast to Sapri

Meals Breakfast, Dinner

We pedal along the seashore today to Sapri crossing another regional border and entering the region of Campania. We pass through a small part of the Region of Basilicata and the lovely town of Maratea on our way. By the time we reach our hotel tonight we will have crossed our 4th region of Italy! Approximate mileage: 90 km (56 miles)

May 18: Bicycle the coast to Paestum**DAY 12**

Highlights Bicycle the Cilento of Italy

Meals Breakfast, Dinner

We pedal one of the most spectacular coastlines in southern Italy today as we ride the Tyrrhenian coast of the "Cilento". The ride here, through an important part of Magna Grecia, reminds of bicycling in Greece. And indeed, we end the day in Paestum, home to some of the finest Greek ruins in the world. Dinner together tonight. Approximate mileage 122 km (75 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 19: Bicycle to Pompeii****DAY 13**

Highlights Visit Paestum and bicycle to Pompeii

Meals Breakfast, Dinner

Our route this morning takes us through the ruins of Paestum. We'll stop for brief walk together before heading north to Salerno and Pompeii, perhaps the most famous and important archeological site. Approximate mileage 86 km (53 miles)

May 20: Rest day to visit Pompeii and shuttle to Naples**DAY 14**

Highlights Ruins of Pompeii, Naples

Meals Breakfast

We'll visit the ruins of Pompeii today with a guided tour before shuttling into Naples. Our hotel is in the pedestrian area of beautiful downtown Naples. Take a walk, relax and rest up today. We'll enjoy a great pizza dinner together tonight as we are in the region best known for pizza and buffalo mozzarella. No bicycling today

May 21: Shuttle and then bicycle north**DAY 15**

Highlights Small town, quiet roads

Meals Breakfast, Dinner

We shuttle today to the plains of Campania north of Naples. Then we ride to Teano, where Garibaldi passed the symbolic key to southern Italy to Vittorio Emmanuele II, King of Savoy and future King of Italy. We continue on to the small town of Mondragone. Dinner together tonight. Approximate mileage 52 km (33 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 22: Pedal to Montecassino****DAY 16****Highlights** Anagni**Meals** Breakfast, Dinner

Our route today provides a view of the famous Abbey of Montecassino where one of the most famous battles of World War II took place. We continue on to Anagni, an important Medieval town. Dinner together tonight. Approximate mileage 124 km (77 miles)

May 23: Pedal the ancient Appian Way**DAY 17****Highlights** Rome!**Meals** Breakfast, Dinner

We pedal through the Colli Albani, south of Rome, today and along the ancient Appian Way for a short distance. The ancient Roman paving stones are almost impossible to pedal without a full suspension mountain bike so we'll regroup for lunch and shuttle to our hotel. You'll have time to enjoy Rome later this afternoon and evening (and tomorrow!). Dinner together tonight. Approximate mileage 61 km (38 miles)

May 24: Rest day in Rome**DAY 18****Highlights** Guided walk of Rome, relax**Meals** Breakfast

This is a rest day in Rome. We'll take a guided walk together in the morning and you'll have the afternoon to explore on your own.

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 25: Bicycle out of Rome****DAY 19**

Highlights Ride along the Tiber River, Tuscania

Meals Breakfast, Dinner

Our ride out of Rome takes us on a bike path along the Tiber River from the Vatican. Enjoy the views of this great city as we head north to Tuscania for the evening. Dinner together tonight. Approximate mileage 100 km (62,5 miles)

May 26: Bicycle the Etruscan Coast**DAY 20**

Highlights Pedal back to the beach

Meals Breakfast, Dinner

We pedal across the "Tuscia" today, a remote part of Italy that formed the southern part of Etruria. This is a horizontal landscape with layers of airborne volcanic ash. Our destination is Talamone where Garibaldi docked with his ships to prepare for his final push to southern Italy in May of 1860. Approximate mileage 104 km (65 miles)

May 27: Bicycle into Tuscany**DAY 21**

Highlights Enter another region of Italy, Etruscan Coast of Tuscany

Meals Breakfast, Dinner

The southern coast of Tuscany has always been difficult of access so our route takes us first into the hills, then through Grosseto and back to the coast. The Etruscans traded throughout the Mediterranean from ports along here. Tonight we are in San Vincenzo near the beach. Approximate mileage 134 km (84 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 28: Bicycle to Lucca****DAY 22**

Highlights Walled city of Lucca, vineyards of Tuscany

Meals Breakfast, Dinner

We continue north along the first line of hills on the Tuscan coast today through vineyards and wheat fields full of poppies. Our destination is Lucca, a wonderful medieval town that still retains an intact 17th century wall. Dinner together tonight. Approximate mileage 130 km (81.5 miles)

May 29: Rest day in Lucca**DAY 23**

Highlights Enjoy Lucca, or take a side trip to Pisa

Meals Breakfast

Lucca was a Roman town and one of medieval Italy's most prosperous city-states. Today, Lucca retains its medieval charm with its small shops and sidewalk cafes. Take a day to relax, or if you feel the urge we can organize a trip to Pisa for a visit to the leaning tower. No bicycling today.

May 30: Bicycle the Garfagnana north of Lucca**DAY 24**

Highlights Pedal the foothills of the Appennines

Meals Breakfast, Dinner

We ride into the foothills of the Apennine Mountains. We'll spend a good part of the day in the Garfagnana, a vast chestnut forest north of Lucca. Dinner together tonight. Approximate mileage 91 km (57 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**May 31: Pedal over the Appennines****DAY 25**

Highlights Cross into your 6th region of Italy, Emilia Romagna

Meals Breakfast, Dinner

We have flirted with Italy's Apennine Mountains for over three weeks now without crossing them. Well, today we head up and over to the north side of the Apennines. We leave "Mediterranean" Italy and head into the Po Valley which enjoys a more subcontinental climate. Approximate mileage 141 km (88 miles)

June 1: Bicycle North towards Turin**DAY 26**

Highlights Rolling hills and flat riding

Meals Breakfast, Dinner

Our ride today takes us through the foothills of the "Oltre Po Pavese," south of the Po River through the foothills of the Apennine Mountains and out onto the flat Po Valley. Dinner together tonight. Approximate mileage 130 km (81.5 miles)

June 2: Asti**DAY 27**

Highlights Enter Piedmont Region

Meals Breakfast, Dinner

We follow the flat Po Valley for the most part today on our way to Asti, Piedmont. We end in one of Italy's most up and coming wine regions where vineyards produce many of the famous Piedmont wines, including Barbera d'Asti and Asti Spumante. Approximate mileage 97 km (61 miles)

Bicycle Tours in Italy: Italia 150 - A Bicycling ExpeditionPlus! to Celebrate Italy's Birthday**June 3: Bicycle into Torino****DAY 28**

Highlights Finish the Italia 150 with a reception in Torino

Meals Breakfast, Lunch, Dinner

Our final ride is relatively short today and it takes us into Torino, the seat of the House of Savoy and the first capital of a unified Italy beginning in 1861. We'll have a reception and lunch to celebrate the end of our expedition and journey through Italy. Approximate mileage: 75 km (47 miles)

June 4: Farewell**DAY 29**

Highlights Departure

Mille grazie for joining us to celebrate Italy's 150th birthday. Buon viaggio!

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 the three most important aspects of a guided bike tour.

- 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. More details on our bikes page: <https://www.experienceplus.com/what-to-expect/our-bikes/>
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

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/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Not included on Explorer Tours.)

ON TOUR

- See "What's Included" on your tour Itinerary for tour-specific inclusions.

BICYCLES

For a full list of what's included with your bike see our bikes page (<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 tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map and daysheet (print or digital) that includes information on the day's activities, meals and ride.

Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information.

You'll receive a highlighted route map each day or a briefing with the GPS tracks. On Classic, Bike and Boat, Spotlight 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.

Before each tour we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device or smartphone using RideWithGPS.com. We do not provide GPS tracks for tours in South America.

On 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.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

TIPPING YOUR TOUR LEADER TEAM:

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% 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.

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 taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform 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. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! 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, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: 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, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Spotlight Tours: Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- 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.
- Road Type: Pavement
- Navigation: 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, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**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 (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/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Review the arrival and departure information under the "Travel Information" tab to see meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, and 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 Deposit Payment Invoice and the Final Payment Reminder e-mail you have received 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/blog/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists on our website at <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email your Hotel Itinerary, the Participant Roster, names and contact information of your Tour Leaders and other important departure information about 2 weeks prior to your tour start date.

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!