

Bicycle Tours in France: Bike and Barge: the Seine Plus! Castles of the Loire

OVERVIEW



This week-long bike and barge cruise takes you along the Seine River Valley, passing by splendid estates including the castle and grounds at Fontainebleau, and through small medieval towns on the way to Montargis. Enjoy this scenic ride on easy canal paths, with frequent stops to sip café au lait in quaint French villages. Our boat for the week floats quietly along the Seine River, slipping through locks and under bridges while sumptuous meals are prepared onboard. This tour is ideal for anyone who loves the French joie de vivre, and those who are new to cycling and want to try bicycle traveling without having to pack and unpack their bags. Our Plus! tour is land based and gives those who want to keep exploring the chance to spend another few days pedaling between important chateaux including Blois, Chambord, Amboise and Chenonceau.

If this sounds great but you are looking for a shorter trip check out our [Bike and Barge: the Seine](#) which features the first 8 days of this itinerary.

HIGHLIGHTS

Paris; Castle of Fontainebleau; “artists’ villages” - towns that inspired 19th and 20th century Impressionist painters; medieval fortified towns and castles; private castle visit.

TOUR FACTS

Tour Style	 Bike and Boat: Learn more about our Bike and Boat tours at https://www.experienceplus.com/tours/bike-tour-styles/bike-and-boat-tours
Includes	10 nights lodging, meals as noted in itinerary, Fontainebleau guided visit, chocolate tasting, Chambord guided castle visit, canoe trip along the Cher river, guided visit to Clos Lucé, entry ticket to visit Chenonceau castle; and the usual (see below)
Countries	France
Begin/End	Paris/Amboise
Arrive/Depart	Charles de Gaulle Airport (CDG)
Total Distance	380 km (236 miles)
Avg. Daily Distance	42 km (26 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. For more questions about the Barge check out our Bike & Boat FAQ

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/guided-bike-tours/france/barge-seine-plus>

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DATES & PRICES

Dates	Price	Single Supplement*
Aug 21-31, 2021	USD\$6095	USD\$1450 Will Share option not available.
Aug 27-Sep 6, 2022	USD\$6195	USD\$1450

*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
1	Test ride			
2	44km / 216m (28mi / 708ft)	Gentle	▶▶▶▶▶	
3	44km / 283m (28mi / 928ft)	Gentle	▶▶▶▶▶	
4	48km / 369m (30mi / 1210ft)	Gentle	▶▶▶▶▶	
5	36km / 273m (23mi / 895ft)	Gentle	▶▶▶▶▶	
6	57km / 400m (36mi / 1312ft)	Gentle	▶▶▶▶▶	
7	48km / 302m (30mi / 991ft)	Gentle	▶▶▶▶▶	
8	48km / 108m (30mi / 354ft)	Gentle	▶▶▶▶▶	
9	43km / 280m (27mi / 918ft)	Gentle	▶▶▶▶▶	
10	43km / 347m (27mi / 1138ft)	Gentle	▶▶▶▶▶	
11	Last day			

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ARRIVAL INFO

Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the boat dock Port d'Arsenal, close to the Place de la Bastille ([click for location](#)). You may drop off your luggage as soon as 11 a.m., but boarding will not be possible before 2 p.m.

Note:

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.

From Gare du Nord to the Docking Place:

1. Metro Line 5 (direction Place d'Italie), exit at Quai de la Rapée
2. [Walk](#) 5-min to the docking place.

Your boat's name is "Fleur". If you are arriving by taxi, your taxi can take you to the "Capitanerie de Port" (Port Authority), which is where the boat usually docks. Your driver can ask the Port Authority where your boat is and take you there.

If you haven't been to Paris yet, we recommend you spend some time in this amazing city. You can find hotel recommendations in Paris and throughout France [here](#).

Depending on where you choose to stay in Paris prior to your trip, your hotel's website will usually provide arrival information. You might also like [Rome2Rio](#) for more route-planning.

We recommend flying into the Paris Charles de Gaulle Airport (CDG).

DEPARTURE INFO

Your trip ends on the final day at around 11:30 a.m. after the guided tour of Clos Lucé.

If you didn't get a chance to spend time in Paris before the trip, you might choose to do so now. Find the link to hotel recommendations in the arrival instructions.

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

We recommend flying out of Paris Charles de Gaulle (CDG).

From Amboise to Paris or CDG Airport:

1. Taxi from the ending point of the tour to the Tours St-Pierre-des-Corps TGV train station (30 min/EUR 45)
2. Train from Tours St-Pierre-des_Corps TGV to "Paris Roissy Charles de Gaulle Airport" (2 hours/fares vary) or Paris (direct, 1 hour/fares vary)

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Look up French train schedules and book tickets, if necessary, [SNCF.com](https://www.sncf.com) or [Trainline.eu](https://www.trainline.eu). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

Bicycle Tours in France: Bike and Barge: the Seine Plus! Castles of the Loire**Welcome to Paris, the city of lights****Highlights** Paris

Meet early afternoon at our docking point in central Paris. We'll take a test ride with the bikes this afternoon and you'll have time to explore the surroundings before we gather to meet everybody including the barge crew. We'll enjoy a welcome drink and dinner on board tonight. And how about a post-dinner stroll in central Paris?

DAY 1: Sat, Aug 21st**Meals** Dinner**Lodging**  Fleur Barge**Exiting Paris by boat and bike****Highlights** Cruise the Seine during breakfast, bicycle along river paths and forest lanes, Melun town

Avoid the city traffic by cruising through Paris on our private barge, enjoying views from the river and relaxing on board. Breakfast and a leisurely morning onboard prepare us for late-morning departure along the Seine river and through the Sénart Forest. Meander along bike paths and through sleepy villages to reach the small town of Melun where our boat will dock for the night on the ancient village island. Melun, born as a Gallic town was then a Roman mutatio. We'll taste another specialty of town, the Brie de Melun.

DAY 2: Sun, Aug 22nd**Distance** 44 km (28 mi)**Gain** 216 m (708 ft)**Terrain** Gentle**Level** **Meals** Breakfast, Lunch, Dinner**Lodging**  Fleur Barge**Pedaling through Fontainebleau****Highlights** Artists' village of Barbizon, guided visit of Fontainebleau castle (UNESCO site), picnic on castle grounds, fortified medieval town.

Start your delightful ride along the river lined by sumptuous villas. Enjoy the quiet bike path before we leave the river to dive into the expansive Fontainebleau forest, centered around the famous Fontainebleau castle which was home to French monarchs for about eight centuries. Our first stop is the small village of Barbizon, formerly home to mid-19th century painters including Théodore Rousseau and Jean-François Millet. Continue through the forest to reach the magnificent Fontainebleau castle, one of France's most spectacular royal palaces. Enjoy a self-directed visit of the castle using a provided visual/audio guide, as well as a picnic on the royal grounds. Continue pedaling to return to our boat, moored tonight in a medieval fortified town along a

DAY 3: Mon, Aug 23rd

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small tributary of the Seine River.

Distance 44 km (28 mi)

Gain 283 m (928 ft)

Terrain Gentle

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Fleur Barge

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From Moret-sur-Loing to Nemours

Highlights Medieval town of Moret-sur-Loing, Loing River biking, Nemours.

Spend some time this morning wandering the streets of quaint Moret-Sur-Loing, the fortified medieval town that inspired Impressionist painters including Monet and British artist Alfred Sisley. Our ride today takes us along the Loing River to another artist village. From here, you can choose to take a longer ride or continue along the river to reach our boat, docked in tiny medieval Nemours. Visit town and its medieval castle or, for a different take on the region's (pre)history, enjoy a visit to the interesting prehistorical museum, which houses rich archaeological collections from the Paleolithic period through the end of the Iron Age, excavated in the Île-de-France region.

DAY 4: Tue, Aug 24th

Distance 48 km (30 mi)

Gain 369 m (1210 ft)

Terrain Gentle

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Fleur Barge

Medieval Castles and Towns

Highlights Medieval castles and towns

The Loing River was "improved" in the early 18th Century in an effort to increase visits from merchants. We'll leapfrog the canal today as we pedal through forested areas and rural countryside to reach a private castle open to us for a visit and lunch. After lunch, we'll keep pedaling to the impressive fortified medieval town of Chateau Landon. A quick downhill brings us to our boat, docked on the Loing Canal in a tranquil spot for the night. After dinner, we'll head back to Chateau-Landon for an engaging guided walk to learn more about the historical importance of this town.

DAY 5: Wed, Aug 25th

Distance 36 km (23 mi)

Gain 273 m (895 ft)

Terrain Gentle

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Fleur Barge

Montargis

Highlights Bourdelle Sculpture Garden, Ferrières Abbey, Montargis

An optional 13 km ride this morning takes you to a unique art spot in a nearby town. This garden museum honors influential and prolific 19th Century sculptor Antoine Bourdelle by hosting 58 of his bronze statues in a lovely garden. Keep pedaling to the small medieval town of Ferrières with its impressive Benedictine Abbey, tiny alleyways and historic wash houses. Take a break and wander through town before continuing south to arrive in Montargis, the second largest town of the region and a fitting ending destination to our barge trip as its medieval center is crisscrossed with canals and rivers. Our home for the next two nights! Enjoy dinner in town tonight.

DAY 6: Thu, Aug 26th

Distance 57 km (36 mi)

Gain 400 m (1312 ft)

Terrain Gentle

Level 

Meals Breakfast, Lunch

Lodging  Fleur Barge


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Loop ride in Montargis

Highlights Ouanne River ride; 10th Century Castle Ruins, Bee-Keeping Museum

A loop ride today takes us to another small town in the countryside to visit a unique, thriving honey making farm and “living museum” where a short visit highlights the peculiar place of bees in the world. Return to Montargis and make sure to visit some of the sights like the gardens and ruins of the central Chateau, the cathedral and several Renaissance palaces and gardens.

DAY 7: Fri, Aug 27th




Distance 48 km (30 mi)
Gain 302 m (991 ft)
Terrain Gentle
Level 
Meals Breakfast, Lunch, Dinner
Lodging  Fleur Barge

Chambord and Blois

Highlights Guided visit of Chambord Castle, city of Blois

We'll say farewell to our boat today and shuttle to the Castle of Chambord, one of the most famous chateaux of the Loire Valley. Some say Leonardo da Vinci designed the opulent 400-room Château de Chambord when he lived at the royal court. Opulence is key here: The Château nearly bankrupted the French treasury before its completion in 1685. Enjoy a unique behind-the-scenes tour of the castle late morning and enjoy lunch on your own before heading to Blois, a different and lively feel compared to the tranquil villages we've visited on our boat tour. Stroll through town to see its castle, the cathedral and gardens that dot the city.

DAY 8: Sat, Aug 28th

Distance 48 km (30 mi)
Gain 108 m (354 ft)
Terrain Gentle
Level 
Meals Breakfast
Lodging  Best Western Hotel Blois Chateau
 Mercure Blois Centre Hotel

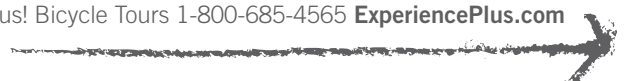
Cycle to Amboise

Highlights Cycling along the Loire River, Chaumont Castle, Da Vinci Museum, Amboise

Leave Blois along the Loire River today, cycling on one of Europe's most popular bike routes. First stop is at the Chaumont Castle, with its spectacular gardens, park, and castle perched over the Loire river valley. Continue pedaling to reach the vibrant town of Amboise which boasts the manor house of Le Clos Lucé, where Leonardo da Vinci came to spend the last three years of his life upon invitation from the French King Francis I. Leonardo is buried in the castle's chapel.

DAY 9: Sun, Aug 29th

Distance 43 km (27 mi)
Gain 280 m (918 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  Hotel le Clos d'Amboise



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Highlights Château de Chenonceau; canoe trip down the Cher River

Head off toward the Cher River this morning where we'll regroup to canoe to the famous castle of Chenonceau. The castle forms a bridge across the river, one of the tributaries to the Loire. After dropping your canoe and a lunch together, we head off by bike to explore the castle, once occupied by Diane de Poitiers, mistress to Henri II. After the king's death in 1599, Queen Catherine de Medici reclaimed the castle and evicted de Poitiers. You can still explore the two separate gardens created for these two women.

DAY 10: Mon, Aug 30th

Distance 43 km (27 mi)

Gain 347 m (1138 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel le Clos d'Amboise

Guided tour of Clos Lucé, tour end

Highlights Clos Lucé

Before you head off on your own travels join us this morning for a fascinating guided tour of the Clos Lucé, where Leonardo da Vinci spent the final years of his life. Walk through his bedroom, discover where he worked, and stroll through the vast gardens where many of his inventions were constructed for the first time. Our visit of Clos Lucé will end at 11:30 so please plan your travels accordingly if you'd like to participate. We hope you've enjoyed this relaxing cultural and historic exploration of the Loire!

DAY 11: Tue, Aug 31st

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 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](#).
- 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](#).
- 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](#). 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 (EXPEDITIONPLUS!)

Our ExpeditionPlus! 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!