

## Bicycle Tours in France: Best of Provence Plus! the Luberon and Aix-en-Provence

### OVERVIEW

Explore the best Provence has to offer, including culinary highlights that make for a splendid Mediterranean feast of Côtes-de-Rhône wines, exquisite olive oil from a local olive press and more Roman ruins than you will find even in Italy. France's small country roads will lead you to discover the secrets behind the local artisans savoir-faire. You'll also visit the places where Van Gogh painted a majority of his most well-known paintings. For those of you who enjoy architecture, this trip gives you a superb view of both medieval and Roman masterpieces such as the theater and arena in Arles, the impressive Pont du Gard, and the medieval jewel of Uzès. To top it all off the final portion of the trip includes the small hilltop villages in the Luberon valley that made Peter Mayle's "A Year in Provence" an international best-seller. This itinerary starts out at a more relaxed pace with numerous two-night stays, then finishes with flexible days where both short and long rides are possible. It is a great bike tour for friends or couples where one partner likes to ride more than the other.


\*\*\*If this sounds great but you don't have time for the full 11 days, check out our [Bicycling the Best of Provence](#) tour, which features the first 8 days of this itinerary.\*\*\*

### HIGHLIGHTS

Luberon villages, Saint Rémy, Special dinner at a local chef's home, Pont du Gard, Châteauneuf du Pape, Olive mill visit, Informative wine tasting, Arles, The best of Roman Provence, Sénanque Abbey, Uzès, Van Gogh country, Côtes du Rhones wine villages, Mont Ventoux

### TOUR FACTS

<b>Tour Style</b>	 Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/classic-tours">https://www.experienceplus.com/tours/bike-tour-styles/classic-tours</a>
<b>Includes</b>	11 days, 10 nights' accommodation; meals as noted in itinerary; special visits listed in the itinerary; and the usual (see below).
<b>Countries</b>	France
<b>Begin/End</b>	Arles / Group transfer to Aix-en-Provence
<b>Arrive/Depart</b>	Paris: Charles de Gaulle Airport (CDG), Marseille Provence Airport (MRS)
<b>Total Distance</b>	520 km (321 miles)
<b>Avg. Daily Distance</b>	58 km (36 miles) per riding day
<b>Tour Level</b>	

**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/best-of-provence-luberon-biking>

### Bicycle Tours in France: Best of Provence Plus! the Luberon and Aix-en-Provence

#### DATES & PRICES

Dates	Price	Single Supplement*
☞ Sep 16-26, 2022	☞ USD\$5295	☞ USD\$650
☞ Sep 30-Oct 10, 2022	☞ USD\$5295	☞ USD\$650
☞ May 5-15, 2023	☞ USD\$5395	☞ USD\$650
☞ Jun 2-12, 2023	☞ USD\$5395	☞ USD\$650
☞ Sep 15-25, 2023	☞ USD\$5395	☞ USD\$650
☞ Sep 29-Oct 9, 2023	☞ USD\$5395	☞ USD\$650

\*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	32km / 234m (20mi / 768ft)	Rolling hills	▶▶▶▶▶	Longer optional ride available
3	50km / 539m (31mi / 1768ft)	Hilly	▶▶▶▶▶	
4	63km / 476m (39mi / 1561ft)	Rolling hills	▶▶▶▶▶	
5	42km / 506m (26mi / 1660ft)	Rolling hills	▶▶▶▶▶	Today's ride is an optional loop ride
6	68km / 722m (43mi / 2368ft)	Rolling hills	▶▶▶▶▶	
7	53km / 854m (33mi / 2801ft)	Hilly	▶▶▶▶▶	Longer optional ride available
8	63km / 916m (39mi / 3004ft)	Hilly	▶▶▶▶▶	
9	56km / 900m (35mi / 2952ft)	Hilly	▶▶▶▶▶	
10	64km / 860m (40mi / 2821ft)	Hilly	▶▶▶▶▶	
11	Last day			

## Bicycle Tours in France: Best of Provence Plus! the Luberon and Aix-en-Provence

### ARRIVAL INFO

**Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.**

**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 the Charles de Gaulle Airport (CDG) in Paris or the Marseille Provence Airport (MRS)

#### How to get to Arles train station from CDG

1. Airport shuttle to the Aéroport CDG 2 TGV station. Train station is located beneath the airport (5-20 min/no cost)
2. Train from Paris Roissy Charles de Gaulle Airport to Arles. (Train change in Avignon or Marseille) (3.5-4 hours/Fares vary)

#### How to get to Arles train station from MRS

1. Airport shuttle bus from mp2 (platform 2) of the Marseille Airport to the "Marseille-Provence Airport - Vitrolles - TER" train station. (5 min/no cost)
2. Train from the "Marseille-Provence Airport - Vitrolles - TER" to Arles (direction AVIGNON, not MARSEILLE) (30 min/fares vary - TER trains have a fixed price and do not need to be pre-booked). Be sure you choose a train that stops in Arles as there are also direct trains to Avignon. (The track is the closest one to the station entrance. For connection overview, See [map](#))

- **Note:** There are automated machines to purchase your TER train ticket at Vitrolles, but if you are more comfortable you can purchase from a human at the Marseille train ticket booth, which is just outside the airport to your right.

#### How to get to the Day 1 Hotel from Arles train station

- Taxi from the Arles train station to the Day 1 Hotel (5 min/EUR 15-20)
- Or walk 15 minutes. See [map](#)

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

## Bicycle Tours in France: **Best of Provence Plus! the Luberon and Aix-en-Provence**

### DEPARTURE INFO

The tour ends on the final day with an ExperiencePlus! shuttle drop-off at either

- the Aix-en-Provence TGV train station; arrival at **10:30 a.m.** (1 hour transfer)
- or at the Aix-en-Provence city train station; arrival at 11 a.m. (1.5-hour transfer)

**Shuttle reservations 30 days prior to your tour start are required. Reserve by [emailing us](#). If you can't make the shuttle, you will be responsible for your own transportation.**

We recommend flying out of the Marseille Provence Airport (MRS). You can also fly out of Paris Charles de Gaulle (GDC), which is a 4-hour train ride.

#### **How to get to Marseille Provence Airport (MRS) from the Aix-en-Provence TGV Train Station**

- Airport shuttle “LeCar” from the Aix-en-Provence TGV Station to the Marseille Airport (15 min/EUR 4, tickets sold on board).

**Bicycle Tours in France: Best of Provence Plus! the Luberon and Aix-en-Provence****Arrive in Arles**

**Highlights** Roman monuments of Arles, gourmet dinner with a local chef

Meet today at our hotel in Arles on the banks of the Rhône River. The Romans bridged the Rhône here during the 1st Century B.C., and today the city has a well-preserved Roman theater and arena. The latter is still used for Provençal bullfights. We will get our bikes fitted and enjoy a short test ride before a special introductory meal together in a local chef's home.

**DAY 1: Fri, Sep 29th**

**Distance** 18 km (11 mi)

**Meals** Dinner

**Lodging**  [Hotel Le Calendal](#)

**Bicycle to St Rémy**

**Highlights** Market in Arles or Saint Paul de Mausole, charming St Rémy

This morning Arles puts on one of the largest outdoor markets in France. You'll have plenty of time to check it all out before taking a short but scenic ride to St Rémy. This afternoon you can explore St Rémy or take an extra loop ride that goes through quaint medieval Provençal towns including Maillane, home to writer Frédéric Mistral, a proponent of Provençal culture and winner of the 1904 Nobel Prize for Literature.

**DAY 2: Sat, Sep 30th**

**Distance** 32 km (20 mi)

**Gain** 234 m (768 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  [Hotel Le Castelet des Alpilles](#)

**Bicycle to Les Baux-de-Provence**

**Highlights** Les Baux, Roman ruins, Van Gogh sites

St. Rémy is where Van Gogh painted several of his most famous works during a year's residence in the local sanitarium. You'll appreciate the views that inspired him as we support a ride to Les-Baux-de-Provence and into the Alpilles hills. There is much to explore in St Rémy this afternoon including the Roman ruins of Glanum, Van Gogh's sanitarium and the great shopping in town.

**DAY 3: Sun, Oct 1st**

**Distance** 50 km (31 mi)

**Gain** 539 m (1768 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast

**Lodging**  [Hotel Le Castelet des Alpilles](#)

**Bicycle Tours in France: Best of Provence Plus! the Luberon and Aix-en-Provence**

**Bicycle to St. Quentin la Poterie**

**Highlights** Pont du Gard, castle visit, ceramics of St. Quentin, olive mill visit

We'll start the day with an olive oil tasting at a local olive press located just a few kilometers outside St Rémy. On our ride today we will cross the Rhône at Tarascon where you can visit the perfectly preserved 15th-century castle. Our route will then continue north to the Pont du Gard which is arguably the most extraordinary Roman ruin in all of Europe. It dates to 20 B.C. when it was built to support the aqueduct that carried water from Uzès to the Roman town of Nîmes. Later this afternoon we'll arrive in St Quentin la Poterie a small town with a long tradition of pottery making going back to prehistoric times. The craftsmen of St. Quentin contributed their pottery making skills to decorate the Palais des Papes in Avignon in the 14th Century.

**DAY 4: Mon, Oct 2nd**

**Distance** 63 km (39 mi)  
**Gain** 476 m (1561 ft)  
**Terrain** Rolling hills  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Le Clos de Pradines

**Rest day in St. Quentin la Poterie**

**Highlights** Optional bike ride to Uzès and local vineyards

We'll be in St Quentin again tonight, so you can decide whether you want to ride today, relax by the pool, or enjoy exploring the winding streets of St Quentin. We will also offer a shuttle into medieval Uzès for those who wish. If you chose to get out on your bike, we'll take a loop ride south to Uzès and ride through rolling vineyard country.

**DAY 5: Tue, Oct 3rd**

**Distance** 42 km (26 mi)  
**Gain** 506 m (1660 ft)  
**Terrain** Rolling hills  
**Level** >>>>>  
**Meals** Breakfast  
**Lodging** 🏠 Le Clos de Pradines

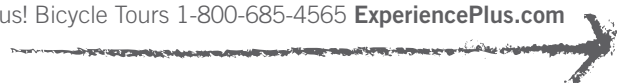
**Bicycle to Séguret**

**Highlights** Ceramics of St. Quentin, visit to Châteauneuf du Pape, Côtes du Rhône vineyards and villages

Today we head into the heart of the Côtes du Rhone vineyards with some of the most prestigious wines in the south of France including the renowned Châteauneuf-du-Pape. We'll have a beautiful ride through small villages and open countryside before arriving at Châteauneuf where you can get a cafe lunch on your own, or picnic at the castle, a former summer palace of the Avignon Popes. You can also partake in a wine tasting of your choice at any of the countless local wineries. Our route continues on to Séguret surrounded by vineyards and set against the foot of the Dentelles de Montmirail mountains- our little paradise for the next two nights.

**DAY 6: Wed, Oct 4th**

**Distance** 68 km (43 mi)  
**Gain** 722 m (2368 ft)  
**Terrain** Rolling hills  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Domaine de Cabasse



### Bicycle Tours in France: Best of Provence Plus! the Luberon and Aix-en-Provence

#### Vaison-la-Romaine and Côtes-du-Rhône vineyards

**Highlights** Roman vestiges and medieval castle in Vaison, picturesque wine villages (Sablet, Beaumes-de-Venise), optional climb up Mont Ventoux.

You can take a day off the bikes and relax at the hotel or pedal our loop ride to Vaison-la-Romaine and the nearby quaint villages known for their wines. Vaison offers some great insight into Roman and medieval life and architecture with its Roman ruins, archaeological museum, and imposing castle. The rest of the loop continues through wine country and Provençal villages with the giant Mont Ventoux set in the background. For those who want to push their limits there is also the opportunity to climb Mont Ventoux, the most illustrious Tour de France climb! You also have the option to take on Mont Ventoux (49 km) and forgo the loop ride. Regardless of what you decide it's guaranteed to be an amazing day!

#### DAY 7: Thu, Oct 5th

**Distance** 53 km (33 mi)  
**Gain** 854 m (2801 ft)  
**Terrain** Hilly  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 [Domaine de Cabasse](#)

#### Bicycle to Fontaine-de-Vaucluse

**Highlights** Vénasque, Sénanque Abbey, Gordes, Fontaine-de-Vaucluse

Today we pedal south into the Luberon Natural Park with its spectacular hilltop villages. Scenic roads will lead you to the beautiful 11th century Cistercian Sénanque Abbey then up to the perched village of Gordes, one of the most prominent villages of the Luberon. We'll enjoy a beautiful view of the valley as we wind our way down through the adjoining countryside and village of Fontaine-de-Vaucluse which was built around a mysterious spring of the Sorgue river that surges out from underneath a towering limestone cliff.

#### DAY 8: Fri, Oct 6th

**Distance** 63 km (39 mi)  
**Gain** 916 m (3004 ft)  
**Terrain** Hilly  
**Level** >>>>>  
**Meals** Breakfast  
**Lodging** 🏠 [Hotel du Poete](#)

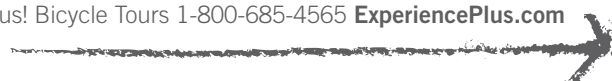
#### Bicycle to Lourmarin

**Highlights** Isle-sur-la-Sorgue, Oppède-le-Vieux, Ménerbes, Lacoste, Lourmarin

Often referred to as the "Venice of Provence" Isle-sur-la-Sorgue is just a short ride away so be sure to stop and explore the incredible network of canals and water wheels. From there the route features the picturesque hilltop villages of the Luberon many of which were featured in Peter Mayle's best seller "A Year in Provence". Take your time and enjoy the great views, quaint streets, cafés, and impressive architecture that each place has to offer. After pedaling by the Marquis de Sade castle in Lacoste wind your way between the Grand Luberon and the Petit Luberon mountains by way of Bonnieux. You will be rewarded with a fantastic descent through the canyon to the village of Lourmarin. You can relax at the hotel this afternoon, visit the castle in Lourmarin or continue to explore the nearby villages on the southern side of the Grand Luberon.

#### DAY 9: Sat, Oct 7th

**Distance** 56 km (35 mi)  
**Gain** 900 m (2952 ft)  
**Terrain** Hilly  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 [Le Mas de Guilles](#)



**Bicycle Tours in France: Best of Provence Plus! the Luberon and Aix-en-Provence****Classical Provence Loop**

**Highlights** Cucuron, La Tour d'Aigues, Scenic Provençal villages

Enjoy another day in our peaceful retreat in the Luberon countryside. Our loop takes you through scenic Provençal villages in the Grand Luberon. You can also opt to take a short ride to Lourmarin to people watch, have a delicious lunch, or visit the castle. Or simply relax poolside at our country-home hotel. Tonight we'll enjoy an outstanding celebratory dinner together.

**DAY 10: Sun, Oct 8th**

**Distance** 64 km (40 mi)

**Gain** 860 m (2821 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Le Mas de Guilles

**Group transfer to Aix-en-Provence, France**

**Highlights** Bon Voyage

After breakfast this morning, our tour ends with a group transfer to Aix-en-Provence or the TGV train station. Your Tour Leaders will be full of suggestions of what to see in Aix, or even in nearby Marseilles. Thanks for cycling with us through the highlights of Provence. Whatever your plans are from here, bon voyage!

**DAY 11: Mon, Oct 9th**

**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: <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.)
- 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 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. 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 also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. 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. 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.

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 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, Spotlight 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!