

Bicycle Tours in Chile: Expedition: Chile's Carretera Austral

OVERVIEW

The famed "Carretera Austral" is an intrepid bicyclist's paradise through a full third of Chilean Patagonia. Paved only part of the way, which makes for a nice introduction to gravel riding, this road was started in 1976 during the regime of General Augusto Pinochet. The Carretera Austral - also known as Route 7 - connects some of Chile's most remote communities located across a wild and mountainous, fjord-laden region whose snow-capped volcanoes, dense forests, stunning lakes, impressive rivers, and glaciated peaks are largely protected within national parks and preserves. This once-in-a-lifetime tour follows a partially-paved Route 7 from Puerto Montt to the southern shores of General Carrera Lake. We'll pedal a few long stretches of "ripio" (Spanish for gravel) near the tour's end. Whether you come for the scenic beauty, the remote wildness or the challenging cycling, you'll never forget this experience.

HIGHLIGHTS

8 National Parks/National reserves, Lagos Yelcho, Rosselot and Risopatron, Chacabuco, fjords, pristine Patagonian landscape

TOUR FACTS

Tour Style	📄 Expedition: Learn more about our Expedition tours at https://www.experienceplus.com/tours/bike-tour-styles/expedition-tours
Includes	17 days, 16 night's accommodation, 16 breakfasts, 13 lunches, 11 dinners. Lunches are packed lunches on the road and picnics. Full van support. Price includes all tips including tour leader gratuities. Ferries on Days 2, 3 and 16. Day 17 shuttle from Coyhaique to the Balmaceda airport. Options on days off to hike, kayak are included. Not Included is the excursion on day 8 to visit San Rafea glaciers on a full day trip from Puerto Chacabuco.
Countries	Chile
Begin/End	Puerto Montt / Coyhaique
Arrive/Depart	Puerto Montt Airport El Tepuel (PMC) / Balmaceda Airport (BBA)
Total Distance	1030 km (640 miles), including 106 km (57 nautical miles) of boat travel
Avg. Daily Distance	Average 93 km / 57 miles per riding day
Tour Level	➤➤➤➤ Long days and varied terrain with some days including more than 4000+ feet of climbing. The last 4 cycling days are entirely on gravel.
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. Expeditions require that you be prepared for anything and a sense of adventure will be your most valuable asset! - Due to gravel/poor road conditions there will likely be 2 or 3 instances where you will have to shuttle. - You will travel to remote areas with very basic accommodations. - Private Rooms may not be available every night. Learn more about what is included and what to expect on your Expedition tour here .

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/chile/bicycle-carretera-austral>

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DATES & PRICES

Dates Price Single Supplement*

*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	92km / 1233m (57mi / 4044ft)	Hilly	▶▶▶▶▶	
3	57km / 937m (36mi / 3073ft)	Hilly	▶▶▶▶▶	
4	53km / 368m (33mi / 1207ft)	Rolling hills	▶▶▶▶▶	
5	92km / 1409m (57mi / 4622ft)	Very hilly	▶▶▶▶▶	
6	28km / 377m (18mi / 1236ft)	Gentle	▶▶▶▶▶	
7	131km / 1086m (81mi / 3562ft)	Hilly	▶▶▶▶▶	Longer optional ride available
8	Rest day			
9	77km / 1011m (48mi / 3316ft)	Very hilly	▶▶▶▶▶	
10	100km / 1588m (62mi / 5209ft)	Hilly	▶▶▶▶▶	
11	121km / 1662m (75mi / 5451ft)	Rolling hills	▶▶▶▶▶	
12	Rest day			
13	48km / 784m (30mi / 2572ft)	Hilly	▶▶▶▶▶	
14	45km / 816m (28mi / 2677ft)	Hilly	▶▶▶▶▶	
15	78km / 1661m (49mi / 5448ft)	Very hilly	▶▶▶▶▶	
16	Transfer day			
17	Last day			

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ARRIVAL INFO

Meeting time 3 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](#).

We recommend flying into the Puerto Montt Airport (PMC).

- Taxi to the Day 1 hotel (30 min/Chilean pesos 40,000 (around USD 50)

or

- Private shuttle (30 min/Chilean pesos 30,000 (around USD 50) - [contact us](#) for arrangements.

Tips on flights:

Puerto Montt Airport (PMC) has connections to Santiago, Chile (SCL), Buenos Aires International Airport (EZE), and Buenos Aires Domestic Airport (AEP) see [LATAM](#)

- **Connecting in Santiago, Chile:** LATAM offers several 1.5 hour direct flights from Santiago.
- **Connecting in Buenos Aires:** LATAM offers several flights daily from both Buenos Aires Airports - you may have to connect through Santiago). It is a 4.5 to 5.5 hour flight. We would recommend connecting through Santiago rather than Buenos Aires.

For more travel planning tips, including our packing lists, visit our [Travel Planning Pages](#).

DEPARTURE INFO

On the final tour day, we shuttle you to the **Balmaceda Airport (BBA)**. Your spot on the shuttle is already saved.

Schedule your flight at 12 noon or later. The transfer takes about 1 hour and the shuttle arrives around 10 a.m.

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.

Balmaceda (BBA) has connections to Santiago, Chile (SCL), see [LATAM](#)

- **Connecting in Santiago, Chile:** LATAM offers some direct flights to Santiago.
- Most international flights from South America leave in the late evening, so it is possible to connect with an international flight the day the tour ends.

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Meet in Puerto Varas

Highlights Puerto Varas, Llanquihue Lake

We meet in Puerto Varas today, a small but bustling town on the shores of Lake Llanquihue in Chile. Just 35 minutes from the airport in Puerto Montt and with its craft market and lakeside views of Osorno Volcano, this is the perfect place to come stay a night before your trip starts. We'll meet in the afternoon to fit bikes and take a quick test ride along the lake.

DAY 1: Sat, Jan 7th

Meals Dinner

Lodging  Hotel Cumbres Puerto Varas

Puerto Varas to Hornopirén

Highlights Beginning of Carretera Austral, Alerce Andino National Park, Hornopiren National Park & Reloncaví estuary.

Today we shuttle from Puerto Varas to Chamiza to begin our ride. Once on the bikes, prepare to be marveled by the landscape as we approach the Alerce Andino NP, one of the many parks that we'll pass through on our journey to Coyhaique. Follow the road until "Caleta la Arena," at the shores of Reloncaví estuary, which we'll get across by ferry. From the far shore, we ride until Hornopiren, where we'll have our night's rest.

DAY 2: Sun, Jan 8th

Distance 92 km (57 mi)

Gain 1233 m (4044 ft)

Terrain Hilly

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Cabañas Cordillera

Hornopirén to Chaitén

Highlights Douglas Tompkins Pumalin National Park, crossing Comau-Leptepu Fjord, Michimahuida volcano

This morning we'll span the length of the Fiordo Comau-Leptepu on a 4-hour ferry ride with views east to the mountains of Pumalin National Park and part of Vodudahue National Reserve. Once in Leptepu, we transfer over 10 km of gravel road to Fiordo Largo for our second ferry crossing (45-minutes later) to Caleta Gonzalo, where we finally begin pedaling our way to Chaiten within sight of the Michimahuida Volcano. Today's ride 30 km gravel, 25 pavement.

DAY 3: Mon, Jan 9th

Distance 57 km (36 mi)

Gain 937 m (3073 ft)

Terrain Hilly

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Cabaña Pudu

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Chaitén to Yelcho Lake

Highlights Yelcho lake, Corcovado National Park

Today we pedal a beautiful glacier valley along the Carretera Austral until arriving at the shores of Lago Yelcho, renowned for world-class fly fishing. We'll rub elbows with anglers tonight at one of the area's many lodges.

DAY 4: Tue, Jan 10th

Distance 53 km (33 mi)

Gain 368 m (1207 ft)

Terrain Rolling hills

Level >>>>>

Meals Breakfast, Lunch

Lodging  Yelcho en la Patagonia

Yelcho to La Junta

Highlights Melimoyu National Park, Lago Rosselot, National Reserve Palena River

Just outside Yelcho we'll pass the Yelcho hanging glacier. The rest of the day we're surrounded by stunning views as we pedal by Corcovado National Park and then into Melimoyu National Park and Palena River. Our destination tonight is the small town of La Junta. All Paved

DAY 5: Wed, Jan 11th

Distance 92 km (57 mi)

Gain 1409 m (4622 ft)

Terrain Very Hilly

Level >>>>>

Meals Breakfast, Lunch

Lodging  Alto Melimoyu

La Junta to Lago Risopatrón

Highlights Risopatrón Lake

Our ride today is short and we end at the edge of Queulat National Park. This afternoon you can choose to take a hike or take it easy in our beautiful lodge nestled in the forest. Take a dip in the hot tub or swimming pool or warm up in the Sauna. Or curl up with a book as you rest your legs before tomorrow's big ride. All paved.

DAY 6: Thu, Jan 12th

Distance 28 km (18 mi)

Gain 377 m (1236 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Lunch

Lodging  El Pangué Lodge

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Lago Risopatrón to Puerto Chacabuco

Highlights Queulat National Park

Due to sparse lodging, we start the day with a long shuttle before embarking on the longest ride of this tour. This day is a dynamic ride through Queulat National Park, with incredible views of the park's namesake hanging glacier. We'll pedal through a broad fluvial valley before veering off the Carretera Austral to follow the pristine Cisnes River until our destination for the next two nights in Puerto Chacabuco. If you want to do a full 100 miles this is your day!

DAY 7: Fri, Jan 13th

Distance 131 km (81 mi)

Gain 1086 m (3562 ft)

Terrain Hilly

Level >>>>>

Meals Breakfast, Lunch, Dinner

Lodging  [Hotel Loberias del Sur](#)

Explore Laguna San Rafael Glacier

Highlights Laguna San Rafael Glacier

Puerto Chacabuco is the region's most important seaport with connection to Puerto Montt and gateway to the Laguna San Rafael Glacier, a major outlet glacier of the Northern Patagonian Ice Field. You'll have the option to experience a full day's excursion of the glacier or relax on the hotel grounds for a quiet day of reading. Cost for this excursion is extra and we'll send details closer to the trip date.

DAY 8: Sat, Jan 14th

Meals Breakfast

Lodging  [Hotel Loberias del Sur](#)

Puerto Chacabuco to Coyhaique

Highlights Río Simpson National Reserve, "Al Virgen" and "Velo de la novia" waterfalls

Our ride leads us to the major city of Coyhaique, the capital of Chile's Aysen district. Growing interest in the cattle industry helped populate Coyhaique from 1930s on. Today, Coyhaique is a bustling town and is surrounded by the Rio Simpson and Coyhaique National Reserve, as well as stunning water falls and rivers, known for its fly fishing.

DAY 9: Sun, Jan 15th

Distance 77 km (48 mi)

Gain 1011 m (3316 ft)

Terrain Very Hilly

Level >>>>>

Meals Breakfast, Lunch, Dinner

Lodging  [Hotel Nomades](#)

Bicycle Tours in Chile: Expedition: Chile's Carretera Austral**Coyhaique to Villa Cerro Castillo****Highlights** Reserva Los Huemules

The landscape changes considerably today as we leave behind rolling hills dotted with cattle and enter a Ñirre lenga, or forest. At 50 feet in height, Ñirre (Genus Nothofagus) are deciduous trees common to the Pilmaquén pampa, between 2,300 and 2,600 feet in elevation.

DAY 10: Mon, Jan 16th**Distance** 100 km (62 mi)**Gain** 1588 m (5209 ft)**Terrain** Hilly**Level** >>>>>**Meals** Breakfast, Lunch, Dinner**Lodging**  Cabañas Nido de Carancho
 Refugio Cerro Castillo**Villa Cerro Castillo to Puerto Río Tranquilo****Highlights** First views of Lago General Carrera

If you wanted a big day, today is your day. We leave the pavement behind and you can ride over a metric century today as we head south to General Carrera Lake, the biggest Lake in Chile and second biggest in South America. Our destination is Puerto Río Tranquilo, founded in 1955 and colonized by ranching and farming families. Pavement: 105 gravel, 14 paved

DAY 11: Tue, Jan 17th**Distance** 121 km (75 mi)**Gain** 1662 m (5451 ft)**Terrain** Rolling hills**Level** >>>>>**Meals** Breakfast, Lunch, Dinner**Lodging** Hosteria Río Tranquilo**Rest day in Puerto Río Tranquilo****Highlights** Catedrales de Marmól, Glacier Exploration

A much deserved rest day is in store today. If you want, we've arranged for a boat ride (and possibly a kayak trip if you prefer) to explore the beautiful marble caves just off the coast of Lago General Carrera. These caves are over 6000 years old and are formed by the water eroding the edge of the lake. Light plays off of the water and the walls as you drift through the stunning marble columns in the aptly named "cathedral" of the lake. A sight not to be missed and a great way to spend the day off the bike.

DAY 12: Wed, Jan 18th**Meals** Breakfast**Lodging** Hosteria Río Tranquilo



Bicycle Tours in Chile: Expedition: Chile's Carretera Austral

Puerto Río Tranquilo to Mallin Colorado Lodge

Highlights General Carrera Lake

Your ride today follows the shores of General Carrera Lake (known in Argentina as Lago Buenos Aires) that actually has a border through it. In the indigenous language it is called Lago Chelenko. The glacial waters contribute to the beautiful color of the water, and although the surrounding mountains are often wet, the lake has a temperate and sunny microclimate that made it attractive to the European and criollo immigrants in the early 1900s. You'll have the afternoon to relax, hike, or horseback from the lodge. Today's ride is all on gravel

DAY 13: Thu, Jan 19th

Distance 48 km (30 mi)
Gain 784 m (2572 ft)
Terrain Hilly
Level 
Meals Breakfast, Lunch, Dinner
Lodging  Mallin Colorado

Mallin Colorado Lodge to El Vallecito

Highlights General Carrera Lake

We leave the Carretera Austral behind today and head east, contouring the southern shore of General Carrera on a gravel road that winds around headlands and through occasional forest. Every corner offers a new view of the 1,800-square kilometer lake whose deepest point is lower than sea level. We'll stay the night at a peaceful lakeside lodge. Today's ride is all gravel.

DAY 14: Fri, Jan 20th


Distance 45 km (28 mi)
Gain 816 m (2677 ft)
Terrain Hilly
Level 
Meals Breakfast, Lunch, Dinner
Lodging  Patagonia Acres

El Vallecito to Chile Chico

Highlights General Carrera Lake

Our final day of riding encapsulates the natural beauty and diversity of Chile's Aysen region. Enjoy sweeping views of snow-capped peaks surrounding General Carrera Lake for the first 50 kilometers of gravel riding. Then, the Patagonian Steppe emerges as Ruta 265 departs from the lake shore and leads us toward the small but important border town of Chile Chico. Today's ride is all on gravel.

DAY 15: Sat, Jan 21st

Distance 78 km (49 mi)
Gain 1661 m (5448 ft)
Terrain Very Hilly
Level 
Meals Breakfast, Lunch, Dinner
Lodging Costanera Apart Hotel Chile Chico



Bicycle Tours in Chile: Expedition: Chile's Carretera Austral**Chile Chico to Coyhaique****DAY 16: Sun, Jan 22nd****Highlights** Ferry Trip across General Carrera Lake**Meals** Breakfast, Lunch, Dinner

Just six miles west of the Argentine border, Chile Chico has the only car ferry across General Carrera Lake and we'll take it this morning to the small town of Puerto Ingeniero Ibáñez. From here we'll soon rejoin the Carretera Austral as we head north back to Coyhaique. Enjoy the views from off the bike as we head back the way we came. Tonight we'll celebrate the end of an unforgettable journey.

Lodging 🏠 [Hotel Nomades](#)**Shuttle to Balmaceda****DAY 17: Mon, Jan 23rd****Highlights** Farewell to the 2023 Carretera Austral Expedition**Meals** Breakfast

After breakfast in Coyhaique, we'll shuttle to the Balmaceda airport where we'll finally say 'adios.' Whether you're connecting to Santiago for flights back home, exploring more of Patagonia, or venturing elsewhere in South America, may this Expedition rank as your top experience of 2023.

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.
- 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. (*Explorer Tours 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 tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a gently used helmet, please contact us.

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 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.

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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! Bicycle Tours may use, re-use and reproduce any images, photos or videos that you send to us, or that are taken by our guides and/or other travelers of you individually or in a group, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection, for promoting and publicizing our travel products and services worldwide. If you do not want us to use any images of you that are taken by us or other participants during the tour, 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. 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

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 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/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

- 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/blog/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/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 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!