

Bicycle Tours in Belgium: Bike and Barge: Amsterdam to Bruges Plus! Belgium's Breweries

OVERVIEW


On this bike and barge tour you will discover the southern region of Zeeland in the Netherlands finally dipping into the West Flanders region of Belgium. By day you'll bicycle through regions known for the phenomenal sightseeing and cycling terrain. You will travel between the world famous cities of Amsterdam, Antwerp, Ghent, and Bruges and visit iconic places including Gouda and the famous windmills of Kinderdijk. Delve deep into local culture when we meet small cheese farmers and visit a working windmill in the small town of Tholen. In Belgium, explore the battlefields of WWI around the towns of Poperinge and Ypres, and the brewing tradition of fine Belgian beers while visiting St. Sixtus and St. Bernadus abbey cafés.


***If this sounds great but you prefer a shorter trip, check out our [Bike and Barge: Amsterdam to Bruges tour](#). ***

HIGHLIGHTS

Important cities of Amsterdam, Antwerp, Ghent and Bruges, Working windmill visit, Extra bicycling available on most days, Gouda and its cheeses, UNESCO World Heritage Sites -Kinderdijk Windmilles, Bruges, Cycling along bike paths and canals, Luxury barge, Painter Peter Paul Rubens

TOUR FACTS

Includes	The usual plus... 1 hotel night in Amsterdam, 7 nights' lodging on a luxury barge, 3 nights at hotels in Belgium, all breakfasts, 7 dinners with wine or beer, 2 beer tastings, chocolate tasting, 7 packed lunches, 1 picnic lunch, windmill visit, canal cruise of Ghent, guided Antwerp walk and visit of Cathedral, guided Bruges walk; and the usual (see below).
Countries	Belgium, Netherlands
Begin/End	Amsterdam / Poperinge with shuttle to Brussels
Arrive/Depart	Amsterdam (AMS) / Brussels (BRU)
Total Distance	502 km (310 miles)
Avg. Daily Distance	56km (34 miles) per riding day
Tour Level	1.5: You'll enter and exit larger cities on bike paths. Expect a mix of dedicated bike paths and country roads.
More Photos	 https://experienceplus.smugmug.com/gallery/109247323_JmwXPh
Keep in Mind	<p>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.</p> <p>Because the barges run on a set schedule you will be required to get to the next docking point on time. We have planned the mileage each day so that this should not be a burden. There are only 4 single supplements available. Cabin space is limited so consider the size of your luggage. A 25 inch suitcase will fit under the bed. WiFi may be sporadic on board the barge.</p> <p>For more questions about the Barge check out our Bike & Boat FAQ</p>

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/belgium/bike-berge-amsterdam-bruges-belgium-breweries>

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DATES & PRICES

Dates	Price	Single Supplement*
📅 Jul 26-Aug 6, 2019	USD\$5545	USD\$1250 - Will Share option not available.
📅 May 9-20, 2020	USD\$ 5145	USD\$1250 - Will share option not available.

*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.

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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.

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 Amsterdam (AMS).

How to get to the Day 1 Hotel:

- Taxi from the airport to the Day 1 Hotel (40 min/EUR 60-75)

Or public transportation:

1. Commuter Train from the airport to "Amsterdam Centraal" (15 min/EUR 4-5)
2. Taxi from the Station to the Day 1 Hotel (10-15 min/EUR 15)

View Dutch train schedules at www.ns.nl. On commuter-type and regional trains, pre-booking of tickets is not necessary.

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.

DEPARTURE INFO

We offer a complimentary ExperiencePlus! shuttle to Brussels or Brussels Airport (BRU) on the last day of the tour. **Reservations are required. Please reserve your shuttle option by emailing us no later than 30 days prior to your tour start date. If you can't make these shuttle options, you'll be responsible for your own transportation.**

Shuttle arrival times in Brussels:

- **Brussels Airport: 11:30 a.m.** Please schedule flights after 1:30 p.m.
- **Brussels drop-off hotel: 12 p.m.** [Carrefour de L'Europe Hotel](#)

Bicycle Tours in Belgium: Bike and Barge: Amsterdam to Bruges Plus! Belgium's Breweries**Arrive Amsterdam**

Highlights Amsterdam, bike fitting and test ride, welcome dinner

Welcome to the vibrant capital city of Holland, Amsterdam! We hope you arrived a few days early to visit some of the highlights of this colorful city — between its museums, canals, hip locales and lively night scene there is plenty to explore. Settle into our hotel where we'll have our safety meeting and bike fitting followed by our first spin on the bikes before a special dinner together.

DAY 1

Meals Dinner

Lodging  Hotel Room Mate Aitana

Bicycling along the Hollandic Waterline

Highlights Forts of Muider slot and Weesp, town of Muiden, Utrecht, dinner on board

Follow bike paths out of Amsterdam and head into the region of the Hollandic Waterline, a defense system born in the 17th Century where castles and military forts with integrated systems of flooding could be used to turn Holland into an island to keep out invaders. A century later the water froze creating a bridge for the French army to attack. This plan has left several imposing forts including Muider slot and Weesp which we'll cycle past today. Enjoy local farmland and beautiful canals flanked by villas before entering the tiny, quaint center of Utrecht. This university town is home to unique bars dug into old working tunnels. Later, we'll cruise toward our landing spot for the night and enjoy dinner on-board. 2019 - May departure will be aboard the Fleur. July departure will be on the Magnifique. May 2020 aboard the Fleur.

DAY 2

Distance 61 km (38 mi)

Gain 245 m (804 ft)

Terrain Mostly flat

Level 1.5

Meals Breakfast, Lunch, Dinner

Lodging  Fleur Barge
 Magnifique Barge

Bike to town of Gouda and Kinderdijk windmills

Highlights Schoonhoven - famous for its silversmiths, Gouda cheese museum and tasting, UNESCO World Heritage Kinderdijk windmills

This morning our barge will cruise for a few hours to reach the town of Schoonhoven, famous for its silversmiths and carillon makers. Bicycle through town and check out the town hall's clock-tower bells before heading to Gouda, famous for its orange cheese. Enjoy a visit to the town's cheese museum, and pick-up some picnic supplies (cheese anyone?) to enjoy at your next stop: the UNESCO World Heritage Site of Kinderdijk. Here 19 majestic windmills are aligned to form a stunning sight. After exploring we'll keep pedaling south to rejoin our boat in Dordrecht. Enjoy dinner on-board and perhaps a leisurely walk in town to enjoy the center. 2019 - May departure will be aboard the Fleur. July departure will be on the Magnifique. May 2020 aboard

DAY 3

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the Fleur.

Distance 55 km (34 mi)
Gain 166 m (544 ft)
Terrain Mostly flat
Level 1.0
Meals Breakfast, Lunch, Dinner
Lodging  Fleur Barge
 Magnifique Barge

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Breakfast cruise and bicycle to Tholen

Highlights Willemstad, a do-it-yourself-moving-bridge; picnic lunch; Roosevelt heritage museum; Tholen; working windmill visit

Another breakfast cruise takes us to Willemstad, a strikingly star shaped fortified town on the shores where the Holland Diep river splits into multiple rivers as it rushes out to sea. Experience the do-it-yourself-moving-bridge before reaching the town of Oud Vossemeer, where the Roosevelt name was very present in the 17th and 18th centuries (and still is), leading many to theorize that the American Roosevelt family whose Dutch ancestor arrived in the US in 1650 was probably from this town. Next we'll pedal south to Tholen which was once an island in this giant estuary-like environment, but is now connected to the mainland. We'll enjoy a visit to a working windmill this evening. 2019 - May departure will be aboard the Fleur. July departure will be on the Magnifique. May 2020 aboard the Fleur.

Pedal and cruise into Antwerp, Belgium

Highlights Dairy visit and tasting; cruise into Antwerp; visit "Onze Lieve Vrouwe (Our Lady) Cathedral" home to several of Rubens' paintings

Set off on bikes for a morning ride which includes stopping at a local dairy farm where ice cream and cheese tastings are a must! We'll get back to the boat before lunch to cruise into Antwerp, enjoying a unique view of the port and harbor as our barge makes its way to the city of diamonds. We'll enjoy a guided visit of Flemish painter Peter Paul Rubens' art in the city's Cathedral. After which you can head off to visit the rest of the city, including the historic city center, the diamond district, or the Red Star Line Museum from where 2 million emigrants shipped off to North America between 1873 and 1934. Explore the city and enjoy dinner on your own this evening before returning to our boat for a restful night's sleep. 2019 - May departure will be aboard the Fleur. July departure will be on the Magnifique. May 2020 aboard the Fleur.

Antwerp to Dendermonde

Highlights Schelde riverbank bike path; Dendermonde; Bosteels Brewery

We'll leave the city of Antwerp and return to the countryside cycling on small roads and along the Schelde river bike path. We will continue pedaling along the tidal river until we reach the provincial capital of Dendermonde. Admire the majestic town hall which presides over the square surrounded by Flemish buildings. 2019 - May departure will be aboard the Fleur. July departure will be on the Magnifique. May 2020 aboard the Fleur.

DAY 4

Distance 47 km (29 mi)

Gain 86 m (282 ft)

Terrain Mostly flat

Level 1.0

Meals Breakfast, Lunch, Dinner

Lodging  Fleur Barge
 Magnifique Barge

DAY 5

Distance 37 km (23 mi)

Gain 135 m (443 ft)

Terrain Mostly flat

Level 1.0

Meals Breakfast, Lunch

Lodging  Fleur Barge
 Magnifique Barge

DAY 6

Distance 64 km (40 mi)

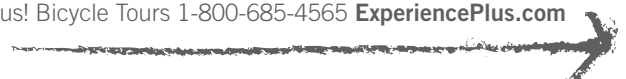
Gain 243 m (797 ft)

Terrain Mostly flat

Level 1.5

Meals Breakfast, Lunch, Dinner

Lodging  Fleur Barge
 Magnifique Barge



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Highlights Bicycle beside stately villas; Ghent's rich historic center

This morning we will continue to cycle along the river before branching north through historic marshes. These marshes are where sheep production thrived due to the nutritious grasses, subsequently, Ghent became one of the richest cities in the world during the Middle Ages because of its woolen industry. A bike path along the Schelde river brings us to our boat, which we'll board for lunch as it cruises closer to the city center. While we are docked in a suburb, we'll transfer into the historical center for a visit. This lively university city is still one of the prettiest cities in Belgium. Admire its traditional, tall Flemish buildings towering over the small streets and plazas. Enjoy dinner on your own in one of the many restaurants or cafés. 2019 - May departure will be aboard the Fleur. July departure will be on the Magnifique. May 2020 aboard the Fleur.

Bicycle Ghent to Bruges

Highlights Breakfast cruise, Bruges, UNESCO World Heritage Site Medieval City Center

Highlights: Breakfast cruise, Bruges, UNESCO World Heritage Site Medieval City Center Start the day with a short breakfast cruise before setting off on your bicycle to ride into the crown jewel of Belgium, Bruges. We'll be moored in the city center, providing excellent access to Bruges's many treasures. Stroll along the canals that were once main arteries of the city and don't miss a visit to the medieval square and City Hall. This city is characterized by its fantastic architecture. Bruges is bustling with additional sites to see including the stepped gable houses, market square with the belfort, and historic neighborhoods such as the "Beguinage", a community of lay women from the 13th century to visit. We'll enjoy dinner together on board our boat tonight. 2019 - May departure will be aboard the Fleur. July departure will be on the Magnifique. May 2020 aboard the Fleur.

Enjoy Bruges, visit Belgian brewery

Highlights Bruges

Enjoy a mid-morning guided visit around the city of Bruges, after which you can decide to explore the chocolate museum, diamond museum or even the Belgian fry museum! Enjoy this fabulous city but be sure to save some energy to join us at Bruges's famous beer bar late this afternoon for sampling! We'll meet for a private guided tour of the De Halve Maan Brewery late this afternoon.

DAY 7

Distance 50 km (31 mi)

Gain 156 m (512 ft)

Terrain Mostly flat

Level 1.0

Meals Breakfast, Lunch

Lodging  Fleur Barge
 Magnifique Barge

DAY 8

Distance 50 km (31 mi)

Gain 174 m (571 ft)

Terrain Mostly flat

Level 1.0

Meals Breakfast, Lunch, Dinner

Lodging  Fleur Barge
 Magnifique Barge

DAY 9

Gain 254 m (833 ft)

Terrain Mostly flat

Level 2.0

Meals Breakfast

Lodging  Hotel NH Brugge

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Highlights Westvleteren, lunch at farm, Poperinge

We pedal southwest directly through the West Flanders region, passing by the Diksmuide and Dodengang trenches. Westvleteren is one of only 6 authentic Trappist beers in Belgium (made by Trappist monks, a branch of Cistercian monks) - one of which is continually ranked amongst the top beers in the world. The 16th Century St. Sixtus Abbey is not open to the public, but you can still enjoy the world's highest-ranking beers from the Abbey at de Vrede café across the street before continuing on to Poperinge, once famous for its textiles and now famous for its hops. Visit the hops museum before enjoying dinner in one of the many restaurants in town.

DAY 10

Distance 75 km (47 mi)

Gain 254 m (833 ft)

Terrain Mostly flat

Level 1.5

Meals Breakfast, Lunch

Lodging  Hotel Recour

Loop to Ieper (Ypres in French) and Flanders Field Museum

Highlights Ieper and Flanders Field Museum, chocolate tasting

A loop ride today takes us to some important WWI sites where more than half a million Allied and German soldiers died in three major battles between 1914 and 1917. Ypres was strategic to the German's planned invasion of France, and the Allied soldiers were able to put up effective resistance due to the topography: low lying hills parallel with the French Belgian border created natural "trenches" from which to fight. Visit the Flanders Field museum that starkly documents the war's impact, and admire the completely rebuilt town as it was razed to the ground in 1917 due to the artillery fighting. Back in town, enjoy a chocolate tasting before our final dinner together.

DAY 11

Distance 60 km (37 mi)

Gain 321 m (1053 ft)

Terrain Mostly flat

Level 1.5

Meals Breakfast, Dinner

Lodging  Hotel Recour

Tour end - Shuttle to Brussels

Highlights Brussels

We'll transfer you to Brussels today for flights home or further exploration of Belgium. Thanks for joining us on this barge, beer and bike adventure! Bon voyage and Goede Reis!

DAY 12

Meals Breakfast

INCLUDED**BEFORE YOU LEAVE**

- Traveler Services: Assistance with arrival and departure, booking extra nights at your starting and ending tour hotels.
- Bicycle Tour Training programs designed specifically for your tour and fitness level.
- Tour Planning tips on what to pack, reading and movie lists, hotel recommendations and many other helpful tips.
- A complimentary gift of your choice.

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer for dinners. See specific tour itineraries for details.
- On many tours we also have 1 or 2 lunches - see specific tour itineraries for details.
- Use of a high quality Titanium road bike, hybrid, or an aluminum tandem (aluminum road bikes or hybrid bikes in South America), geared specifically to cruise the flats and help ease you over the mountain. Our bikes come with an odometer so you can track your miles, an expandable rear rack pack to carry your stuff, and one water bottle that's yours to keep. Refer to our bikes page for full details.
- Full van support including: luggage shuttle, water and snack resupply, mechanical assistance, and rides for tired cyclists!

- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique and scenic routes, marked with our signature chalk dust arrows that ensure that you won't get lost and have the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and informational sheets each day that tell you more about the area where you will be riding.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel.
- Helmets - we ask that you bring your own to ensure the safest fit.
- Meals not listed in the itinerary
- Tour Leader gratuity (with the exception of Expeditions)

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our Re-Cycle Program. Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!

**LEVELS**

Travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. Our tour levels fall on a scale of 1 - 5. In addition to the overall tour level we have developed daily level summaries to provide an even more detailed look at what kind of cycling you can expect from each day on tour. You'll find all of the details including mileage, elevation gain, terrain and level for each day of the itinerary to help you better understand what to expect from your tour.

LEVEL 1 - 1.5

This day will be mostly flat and the distance will rarely exceed 30 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:** 15-30km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **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

This day is ideal for riders newer to bicycle touring looking for a bit of a challenge, or for individuals who desire shorter days on the bike. On average, level 2 - 2.5 bike tours will ride 30-50 km per day on mostly rolling terrain.

- **Average daily mileage:** 30-50km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **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 tours are for active individuals (who run, bike, swim etc. on a regular basis) with the desire to cover longer daily distances on the bicycle. These tours are a great workout when you're riding as you will average 50-70 km daily with total gain of 2,000-2,800 ft. There will be multiple 4-6% climbs throughout the tour.

- **Average daily mileage:** 50-70km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 tours are for passionate cyclists or very active individuals. This level tour is great for cyclists looking to stay in shape and pedal hard they travel across regions or countries. Level 4 - 4.5 tours cover 70-90km daily with 2,800-3,600 ft of gain. Cyclists on a level 4 - 4.5 bicycle tour can expect multiple climbs, some climbs might be short and steep (6-8% for 1-3 km) while others may be sustained (6+ Km) at a 4-6% grade.

- **Average daily mileage:** 70-90km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **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 means limited van support so we recommended 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.
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

Need More Miles? On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the 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.

Chalk Dust Arrows. Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

WHAT TO EXPECT**BICYCLES**

Your bike will be equipped with: a men's or women's saddle, a quick release style seat post adjustment, rear rack and expandable pack, pump, patch kit, spare tube, cable lock, cyclometer, rear lights, a water bottle cage (or two) and a water bottle (or two) and a bell. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages available. For safety and hygiene reasons we recommend you bring your own helmet.

Daily Routine (Procedures and Logistics)**DAYSHEETS**

Each day you'll receive a daysheet with information on the day's activities, meals and ride, which will be discussed during a briefing. The Daysheets also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR

Daily we provide you with a highlighted route map. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

For the tech-loving riders out there we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device using RideWithGPS.com. Tracks available upon request three to four weeks prior to the departure.

VAN SUPPORT

Full van support including: luggage shuttle, water and snack resupply, mechanical assistance, and rides for tired cyclists!

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture. We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS

Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

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 for the entire tour leader team, not each Tour Leader. If you'd like to show your gratitude for your Tour Leaders' excellent service 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, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

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


CHECKLIST
TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation Email, 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/>
- Download the 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

- Check the online itinerary of your trip and 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.
- 12 weeks before your tour begin your training program
<https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>.
- 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 List you'll find on the country-specific Travel Planning Pages: <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 30 days prior to departure.

DAY OF YOUR FLIGHT

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