

## Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia

### OVERVIEW

The latest entry in the ExperiencePlus! expedition style cycling trip. This ride takes you across Sweden, Denmark and Norway, pedaling east to west through Sweden, down the Danish coast into Copenhagen and then west with a ferry to the Norwegian town of Stavanger and up to Bergen, capital of the fjord region.

\*\*\*Read more about the [ExpeditionPlus! concept](#) to see if this type of tour is for you.

We require that all participants complete the [Expedition Acknowledgement form](#) which emphasizes the daily protocols on an ExpeditionPlus! ride. \*\*\*

### HIGHLIGHTS

- Uppsala Cathedral and University
- picturesque villages
- Lake Mälaren, the third largest lake in Sweden
- Örebro Castle and the "Mushroom"
- Eksjö's wooden houses
- Gothenburg, Sweden's second largest city
- Varberg's Kallbadhus ("old Baths")
- Copenhagen, Denmark
- Aarhus - 2017's European Capital of Culture
- Fjord country

### TOUR FACTS

<b>Tour Style</b>	■ Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/choosing-the-best-tour/styles/classic">https://www.experienceplus.com/choosing-the-best-tour/styles/classic</a>
<b>Includes</b>	26 days, 25 nights accommodation; use of quality titanium road or hybrid bicycle; all breakfasts, 70% packed lunches, 60% dinners (drinks not included); luggage transfers / van support; 2 ExperiencePlus! tour leaders and a local guide for each country
<b>Countries</b>	Denmark, Norway, Sweden
<b>Begin/End</b>	Uppsala, Sweden / Bergen, Norway
<b>Arrive/Depart</b>	Stockholm, Sweden / Bergen Norway
<b>Total Distance</b>	2150 kms (1335 miles)
<b>Avg. Daily Distance</b>	45-120 kms. (28 - 75 miles) Longer days when less elevation, shorter days with more elevation per riding day
<b>Tour Level</b>	▶▶▶▶▶

**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. Though we do our best to accommodate people who prefer their own rooms it may not always be possible. ExpeditionPlus! tours will test you both physically and mentally. By prepared for anything. We require that all participants complete the [Expedition Acknowledgement form](#) which emphasizes the daily protocols on an ExpeditionPlus! ride.

**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/bike-tours/sweden/bike-touring-across-scandinavia>

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**DATES & PRICES**

**DAILY RIDE SUMMARY**

Day	Distance/Gain	Terrain	Day Level	Notes
1	0km / 0m (0mi / 0ft)			
2	0km / 0m (0mi / 0ft)			
3	0km / 0m (0mi / 0ft)			
4	0km / 0m (0mi / 0ft)			
5	0km / 0m (0mi / 0ft)			
6	0km / 0m (0mi / 0ft)			
7	0km / 0m (0mi / 0ft)			
8	0km / 0m (0mi / 0ft)			
9	0km / 0m (0mi / 0ft)			
10	0km / 0m (0mi / 0ft)			
11	0km / 0m (0mi / 0ft)			
12	0km / 0m (0mi / 0ft)			
13	0km / 0m (0mi / 0ft)			
14	0km / 0m (0mi / 0ft)			
15	0km / 0m (0mi / 0ft)			
16	0km / 0m (0mi / 0ft)			
17	0km / 0m (0mi / 0ft)			
18	0km / 0m (0mi / 0ft)			
19	0km / 0m (0mi / 0ft)			
20	0km / 0m (0mi / 0ft)			
21	0km / 0m (0mi / 0ft)			
22	0km / 0m (0mi / 0ft)			
23	0km / 0m (0mi / 0ft)			
24	0km / 0m (0mi / 0ft)			
25	0km / 0m (0mi / 0ft)			
26	0km / 0m (0mi / 0ft)			

**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 3, 2016 Uppsala****DAY 1**

**Highlights** Uppsala Cathedral and University

**Meals** Dinner

Your Expedition begins in Uppsala, one of Sweden's biggest cities, home of Carolus Linnaeus. Meet today for introductions and a brief safety talk before getting your bike fitted and then taking a short warm-up ride. Don't miss a visit to the Uppsala Cathedral and University, the oldest one in Scandinavia.

**July 4, 2016 Uppsala to Vasteras****DAY 2**

**Highlights** Lake Mälaren and Vasteras's Old Town

Today you will cycle south-west, toward the city of Vasteras, colloquially nicknamed "the Cucumber City". As you approach Vasteras, you can admire Lake Mälaren, the third largest lake in Sweden. Distance: 80 km/50 miles

**July 5, 2016 Vasteras to Örebro****DAY 3**

**Highlights** Örebro Castle and the "Mushroom"

Your ride today takes you to the university city of Örebro, beautifully located on River Svartan, near Lake Hjälaren. Örebro is mostly famous for its castle and for its water tower, nicknamed "the Mushroom", from which it is possible to admire a beautiful view. Distance: 100 km/62 miles

**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 6, 2016 Örebro to Vadstena****DAY 4****Highlights** Scenic Vadstena

We start our first long day of the Expedition tour today and once again your destination is a beautiful city on a lake. Vadstena is famous for its castle and gorgeous views. Distance: 122 km (76 miles)

**July 7, 2016 Vadstena to Eksjö****DAY 5****Highlights** picturesque wooden homes in Eksjö

Enjoy a view of Lake Vättern, Sweden's second largest, as you ride your bike south, toward the town of Eksjö. Make sure you allow time for a stroll to admire Eksjö's wooden houses. Distance: 123 km (76 miles)

**July 8, 2016 Eksjö to Ulricehamn****DAY 6****Highlights** another glimpse of Lake Vättern and Ulricehamn

As you head west to make your way to Gothenburg, you will touch the southernmost end of Lake Vättern. Spend the night in Ulricehamn, a small town, busier in the winter thanks to its ski center. Distance: 124 km (77 miles)



**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 9, 2016 Ulricehamn to Gothenburg****DAY 7****Highlights** Gothenburg

Today you reach Gothenburg, Sweden's second largest city, after a long scenic ride. Take some time to walk around Gothenburg, once a glorious trade city. Distance: 125 km (78 miles)

**July 10, 2016 Rest day in Gothenburg****DAY 8****Highlights** the City of Gothenburg

Enjoy your first rest day of the tour with a visit of "Stockholm's little sister". Feel free to explore this vibrant city and the many attractions it has to offer: the museum of art, the fish market, the old district (Haga) and much more.

**July 11 2016 Gothenburg to Varberg****DAY 9****Highlights** ride along the coast, the city of Varberg, white sand beaches

Your ride today follows the coast and takes you south to Varberg, a city famous for its sandy beaches and its natural surroundings. One of the must-sees in Varberg is Kallbadhus ("old Baths"), make sure to take a look! Distance: 115 km (78 miles) or 138 km (86 miles)



**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 12, 2016 Varberg to Båstad****DAY 10**

**Highlights** Secluded Coast Line and Coastal Views

Today you head south once again and ride along the coast. After this gorgeous ride you reach the last Swedish destination of our tour: Båstad. This town is very well known for its ATP tennis tournament. Distance: 132 km/82 miles

**July 13, 2016 Båstad to Copenhagen****DAY 11**

**Highlights** ride along the coast, ferry to Denmark and Copenhagen

Your ride today is divided into two almost equal sections (before and after the ferry that will take you from Helsingborg, Sweden to Helsingor, Denmark) and leads you to the capital of Denmark: Copenhagen. Distance: 132 km (82 miles) 20 minute ferry ride.

**July 14, 2016 Rest day in Copenhagen****DAY 12**

**Highlights** Free day in Copenhagen

Today you will spend the second rest day of our trip in Copenhagen. The city has much to offer to tourists: from alternative Christiania to the Little Mermaid statue; from Tivoli Gardens to the National Museum and National Gallery. You will certainly find something exciting to see and do on your rest day!

**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 15, 2016 Copenhagen to Aarhus****DAY 13****Highlights** Art in Aarhus

Once you get to Aarhus, Denmark's second biggest city, you will find it easy to see why it was chosen for the title of "2017 European Capital of Culture". One museum in particular (ARoS Art Museum) is worth a visit, also thanks to its unique "Rainbow panorama" glass circular skywalk. Distance: 2 hour ferry + 131 km (81 miles)

**July 16, 2016 Aarhus to Silkeborg****DAY 14****Highlights** Denmark's highest point!**Meals** Breakfast

A very relaxed and peaceful ride today will take you to the town of Silkeborg as you pedal Denmark's tallest "mountain". Distance: 90 km (56 miles)

**July 17, 2016 Silkeborg to Aalborg****DAY 15****Highlights** Aalborg Waterfront**Meals** Breakfast

Today you will cycle north, toward Aalborg. Hometown of Jørgen Utzon, architect of the Sydney Opera House, this city is perfect for a stroll on the fjord shore, where the Utzon center is located. Distance: 145 km (90 miles)

**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 18, 2016 Aalborg to Skagen****DAY 16**

**Highlights** Viking burial mound "Lindholm Hoje", Hulsig-Skagen bike path

Much to see on the last leg of the tour in Denmark. Just a few miles north of Aalborg you can visit one of the most important Viking burial mounds, called Lindholm Hoje. Later on, a lovely bike path will take you from Hulsig to Skagen. The latter houses one of the most important museums in Denmark: the Skagens Museum. On your last evening in Denmark, make sure you have some delicious seafood in one of Skagen's restaurants. Distance: 115 km (72 miles)

**July 19, 2016 Skagen to Hirtshals****DAY 17**

**Highlights** Leisurely coastal cycling, night ferry to Norway

**Meals** Breakfast

Take it easy today as we have a low mileage ride to Hirtshals, one of Denmark's most important ports for ferries and ships to Norway. You'll board the ship and check into your overnight cabin for a night crossing of the North Sea. Distance: 52 km/32 miles, overnight ferry to Norway

**July 20, 2016 Arrive in Bergen Norway****DAY 18**

**Highlights** Rest day in Bergen

Take a much deserved day of rest today as you explore Bergen, one of the most beautiful cities in Fjord Norway. Tonight we'll have an orientation walk of the city before dinner on your own.

**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 21, 2016 Ferry and pedal Bergen to Voss****DAY 19**

**Highlights** Experience Fjord Norway by train and bike.

**Meals** Breakfast, Dinner

We'll hop a train today from Bergen to Stanghelle, and then we'll pedal along the Eksingedalen Valley to Voss. Voss has the reputation of being the base camp for Norway's booming adventure tourism industry. We'll explore this tiny town today after our ride before dinner together. Distance: 67 kms (42 miles) and 40 minute train.

**July 22, 2016 Voss to Ulvik****DAY 20**

**Highlights** Waterfalls, Fjord and local fruit farm visit

**Meals** Breakfast, Dinner

Today we have a short ride to the innermost reaches of the Hardangerfjord. If you're legs are still are looking for a challenge we can recommend some an extra riding as well. Distance: 43 km (27 miles)

**July 23, 2016 Ulvik to Øystese****DAY 21**

**Highlights** Cycling along the Hardangerfjord with View to the Folgefonna glacier

**Meals** Dinner

Today we will have some more beautiful cycling through the fjord country as well as a few short ferry rides. Distance: 100 km (62 miles) 2 ferries

**Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia****July 24, 2016 Pedal to Rosendal, Norway****DAY 22**

**Highlights** Steinsdalsfossen waterfall and the Barony Rosendal Castle.

Today we continue biking along the Hardangerfjord to the picturesque town of Rosendal. In the afternoon we'll visit the Barony Rosendal Castle. Distance:: 75 km (47 miles)

**July 25, 2016 Bicycle Rosendal to Leirvik****DAY 23**

**Highlights** Visit Haaheim Gaard with lunch

**Meals** Breakfast, Lunch, Dinner

Today will take a ferry to the island of Tysnes which we will cycle around on our way to Leirvik. Tonight we will enjoy a meal at one of the best restaurants in Norway, Brygga 11. Chef Geir Skeje won the prestigious Bocuse d'Or in 2009. Distance 93 km (58 miles) Ferry ride.

**July 26, 2016 Leirvik to Bekkjarvik****DAY 24**

**Highlights** Bekkjarvik Guesthouse and World Class Meals

Today we will have a short cycle and ferry ride to the small but picturesque village of Bekkjarvik. For those looking to stretch your legs a bit more you can bike out to Storekalsøy, 13 km each way with bridges, islands, beautiful views. You can also take a short walk on part of the North Sea Trail on Storeskalsøy to the natural amphitheatre at Marstein Lighthouse. Our hotel tonight is a historic guesthouse where another renowned Chef (and winner of the Bocuse d'Or 2015) works. Distance: 51 km (32 miles) + 26km optional ride

## **Bicycle Tours in Sweden: ExpeditionPlus! - Bicycle Across Scandinavia**

### **July 27, 2016 Bicycle back to Bergen**

**DAY 25**

**Highlights** Heimelaga Cafe, Beautiful views as we cycle over the bridges from Huftarøy to Storebø

Coming back to Bergen is a bit like coming home! You know the lay of the land go out and explore this marvelous city before we feast tonight to celebrate your ride across Scandinavia. Distance: 55 km (34 miles)

### **July 28, 2016 Trip ends in Bergen!**

**DAY 26**

**Highlights** Bergen

Our trip ends this morning in Bergen. There are lots of fjords to still be explored if you want to spend more time in the region. We hope you enjoy the spectacular scenery. It would be a shame to come to Norway and not visit Oslo. You can easily fly between the two cities, but we recommend taking the Bergen Railway touted to be the most exciting and beautiful train ride in the world.



**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 what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect 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. Plus, all the logistics are taken care of.

**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/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- \*Traveler services including assistance booking extra nights at the tour starting and ending hotels. (\*Explorer and Self-guided tour styles 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 and Self-guided tours we include a GPS device on all bikes.

**NAVIGATING, DAYSHEETS AND VAN SUPPORT:**

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. 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 on the RWGPS Experience includes important 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 a guided 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 a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

**Need More Miles?** On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

**Need Fewer Miles?** On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

**ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS**

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 5-8% 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 and not expected on self-guided tours.

**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 that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, 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.

**Classic Tours:** Dream of traveling through a region by bike? 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.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and 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
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- 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 except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and 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
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

**Self-guided Tours:** perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

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