Overview

Home to some of Spain’s most iconic cities and famous characters, Catalonia is a one of a kind destination. With a history as diverse as the territory and a cultural identity and language of its own, this Spanish community will delight and fascinate. Join us on a 12-day bicycle tour beginning in Girona, one of the most fought after towns in all of Spanish history. We'll pedal east towards the rugged Costa Brava and through the rolling hills of the Emporda' region - dotted with Roman ruins and medieval towns. Our journey continues through hidden fishing villages, quiet towns, and through wine country on our way to Figueres, Salvador Dali's birthplace. We'll cycle west towards the foothills of the Pyrenees through nature reserves and to ancient Roman spa towns before looping south. Our journey ends on a 10-mile bicycle path finishing in the heart of Barcelona.

***If this sounds great but you don't have time for the full 12 days, check out our 8-day Bicycling Catalonia's Costa Brava itinerary which shortens this itinerary by 4 days.***

Highlights

Barcelona, Garrtoxa Volcanic Natural Area, Girona, Figueras and Dali Museum, Medieval Villages, Costa Brava Beaches, Vic, Extraordinary food - Girona has more restaurants with Michelin stars than anywhere else in the world

Tour Facts

<table>
<thead>
<tr>
<th>Includes</th>
<th>The usual plus… 12 days, 11 nights' lodging; 11 breakfasts, 8 dinners with wine; 1 guided visit of Dali Museum; a wine tasting; boat trip; and the usual (see below).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Countries</td>
<td>Spain</td>
</tr>
<tr>
<td>Begin/End</td>
<td>Girona/Barcelona</td>
</tr>
<tr>
<td>Arrive/Depart</td>
<td>Barcelona (BCN)</td>
</tr>
<tr>
<td>Total Distance</td>
<td>421 - 486 km (260 - 300 miles)</td>
</tr>
<tr>
<td>Avg. Daily Distance</td>
<td>15 - 70 kms (8 - 42 miles) per riding day</td>
</tr>
<tr>
<td>Tour Level</td>
<td>2.5: Gentle terrain with two days of longer climbs of around 5 or 6 miles.</td>
</tr>
<tr>
<td>More Photos</td>
<td><a href="https://experienceplus.smugmug.com/gallery/32428970_zx8hB4">https://experienceplus.smugmug.com/gallery/32428970_zx8hB4</a></td>
</tr>
<tr>
<td>Keep in Mind</td>
<td>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 try and arrange dinners together as early as possible in Spain this means 8:00 to 8:30 p.m.</td>
</tr>
</tbody>
</table>

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/spain/bike-touring-catalonia
Bicycle Tours in Spain: Bicycling Catalonia's Costa Brava Plus! Barcelona

**DATES & PRICES**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Price</th>
<th>Single Supplement*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 20-Jul 1, 2019</td>
<td>USD$5055</td>
<td>USD$650</td>
</tr>
<tr>
<td>Sep 12-23, 2019</td>
<td>USD$5055</td>
<td>USD$650</td>
</tr>
</tbody>
</table>

*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.*
Bicycle Tours in Spain: Bicycling Catalonia's Costa Brava Plus! Barcelona

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.

Look up Spanish train schedules at Renfe.com or Trainline.eu. Questions? See our information on taking trains in Europe here or ask us.

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 Girona (GRO) or Barcelona El Prat (BCN).

If you arrive at Barcelona Airport and continue to the Day 1 Hotel

1. Bus: Sagales Bus from Barcelona Airport Terminal 1 or 2 to Girona Estacio d'Autobuses. sagales.com (2.5 hr/EUR 19)
2. Taxi: From the Bus station to the starting hotel (10 min/EUR 10)

Or

1. Train: R2 Nord from the Barcelona airport to the Barcelona Sants station (25 min / EUR 4.20)
2. *Train: From Barcelona Sants to Girona/Gerona (40 min/ Fares vary).
3. Taxi: From the Girona/Gerona train station to the Day 1 Hotel. (10 min/EUR 10)

*Note: The train connection from Barcelona to Girona/Gerona is a busy but frequent line. If you are staying in Barcelona, you may purchase tickets for this train leg in advance. If you arrive by plane the same day, you should purchase them at the Sants train station though you might opt to skip a train departure if it is already full.

DEPARTURE INFO

Your trip ends on the final day after breakfast.

The closest airport to the tour end is Barcelona's El Prat (BCN).

- Taxi: From the Ending Hotel to the Barcelona Airport (35 min/EUR 25)
- Public transportation: Aerobus From Plaza Universitat-Pelai (about 50 yards from the Ending Hotel) to the Barcelona Airport (20-30 min/EUR 5.90)
Bicycle Tours in Spain: Bicycling Catalonia's Costa Brava Plus! Barcelona

Girona

Highlights Girona, Jewish Museum and Historic Center

We meet in the medieval town of Girona today. We highly recommend coming a day or two early to explore this city and begin your exploration of the Catalan culture. We'll fit bicycles this afternoon and recommend a test ride along the river bike path before meeting for introductions and dinner together.

DAY 1

Meals Dinner
Lodging Hotel Historic

DAY 2

Bicycling Girona to Costa Brava

Highlights Cycling the Via Verde, quiet roads, beach town

Today's ride features a gentle ascent to the highest point in the area. You'll be rewarded for your efforts with a classic view of the Costa Brava. The van will be there to offer a lift up (or down) for those who prefer. Our descent ends at the sea and from there we'll follow the sometimes hilly coastal road to our beach front hotel. Enjoy a dip in the Mediterranean, or some people watching this afternoon before dinner together.

Distance 61 km (38 mi)
Gain 906 m (2972 ft)
Terrain Very Hilly
Level 4.0
Meals Breakfast, Dinner
Lodging Hotel Sant Pol Hotel Barcarola

DAY 3

Bicycling Costa Brava to Peratallada

Highlights Beaches, rural bicycling, castles and medieval towns

Today we'll ride along the coast to Palamos, a great coffee stop and perfect opportunity for one last dip in the sea before we head inland over rolling hills. Many of the towns we'll pass through on today's ride were once fortified Roman and medieval cities, so be sure to take time to meander the tiny streets. Peratallada, our destination this evening, is perhaps the best preserved as the center is entirely pedestrian and the walls still stand. You'll notice ruts in the stone streets which were created from centuries of horse carts moving through the narrow streets. We'll stay just outside of town and enjoy this little corner of Catalonia for the next few days.

Distance 40 km (25 mi)
Gain 379 m (1243 ft)
Terrain Mostly flat
Level 1.5
Meals Breakfast, Dinner
Lodging Hotel Aatu

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Day to Day Itinerary

Bicycle Tours in Spain: Bicycling Catalonia's Costa Brava Plus! Barcelona

Loop ride or Rest Day

**Highlights** Loop ride, optional climb

We’ll take a loop ride through the gentle hills of the Baix Emporda region today. We have a special stop planned before la Bisbal d’Emporda just a few kilometers into the ride to visit a local ceramicist. La Bisbal d’Emporda is a great town to enjoy a beverage and explore the boutiques and artist stores - some of which carry traditional pieces while others have expanded into more modern ceramic art. After our visit we’ll continue our loop ride which includes the option of an 8 km (5 miles) climb for anyone wanting a little challenge.

| Distance | 69 km (43 mi) |
| Gain     | 434 m (1424 ft) |
| Terrain  | Mostly flat |
| Level    | 2.0 |
| Meals    | Breakfast |
| Lodging  | Hotel Aatu |

Bicycle to Cadaques

**Highlights** Remote fishing village, stunning views of the sea

We’ll head north and inland today through gentle hills and reclaimed marshes that are now the center for the agricultural economy in the area. We’ll suggest a lunch stop in one of these small but historic towns. There is a significant climb to the hotel so anyone who prefers to rest their legs can meet at a café to regroup and shuttle. Everyone else can join local cyclists to conquer the hill that creates a natural barrier and makes this Eastern most peninsula in Spain such a unique natural and geological formation.

| Distance | 72 km (45 mi) |
| Gain     | 673 m (2207 ft) |
| Terrain  | Hilly |
| Level    | 3.5 |
| Meals    | Breakfast, Dinner |
| Lodging  | Hotel Llane Petit Cadaques |

Cycle the Cap de Creus or enjoy the beach

**Highlights** Dali’s home, beach front rambla, and optional rest day

Today you have the option to take a day off the bike, or bicycle to the stunning Cap de Creus - the most easterly point of the Iberian Peninsula. It’s a short but hilly ride out and back. For those who prefer a day off the bike, Cadaques has been inspirational to many great artists, including Dali, Miro, Duchamp and Picasso. Find a spot and explore your inner artist, or simply enjoy a day relaxing by the pool.

| Distance | 18 km (11 mi) |
| Gain     | 436 m (1430 ft) |
| Terrain  | Very Hilly |
| Level    | 2.0 |
| Meals    | Breakfast |
| Lodging  | Hotel Llane Petit Cadaques |
# Bicycle Tours in Spain: Bicycling Catalonia's Costa Brava Plus! Barcelona

## Day to Day Itinerary

### Bicycle to Figueres

**Highlights** Scenic Coast Boat ride, Dali Museum

We start our day with a chartered boat ride as we leave Cadaques and navigate around the rocky coastline that isolates the Cap de Creus Natural Park from the rest of the Costa Brava. Once we land in Roses we’ll pedal to Figueres, birthplace of Salvador Dali. We’ll plan a guided tour of the museum this afternoon.

| Distance | 32 km (20 mi) |
| Gain     | 244 m (800 ft) |
| Terrain  | Rolling       |
| Level    | 1.5           |
| Meals    | Breakfast, Dinner |
| Lodging  | Hotel Pirineos, Hotel Duran |

### Bicycle to Olot

**Highlights** Banyoles, Garrotxa Volcanic Natural Area

Our route takes us along the foothills of the Pyrenees and we’ll enjoy some larger rolling hills on our way to Olot. You’ll notice a change in the landscape as we enter this unique region which was carved out by ancient lava flows from the four volcanoes that border the valley. Our hotel this evening is a restored manor house just outside of town.

| Distance | 76 km (48 mi) |
| Gain     | 1261 m (4136 ft) |
| Terrain  | Hilly         |
| Level    | 4.5           |
| Meals    | Breakfast, Dinner |
| Lodging  | Hotel Can Blanc |

### Bicycle Olot to Vic

**Highlights** Vall d'en Bas, Vic

We head down the Vall d'en Bas before climbing up and over towards the headwaters of the River Ter - one of the larger rivers in Catalonia. Stop at the top for lunch before heading down towards Vic. A town of ancient Roman and Iberian origin Vic preserves one of the few Plaza Mayor’s that is still dirt - just as it was for festivals in medieval times.

| Distance | 65 km (41 mi) |
| Gain     | 996 m (3267 ft) |
| Terrain  | Very Hilly    |
| Level    | 4.0           |
| Meals    | Breakfast     |
| Lodging  | Hotel Up Rooms Vic, Hotel Mas Albereda |
Bicycle Vic to Caldes de Montbui

**Highlights** Roman spa towns and rolling hills

Previous customers have loved our first visit today; a local Fuet (sausage) producer opens its doors to us for a private tour. Our ride continues from one valley to the next as we make our way towards Barcelona. We leave the foothills of the Pyrenees as we pedal down to Caldes de Montbui, an ancient Roman hot springs town. Take some time to enjoy this small town and the ancient baths before taking a dip in the hot pools yourself.

**DAY 10**

- **Distance** 50 km (31 mi)
- **Gain** 600 m (1968 ft)
- **Terrain** Hilly
- **Level** 3.0
- **Meals** Breakfast, Dinner
- **Lodging** Hotel Vila de Caldes, Hotel Moli de la Torre

Bicycle to Barcelona

**Highlights** Bike path and entering Barcelona

We have a relatively short day today as we pedal south and join up with a river side redevelopment that is now a thriving active multi-use path. Our route takes us straight to the coastline from where we'll take bike paths and back streets to our hotel at the top of the Ramblas of Barcelona. A dynamic city, Barcelona combines history and modern art, culture and cuisine seamlessly. We'll have a fabulous final dinner together this evening.

**DAY 11**

- **Distance** 43 km (27 mi)
- **Gain** 275 m (902 ft)
- **Terrain** Mostly flat
- **Level** 1.0
- **Meals** Breakfast, Dinner
- **Lodging** Hotel Jazz

Barcelona

**Highlights** Barcelona

You're on your own to explore this magical city which is home to some of Gaudi's finest works. Plan to stick around a day or two as there is much to see and do.

**DAY 12**

- **Meals** Breakfast
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!
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—you 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 routes 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.

Dinners together are often pre-planned and pre-ordered. 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.

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

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Pre Trip Planning 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!