

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina

OVERVIEW

Are you ready to pedal Coast to Coast across South America? Join us on this expedition from Chiloé, Chile on the Pacific Coast, over the Andes, down the Chubut River valley through the Argentinian Steppe, to Playa Union on the Atlantic Coast. There are plenty of surprises along the way: starting with the unique culture of the Chilote people who are of Spanish and indigenous Mapuche descent; the Welsh settlement and tea houses at Gaiman; and Ruta 25, the main road of Argentine Patagonia but one of the least traveled roads in the country. We'll enjoy oceans, rain forest, mountains, deserts, river valleys and just about every other type of terrain you can imagine on this 700+ mile, 17-day expedition.


Expedition tours are designed for experienced riders looking to challenge themselves. You can read more about how they differ from a regular ExperiencePlus! tour [here](#).

Is cycling in South America for you? Check out our [What to expect: Cycling in South America](#) page.

HIGHLIGHTS

Chiloé Island, the Pacific and Atlantic Oceans, penguin colony, market in Castro, rafting, Old Patagonian Express, Last frontier feeling in the Argentinian Steppe, Guanacos, Gaiman, Irish tea house.

TOUR FACTS

Includes	17 days, 16 night's accommodation, 16 breakfasts, 11 lunches, 12 dinners. Price includes all tips including tour leader gratuities. Day 1 shuttle from Puerto Montt to the tour start. Day 17 shuttle from Playa Union to the Trelew Airport.
Countries	Argentina, Chile
Begin/End	Puerto Montt, Chile/Playa Union, Argentina
Arrive/Depart	Puerto Montt, Chile (via Santiago, Chile) /Trelew, Argentina, (via Buenos Aires, Argentina)
Total Distance	1128 km (700 miles)
Avg. Daily Distance	87 km (54 miles) per riding day
Tour Level	5.0: Long days and varied terrain with some days including up to 4000+ feet of climbing.
More Photos	 https://experienceplus.smugmug.com/Our-Tours-by-Country/Argentina/ExpeditionPlus-South-America-P
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> <ul style="list-style-type: none"> - Expeditions require that you be prepared for anything and a sense of adventure will be your most valuable asset! - Because of gravel or poor road conditions there will likely be 2 or 3 instances where you will have to shuttle. - You will travel to remote areas where accommodations will be very basic. - Private Rooms may not be available every night.
Please Note:	<p>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:</p> <p>https://www.experienceplus.com/guided-bike-tours/argentina/bike-tours-patagonia-chile-to-argentina</p>

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina**DATES & PRICES**

Dates	Price	Single Supplement*
📅 Jan 10-26, 2020	USD\$7595	USD\$1000

*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

Your tour starts with a shuttle pick-up on Day 1 at the meeting hotel in Puerto Varas listed below (your spot is already reserved on this shuttle):

- Meeting Time: 10 am
- Meeting Hotel: [Hotel Solace](#)

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

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

We will be glad to arrange your pre- and post-tour stay at the Meeting Hotel for you upon request. Note that we will not sleep there as a group and the stay there is not included in the tour price.

Getting to the Meeting Hotel in Puerto Varas from the PMC airport

- Taxi (30min/30,000 pesos)

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 from the tour end you to the **Trelew Airport (REL)**. Shuttle departs at **6:00 a.m. with arrival at the airport by 6:30 a.m.** in time for the first flight to Buenos Aires at 7:50 a.m., which is good if you have an international connection to catch later in the day. Tour Leaders will take your shuttle reservations on tour.

If your flight is later in the day (which is also recommended if you are planning on staying in Buenos Aires), there are a number of taxi services available. Tour Leaders or your hotel can assist with arrangements.

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Tips on flights:

Trelew Airport has connections to Buenos Aires, from where you can connect to the United States from Santiago, Chile. Non-stop flights from Trelew to Buenos Aires take less than 2 hours but be aware of some itineraries that make several stops along the route and therefore take much longer. See [LATAM](#)

You will likely have to change airports in Buenos Aires. Read details on how to do that [here](#).

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina**Meet in Puerto Varas****Highlights** Chiloe Island

Our trip begins with a shuttle to Ancud, Chiloé (about 90kms, 2 hours) where we fit bicycles and take a warm-up ride to stretch out our legs. Founded in 1767, Ancud was a fortified city, a base for seafarers coming north around Cape Horn, and the last Spanish stronghold in Chile. Chiloé is a fascinating island with one of the largest indigenous populations of any place in Chile.

DAY 1: Fri, Jan 10th**Meals** Dinner**Lodging** 🏠 Hotel Don Lucas**Dip your toes in the Pacific Ocean****Highlights** Magellan and Humboldt penguins colony, walk on beach, Curanto Lunch

We're in Ancud again tonight but we'll take an excursion today to be sure our bikes are properly fitted, dip our toes in the Pacific on this spectacularly remote beach and visit the penguin colony. A 30 min. boat ride will takes us to Puñihuil, the only place in Chile where both the Magellan and Humboldt penguins breed. For lunch we'll have a Curanto lunch - experience a 10,000 year old recipe and cooking style.

DAY 2: Sat, Jan 11th**Distance** 51 km (32 mi)**Gain** 624 m (2047 ft)**Terrain** Rolling**Level** 2.0**Meals** Breakfast, Lunch**East Coast of Chiloé Island****Highlights** Fishing port, East coast of Chiloé Island

Our route today takes us on the Panamerican Highway for about 40 km, then off to the east coast of Chiloé Island. A little over half way into our ride we'll pass the Aucar islet, a tiny island with just a church and cemetery but special because of a 700m wooden bridge which connects it with the Island of Chiloé. (For those who want to add a few km the wooden church of Colo is worthwhile the detour(there will be another wooden church on the route tomorrow)). We'll end our day in Dalcahue, a fishing port north east of Castro, the capital of the island.

DAY 3: Sun, Jan 12th**Distance** 110 km (68 mi)**Gain** 1523 m (4995 ft)**Terrain** Hilly**Level** 5.0**Meals** Breakfast, Lunch, Dinner

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina**Explore fishing community, bicycle to Castro**

Highlights Church of Santa María de Loreto in Achao, Palafito Houses and Market in Castro

From Dalcahue we'll take the ferry to Quinchao Island. We'll bike to Curaco de Velez and after that to Achao to explore the oldest church (1793) in the archipelago which is one of the iconic wooden churches of the Chiloé Archipelago and a UNESCO site. On our way back we'll have lunch at an "agroturismo". After ferrying back to Chiloé we'll bicycle to Castro where you'll have time to explore the local market of Castro and discover produce you've never seen before and artisanal handicrafts!

DAY 4: Mon, Jan 13th

Distance 75 km (47 mi)

Gain 1372 m (4500 ft)

Terrain Very Hilly

Level 5.0

Meals Breakfast, Lunch

Castro to Chiloé National Park

Highlights Ride to Pacific, Chiloé National Park, lunch with locals

We pedal from Castro to Chiloé National Park on the Pacific Coast today. In the National Park we'll go for a 1-2 hour hike to explore its ancient forests and learn about its history. This region was described by Charles Darwin on his famous voyage as rich in its diversity of temperate-zone forest plants. The park was created by the indigenous communities of Chiloé who have fought to protect the environment threatened by intensive deforestation. The national park is also home to rare species of animals endemic to Chile, such as picaflores (hummingbirds), kingfishers, huillines (sea otters), and pudúes (the smallest deer in the world). We'll visit with members of the indigenous community of Quilque over lunch with local products. Tonight we overnight in a unique stilt hotel in the small town of Cucao.

DAY 5: Tue, Jan 14th

Distance 56 km (35 mi)

Gain 659 m (2162 ft)

Terrain Rolling

Level 2.5

Meals Breakfast, Lunch, Dinner

Pedal to Chonchi or Castro and Ferry to Chaitén

Highlights Ferry to Chaitén

Our schedule today will vary depending on ferry schedules. If the ferry leaves mid-day we'll take a quick morning ride from the ocean back to Castro or Chonchi. We arrive in Chaitén later this afternoon after a 4-5 hour boat ride. We'll spend the night in Chaitén and explore this town as it is being rebuilt. In 2008 Chaitén was partially destroyed during the eruption of the Chaitén Volcano after it having been dormant for 9000 years!

DAY 6: Wed, Jan 15th

Distance 54 km (34 mi)

Gain 562 m (1843 ft)

Terrain Rolling

Level 2.0

Meals Breakfast, Lunch, Dinner

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina**Cycle to Yelcho in Patagonia**

Highlights Bicycle Chaiten - Yelcho en Patagonia

We will rest our legs on a shorter ride today and get ready for the Andes. Our accommodation tonight is in a "hidden corner of the world." We will stay on the shores of the lake of Yelcho, one of the largest lakes of Chile surrounded by ice capped peaks and rain forests.

DAY 7: Thu, Jan 16th

Distance 52 km (33 mi)

Gain 368 m (1207 ft)

Terrain Rolling

Level 2.0

Meals Breakfast, Dinner

Boat ride to Futaleufú

Highlights Boat ride across Lake Yelcho

We jump on a boat across the lake today to experience the the mountains from a different point of view. We'll spend some time enjoying the little community of Futaleufu which is mostly known for its world class rafting and fly fishing. No riding today, just some time on the lake and exploring town.

DAY 8: Fri, Jan 17th

Meals Breakfast

Futaleufu - Rest day in the Mountains

Highlights Scenic rivers, rafting and hiking

You have the option of a half day of rafting or spending your day simply enjoying your beautiful surroundings. If you are a fly fisher we can help find you fly fishing options for the day, or simply a nice walk in the hills if you prefer! Tonight we'll have dinner together and celebrate our last night in Chile before we cross the border tomorrow.

DAY 9: Sat, Jan 18th

Meals Breakfast, Dinner

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina**Esquel, Argentina and into the Foothills of the Andes!****DAY 10: Sun, Jan 19th**

Highlights River views, views of Patagonia Express narrow gauge steam train

We head up the river this morning and climb about 2,000 feet by the time we arrive in Esquel, a small ski resort in the foothills of the Argentine Andes. Esquel is famous as the terminus of the Old Patagonian Express one of the oldest continuously operating steam railways in the world. The train now operates primarily as a tourist attraction. We should be able to get some good photographs.

Distance 75 km (47 mi)

Gain 745 m (2444 ft)

Terrain Hilly

Level 2.0

Meals Breakfast, Lunch

Climb to Tecka**DAY 11: Mon, Jan 20th**

Highlights Bicycle Ruta 40, the Andes

You'll continue to climb on today's ride as you leave Esquel for Tecka. After about 10 km. you intersect the famous "Ruta 40" which we'll follow to Tecka where we spend the night. (If you continue south on the Ruta 40 and you'd end up in southern Patagonia - after about 4 weeks on your bike!).

Distance 95 km (59 mi)

Gain 626 m (2053 ft)

Terrain Mostly flat

Level 2.5

Meals Breakfast, Lunch, Dinner

Tecka to Paso de los Indios**DAY 12: Tue, Jan 21st**

Highlights Barbecue, Argentinean steppe

Today is your first opportunity to ride a century, from Tecka to Paso de Indios on Ruta 25, rather than Ruta 40. We'll go over our last mountain range and head down to the beginning of the Chubut River Valley. The choices for accommodations are very limited in this remote area so we'll stay in a simpler style hotel. Keep your eyes open and you'll see eagles, and some guanacos.

Distance 164 km (102 mi)

Gain 1024 m (3359 ft)

Terrain Hilly

Level 5.0

Meals Breakfast, Lunch, Dinner

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina**Down into the Valle de Los Altares**

Highlights Bicycle the Rio Chubut

Continuing east from Paso de Indios we encounter the Rio Chubut and the landscape changes dramatically as we enter the Valle de Los Altares. This green river valley contrasts starkly with the eroded sedimentary cliffs on either side. Our destination tonight is a small hotel in the village of Los Altares.

DAY 13: Wed, Jan 22nd

Distance 57 km (36 mi)

Gain 184 m (604 ft)

Terrain Mostly flat

Level 1.5

Meals Breakfast, Lunch, Dinner

Bicycle to Dique Florentino Almeghino

Highlights Cycling the plains - longest day of cycling!

Our route continues down the Rio Chubut today following the river to Las Plumas. We then continue on to where the Rio Chubut was dammed in 1963 to provide irrigation, hydroelectric power, and flood control for communities down the river. The prevailing winds are strong and should be at your back (fingers crossed) as you ride down the valley. If the winds are unfriendly there will be a shuttle available at the 100 km mark.

DAY 14: Thu, Jan 23rd

Distance 190 km (118 mi)

Gain 987 m (3237 ft)

Terrain Mostly flat

Level 5.0

Meals Breakfast, Lunch, Dinner

Bicycle to Gaiman

Highlights Welsh tea house

As we follow the Rio Chubut further eastward, the last thing you might expect to find is a Welsh tea house and a city of 6,000 people speaking both Spanish and Welsh, but that is precisely what Gaiman has to offer. Settled by Welsh immigrants in the 1860s and 70s, the entire region is a miniature Welsh enclave.

DAY 15: Fri, Jan 24th

Distance 111 km (69 mi)

Gain 375 m (1230 ft)

Terrain Mostly flat

Level 2.5

Meals Breakfast, Lunch

Bicycle Tours in Argentina: Expedition: Patagonia Coast to Coast - Chile to Argentina**Bicycle to the Atlantic**

Highlights The Atlantic Ocean

We continue pedaling through this unlikely Welsh cultural region, and capital of the Chubut region. We then head on to the Atlantic coast to dip our feet into the Atlantic and end this expedition in the small town of Playa Union.

DAY 16: Sat, Jan 25th

Distance 43 km (27 mi)

Gain 131 m (430 ft)

Terrain Mostly flat

Level 1.0

Meals Breakfast, Dinner

Lodging  Hotel Punta Leon

Farewell and enjoy Argentina or Patagonia

Highlights Fly out to Buenos Aires or down to Tierra del Fuego

Our tour ends on the Atlantic Beach this morning. You understand Patagonia and the Steppe a little better now! Spend some more time discovering the Peninsula of Valdés. Buen viaje!

DAY 17: Sun, Jan 26th

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.

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!