

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; the Welsh settlement and tea houses at Gaiman; Ruta 25, the main road of Argentine Patagonia, yet one of the least traveled roads in the country. 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. 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

Tour Style	■ Expedition: Learn more about our Expedition tours at https://www.experienceplus.com/choosing-the-best-tour/styles/expedition
Includes	17 days, 16 nights 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	▶▶▶▶▶

Keep in Mind

We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. Expeditions require that you be prepared for anything and a sense of adventure will be your most valuable asset!

- Due to gravel/poor road conditions there will likely be 2 or 3 instances where you will have to shuttle.
- You will travel to remote areas with very basic accommodations.
- Private Rooms may not be available every night.

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/argentina/bike-tours-patagonia-chile-to-argentina>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	51km / 624m (32mi / 2047ft)	Rolling hills	▶▶▶▶▶	
3	110km / 1523m (68mi / 4995ft)	Hilly	▶▶▶▶▶	
4	75km / 1372m (47mi / 4500ft)	Very hilly	▶▶▶▶▶	
5	56km / 659m (35mi / 2162ft)	Rolling hills	▶▶▶▶▶	
6	54km / 562m (34mi / 1843ft)	Rolling hills	▶▶▶▶▶	
7	52km / 368m (33mi / 1207ft)	Rolling hills	▶▶▶▶▶	
8	Rest Day			
9	Rest Day			
10	75km / 745m (47mi / 2444ft)	Hilly	▶▶▶▶▶	
11	95km / 626m (59mi / 2053ft)	Gentle	▶▶▶▶▶	
12	164km / 1024m (102mi / 3359ft)	Hilly	▶▶▶▶▶	
13	57km / 184m (36mi / 604ft)	Gentle	▶▶▶▶▶	
14	190km / 987m (118mi / 3237ft)	Gentle	▶▶▶▶▶	
15	111km / 375m (69mi / 1230ft)	Gentle	▶▶▶▶▶	
16	43km / 131m (27mi / 430ft)	Gentle	▶▶▶▶▶	
17	Last Day			

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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 take 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 hills**Level** **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** **Meals** Breakfast, Lunch, Dinner

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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 
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 hills
Level 
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 Chaiten 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 hills
Level 
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 hills

Level 

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

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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 
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 Gentle
Level 
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 
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 Gentle

Level 

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 Gentle

Level 

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 Gentle

Level 

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 Gentle

Level 

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

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!