

## Bicycle Tours in South Africa: ExpeditionPlus! South Africa

### OVERVIEW

Join us for a 1700km (1049 mile) journey through the Eastern and Western Cape provinces of South Africa. Our route follows roads used by pioneers in ox wagons as they pushed into the interior, through the "thirstland" of the aboriginal Khoikhoi and along the breath-taking coastline towards the Cape of Good Hope.

### HIGHLIGHTS

- A game drive through Addo National Park
- Visit to the ancient Cango Caves
- Visit an ostrich farm
- Wine tasting in the Cape Winelands
- Riding in the shadow of Table Mountain
- Visit to the Cape of Good Hope and penguin colony

### TOUR FACTS

<b>Tour Style</b>	 : Learn more about our tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/-tours">https://www.experienceplus.com/tours/bike-tour-styles/-tours</a>
<b>Includes</b>	27 days, 26 nights' accommodation; use of a quality road or hybrid bicycle; all breakfasts, 21 lunches, 22 dinners; park fees at Addo and Cape Point Reserve; game drive at Addo National Park; 2 local guides and driver
<b>Countries</b>	South Africa
<b>Begin/End</b>	Port Elizabeth / Cape Town
<b>Arrive/Depart</b>	Port Elizabeth via Johannesburg / Cape Town
<b>Total Distance</b>	1557 km - 1680 km (961 - 1037 miles)
<b>Avg. Daily Distance</b>	74 km - 80 km (46- 49 miles) Average per riding day. per riding day
<b>Tour Level</b>	
<b>Keep in Mind</b>	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. Be 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/guided-bike-tours/south\\_africa/biking-south-africa](https://www.experienceplus.com/guided-bike-tours/south_africa/biking-south-africa)

Bicycle Tours in South Africa: ExpeditionPlus! South Africa

**DATES & PRICES**

Dates	Price	Single Supplement*
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\*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.

**DAILY RIDE SUMMARY**

Day	Distance/Gain	Terrain	Day Level	Notes
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**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Port Elizabeth****DAY 1**

**Highlights** Welcome to South Africa

**Meals** Dinner

Your guides will meet you on arrival at the Port Elizabeth airport and transfer you to the hotel to rest up before the welcome dinner. We meet this evening for dinner together, to kick off the start of your Cape journey. Cycling Distance: No Ride today. Meals: DLodging: Isango Gate or Singa Lodge

**Port Elizabeth transfer to Bedford****DAY 2**

**Highlights** Coastal warm-up ride

**Meals** Breakfast, Lunch, Dinner

Today we will have a bike fitting followed by a practice ride along the Indian Ocean coast line. Stretch out your legs after a long day of travel while enjoying the scenery around one of Port Elizabeth's favored coastal training routes. Return to the hotel to freshen up before we have lunch and shuttle to the town of Bedford. We will check into our guesthouse with time to spare for a walk around town or to take short ride before dinner. Cycling Distance: 34 km (22 miles). Meals: B, L, DLodging: The Duke of Bedford Inn

**Bedford to Grahamstown****DAY 3**

**Highlights** Colonial Grahamstown

**Meals** Breakfast

We have a big day of riding today to loosen up our legs and settle into the Eastern Cape's iconic landscape. Founded in 1820, Colonial Grahamstown offers many restaurants, bars and churches to explore. This afternoon, a local raconteur will join us to recount the events of the Frontier Wars which ravaged this region for 70 years during the 19th century. You will have dinner on your own tonight. We will offer many suggestions and allow you to discover all that Grahamstown offers. Cycling Distance: 94 km (58 miles). Meals: BLodging: The Graham Hotel

**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Grahamstown to Kenton-on-Sea****DAY 4**

**Highlights** Sibuya Game Reserve

**Meals** Breakfast, Lunch, Dinner

This morning we ride towards the coast, passing aloe-covered livestock farms along the way. We cycle to Kenton-on-Sea, and will then take a boat up the Kariega River to the Sibuya Game Reserve. We will enjoy an afternoon game drive to view some of the wildlife roaming the reserve. Tonight we will sleep in a tented camp with elephants and rhinos nearby in the African bush. Cycling Distance: 60 km (37 miles). Meals: B, L, D Lodging: Sibuya Game Reserve tented Camp

**Sibuya Game Reserve to Addo Elephant Park****DAY 5**

**Highlights** Nanaga Farmstall, elephants

**Meals** Breakfast, Dinner

This morning we pedal inland towards the Addo Elephant National Park. Our route takes us through a historical dairy farming region and game reserves that once served as livestock farms. For lunch you will have the opportunity to sample many of the local specialties at the Nanaga Farmstall. We will spend the next two nights in Addo National Park where you will enjoy daily elephant sightings from the terrace of your chalet overlooking the park. Cycling Distance: 112 km (70 miles). Meals: B, D Lodging: Addo Elephant National Park Main Rest Camp - Chalets

**Addo Elephant Park****DAY 6**

**Highlights** Elephants!

**Meals** Breakfast, Lunch

Free day! Rest your legs and relax in Addo National Park as we enjoy a game drive and marvel at the wide range of biodiversity. Choose from several activities to sign up for and explore South Africa's third largest national park. Cycling Distance: Day Off. Meals: B, L Lodging: Addo Elephant National Park Main Rest Camp - Chalets

**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Addo Elephant National Park to Kirkwood****DAY 7****Highlights** Cheetahs!**Meals** Breakfast, Lunch, Dinner

Today we venture further inland towards the province's citrus-growing region in the Sundays River Valley. We will stop for lunch at the Daniell Cheetah Breeding Project where you will have the opportunity for a brief cheetah encounter before continuing to Kirkwood for the night. Cycling Distance: 84 km (52 miles). Meals: B, L, D Lodging: Kronenhoff Guesthouse

**Kirkwood to Steytlerville****DAY 8****Highlights** Big sky country, beautiful canyon riding**Meals** Breakfast, Lunch, Dinner

We leave this morning for a long ride to Steytlerville, a farming hamlet boasting a proud history since 1875. Our ride takes us through classic Karoo country, with big skies and sheep farms with warm hospitality. Cycling Distance: 115 km (71 miles) Meals: B, L, D Lodging: Royal Hotel

**Steytlerville to Willowmore****DAY 9****Highlights** Picturesque Willowmore, Apartheid Museum, Willow Guesthouse Bar**Meals** Breakfast, Lunch, Dinner

Today's route will boast a slow and gradual increase in altitude as we move towards the foot of the Swartberg Mountains. We will end in the town of Willowmore which was developed in the late 19th as a gateway between the farmlands of the Great Karoo and the coastal town of Knysna. The town's history is tightly intertwined with that of our accommodations for the evening, the Willow Guesthouse. We will enjoy dinner together at the guesthouse tonight. Cycling Distance: 83 km (51 miles). Meals: B, L, D Lodging: The Willow guesthouse

**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Willowmore to De Rust****DAY 10****Highlights** Karoo**Meals** Breakfast, Lunch, Dinner

A big day of riding today as we leave Willowmore for De Rust. Our route takes us through the heart of the Karoo, in the shadow of the Swartberg (Black) Mountains. The long, straight road and dry, scrubby bush give great insight into why the locals called this the "Thirstland". Our hotel is located in the quiet farming community of De Rust. Cycling Distance: 112 km (69 miles). Meals: B, L, D Lodging: House Martin guest house

**De Rust to Prince Albert - shuttle to Oudtshoorn****DAY 11****Highlights** Wine Country, Meiringspoort Pass**Meals** Breakfast, Lunch, Dinner

Today we will ride up through a beautiful canyon and over the Meiringspoort pass down into Prince Albert Valley. We will have lunch in the quaint town of Prince Albert before shuttling over the dusty and rocky Swartbergs pass to Oudtshoorn. Oudtshoorn is the hub of the Karoo farming region and home of the country's largest ostrich farms. We will stay in Oudtshoorn for two nights. Cycling Distance: 75 km (46 miles). Meals: B, L, D Lodging: Hlangana Lodge

**Rest day in Oudtshoorn****DAY 12****Highlights** Ostriches, Cango Caves, Meerkats**Meals** Breakfast

Take the day to explore Oudtshoorn, the heart of ostrich farming in South Africa. These birds were originally farmed for their luxurious feathers, catapulting the income of farmers to spectacular heights. Many of the so-called ostrich palaces still stand as testament to the sudden surge in income to the region. After the crash of the feather industry in the early 20th century, many of the farmers lost that income and some took to farming the birds for their meat. You will have the choice of visiting an ostrich farm, the Cango Caves, or participate in some Meerkat spotting this afternoon. Cycling Distance: Rest Day or take a ride to the Cango Caves and back 52 km (32 miles). Meals: B Lodging: Hlangana Lodge

**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Oudtshoorn to Calitzdorp****DAY 13**

**Highlights** The port wine region

**Meals** Breakfast, Dinner

We leave early to avoid the heat as we head out on the R62 towards Calitzdorp. Nestled between the Swartberg range and the coastal Langeberg (Long) Mountains, the route offers picturesque landscapes as we ride through South Africa's port wine region. We spend the night in Calitzdorp after tasting the region's premier port wines. Cycling Distance: 75 km (47 miles). Meals: B, D Lodging: Port Wine guesthouse

**Calitzdorp to Ladismith****DAY 14**

**Highlights** Quiet country life, vineyards and beautiful views of Towerkop Mountain

**Meals** Breakfast, Lunch, Dinner

We continue through the port wine region ending the day's ride at a boutique wine estate. We will take the rest of the day on this working farm to explore the vineyards and taste the grapes! Cycling Distance: 66 km (41 miles). Meals: B, L, D Lodging: Mymering

**Ladismith to Barrydale****DAY 15**

**Highlights** Eclectic Barrydale and The Karoo Art Hotel

**Meals** Breakfast, Dinner

We continue along the R62 towards Barrydale, a lively little farming town that services a community established around 1700. As trade between farmers and the larger centers increased during the late 1800s, Barrydale became an important crossroads town. Today it is synonymous with the verdant valleys of the Little Karoo. It has recently become one of many small farming hamlets that has attracted an eclectic group of urban dwellers in search of a quieter life and slower pace. Cycling Distance: 83 km (51 miles). Meals: B, D Lodging: Karoo Art Hotel

**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Barrydale to Montagu****DAY 16**

**Highlights** Cycling the Famous Route 62

**Meals** Breakfast, Dinner

Today we will be cycling through a mix of rolling farmlands, vineyards and citrus orchards. As we wind down Route 62, we'll pedal through valleys of the Overberg mountains before arriving in Montagu. We'll spend the night in this quaint town, best known for its dried fruit production. Cycling Distance: 65 km (40 miles). Meals: B, DLodging: Minmosa Lodge

**Montagu to Napier****DAY 17**

**Highlights** Cycling through Cogmans Kloof canyon

**Meals** Breakfast, Lunch, Dinner

Today we leave the interior and start heading towards the coast. Our route continues through the Breede River Valley undulating with several important climbs. We will spend the night in Napier where we'll be greeted with Overberg hospitality and meet some local friends for dinner. Cycling Distance: 115 km (71 miles). Meals: B, L, DLodging: Pascal's of Napier

**Napier to Hermanus****DAY 18**

**Highlights** Beautiful Coastal views in Hermanus

**Meals** Breakfast, Lunch, Dinner

This morning we head to the coastal town of Hermanus. Founded by itinerant farmer and school teacher, Hermanus Pieterse, this holiday and fishing town is a popular destination for domestic and international visitors alike. The first half of our ride climbs up and down before we start the breathtaking descent towards the ocean. We will spend two nights in our hotel which sits along the stunning Atlantic coast. Cycling Distance: 92 km (57 miles). Meals: B, L, DLodging: Windsor Hotel

**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Rest day in Hermanus****DAY 19**

**Highlights** Hermanus, Sea Safari

**Meals** Breakfast, Lunch

Today we will take a break and soak in this beautiful coastal town. In the morning we'll take a boat into the Atlantic Ocean for a Sea Safari. Odds are we'll spot penguins, sharks and a range of native birds. In the afternoon you'll have time to meander through the local shops or take a stroll along the coast. Hermanus also offers a wide selection of restaurants perfect for tasting the local seafood. Cycling Distance: Rest day. Meals: B, L Lodging: Windsor Hotel

**Hermanus to Gordons Bay****DAY 20**

**Highlights** Epic Coastal Ride

**Meals** Breakfast, Lunch, Dinner

Today's ride is a coastal epic, with spectacular ocean views for much of the route. We end the ride in Gordons Bay with views over False Bay, and in eyeshot of our final destination, Cape Town. Cycling Distance: 86 km (53 miles). Meals: B, L, D Lodging: Manor on the Bay

**Gordons Bay to Franschhoek****DAY 21**

**Highlights** Helshoogte Pass

**Meals** Breakfast, Lunch

Today's spectacular ride winds through the heart of the Cape wine lands. After a short transfer to skip a main freeway, we start our route from Elgin through apple country and into Franschhoek over the Franschhoek Pass, a hearty climb and one of the favorite training grounds for local cyclists. The views at the top of the pass melt away any fatigue from the climb. From here we'll continue into the Franschhoek Valley and stop at a winery for lunch. Cycling Distance: 60 km (37 miles). Meals: B, L winery lunch Lodging: Protea Hotel Franschhoek

**Bicycle Tours in South Africa: ExpeditionPlus! South Africa****Franschhoek to Cape Town****DAY 22****Highlights** Cape Town**Meals** Breakfast

The route for today will pass through a mixture of farmland, urban residential and commercial areas close to Cape Town. We emerge on Table Bay coast and make our way into Cape Town via the commuter cycle network to our Waterfront hotel. Cycling Distance: 90 km (56 miles). Meals: B Lodging: Victoria and Alfred Hotel

**Cape Town to the Cape of Good Hope****DAY 23****Highlights** One of the iconic rides in South Africa**Meals** Breakfast, Lunch, Dinner

Today is a big day of biking as we tackle part of the Cape Town Cycle Tour route. Our route includes Victoria Drive and the iconic Chapman's Peak Drive as we head south towards the Cape. After a long morning of beautiful coastal riding you'll arrive at our much anticipated destination, the Cape of Good Hope! After more than 1500 km of biking across South Africa we'll celebrate the end of our unforgettable journey. We'll eat lunch together at the iconic light house before shuttling back to Cape Town to enjoy a final celebratory evening together. Cycling Distance: 78 km (48 miles). Meals: B, L, D Lodging: Victoria and Alfred Hotel

**Cape Town****DAY 24****Highlights** Walking tour to explore Cape Town**Meals** Breakfast

After breakfast this morning join us for a walk around Cape Town to learn a bit about the history of one of the most iconic cities in Africa. Meals: B

**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 the three most important aspects of a guided bike tour.

- 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.

**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/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- \*Traveler services including assistance booking extra nights at the tour starting and ending hotels. (\*Explorer Tours 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 tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a gently used helmet, please contact us.

**NAVIGATING, DAYSHEETS AND VAN SUPPORT:**

Each day you'll receive a daily briefing with a highlighted route map. 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 also includes Tour Leader 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 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.

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**Need More Miles?** On many days it is possible to add miles to the day, just talk to your tour leader about your 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.

**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 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.

**PHOTOS:**

By reserving space on tour, you agree that ExperiencePlus! Bicycle Tours may use, re-use and reproduce any images, photos or videos that you send to us, or that are taken by our guides and/or other travelers of you individually or in a group, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection, for promoting and publicizing our travel products and services worldwide. If you do not want us to use any images of you that are taken by us or other participants during the tour, 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. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

**Classic Tours:** Dream of traveling through a region by bike? then our Classic style bike tours are for you! 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, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: 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, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- 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.
- Road Type: Pavement
- Navigation: 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, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**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/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/>
- Choose a 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

- 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/blog/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/blog/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!