

## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### OVERVIEW

A Northern European bicycling journey that takes you across borders as you pedal from one vibrant city to another, in regions renowned for their urban cycling culture. The journey kicks off in Copenhagen, dubbed the "most livable city and bike capital of the world" and takes you all the way to Stockholm, Sweden, known for its museums, and food scene. Enchanting forests and stunning coastlines will be your daily backdrop as you follow the Kattegattleden, Sweden's first national bicycle route. From the vibrant city of Gothenburg to a private tour of country's most beautiful castle (Läckö Castle), you will experience an unforgettable taste of culture and cuisine while cycling from Copenhagen to Stockholm.

If this sounds great but you prefer a shorter tour, check out our [Cycling Copenhagen to Gothenburg](#) or [Cycling Gothenburg to Stockholm](#) tours.

### HIGHLIGHTS

Copenhagen, beautiful coastal riding, bike paths, breathtaking castles, Tylösand Beach, Gothenburg guided visit, Läckö Castle private visit, Kornettgarden Café Museum, Linköping guided walk, steamship into Stockholm, Göta Canal Locks

### TOUR FACTS

<b>Tour Style</b>	 Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/classic-tours">https://www.experienceplus.com/tours/bike-tour-styles/classic-tours</a>
<b>Includes</b>	14 days, 13 nights accommodation; meals as noted in itinerary; Guided tour of Gothenburg; Private tour of Läckö Castle; Guided tour of Linköping, Guided tour of Stockholm, steamship into Stockholm
<b>Countries</b>	Denmark, Sweden
<b>Begin/End</b>	Copenhagen/ Stockholm
<b>Arrive/Depart</b>	Copenhagen (CPH) / Stockholm (ARN)
<b>Total Distance</b>	598 km (372 miles)
<b>Avg. Daily Distance</b>	54 km (34 miles) 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. We use charming and modern hotels but A/C or fans may not always be available since they haven't been needed traditionally. Read more on the use of air conditioning in Europe here. Sweden is entirely cashless. Read more here.

**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/sweden/copenhagen-stockholm>

## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### DATES & PRICES

Dates	Price	Single Supplement*
☑ Jun 6-19, 2023	☑ USD\$7195	☑ USD\$750
☑ Jun 27-Jul 10, 2023	☑ USD\$7195	☑ USD\$750
☑ Jul 25-Aug 7, 2023	☑ USD\$7195	☑ USD\$750

\*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
1	Test ride			
2	50km / 234m (31mi / 768ft)	Gentle	▶▶▶▶▶	
3	55km / 344m (34mi / 1128ft)	Rolling hills	▶▶▶▶▶	
4	45km / 216m (28mi / 708ft)	Gentle	▶▶▶▶▶	
5	66km / 390m (41mi / 1279ft)	Gentle	▶▶▶▶▶	
6	53km / 312m (33mi / 1023ft)	Gentle	▶▶▶▶▶	
7	Rest day			
8	45km / 222m (28mi / 728ft)	Gentle	▶▶▶▶▶	
9	56km / 424m (35mi / 1391ft)	Gentle	▶▶▶▶▶	
10	72km / 299m (45mi / 981ft)	Gentle	▶▶▶▶▶	
11	35km / 216m (22mi / 708ft)	Gentle	▶▶▶▶▶	Longer optional ride available
12	42km / 321m (26mi / 1053ft)	Gentle	▶▶▶▶▶	
13	40km / 272m (25mi / 892ft)	Gentle	▶▶▶▶▶	
14	Last day			

## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### ARRIVAL INFO

**Meeting time 1:15 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.

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 Copenhagen Airport (CPH).

#### **From the Copenhagen Airport to the Day 1 Hotel**

1. Metro to Norreport station (15 min/DKK 36; we recommend using the ticket machines, credit card only)
2. [Walk](#) from Norreport station Day 1 Hotel (7 mins)
3. Or Taxi from the airport to the hotel (20 min/DKK 250-300)

### DEPARTURE INFO

**The tour ends on the final day after a walking tour of Stockholm at 12:30 p.m. back at the hotel. If you would like to participate in the walking tour, schedule flights out of Stockholm Arlanda after 3 p.m.**

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

**We recommend flying out of the Stockholm Arlanda Airport (ARN).**

#### **Flying out of ARN**

- Taxi from the Ending Hotel to the airport (25 min/SEK 575)

Or public transportation

1. [Walk](#) from Ending Hotel to Stockholm Central Station
2. Train from Stockholm Central Station to Arlanda Norra Station (20-40 min/fares vary)

Look up train schedules for Sweden and adjacent regions at [SJ.com](#) or [Trainline.com](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### Welcome to Copenhagen

**Highlights** Copenhagen considered the "most livable city and bike capital of the world"

The Danes are known for their love of bicycling and Copenhagen is renowned for its cycling infrastructure that cities across the world are trying to emulate. With over 390 kilometers (241 miles) of designated bike lanes, it is truly a bicyclist's heaven. The world also looks to Copenhagen for the latest innovations in design, architecture, fashion and visitor's savor the extraordinary culinary revolution that has taken place here over the last decade. We'll meet for a bike fitting and then enjoy a unique Danish dinner to celebrate our Scandinavian adventure.

### DAY 1: Tue, Jun 27th

**Meals** Dinner

**Lodging**  Hotel Kong Arthur

### Copenhagen to Helsingor

**Highlights** Louisiana Art Museum, Kronborg Castle

Today you will join some of the most practiced bike commuters in the world as we cycle out of Copenhagen on some of Europe's oldest city bike paths. We will bike up the coast past the Louisiana Art Museum on our way to Kronborg Castle which is most famously known for being the setting of Shakespeare's Hamlet. Fall in love with the landscape today while cycling through enchanted forests and along prototypical Danish bike paths.

### DAY 2: Wed, Jun 28th

**Distance** 50 km (31 mi)

**Gain** 234 m (768 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Skandia

### Helsingor to Halmstad

**Highlights** Biking along the Kattegattleden Europe's Cycle Route of the Year in 2018

The day starts with a short ferry ride from Denmark to Sweden. From the ferry we will take a train a few kilometers up the coast where our bikes will be waiting for us. From here we will jump on our bikes and introduce our cycling legs to Sweden with a few rolling hills. Before too many miles we'll join the award-winning Kattegattleden bike route and follow it all the way into Halmstad.

### DAY 3: Thu, Jun 29th

**Distance** 55 km (34 mi)

**Gain** 344 m (1128 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel Continental  
 Best Western Plus  
Grand Hotel

## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### Halmstad – Loop Ride

**Highlights** Tylösand Beach

Today's loop ride takes us through quiet farmland on our way to Työsand Beach, one of Sweden's top resort towns. Don't be deceived by the moniker "resort", this tiny village is the perfect place to relax and enjoy the irresistible natural setting that surrounds it. Walk a few meters north of Työsand's famous sandy beach to enjoy the Nyrebäcken River estuary, or find a perch at the nearby sand dunes to sit and soak in your surroundings.

### DAY 4: Fri, Jun 30th

**Distance** 45 km (28 mi)  
**Gain** 216 m (708 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast  
**Lodging**  Hotel Continental  
 Best Western Plus Grand Hotel

### Halmstad to Gottskär

**Highlights** Kattegattleden Cycle Route, Gottskär's charming harbor

We start the day with a short train ride to Varberg. From there we'll rejoin the famous Kattegattleden bike route which covers 395 km (245 miles) from Helsingborg all the way to Göteborg. Today's journey on the path features beaches, tiny fishing villages, and gorgeous coastal views. We will finish in the charming harbor town of Gottskär.

### DAY 5: Sat, Jul 1st

**Distance** 66 km (41 mi)  
**Gain** 390 m (1279 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  Gottskär Hotell

### Gottskär to Gothenburg

**Highlights** Biking along the Kattegattleden into Gothenburg

Today's ride continues along the Kattegattleden bike path with views off the beautiful North Sea coastline as we pedal into the vibrant city of Gothenburg. You will follow bike paths right into the center of the city.

### DAY 6: Sun, Jul 2nd

**Distance** 53 km (33 mi)  
**Gain** 312 m (1023 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  Hotel Opera



## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### Gothenburg

**Highlights** Walking tour

We'll have a walking tour of "Stockholm's little sister," Gothenburg today. An important seaport, and unexpectedly energetic city, Gothenburg offers plenty to explore. Follow its 17-century canals winding through the lush King's Park or head to the city's chic Acenyn boulevard lined with bars and shops. Take this opportunity to stretch your legs and explore Gothenburg's many attractions: the museum of art, the fish market, the old district (Haga) and much more.

### Gothenburg to Läckö Slott

**Highlights** Private tour of Läckö Castle, Lake Vänern, Picnic

We will start the day with a train ride out of Gothenburg to the small village of Lovene where our bikes will be waiting for us. From Lovene our ride takes us through picturesque Swedish farmland that gently transitions into beautiful shaded forests, ending on the shores of Lake Vänern, where we will enjoy a private tour of Läckö Castle, one of the country's most beautiful and interesting historic sites. With its well-preserved interior Läckö tells the intriguing story of a bishop's fort transformation into a baroque castle. After our tour we'll head to our tranquil nature hotel with views back to Läckö.

### Läckö Slott to Vadstena

**Highlights** Riding through the Salstern Lake District, Vadstena Castle, Lake Vättern

We start today with a transfer from Lake Vänern to Lake Vättern. Our cycling route takes us through the Salstern Lake District. After a lunch stop in the town of Motala we will continue to Lake Vättern boasting Vadstena Castle, originally built in the 16th century as a fortress. We'll spend the night in charming Vadstena, which, in spite of its small population, is still referred to as a city due to its historic significance.

### DAY 7: Mon, Jul 3rd

**Meals** Breakfast, Dinner**Lodging**  Hotel Opera

### DAY 8: Tue, Jul 4th

**Distance** 45 km (28 mi)**Gain** 222 m (728 ft)**Terrain** Gentle**Level** **Meals** Breakfast, Lunch, Dinner**Lodging**  Naturum Hotel

### DAY 9: Wed, Jul 5th

**Distance** 56 km (35 mi)**Gain** 424 m (1391 ft)**Terrain** Gentle**Level** **Meals** Breakfast**Lodging**  Starby Hotel

## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### Vadstena to Linköping

**Highlights** Kornettgarden Café Museum, Boställets Farm and Bakery

We have a big day ahead of us today as we travel through time on our way to Linköping. We will leave the coast behind and cycle inland along quiet country roads through a landscape dotted with typical Swedish farms ending in Linköping, where the past meets the present merging the modern parts of the city into its historic center. Linköping is our home for the next two nights.

### DAY 10: Thu, Jul 6th

**Distance** 72 km (45 mi)

**Gain** 299 m (981 ft)

**Terrain** Gentle

**Level** >>>>>

**Meals** Breakfast, Lunch

**Lodging**  Elite Stora Hotellet

### Linköping – Loop Ride

**Highlights** Göta Canal Berg Lock, Guided walking tour of Linköping

Today's loop ride has a number of highlights and lets you take as long or as short of a ride as you wish. We cycle to the famous 11-step Berg Slussar Canal lock on the Göta Canal. The Göta Canal was built by some 600,000 soldiers between 1802 and 1832, and has provided a valuable transport and trade link between Sweden's east and west coasts. For anyone looking for a longer ride there is an optional out and back from the Slussar Canal.

### DAY 11: Fri, Jul 7th

**Distance** 35 km (22 mi)

**Gain** 216 m (708 ft)

**Terrain** Gentle

**Level** >>>>>

**Meals** Breakfast

**Lodging**  Elite Stora Hotellet

### Linköping to Mariefred

**Highlights** Steam Train, Gripsholms Slott (Castle)

We start the day with a train ride to Södertälje. From Södertälje we will cycle to Mariefred, nestled on the shores of Lake Mälaren. Mariefred is home to Gripsholms Castle that houses one of Europe's best-preserved 18th century theaters and the state's portrait collection. Make sure you get to town early enough to grab lunch, explore the castle, and take a ride on Sweden's oldest steam train dating from 1888.

### DAY 12: Sat, Jul 8th

**Distance** 42 km (26 mi)

**Gain** 321 m (1053 ft)

**Terrain** Gentle

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Gripsholms Vårdshus Inn

## Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

### Mariefred - Loop Ride

**Highlights** Steamship to Stockholm on Lake Mälaren

Our last ride today takes us through some beautiful Swedish countryside. We'll be back in Mariefred in time for a quick shower and lunch before boarding the S.S Mariefred steam ship which has been making the same route to Stockholm since 1903. We will enjoy our final dinner together tonight as we steam our way towards Stockholm on the picturesque Lake Mälaren.

### DAY 13: Sun, Jul 9th

**Distance** 40 km (25 mi)

**Gain** 272 m (892 ft)

**Terrain** Gentle

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging** 🏠 Haymarket by Scandic

### Stockholm

**Highlights** Walking tour of Stockholm

Our tour ends after a fascinating guided walk of Stockholm. We highly recommend that you take a few days to enjoy all that the city has to offer. Whatever you decide, have a wonderful journey.

### DAY 14: Mon, Jul 10th

**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 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. More details on our bikes page: <https://www.experienceplus.com/what-to-expect/our-bikes/>
- 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. (\*Not included on Explorer Tours.)
- 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 our bikes page (<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. Please ask if you would like us to provide you with a gently used helmet and we will do so.

**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, Spotlight 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.

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.

**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! 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 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

**Spotlight Tours:** Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- 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 (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

- 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.
- 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 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 Lists: <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 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, Spotlight 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!