

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy

OVERVIEW

Pedal from Innsbruck, Austria down the Adige Bikeway through Trento and then on to Vicenza. From here we pedal to Venezia before heading south along Italy's Adriatic coast to complete our journey at the very tip of the heel of Italy's boot. Explore the hills and beaches of the Marches and Abruzzi and pedal the "spur" of Italy - the limestone "presque'ile" of the Gargano, before heading across the Puglia plateau through trulli country to Lecce, queen of Italy's baroque cities. Our ride ends in Santa Maria di Leuca at the very tip of the heel.

Read more about the [ExpeditionPlus! concept](#) to see if this type of tour is for you. If it is fill out our [Expedition Application](#) if you have not traveled on an Expedition Trip with ExperiencePlus!

HIGHLIGHTS

- Innsbruck, Austria
- Vicenza and Venezia
- San Marino, Italy
- Distinct regional specialties
- Trulli of Alberobello
- Italian food

TOUR FACTS

Includes	27 days, 26 nights; Use of a high quality 30-spd bicycle; all breakfasts, 2 lunches, 18 dinners; guided walks in Vicenza, Venice, Ferrara, Matera
Countries	Italy, Austria
Begin/End	Innsbruck, Austria/Santa Maria di Leuca, Italy
Arrive/Depart	Innsbruck or Munich/Bari or Brindisi
Total Distance	1858 km (1155 miles)
Avg. Daily Distance	45 - 115 km (28 - 71 miles); average 88 km (52 miles) per riding day
Tour Level	1.0:
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. Read more about the ExpeditionPlus! concept to see if this type of tour is for you. If it is fill out our Expedition Application if you have not traveled on an Expedition Trip with ExperiencePlus!***

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/italy/cycling-alps-to-adriatic-italy>

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**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.

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 09: Meet in Innsbruck, Austria****DAY 1**

Highlights Innsbruck, Austrian Alps,

Meals Dinner

Meet in Innsbruck in the heart of the Austrian Alps. The capital of Tyrol offers a late medieval city center and a getaway to spectacular alpine outdoors. We fit bicycles this afternoon and go out for a warm up ride. Distance: Test Ride. Meals: DLodging: Hotel Grauer Bär

Sept 10: Bicycle over the Brenner Pass to Italy**DAY 2**

Highlights Spectacular Alpine Views, bike paths

Meals Breakfast, Dinner

Our ride today takes us south from Innsbruck and over Brenner Pass which is one of the most important alpine passes in Europe. It is also the lowest pass (1,370 meters or 4,495 feet) connecting Germany and Austria with Italy. The climb from Innsbruck is 574 meters (1,883 feet) and you'll descend along what was once a railroad grade and today a bonafide cycling highway! You'll be in Italy in Bressanone this evening. Distance 122.4 km (76 miles). Meals: B, DLodging:TBD

Sept 11: Bicycle Bressanone to Trento**DAY 3**

Highlights Brenner bike path, Bolzano, glaciated Adige River valley

Meals Breakfast

We continue south along the Tyrol bike path to Bolzano today. Take time for coffee or an early lunch in Bolzano, known in Italy as a bicycle friendly city and regularly voted one of the best cities to live in by Italians. You have the opportunity to visit the museum hosting ?tzi the Ice Man, one of the archeological sensations of the 20th century. We are in Trento this evening, famous for hosting the important counter-reformation "Council of Trent" in the 16th century. Distance: 106 km (66 miles). Meals: B Lodging: Hotel Albermonaco

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 12: Bicycle Trento to Vicenza****DAY 4**

Highlights Foothills of the Alps, Palladio's architecture in Vicenza

Meals Breakfast, Dinner

We'll pedal up, down, and out of the Alps today on our way to Vicenza which is renowned for its beautiful architecture from 16th century architect Andrea Palladio. The White House style is inspired by his works and aptly named "Palladian." Our ride will take us out to the majestic Pian delle Fugazze, a cyclist's dream, and finally to the plains of the Po Delta. Distance: 104 km (65 miles). Meals: B, DLodging: Conchiglia D'Oro

Sept 13: Pedal to Treviso**DAY 5**

Highlights Palladian Villas, Brenta River

Meals Breakfast, Dinner

Today you'll cycle in an area favored by the Venetian aristocracy: they built their countryside villas along the river Brenta and used to reach them by a kind of river boat called burchiello. We'll however just cycle by Villa Contarini, one of the most interesting visitable examples and play aristocracy for the night in a majestic 19th century villa near the city of Treviso, which homes the headquarters of bicycle maker Pinarello. Distance: 72 km (45 miles) Meals: B, DLodging: Villa Pace Park Hotel Bolognese

Sept 14: Treviso to Venice Lido**DAY 6**

Highlights Barrier beaches of Venice, Ferry to the Venetian Lagoon

Meals Breakfast, Dinner

Today you'll pedal through reclaimed marshlands around the Venetian lagoon. Be sure to take time to dip your toes in the Adriatic Sea at Lido di Jesolo. It's a short ride so you'll be at the Lido of Venice early afternoon. Dinner is together tonight at our favorite trattoria on the Lido of Venice. Distance: 67 km (42 miles). Meals: B, DLodging: Hotel Biasutti

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 15: Venice, a rest day****DAY 7**

Highlights Enjoy exploring Venice

Meals Breakfast

This is a rest day to enjoy walking through the most unique Medieval city in the world. Venice is, undoubtedly, one of a kind, so we'll go on an off-the-beaten path tour with the help of a local who will help us discover its charm. Alternatively, you can find a tucked away cafe, go to the beach, or just hangout and enjoy great opportunities for people watching. Meals: B Lodging: Hotel Biasutti Best Western

Sept 16: Venice to Ferrara**DAY 8**

Highlights Ride the Lido, the Venetian Lagoon, Chioggia and Po Delta, Ferrara

Meals Breakfast, Lunch, Dinner

You'll hop ferries and then follow the Po river upstream to the Renaissance city of Ferrara today. Be aware of bikes! Ferrara is considered the cycling capital of Italy! Entering the city, you'll pass under the 16th century walls, one of the finest examples of Renaissance walls left in Italy. Other highlights of this UNESCO world heritage site include the many palaces of the Este court from the 14th and 15th century, amongst which a castle with a moat in the very center of town. Distance: 108 kms (67 miles). Meals: B, L, D Lodging: Hotel Carlton Ferrara

Sept 17: Ferrara to Ravenna**DAY 9**

Highlights Wetlands, Ravenna mosaics

Meals Breakfast

We leave Ferrara on bike ways and head back to the Po delta towards Argenta, skirting the wetlands that are a sanctuary for migratory birds. Our ride takes us to Ravenna—another UNESCO site—the last capital of the Western Roman Empire and home to more early Christian mosaics than any other city in Western Europe. You can walk to Dante's Tomb and the mosaics of San Vitale, Sant'Apollinare Nuovo and the Mausoleum of Galla Placidia this afternoon, as your hotel is near all the city's highlights. Distance 95 km (59 miles). Meals: B Lodging: Palazzo Galletti Abbiosi

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 18: Ravenna to San Marino****DAY 10**

Highlights Crossing the Rubicon, the Republic of San Marino,

Meals Breakfast, Dinner

As we head south from Ravenna we cross Caesar's famous Rubicon River and enter the foothills of Romagna. We'll temporarily leave Italy, but you won't need your passport to cross the border. Our destination is the oldest republic in the world, known as "The Most Serene Republic of San Marino" dating to 301 AD. Distance: 88 km (55 miles). Meals: B, D Lodging: Grand Hotel San Marino

Sept 19: San Marino to Urbino**DAY 11**

Highlights San Marino, San Leo, hill riding, Urbino

Meals Breakfast, Dinner

After several days of flat rides, the terrain begins to change today as you enter the foothills of the Apennine Mountains. This area is known as Montefeltro, from the family that ruled it during the Middle Ages through the Renaissance. Many battles took place here and the fortified towns just show it. San Leo is a fortress town like San Marino though much smaller, while our destination for the day, the Renaissance town of Urbino?today a UNESCO site?still has its grand Medieval walls intact. Distance 77 km (48 miles). Meals: B, D Lodging: Hotel Bonconte Urbino

Sept. 20: A rest day in Urbino, city of the Renaissance**DAY 12**

Highlights Explore the Renaissance City

Meals Breakfast

Spend the day wandering around the walled city of Urbino, a city which retains much of its picturesque medieval aspect. A UNESCO site, its historical legacy of independent Renaissance culture thanks to Federico da Montefeltro, duke of Urbino in the 15th century, it still hosts a renowned university. No Cycling Today. Meals: B Lodging: Hotel Bonconte Urbino

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 21: Urbino to Fabriano****DAY 13**

Highlights Ridgeline and hill rides, Furlo Gorge, Frasassi Caves

Meals Breakfast, Dinner

You entered Italy's Marches region once you passed San Marino and today you'll pedal the heart of "le Marche". You'll ride through the Furlo Gorge—a most scenic route closed to car traffic—along the ancient Roman road Flaminia, where the Roman emperor Vespasian had a tunnel built to facilitate traffic at the narrowest point of the gorge. If you are interested, stop at the grotto of Frasassi, the longest limestone cave in Italy at 5km (3.1 miles). Your destination tonight is Fabriano, famous worldwide for its high-quality paper still produced artisanally. We'll have dinner together. Distance: 103 km (64 miles). Meals: B, D Lodging: Hotel Janus

Sept 22: Fabriano to Ascoli Piceno**DAY 14**

Highlights Hills, the spectacular Sibillini Mountains, Ascoli Piceno

Meals Breakfast, Dinner

Today's ride is dominated by the crest of the Apennine Mountains off to our right. Small villages and towns nestle on the slopes of glaciated valleys coming off of this massif limestone mountain range. Take time to enjoy the ride as there is no rush and tomorrow is a rest day in Ascoli Piceno. Distance: 130 km (81 miles). Meals: B, D Lodging: Palazzo Guiderocchi

Sept 23: Rest day in Ascoli Piceno**DAY 15**

Highlights Walled city with picturesque Medieval quarter, Olive ascolane

Meals Breakfast

Relax and bask in the delightful squares and sidewalk cafés of this historic and picturesque city. Ascoli is a town that retains grit. It hasn't been gussied up to attract visitors. It is a place where the locals are still bemused by the presence of foreign travelers visiting their city. It has an art gallery and is rich in both Medieval and Renaissance period architecture. It's also famous for a dish named after the city itself: Olive Ascolane, delicious fried olives stuffed with meat or fish. Meals: B Lodging: Palazzo Guiderocchi

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 24: Ascoli Piceno to Atri and Pescara****DAY 16**

Highlights Adriatic Sea, Pescara

Meals Breakfast, Dinner

Our route today takes us away from the mountains and over the foothills to the Adriatic coast. Pescara is a busy coastal town and the largest city in Abruzzo, the small central Italian region that extends from the Adriatic beaches into the heart of the Apennine Mountains. In the town of Pescara itself, the long ten-mile stretches of wide, clean and sandy beaches offer many inviting opportunities to its visitors. Distance: 103 km (64 miles). Meals: B, D Lodging: Hotel Esplanade

Sept 25: Pescara to Termoli**DAY 17**

Highlights Adriatic coastal cycling

Meals Breakfast, Dinner

This is your chance to take a swim in the Adriatic Sea as we'll ride along the coast before heading into the foothills. Termoli is an ancient city with a walled Medieval fortress center on a promontory overlooking the sea. The old town is surrounded by a wall which drops straight down to the sea and is dominated by its square castle. Castello Svevo was built in the 11th century but largely rebuilt by Frederick II in the 13th century. Termoli is a popular tourist resort on the Adriatic coast which has long sandy beaches, historic fortifications and some incredible trabucchi, ancient fishing machines not in use any longer. It is very popular with Italian tourists in the summer months but, like the rest of Molise, relatively undiscovered by foreign tourists. Distance: 126 km (79 miles). Meals: B Lodging: Hotel Mistral

Sept 26: Termoli to Vieste**DAY 18**

Highlights The Gargano Peninsula, Scenic coastal riding

Meals Breakfast, Dinner

Italy's Gargano Peninsula is the "spur" on Italy's boot and is reminiscent of a Greek island. It's easy to imagine that it floated across the Adriatic Sea and attached itself to the Italian mainland. Geologically speaking it is a massif rising to the high point of Monte Calvo (1,064m). The forests of the highlands are of great importance and most of the upland area is protected as a national park. The Italians enjoy the fabulous beaches here particularly in July and August but for the rest of the year the beaches and uplands are left to discriminating nature lovers and seekers of peace, tranquility and beauty. You will enjoy amazing views of the blue seas as you cycle along a beautiful rolling coasts. Distance: 130 km (81 miles). Meals: B, D Lodging: Palace Hotel Vieste

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 27: Rest day****DAY 19**

Highlights Rest day on the beach

Meals Breakfast

Enjoy a rest day on Vieste's lovely beach. Vieste is a lovely fishing town of whitewashed houses which hugs the white cliffs of the Gargano peninsula as they jut out into the Adriatic Sea. It is also home to one of the best beaches of Puglia. A great opportunity to relax. However, if you prefer to challenge yourself with a hilly ride we'll point you in the direction of Tavoliere delle Puglie and the Foresta Umbria. Meals: B Lodging: Palace Hotel Vieste

Sept 28: Vieste to Manfredonia**DAY 20**

Highlights Spectacular coastal rides and sea views

Meals Breakfast, Dinner

Our ride continues around the perimeter of the Gargano with wonderful views of the sea. Photo opportunities will keep you busy today as each bend presents another scene featuring dramatic cliffs overhanging the crystalline sea. Distance: 76 km (43 miles). Meals: B, D Lodging: Regiohotel Manfredi

Sept 29: Manfredonia to Ruvo di Puglia**DAY 21**

Highlights Castel del Monte, Murgia

Meals Breakfast, Dinner

Our ride today takes us across the limestone plateau of the "Murgia" in Puglia. Thousands of olive trees and some vineyards and field crops cover this plain. Before arriving at our hotel, we suggest a visit of the fortress and UNESCO World Heritage site "Castel del Monte" built by Roman Emperor Frederick II in 1240 AD. This is one of the best preserved castles in Italy and stands as a monument to the Christian crusaders upon their return from the Holy Lands in the 13th century. Distance: 130 km (81 miles). Meals: B, D Lodging: Hotel Pineta Ruvo

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Sept 30: Ruvo di Puglia to Matera****DAY 22**

Highlights Altamura, Matera

Meals Breakfast, Dinner

We head out through thousands of olive trees, across the ancient Appian Way. We are in Matera this evening in the Basilicata region. Matera is one of the most interesting, unusual and memorable destinations during this tour. Still little-visited by foreign travelers, it is a city famous for its extensive cave-dwelling districts, the sassi. In 1993 the city was made a UNESCO World Heritage site, for being "the most outstanding, intact example of a troglodyte settlement in the Mediterranean region, perfectly adapted to its terrain and ecosystem". And ever since, Matera has become steadily more popular as an off-the-beaten-track destination. Distance: 75 km (47 miles). Meals: B, DLodging: Hotel San Domenico

Oct 1: Rest day in Matera**DAY 23**

Highlights Views across Basilicata, the "sassi" of Matera

Meals Breakfast

Matera has become famous for its troglodyte cave dwellings and historic churches carved into the limestone deposits along the Gravina River canyon. Matera was the one of the filming locations for Mel Gibson's film The Passion of the Christ, with shots showing the sassi and the gorge below. We'll take a guided walk of the caves this afternoon to see the finest examples of this type of dwelling in the entire Mediterranean region. Meals: B, DLodging: Hotel San Domenico

Oct 2: Matera to Alberobello**DAY 24**

Highlights Trulli of Alberobello, landscapes of trulli

Meals Breakfast, Dinner

We head out of Basilicata and back across the Murgia plateau of Puglia. We'll spin through the fairy tale landscape of the "trulli" near Alberobello, where we'll spend the night in this traditional housing. The trulli are stone dwellings with cone shaped roofs dotting the limestone plain between pockets of rich red soil. Concentrations of the unique dwellings make up the village of Alberobello. Distance: 93 km (58 miles). Meals: B, DLodging: Hotel Trulli e Puglia

Bicycle Tours in Italy: ExpeditionPlus! Alps to the Adriatic in Italy**Oct 3: Alberobello to Lecce****DAY 25**

Highlights Ostuni and the baroque architecture of Lecce

Meals Breakfast, Dinner

Our route today is marked by more varied relief as we approach the limestone ridge where Ostuni overlooks the Adriatic Sea. Founded in historic times Ostuni was destroyed by Hannibal and rebuilt by Greek colonists. To this day it looks like a Greek village, brilliant white in the Mediterranean sun. Our final destination today is Lecce, the baroque Renaissance capital of Italy. In the evening light the golden colored limestone of Lecce's churches and palaces make it unique in Italy. Distance: 95 km (59 miles). Meals: B, D Lodging: Hotel President

Oct 4: Lecce to Santa Maria di Leuca**DAY 26**

Highlights Heel of Italy, coastal cycling

Meals Breakfast, Dinner

Our last ride takes us to the extreme southeastern point in Italy, Capo Santa Maria di Leuca. From Lecce we pedal to Otranto. We suggest lunch here as you savor the whitewashed buildings of this historic Greek settlement. Otranto was one of the last Byzantine outposts, lasting until the 11th century. Our final ride takes us along the coast road from Otranto to the point of the heel in Santa Maria. We'll celebrate our ride with a spectacular dinner together this evening. Meals: B, D Lodging: Hotel l'Approdo

Oct 5: Arrivederci, end of our ride**DAY 27**

Highlights Continued travels or going home

Meals Breakfast

We will offer a complimentary shuttle departing at 9:00AM to the airport or central train station in Bari (arriving at around 1:00PM), or to the train station or airport in Brindisi arriving at approximately 11:00AM. Meals: B

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. Tracks available upon request three to four weeks prior to the departure.

VAN SUPPORT

Full van support including: luggage shuttle, water and snack resupply, mechanical assistance, and rides for tired cyclists!

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture. We prefer hotels near interesting sites in the center of town located along the best cycling 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!