

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

Tour Style	<input checked="" type="checkbox"/> Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
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	
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/bike-tours/italy/cycling-alps-to-adriatic-italy>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	0km / 0m (0mi / 0ft)			
2	0km / 0m (0mi / 0ft)			
3	0km / 0m (0mi / 0ft)			
4	0km / 0m (0mi / 0ft)			
5	0km / 0m (0mi / 0ft)			
6	0km / 0m (0mi / 0ft)			
7	0km / 0m (0mi / 0ft)			
8	0km / 0m (0mi / 0ft)			
9	0km / 0m (0mi / 0ft)			
10	0km / 0m (0mi / 0ft)			
11	0km / 0m (0mi / 0ft)			
12	0km / 0m (0mi / 0ft)			
13	0km / 0m (0mi / 0ft)			
14	0km / 0m (0mi / 0ft)			
15	0km / 0m (0mi / 0ft)			
16	0km / 0m (0mi / 0ft)			
17	0km / 0m (0mi / 0ft)			
18	0km / 0m (0mi / 0ft)			
19	0km / 0m (0mi / 0ft)			
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21	0km / 0m (0mi / 0ft)			
22	0km / 0m (0mi / 0ft)			
23	0km / 0m (0mi / 0ft)			
24	0km / 0m (0mi / 0ft)			
25	0km / 0m (0mi / 0ft)			
26	0km / 0m (0mi / 0ft)			
27	0km / 0m (0mi / 0ft)			

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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: D Lodging: 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 bona fide cycling highway! You'll be in Italy in Bressanone this evening. Distance 122.4 km (76 miles). Meals: B, D Lodging: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

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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, D Lodging: 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, D Lodging: 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, D Lodging: Hotel Biasutti

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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 caf?, 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

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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

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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 caf?s 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

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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

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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

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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, D Lodging: 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 Lodging: 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, D Lodging: Hotel Trulli e Puglia

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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

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!