

## Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

### OVERVIEW

Selected by [National Geographic Traveler](#) magazine as one of "50 Tours of a Lifetime, this is truly an experience not to miss.



"A pilgrimage to Santiago de Compostela is the finest journey in Spain," wrote James Michener in his book *Iberia*. Join our bicycle tour across northern Spain and you too will discover the magic of the Camino de Santiago. Though we use paved roads instead of the traditional dirt path our tour follows the original guide for the Camino written by a monk in the 12th century. Along the way you'll explore Gothic cathedrals, visit medieval monasteries, pedal through one of Spain's premier wine growing regions - the Rioja - and encounter adventurous travelers from around the world. More than just a bicycle tour, this is an adventure of a lifetime.


If this sounds great but you don't have time for the full 15 days, check out our shorter [Cycling the Camino de Santiago - León to Santiago](#) tour.

### HIGHLIGHTS

Follows the route of the Codex Calixtinus , 1000 years of history in along the Camino de Santiago, Coordination to obtain your Pilgrim's Passport, Guided tour of León, Option to hike one day, Burgos

### 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>            | 15 days, 14 nights accommodation; meals as noted in itinerary; winery visit and tasting; guided walk in León; group shuttle from Pamplona to Roncesvalles; and the usual (see below).   |
| <b>Countries</b>           | Spain   |
| <b>Begin/End</b>           | Pamplona/Santiago de Compostela   |
| <b>Arrive/Depart</b>       | Madrid-Barajas Airport (MAD) to Pamplona Airport (PNA) / Santiago de Compostela Airport (SCQ) to Madrid-Barajas Airport (MAD)   |
| <b>Total Distance</b>      | 875 km (544 miles)  |
| <b>Avg. Daily Distance</b> | 73 km (45 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.<br>Though we try and arrange dinners together as early as possible in Spain this means 8:00 to 8:30 p.m. There are times when we will divert from the traditional Camino route because it is gravel, or because we've chosen a more scenic way with less traffic. |

**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/spain/cycling-camino-de-santiago-roncesvalles-santiago>

## Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

### DATES & PRICES

| Dates                | Price       | Single Supplement* |
|----------------------|-------------|--------------------|
| 📅 Aug 19-Sep 2, 2022 | 📄 USD\$5575 | 📄 USD\$650         |
| 📅 May 19-Jun 2, 2023 | 📄 USD\$5825 | 📄 USD\$650         |
| 📅 Jun 9-23, 2023     | 📄 USD\$5825 | 📄 USD\$650         |
| 📅 Aug 18-Sep 1, 2023 | 📄 USD\$5825 | 📄 USD\$650         |

\*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   | 75km / 647m (47mi / 2122ft)  | Hilly         | ▶▶▶▶▶     |       |
| 3   | 85km / 1346m (53mi / 4415ft) | Hilly         | ▶▶▶▶▶     |       |
| 4   | 57km / 675m (36mi / 2214ft)  | Rolling hills | ▶▶▶▶▶     |       |
| 5   | 92km / 929m (57mi / 3047ft)  | Hilly         | ▶▶▶▶▶     |       |
| 6   | 98km / 682m (61mi / 2237ft)  | Rolling hills | ▶▶▶▶▶     |       |
| 7   | 108km / 550m (67mi / 1804ft) | Gentle        | ▶▶▶▶▶     |       |
| 8   | Rest day                     |               |           |       |
| 9   | 61km / 390m (38mi / 1279ft)  | Gentle        | ▶▶▶▶▶     |       |
| 10  | 76km / 880m (47mi / 2886ft)  | Very hilly    | ▶▶▶▶▶     |       |
| 11  | 60km / 1328m (38mi / 4356ft) | Mountainous   | ▶▶▶▶▶     |       |
| 12  | 51km / 729m (32mi / 2391ft)  | Mountainous   | ▶▶▶▶▶     |       |
| 13  | 77km / 1326m (48mi / 4349ft) | Very hilly    | ▶▶▶▶▶     |       |
| 14  | 40km / 759m (25mi / 2490ft)  | Hilly         | ▶▶▶▶▶     |       |
| 15  | Last day                     |               |           |       |

## Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

### ARRIVAL INFO

**On Day 1, meet the complimentary ExperiencePlus! Shuttle at the Meeting Hotel in Pamplona (your spot is already reserved on this shuttle):**

- Meeting Time: 2:00 p.m.
- Meeting Hotel: [Hotel Albret](#)

**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.

The closest airport to the tour start is Pamplona (PNA). Most flights to Pamplona connect through Madrid (MAD)

- You can also take a train or bus from Madrid to Pamplona (3-4 hours)
- You can also take a train from Barcelona - 3.5 to 4 hours by train

**Getting to the Meeting Hotel in Pamplona:**

- Taxi from airport or train station (20 min/EUR 15-20)

**Spanish Train Schedules:**

Look up Spanish train schedules at [Renfe.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

For more travel planning tips, including our packing lists, visit our [Travel Planning Pages](#).

### DEPARTURE INFO

**The tour ends on the final day after a tour of Santiago this morning. You may also want to stick around for the Pilgrim's Mass at noon. If you would like to participate in these activities, schedule flights after 3:30 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 Santiago de Compostela Airport (SCQ).**

- A train or bus to Madrid or Barcelona is at least a 9-hour trip.
- Iberia airlines provides one-way flights to numerous destinations from Santiago.

**Flying out of SQL**

- Taxi from the Ending Hotel to the airport (20 min/EUR 21)

### Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

Look up Spanish train schedules at [Renfe.com](http://Renfe.com) or [Trainline.eu](http://Trainline.eu). Questions? See our information on taking trains in Europe [here](#) or ask us.

**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago**

**Tour begins in Pamplona - Shuttle to Roncesvalles**

**DAY 1: Fri, May 19th**

**Highlights** Pilgrim's Passports, introductory dinner, bike fitting

Meet mid-afternoon today in Pamplona, then we'll shuttle as a group to Roncesvalles. There, we'll fit bicycles, visit the 13th-century monastery that is the traditional starting point for the Camino, and pick up our pilgrims' passports. This evening we'll celebrate with a welcome dinner at our hotel.

**Distance** 10 km (6 mi)

**Meals** Dinner

**Lodging**  Hotel Roncesvalles Casa de Beneficiados

**Roncesvalles to Puente la Reina**

**DAY 2: Sat, May 20th**

**Highlights** Church of Santa María Eunate, historic Puente la Reina

Our journey begins with a downhill ride from Roncesvalles following the Iratí River. Along the way, we'll visit the 12th-century Church of Santa María Eunate. Our hotel tonight is in Puente la Reina, where all the pilgrim's routes from France become one.

**Distance** 75 km (47 mi)

**Gain** 647 m (2122 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel Jakue

**Puente la Reina to Laguardia**

**DAY 3: Sun, May 21st**

**Highlights** Scenic cycling, winery visit, wine tasting

This morning we'll head across the Rio Salado before reaching medieval Estella. From there, we'll head through farmlands and vineyards on the way to our hotel in the walled town of Laguardia. There we'll visit one of the oldest and smallest wineries in Spain, where we'll enjoy a wine tasting, before dinner together.


**Distance** 85 km (53 mi)

**Gain** 1346 m (4415 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel Castillo El Collado

## Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

### Bicycle Laguardia to Santo Domingo

**Highlights** Cycling in Rioja Alta wine region, winery visits

A short detour today leads us to one of Spain's most important wine-producing areas, the Rioja Alta. Along the way, our route passes through the 16th-century town of Haro. Then, it's back to the Camino and on to Santo Domingo de la Calzada, where we'll spend the night.

### DAY 4: Mon, May 22nd

**Distance** 57 km (36 mi)

**Gain** 675 m (2214 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Parador de Santo Domingo Bernardo de Fresneda

### Santo Domingo to Burgos

**Highlights** Ancient Burgos, Gothic cathedral

You will enjoy a beautiful ride today as we cross the Oca Hills to the ancient city of Burgos, home of Spain's favorite son, El Cid. Our hotel is in front of the city's famous cathedral - one of the most impressive in Europe - and the tomb of El Cid.

### DAY 5: Tue, May 23rd

**Distance** 92 km (57 mi)

**Gain** 929 m (3047 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Meson del Cid

### Burgos to Carrión de los Condes

**Highlights** Historic Church of St. Anton, overnight in refurbished monastery

This morning we head across the rolling plains of the meseta to Castrojeriz, where the Camino runs right through the ruins of the Church of St. Anton. We'll finish today's ride in Carrión de los Condes where we'll spend the night in a refurbished monastery.

### DAY 6: Wed, May 24th

**Distance** 98 km (61 mi)

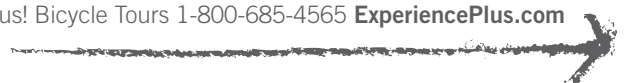
**Gain** 682 m (2237 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel Monasterio San Zoilo



**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago****Sahagún to León**

**Highlights** Sahagún, Basílica de San Isidoro

Passing through one of the most famous stops on the Camino, in Sahagún, we'll pedal our way to León today. A former capital of Spain, León is famous for its cathedral and the Basílica de San Isidoro. Since we'll be spending the next two nights there, you'll have plenty of time to explore both.

**DAY 7: Thu, May 25th**

**Distance** 108 km (67 mi)

**Gain** 550 m (1804 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast

**Lodging**  Hotel NH Plaza Mayor

**Rest day in León**

**Highlights** Guided walking tour of León museums, shops

Sleep in this morning, as this is a rest day in León. A local historian will lead us on a guided walking tour of the city, then you're free to spend the day as you wish. Explore the local shops and museums. Catch up on your reading. Or just relax in one of the local cafés. It's your choice. Dinner together tonight, we'll meet anyone joining us on the last part of our trip.

**DAY 8: Fri, May 26th**

**Meals** Breakfast, Dinner

**Lodging**  Hotel NH Plaza Mayor

**León to Astorga**

**Highlights** Visit to cathedral and palace designed by Antonio Gaudí

On your way to Astorga you will cross the Puente de Orbigo, one of the oldest and longest bridges on the Camino. Astorga is home to the 15th-century cathedral and neo-Gothic palace designed by the famous Catalan architect Antonio Gaudí.

**DAY 9: Sat, May 27th**

**Distance** 61 km (38 mi)

**Gain** 390 m (1279 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Via de la Plata

**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago**

**Astorga to Canedo**

**Highlights** Scenic cycling through the Spanish countryside, Cruz de Ferro (don't forget to bring your pebble from home!)

Leaving Astorga today, we head toward the hills that separate the provinces of León and Galicia. As we pass through tiny hamlets and monuments untouched since early Christianity, it's easy to imagine the awe that original pilgrims making this trek must have felt. By mid-afternoon, we'll arrive at our destination.

**DAY 10: Sun, May 28th**

**Distance** 76 km (47 mi)  
**Gain** 880 m (2886 ft)  
**Terrain** Very Hilly  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Palacio de Canedo

**Cacabelos to Triacastela**

**Highlights** Countryside of Galicia, historic Villafranca del Bierzo, optional hiking opportunity

We head into the green fields of Galicia today. On the way, you'll pass through the old Camino town of Villafranca del Bierzo, founded by French pilgrims as a place of absolution for those too weak to continue their pilgrimage. There is the opportunity to cut the ride short and do an optional 8km (5 miles) hike so be sure to pack sneakers or light hikers if you are interested as the trail is fairly steep.

**DAY 11: Mon, May 29th**

**Distance** 60 km (38 mi)  
**Gain** 1328 m (4356 ft)  
**Terrain** Mountainous  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Casa Pacios

**Triacastela to Portomarín**

**Highlights** Galician culture, visit Samos monastery

You will get a real taste of Galicia today - a region with a culture and musical style reminiscent of Ireland - as we pedal our way to Portomarín, where our hotel overlooks the Minho River.

**DAY 12: Tue, May 30th**

**Distance** 51 km (32 mi)  
**Gain** 729 m (2391 ft)  
**Terrain** Mountainous  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Hotel Santa Marina





**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago****Portomarín to Touro**

**Highlights** Quiet & scenic roads, stay in a country manor

One of the prettiest rides on the tour awaits you today as we meander along forgotten country roads through the beautiful Galician countryside. Rolling hills and green pastures lead us to our destination for the evening near Touro, where we'll stay in one of the traditional country houses (similar to B&Bs) that dot the landscape.

**DAY 13: Wed, May 31st**

**Distance** 77 km (48 mi)

**Gain** 1326 m (4349 ft)

**Terrain** Very Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hotel Pazo de Andeade

**Arrive in Santiago de Compostela**

**Highlights** Arrival in Santiago, Cathedral of St. James, farewell dinner

Today's ride is a fitting end to the Camino, as we pedal along rural roads through woodlands and pastures to Santiago. Once in town, you'll have plenty of time to look around the famous Cathedral of St. James that forms the city's heart. Tonight, we'll celebrate our journey's end with a great farewell dinner together.

**DAY 14: Thu, Jun 1st**

**Distance** 40 km (25 mi)

**Gain** 759 m (2490 ft)

**Terrain** Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hotel San Francisco

**Tour ends in Santiago de Compostela, Spain**

**Highlights** Pilgrim's Mass at Noon

Remember that we will offer a tour of the roof of the Santiago cathedral this morning. You will also want to stick around for the Pilgrim's Mass at noon because you may not arrive in time to take part on Day 14. If you would like to participate in these activities, schedule flights after 3:30 p.m. Buen viaje!

**DAY 15: Fri, Jun 2nd**

**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!