

Bicycle Tours in Austria: Bicycling the Danube Plus! Czech Republic and Prague

OVERVIEW

Pedal off the beaten track past gently rolling countryside, lakes, and through tiny towns as you bicycle from Passau, Germany through Austria and the Czech Republic ending in Prague. Every day is an opportunity to explore the colorful towns and impressive historical sites including a stop in the town of Melk to visit the Benedictine Melk Abbey, perched on a rocky outcrop overlooking the Danube river. You'll get a flavor for the local food and landscape while pedaling past vineyards (and stopping to taste some fantastic wine!), through forbidden forests along the Austrian/Czech border, and into late Renaissance towns unchanged since the 17th century. Gently rolling cycling, bicycle-friendly paths and roads in Germany, Austria and the Czech Republic make this region enormously popular for cyclists of all stripes.

Sounds great but don't have 14 days? Join us for the first 7-days [Cycling the Danube: Passau to Vienna](#), or check out our 9-day tour [Cycling Vienna to Prague](#).

HIGHLIGHTS

Cycling bike paths, Boat ride on the famous Danube river, Crossing three borders, Wine tastings, Historic abbeys and castles.

TOUR FACTS

Tour Style	📄 Classic : Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	14 days, 13 nights accommodation; meals as noted in itinerary; guided visits as described in itinerary, and the usual (see below).
Countries	Austria, Czech Republic, Germany
Begin/End	Passau/Prague
Arrive/Depart	Munich Airport (MUC) or Frankfurt International Airport (FRA)/Václav Havel Airport Prague (PRG)
Total Distance	665km (416 miles)
Avg. Daily Distance	60km (37 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. We use charming and modern hotels but A/C or fans may not always be available since they haven't been needed traditionally. Separated twin beds are rare in many places; instead there will be two mattresses together that sit on the same base.

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/austria/cycling-danube-passau-vienna-prague>

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DATES & PRICES

Dates	Price	Single Supplement*
☞ Jun 17-30, 2022	☞ USD\$5750	☞ USD\$650
☞ Aug 19-Sep 1, 2022	☞ USD\$5750	☞ USD\$650
☞ Jun 16-29, 2023	☞ TBA	☞ USD\$650
☞ Aug 4-17, 2023	☞ TBA	☞ USD\$650
☞ Aug 18-31, 2023	☞ TBA	☞ 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	60km / 391m (38mi / 1282ft)	Gentle	▶▶▶▶▶	
3	67km / 442m (42mi / 1450ft)	Hilly	▶▶▶▶▶	
4	58km / 356m (36mi / 1168ft)	Gentle	▶▶▶▶▶	
5	57km / 421m (36mi / 1381ft)	Gentle	▶▶▶▶▶	
6	93km / 502m (58mi / 1647ft)	Gentle	▶▶▶▶▶	Shorter optional ride available
7	30km / 61m (19mi / 200ft)	Gentle	▶▶▶▶▶	Today's ride is an optional loop ride
8	44km / 219m (28mi / 718ft)	Gentle	▶▶▶▶▶	
9	61km / 745m (38mi / 2444ft)	Rolling hills	▶▶▶▶▶	
10	32km / 256m (20mi / 840ft)	Rolling hills	▶▶▶▶▶	
11	69km / 741m (43mi / 2430ft)	Rolling hills	▶▶▶▶▶	
12	61km / 675m (38mi / 2214ft)	Rolling hills	▶▶▶▶▶	
13	63km / 720m (39mi / 2362ft)	Rolling hills	▶▶▶▶▶	
14	Last day			

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ARRIVAL INFO

Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying into the Munich Airport (MUC). You can also fly into the Frankfurt Airport (FRA).

If you arrive at Munich and continue to Passau

1. *Public bus [No. 635](#) from Munich Airport to Freising Bahnhof (20 min/Eur 2.90), or taxi (15 min/EUR 16)
2. *Train from Freising to Passau Hbf (2 hours/fares vary), no pre-booking necessary.
3. Taxi (see point 2 under Frankfurt arrival below)

***Note:** For the above train trip, we suggest purchasing a [regional day ticket](#) valid on the bus and regional trains. You can purchase it at one of the vending machines or at the desk from a person, both run cooperatively by the German Railway and the MVV (Munich transit company). This ticket is also a great option for your train trip from Munich to Passau if you plan to stop over in Munich.

If you arrive at Frankfurt and continue to Passau

1. **Train from Frankfurt am Main Flughafen to Passau Hbf (4.5 hours/fares vary)
2. Taxi or [walk](#) from Passau central station to the Day 1 Hotel (5 min/EUR 7)

****Note:** Depart from the AIRail Terminal, next to Terminal 1. Frankfurt Airport is a very busy transportation hub and it is advisable to purchase train tickets with a seat reservation in advance. If you buy a flexible ticket in advance and miss your intended train, it still means that you will have to purchase a new seat reservation separately upon arrival. Purchasing your ticket and seat reservations upon arrival does offer the most flexibility. However, if trains are full, you will have to wait.

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

DEPARTURE INFO

Your trip ends on the final day after a guided tour of Prague, around 12 noon back at the hotel.

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.

Bicycle Tours in Austria: Bicycling the Danube Plus! Czech Republic and Prague

We recommend flying out of Prague (PRG)

- Taxi from the Ending Hotel to the Airport (35 min/EUR 30)

Bicycle Tours in Austria: Bicycling the Danube Plus! Czech Republic and Prague**Welcome to Passau**

Highlights Old Town Passau, a spectacular part of the Danube valley, welcome dinner.

Welcome to Passau, a beautiful German city located near the Austrian border and at the confluence of three rivers: the Danube, Inn and Ilz. Settle into your hotel and stretch your legs by walking through Old Town's baroque architecture and paying a visit to Passau's Saint Stephan's Cathedral, home to the largest organ outside of the United States. This afternoon we will meet for a bike fitting and test ride. Then we will gather again for a welcome drink and our first dinner together.

DAY 1: Fri, Aug 5th

Meals Dinner

Lodging  Hotel Weisser Hase

Passau, Germany to Linz, Austria

Highlights Crossing the border to Austria, the spectacular Danube valley

The Danube River and the valley it has formed shape the central transportation artery of Austria. Today and tomorrow you'll ride through the heartland of Austria featuring impressive castles perched above the Danube river. Take time to explore the Ars Electronica Museum in Linz, also known as the museum of the future, as it tries to bridge the gap between art, science and technology.

DAY 2: Sat, Aug 6th

Distance 60 km (38 mi)

Gain 391 m (1282 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Hotel Wolfinger

Linz to Bad Kreuzen

Highlights Diverse and stunning cycling through farmland, vineyards and Danube bike paths

You'll leave the river valley to reach Bad Kreuzen. Those who wish can take time to visit the Mauthausen Concentration Camp. The experience is powerful and sobering as you walk up and down the 186 "death stairs." Over 130,000 people were killed here including Jews, Italians, Russian POWs, criminals, and political prisoners.

DAY 3: Sun, Aug 7th

Distance 67 km (42 mi)

Gain 442 m (1450 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Schatzkammer

Bicycle Tours in Austria: Bicycling the Danube Plus! Czech Republic and Prague**Bad Kreuzen to Melk**

Highlights Cycling along bike path near a thick forest, 12th Century Melk Abbey

Enjoy a downhill coast on a smooth bike path into the town of Melk, home to the spectacular baroque Melk Abbey. Built at the beginning of the 12th century the abbey was a monastic school. Unpack your bags at our hotel just down the street from the abbey and stroll through the charming town to photograph the gold statuary adorning this domed Abbey Church. Venture inside the church to admire the ceiling fresco and its red marble walls before enjoying one of the suggested restaurants for dinner on your own this evening.

DAY 4: Mon, Aug 8th

Distance 58 km (36 mi)

Gain 356 m (1168 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Zur Post

Melk to Dürnstein

Highlights Vineyards of the Danube, wine tasting

Today you pedal into the heartland of Austrian wine country. This beautiful ride leads you through the medieval villages of the Wachau, a UNESCO World Heritage Site. Upon arriving in Dürnstein you'll visit the cellar and vineyards of one of the area's best producers, and taste some of their traditional white wines.

DAY 5: Tue, Aug 9th

Distance 57 km (36 mi)

Gain 421 m (1381 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel Richard Löwenherz

Dürnstein to Vienna

Highlights Vienna!

Enjoy an easy day along the Danube today. You'll reach Vienna via a complex system of bicycle paths that lead directly to your hotel. Vienna is the largest city in Austria and one of Europe's leading musical centers. It was first a Roman and Celtic settlement, but as the Austro-Hungarian Empire rose to prominence, magnificent Medieval and Baroque architecture became especially prevalent.

DAY 6: Wed, Aug 10th

Distance 93 km (58 mi)

Gain 502 m (1647 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel 25Hours at MuseumsQuartier

Bicycle Tours in Austria: Bicycling the Danube Plus! Czech Republic and Prague

Vienna Optional Ride

Highlights Imperial Vienna, Hofburg palace, Guided tour of Vienna

Today we'll enjoy an optional rest day in Austria's capital, Vienna. This city has been home to legendary artistic and intellectual residents including Mozart, Beethoven and Sigmund Freud. Vienna is also known for its imperial palaces as well as its mix of historic and contemporary buildings. We'll have a guided tour of this fabulous city to explore its artistic and architectural grandeur and to gain extra insight to the city's impressive history. This afternoon, feel free to stretch your legs with a ride along the Danube.

DAY 7: Thu, Aug 11th

Distance 30 km (19 mi)

Gain 61 m (200 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast

Lodging  Hotel 25Hours at MuseumsQuartier

Vienna to Trebon, Czech Republic

Highlights Crossing into the Czech Republic, clock tower of Trebon, visit one of the oldest breweries in the Czech Republic

We begin the day with a shuttle to the Austrian town of Gmünd. Pick up lunch in the charming town center before you pedal across the border into the Czech Republic! The ride takes you through gentle farmland passing through tiny Czech villages and dense forests. Our hotel tonight is located inside the ancient city walls of Trebon. Trebon is famous for its brewery which dates back to 1379. Take a spin around some of the Trebon pond system, a part of the UNESCO World Network of Biosphere Reserves, climb the 16th century clock tower, or visit the majestic Trebon Castle. Be sure to enjoy the local specialty, a sweet wafer, but save room for dinner together tonight at our favorite local restaurant.

DAY 8: Fri, Aug 12th

Distance 44 km (28 mi)

Gain 219 m (718 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging  Hotel Zlata Hvezda Trebon

Trebon to Cesky Krumlov

Highlights Guided tour of Cesky Krumlov, UNESCO World Heritage castle

Today we will make our way to Cesky Krumlov, one of the Czech Republic's most beautiful cities. Cesky Krumlov is situated in a meander of the longest river in the Czech Republic, the Vltava River. Our hotel is in the main square of this historic city center, structured around the UNESCO World Heritage Site, the Cesky castle. The castle was originally built in the 1200's by the main branch of the Bohemian noble Rosenberg family, a hugely influential family in Czech medieval history from the 13th century until 1611. This evening we'll enjoy a guided walk through town.

DAY 9: Sat, Aug 13th


Distance 61 km (38 mi)

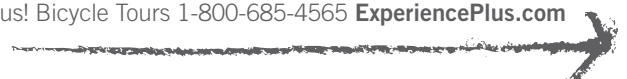
Gain 745 m (2444 ft)

Terrain Rolling hills

Level >>>>>

Meals Breakfast

Lodging  Hotel Grand - Cesky Krumlov



Bicycle Tours in Austria: Bicycling the Danube Plus! Czech Republic and Prague**Cesky Krumlov to Ceske Budejovice**

Highlights Scenic bike path along the river; Visit to the original Budvar Brewery

Today we will leave Cesky Krumlov and enjoy pedaling through scenic rural pastures before we connect with the Vltava river. We will follow a bike path along this tranquil river to our destination for the evening, Ceske Budejovice, the capital city of Bohemia. Famous for its beer first brewed in the 13th century, brewing remains a major industry in Ceske Budejovice. We will visit the Budvar Brewery which some say Budweiser beer was brewed to imitate.

DAY 10: Sun, Aug 14th

Distance 32 km (20 mi)

Gain 256 m (840 ft)

Terrain Rolling hills

Level 

Meals Breakfast

Lodging  [Hotel Budweis](#)

Ceske Budejovice to Tabor

Highlights Hluboká Castle

We will follow the bike path along the Vltava River out of Ceske Budejovice today and then pedal through lush green forests and small villages on our way to Tabor, which earned its notoriety as home to the most radical wing of the Hussite movement in the 15th century. Perched on a steep hillside surrounded by dense forest, the streets of Tabor are beautiful and vibrant. Take a stroll through the stunning main square. We'll enjoy dinner together tonight.

DAY 11: Mon, Aug 15th

Distance 69 km (43 mi)

Gain 741 m (2430 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  [Hotel Nautilus](#)

Tabor to Konopiste

Highlights Wonderful ride through the countryside, spa hotel

Today we pedal through peaceful pastureland. Take a break under the shade of wild apple trees for a quick snack or to capture a picture of the scenic back country roads leading us to our destination for the night near the Konopiste Castle. Play some golf at the largest golf resort in the Czech Republic or enjoy the many amenities of the hotel spa this evening before seeing the Konopiste Castle tomorrow, famous for having been the last residence of Archduke Franz Ferdinand of Austria, heir to the Austro-Hungarian throne, whose assassination in Sarajevo triggered World War I.

DAY 12: Tue, Aug 16th

Distance 61 km (38 mi)

Gain 675 m (2214 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  [Golf Resort Konopiště](#)

Bicycle Tours in Austria: Bicycling the Danube Plus! Czech Republic and Prague**Konopiste to Prague**

Highlights Cycling along the Moldau river, Prague

A stunning start to the day as we pedal through Konopiste Castle's park where you'll have a chance to visit this impressive castle if you wish. Then we will pedal until our route converges with the Moldau river. A riverside bike path will take us peacefully right into the Czech Republic's capital city of Prague, and the final destination for the tour. Prague, sometimes called "the City of a Hundred Spires," is known for its Old Town Square in the heart of its historic center. Take a stroll around the city and enjoy its colorful Baroque buildings, Gothic churches and the medieval Astronomical Clock, which gives an animated show hourly.

DAY 13: Wed, Aug 17th

Distance 63 km (39 mi)

Gain 720 m (2362 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  [Hotel Leon D' Oro](#)

Farewell!

Highlights Guided tour of Prague

We'll say good-bye after our guided tour of Prague this morning. Stick around though because Prague deserves a few extra days to visit sites, shop, and hear some great music. No matter what you decide to do next, thanks for cycling with us!

DAY 14: Thu, Aug 18th

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.)

ON TOUR

- See "What's Included" on your tour Itinerary for tour-specific inclusions.

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.

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

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

TIPPING YOUR TOUR LEADER TEAM:

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! 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 RideWithGPS Experiences where you will find the Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders and other important departure information about 2 weeks prior to your tour start date.

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!