Overview

Selected Tour Start Date: Friday, May 6th, 2022

Bicycle Tours in Greece: Cycling Ancient Greece: Sparta to Kardamyli Plus! Pylos

**OVERVIEW**

Our bicycling tour of the Southern Peloponnese starts in ancient Sparta and covers the regions of Laconia and Messinia focusing on the Mani Peninsula, an area bursting with ancient and mythological history. The Mani Peninsula also has some of the most dramatic and varied scenery in Greece, much of it still wonderfully unexplored. You will bicycle through diverse landscapes including the lush, steep foothills of the Taïgetos Mountains, pristine coastal coves dotted with tiny villages nestled amid olive groves, and arid landscapes peppered with abandoned stone towers in the south of the peninsula. We begin our cycling adventure in Mystras, home to one of Greece’s most beautiful archaeological sites, and ride along hilly coastal roads, staying in the picturesque villages of Gythio and Areopoli before retreating to the charming village of Kardamyli. From Kardamyli, we extend our journey along the Akrita Peninsula. This peninsula is known for its idyllic coastline and the medieval castles of Koroni, Methoni and Pylos.

***If this sounds great but you’d prefer a shorter tour, check out our 8-day Cycling Ancient Greece: Sparta to Kardamyli, featuring the first 8 days of this tour.

**HIGHLIGHTS**

UNESCO World Heritage site of Mystras, History of the Ancient Spartans, Mysterious tower houses of the Deep Mani, Cycling on quiet roads, Spectacular coastal scenery and views, Experience traditional Greek village life; Nestor’s Palace.

**TOUR FACTS**

<table>
<thead>
<tr>
<th>Tour Style</th>
<th>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></th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes</td>
<td>12 days, 11 night's accommodations; meals as noted in itinerary; Admission to the Archaeological site of Mystras with guided tour; Nestor’s Palace admission; and the usual (see below).</td>
</tr>
<tr>
<td>Countries</td>
<td>Greece</td>
</tr>
<tr>
<td>Begin/End</td>
<td>Mystras/Pylos</td>
</tr>
<tr>
<td>Arrive/Depart</td>
<td>Athens International Airport (ATH)</td>
</tr>
<tr>
<td>Total Distance</td>
<td>488 km (303 miles)</td>
</tr>
<tr>
<td>Avg. Daily Distance</td>
<td>49 km (30 mi) per riding day</td>
</tr>
<tr>
<td>Tour Level</td>
<td></td>
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</tbody>
</table>

**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/greece/cycling-greece-sparta-kardamyli-pylos
Bicycle Tours in Greece: Cycling Ancient Greece: Sparta to Kardamyli Plus! Pylos

**DATES & PRICES**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Price</th>
<th>Single Supplement*</th>
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</thead>
<tbody>
<tr>
<td>May 6-17, 2022</td>
<td>USD$5295</td>
<td>USD$650</td>
</tr>
<tr>
<td>Sep 21-Oct 2, 2022</td>
<td>USD$5295</td>
<td>USD$650</td>
</tr>
<tr>
<td>Oct 7-18, 2022</td>
<td>USD$5295</td>
<td>USD$650</td>
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</tbody>
</table>

*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**

<table>
<thead>
<tr>
<th>Day</th>
<th>Distance/Gain</th>
<th>Terrain</th>
<th>Day Level</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Test ride</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>41km / 620m (26mi / 2034ft)</td>
<td>Hilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>64km / 656m (40mi / 2152ft)</td>
<td>Rolling hills</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>49km / 927m (31mi / 3041ft)</td>
<td>Very hilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>55km / 691m (34mi / 2266ft)</td>
<td>Rolling hills</td>
<td></td>
<td>Longer optional ride available</td>
</tr>
<tr>
<td>6</td>
<td>47km / 667m (29mi / 2188ft)</td>
<td>Hilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>35km / 877m (22mi / 2877ft)</td>
<td>Mountainous</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>37km / 631m (23mi / 2070ft)</td>
<td>Hilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>52km / 470m (33mi / 1542ft)</td>
<td>Rolling hills</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>52km / 1016m (33mi / 3332ft)</td>
<td>Very hilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>56km / 934m (35mi / 3064ft)</td>
<td>Very hilly</td>
<td></td>
<td>Today's ride is an optional loop ride</td>
</tr>
<tr>
<td>12</td>
<td>Last day</td>
<td></td>
<td></td>
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</tbody>
</table>
Bicycle Tours in Greece: Cycling Ancient Greece: Sparta to Kardamyli Plus! Pylos

ARRIVAL INFO

Your tour starts with a complimentary ExperiencePlus! shuttle pick-up in downtown Athens on Day 1 (your spot is already reserved on this shuttle):

Note:

- Meeting Time: 10:30 a.m.
- Meeting Hotel: Coco-Mat BC Hotel

There will be a reminder note at the Meeting Hotel's front desk about the shuttle pick-up. The transfer will take around 3 to 3.5 hours and the driver will stop along the way for a quick snack and bathroom break.

We will be glad to arrange your pre- and post-tour stay at the Meeting Hotel for you upon request. Note that we will not sleep there as a group and the stay there is not included in the tour price. We have a special arrangement with the hotel and would ask that you contact us for details as soon as possible.

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 Athens Airport (ATH)

How to get to the Meeting Hotel:

- Taxi (45 min/EUR 40)

Or public transportation:

1. Metro Blue Line from the Athens Airport to Syntagma (Consitution Square), change to Red Line (direction Elliniko) and exit at Acropoli station (1 hr/EUR 10)
2. Walk from metro station to hotel (3 min)

For more travel planning tips, including our packing lists, visit our Travel Planning Pages.

DEPARTURE INFO

We spend our last night of the tour in Pylos, about 170 miles from Athens.

The tour ends on the final day with a complimentary ExperiencePlus! shuttle drop-off at either

- Athens Airport (ATH); arrival at *1:30 p.m. (3.5-hour transfer)
- or back at the Meeting Hotel (see arrival instructions); arrival at 2:00 p.m. (4-hour transfer)

Shuttle reservations 30 days prior to the tour start are required. Reserve by emailing us. If you can't make the shuttle, you will be responsible for your own transportation.

*Note: Book your flight out of ATH after 3:30 p.m.
Bicycle Tours in Greece: **Cycling Ancient Greece: Sparta to Kardamyli Plus! Pylos**

**Welcome to Greece!**

**Highlights** Test ride through olive groves of Sparta, welcome dinner.

Meet this morning in Athens to transfer together to the town of Mystras, or the 'wonder of the Morea'. Mystras is just down the hillside from a UNESCO World Heritage Site, an ancient fortress considered to be one of the best-preserved medieval walled towns in the region. Built in 1249, the fortress sits on the slopes of the Taygetos Mountains overlooking Sparta and is where the last Byzantine emperor was crowned. Following your bike fitting, take a scenic test ride. This evening we’ll enjoy a welcome dinner together.

<table>
<thead>
<tr>
<th><strong>DAY 1: Fri, May 6th</strong></th>
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<tbody>
<tr>
<td>Distance</td>
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<tr>
<td>Terrain</td>
</tr>
<tr>
<td>Level</td>
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<tr>
<td>Meals</td>
</tr>
<tr>
<td>Lodging</td>
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### Mystras loop ride

**Highlights** UNESCO World Heritage Site of Mystras, foothills of Taygetos mountain range

Today we will take a loop ride through traditional villages and the land of the Ancient Spartans. We’ll pedal through the foothills of the Taygetos mountain range, these mountains surround the Evrotas river valley and created a natural defense - one reason Ancient Sparta was never sacked. After our loop ride we will take a tour of the UNESCO World Heritage Site of the Mystras fortress. The fortress was conquered by many including the Byzantines, Turks and the Venetians, and was finally abandoned in 1832.

<table>
<thead>
<tr>
<th><strong>DAY 2: Sat, May 7th</strong></th>
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<tbody>
<tr>
<td>Distance</td>
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<tr>
<td>Gain</td>
</tr>
<tr>
<td>Terrain</td>
</tr>
<tr>
<td>Level</td>
</tr>
<tr>
<td>Meals</td>
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</tbody>
</table>

### Cycle from Mystras to Gytheio

**Highlights** Ancient Sparta and Museum of the Olive and Greek Olive Oil

We leave the foothills of the Taygetos this morning and travel south towards the coast to Gytheio. This colorful town features a waterfront promenade with several restaurants and cafés that are buzzing with activity until late into the evening hours. Enjoy dinner on your own tonight in one of the many local restaurants in Gytheio.

<table>
<thead>
<tr>
<th><strong>DAY 3: Sun, May 8th</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance</td>
</tr>
<tr>
<td>Gain</td>
</tr>
<tr>
<td>Terrain</td>
</tr>
<tr>
<td>Level</td>
</tr>
<tr>
<td>Meals</td>
</tr>
<tr>
<td>Lodging</td>
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</tbody>
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Cycling from Gytheio to Areopoli

**Highlights** Coastal cycling and the Mani Peninsula

Today’s ride takes you along dramatic coastlines passing several traditional villages on your way to Areopoli, in the heart of the Mani Peninsula. Areopoli’s narrow, winding city streets, restored pyrgi (fortified tower homes), and its delightful village plazas make this traditional settlement a charming place to call home for the next two days.

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Areopoli loop ride

**Highlights** Byzantine churches, tower houses, Vatheia

We are in for a special day, as we ride from Areopoli to Gerolimena. As you cycle past Byzantine churches and sleepy fishing coves the quiet roads of the peninsula gives you a taste of peaceful Mediterranean lifestyle. Cyclists looking to add more miles will have the option to take a longer ride back to Areopoli.

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Cycling from Areopoli to Kardamyli

**Highlights** Messinia, olive groves, Old Kardamyli, visit with a local farmer

A beautiful descent leads us to the picturesque fishing village of Limeni. After Limeni we have a challenging climb, but will then be rewarded with a stunning descent into Kardamyli during the second half of the ride.
Day to Day Itinerary
Selected Tour Start Date: Friday, May 6th, 2022

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Kardamyli - Rest Day or Ride

**Highlights** Explore old Kardamyli, olive oil tasting

Today is an ideal day to rest and enjoy the elegant seaside village of Kardamyli. Take in its picturesque neighborhoods of stone built houses and restored medieval towers, or grab a book (our hotel has many) and lounge on the beach. Or if you prefer a ride, we'll offer a loop option that will stun you with its panoramic views of the sea and views towards Mt. Taygetos. Explore remote villages and find an opportunity to talk to some of the few remaining but very friendly inhabitants before dropping back to the coast and treating yourself to a refreshing and leisurely swim and lunch. This afternoon, learn everything there is to know about Kardamyli's most famous product during our visit of a local olive-oil producer. Dinner tonight will be a special one.

Kardamyli to Kalamata

**Highlights** Olive groves, Kalamata (home of the famous olive), beach hotel

We have a challenging climb, but once over our mountain pass, we will be amply rewarded by a seemingly endless downhill all the way to Kalamata. Tonight, we will introduce you to Kalamata's rich culinary traditions and famous local products.

Cycling from Kalamata to Agios Andreas

**Highlights** The Peloponnese coastal route, views of the Taygetos mountain range, Beach-front hotel.

We cycle west along a scenic coastal route passing several traditional villages that compete for our attention. The destination today is the small village of Vounaria. Our hotel this evening is perched above a beautiful beach, and offers fantastic views of Mount Taygetos and the bay of Messinia.

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**DAY 7: Thu, May 12th**

- **Distance**: 35 km (22 mi)
- **Gain**: 877 m (2877 ft)
- **Terrain**: Mountainous
- **Level**: ⬣ ⬣ ⬣ ⬣ ⬣
- **Meals**: Breakfast, Dinner
- **Lodging**: Kalamitsi Hotel, Hotel Vardia

**DAY 8: Fri, May 13th**

- **Distance**: 37 km (23 mi)
- **Gain**: 631 m (2070 ft)
- **Terrain**: Hilly
- **Level**: ⬣ ⬣ ⬣ ⬣ ⬣
- **Meals**: Breakfast, Dinner
- **Lodging**: Elite City Resort

**DAY 9: Sat, May 14th**

- **Distance**: 52 km (33 mi)
- **Gain**: 470 m (1542 ft)
- **Terrain**: Rolling hills
- **Level**: ⬣ ⬣ ⬣ ⬣ ⬣
- **Meals**: Breakfast, Dinner
- **Lodging**: Colonides Beach Hotel, Aggelos Hotel
Bicycle Tours in Greece: Cycling Ancient Greece: Sparta to Kardamyli Plus! Pylos

### Cycling Agios Andreas to Pylos

**Highlights** Castles of Koroni, Methoni. Castle of Pylos

We pedal on a fabulous route around the Western side of the peninsula past Koroni, home to one of the last inhabitable castles in Greece. We'll then cycle past Methoni, another picturesque castle town of the Peloponnese, and finally to Pylos, known for the famous naval battle of Navarino in 1827. This afternoon, we'll explore Pylos on foot.

**DAY 10: Sun, May 15th**

| Distance  | 52 km (33 mi) |
| Gain      | 1016 m (3332 ft) |
| Terrain   | Very Hilly |
| Level     | 🏷️��� |
| Meals     | Breakfast |
| Lodging   | Karalis Beach Hotel, Karalis City Hotel |

### Pylos loop ride

**Highlights** Nestor’s Palace, Voidokilia beach (one of the most impressive beaches in all of Greece)

Our last ride will connect not only some of Pylos' most beautiful sites but will also allow you to appreciate the various periods of this region's history, from the Mycenaean period to the Middle Ages. The Palace of Nestor, home of the king of Pylos, who took part in the Trojan War, is one of Greece's best-preserved Mycenaean palaces. Towards the end of our ride, we will have a chance to enjoy a swim at one of Greece's most beautiful beaches. We'll celebrate the end of our bike ride in style tonight with a special dinner together.

**DAY 11: Mon, May 16th**

| Distance  | 56 km (35 mi) |
| Gain      | 934 m (3064 ft) |
| Terrain   | Very Hilly |
| Level     | 🏷️��� |
| Meals     | Breakfast, Dinner |
| Lodging   | Karalis Beach Hotel, Karalis City Hotel |

### Farewell!

**Highlights** Transfer to Athens

Our adventure ends today with a transfer back to Athens.

**DAY 12: Tue, May 17th**

| Level     | 🏷️��� |
| Meals     | Breakfast |
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 and daysheet (print or digital) that includes information on the day's activities, meals and ride. Daily You'll receive a highlighted route map each day or a briefing with the GPS tracks. 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.

Before each tour we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device or smartphone using RideWithGPS.com. We do not provide GPS tracks for tours in South America.

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.
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

**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
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.
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 your Hotel Itinerary, the 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!