

## Bicycle Tours in Spain: Grand Cycling Tour of Andalusia in 13 days

### OVERVIEW

ExperiencePlus! offers three itinerary options for your exploration of Andalusia. You can select from: [7-day bike itinerary from Seville to Cordoba](#), an [8-day version from Cordoba to Granada](#), or this grand tour that combines them both and has you cycling 13-days from [Seville to Granada](#)!

Highlights include:


- Cordoba and Seville, two of the most culturally significant and fascinating cities in Spain
- Guided visit of the Mezquita de Cordoba
- Bicycle through orange and ancient olive groves
- Stay in restored convents, historic country estates and palaces!
- Explore the Roman and medieval towns of the Guadalquivir River

### HIGHLIGHTS

Granada, Andalusian Villages, Guided tour of Córdoba, Úbeda, Seville, Alhambra, Guided tour of Jaen, Guided visit of Sinagoga del Agua, Pottery demonstration in Úbeda, Winery visit and tasting at Benalua de Guadix

### 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>	13 days, 12 nights accommodation; meals as noted in itinerary; guided visits as described in itinerary including the Alhambra on Day 13; and the usual (see below).
<b>Countries</b>	Spain
<b>Begin/End</b>	Seville/Granada
<b>Arrive/Depart</b>	Seville (SVQ)/ Granada or Seville or Madrid. Plan to leave Granada after 3:00 pm
<b>Total Distance</b>	640 - 690 km (397 - 423 miles)
<b>Avg. Daily Distance</b>	68 kms (42 miles) per riding day
<b>Tour Level</b>	 Grades only very rarely above 8%.
<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. Though we try and arrange dinners together as early as possible in Spain this means 8:00 to 8:30 p.m.

**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-tour-andalusia>

## Bicycle Tours in Spain: Grand Cycling Tour of Andalucia in 13 days

### DATES & PRICES

Dates	Price	Single Supplement*
Apr 29-May 11, 2022	USD\$5195	USD\$650
Oct 7-19, 2022	USD\$5195	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	64km / 472m (40mi / 1548ft)	Gentle	▶▶▶▶▶	
3	59km / 851m (37mi / 2791ft)	Rolling hills	▶▶▶▶▶	
4	65km / 767m (41mi / 2516ft)	Gentle	▶▶▶▶▶	
5	63km / 502m (39mi / 1647ft)	Gentle	▶▶▶▶▶	
6	41km / 890m (26mi / 2919ft)	Very hilly	▶▶▶▶▶	Today's ride is an optional loop ride
7	77km / 1244m (48mi / 4080ft)	Hilly	▶▶▶▶▶	
8	79km / 1405m (49mi / 4608ft)	Very hilly	▶▶▶▶▶	
9	70km / 1338m (44mi / 4389ft)	Very hilly	▶▶▶▶▶	
10	48km / 742m (30mi / 2434ft)	Rolling hills	▶▶▶▶▶	Today's ride is an optional loop ride
11	106km / 1565m (66mi / 5133ft)	Hilly	▶▶▶▶▶	
12	57km / 871m (36mi / 2857ft)	Hilly	▶▶▶▶▶	
13	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.

**Flying into Seville (SVQ):**

- Taxi to the Day 1 Hotel (20 min/EUR 25)

**Flying into Madrid (MAD):**

1. Metro from the airport to Atocha Train Station (50 min/EUR 5) OR Taxi (25 min/EUR 30)
2. Train From Madrid Atocha to Sevilla Santa Justa (3 hours/fares vary)
3. Taxi From the Sevilla Santa Justa train station to the Day 1 Hotel (10 min/EUR 10-15)

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

### DEPARTURE INFO

**Your trip ends after a guided tour of the Alhambra so be sure to schedule flights after 3:00 p.m.**

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

**Flying out of Granada Airport (GRX):**

- Taxi from the ending hotel (30 min/EUR 20-25)

Estimated train travel times from Granada to other destinations in Spain:

- Madrid 4 hours
- Seville 3 hours 15 min

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

## Bicycle Tours in Spain: Grand Cycling Tour of Andalucia in 13 days

### Arrive Seville, Andalucia

**Highlights** Seville, fit bicycles, meet your tour leaders and fellow travelers

Plan to arrive in Seville a few days early to enjoy this beautiful city, and capital of Andalucia. Be sure to visit the Giralda, a famous bell tower built by the Moors and later restored. Another must see is Seville's enormous cathedral, where Christopher Columbus is buried. The cathedral is considered by some standards to be the largest in Europe! We'll fit bicycles this afternoon and recommend a short ride. This evening after introductions and a glass of sherry (or juice), we'll stroll downtown and celebrate the beginning of our cycling journey by enjoying some signature dishes of the region.

### DAY 1: Fri, Oct 7th

**Meals** Dinner

**Lodging**  Hotel Las Casas De La Juderia

### Cycle from Seville to Carmona

**Highlights** Calatrava's Bridge in Seville, Carmona and its Roman History

Pedal along the Guadalquivir river and pass Seville's famous Santiago Calatrava bridge. Your destination today is Carmona, once a Roman stronghold this historic city has been settled for over 5,000 years, making it one of the oldest urban settlements in the entire Iberian Peninsula. Enjoy the historic city center this evening.

### DAY 2: Sat, Oct 8th

**Distance** 64 km (40 mi)

**Gain** 472 m (1548 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Alcazar De La Reina

### Carmona to Constantina

**Highlights** Foothills of the Sierra Morena, cork trees, bulls and a Andalusian White Village

Our route takes us into the foothills of the Sierra Morena mountains where you will pass by cork tree groves with (peaceful!) bulls grazing under them. It's a fun and hilly ride. Your destination is Constantina where you will feel as though you've walked back in time as you explore the old town's white-washed houses. The Sierra Morena mountains add a dramatic flair to the scene and offer the perfect backdrop to the village.

### DAY 3: Sun, Oct 9th

**Distance** 59 km (37 mi)

**Gain** 851 m (2791 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Los Pozos De La Nieve

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**Constantina to Palma del Rio**

**Highlights** Sleep in a restored Convent, cycle through the Andalusian Sierra

Coast back down to the river valley and out of the foothills towards Palma del Rio on your bicycle ride today. Some of the orange groves you'll pass today have trees over 200 years old! Our hotel tonight is one of the main attractions of Palma del Rio, an otherwise sleepy town. Christopher Columbus slept here when it was a Convent in the 15th Century.

**DAY 4: Mon, Oct 10th**



**Distance** 65 km (41 mi)  
**Gain** 767 m (2516 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  Monasterio De San Francisco

**Palma del Rio to Córdoba**

**Highlights** Museums and history of Córdoba, Mezquita de Cordoba

Take your time today and enjoy your ride to Córdoba, as tomorrow you can take a rest day to explore the city. Córdoba's heritage has Roman origins, and was also one of the earliest Islamic cities in Spain. Immigrants from Damascus arrived by 719 AD, and Córdoba thrived for three centuries under the Damascus Caliphate.

**DAY 5: Tue, Oct 11th**

**Distance** 63 km (39 mi)  
**Gain** 502 m (1647 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast  
**Lodging**  NH Amistad Cordoba

**Loop ride out of Córdoba**

**Highlights** Visit the Mezquita and Jewish Quarter, Optional bicycle ride to Medina Zara

Enjoy a free day today in Córdoba, one of the oldest cities in Spain. Or, if you prefer to get out on the bike take a ride into the foothills and visit the impressive archeological ruins of Medina Azahara. This afternoon we'll join a local guide to tour the Mezquita of Córdoba, and the old Jewish Quarter enjoying Córdoba's whitewashed neighborhoods with flower filled patios along the way. This evening we have dinner together to say goodbye to anyone doing the 7-day itinerary.

**DAY 6: Wed, Oct 12th**

**Distance** 41 km (26 mi)  
**Gain** 890 m (2919 ft)  
**Terrain** Very Hilly  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  NH Amistad Cordoba



**Bicycle Tours in Spain: Grand Cycling Tour of Andalucia in 13 days****Córdoba to Zuheros**

**Highlights** Hills of Andalucia, visit to an olive press

The ride has you pedaling over hills and through countless olive groves into the heart of the Córdoba province. This region produces some of the world's finest olive oils and we'll enjoy a tasting this afternoon. The last leg of the ride is on a rails to trails path that takes us right to our hotel.

**DAY 7: Thu, Oct 13th**

**Distance** 77 km (48 mi)

**Gain** 1244 m (4080 ft)

**Terrain** Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hacienda Minerva

**Zuheros to Jaén**

**Highlights** Rolling Hills of Andalucia, Jaén and its olive groves, visits of Cathedral and Arab baths

We'll start the ride out on the same rails to trails path we came in on yesterday. After just a few miles you'll be back on the road and enjoying vistas of an endless sea of olive groves. You are now in one of Europe's largest olive growing regions - some estimate that there are over 150 million olive trees in this province.

**DAY 8: Fri, Oct 14th**


**Distance** 79 km (49 mi)

**Gain** 1405 m (4608 ft)

**Terrain** Very Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hotel Condestable  
Iranzo

**Jaén to Úbeda**

**Highlights** Renaissance town of Úbeda

The ride today takes us through beautiful countryside from Jaén to the monumental city of Úbeda, our home for the next two days. Úbeda was a wealthy Renaissance town and it retains that character particularly in the old quarter. This afternoon we'll visit a synagogue which was recently discovered during restoration work and is nearly completely intact. Take time to join the locals for a café con leche at an outdoor café. Our hotel this evening is a remodeled Renaissance Palace and truly fit for royalty.

**DAY 9: Sat, Oct 15th**

**Distance** 70 km (44 mi)

**Gain** 1338 m (4389 ft)

**Terrain** Very Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Palacio de Ubeda

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**Rest day in Úbeda, with optional ride**

**Highlights** Discover the UNESCO sites of Renaissance Architecture of Úbeda and Baeza with an enjoyable ride into the hills

This is a free day to enjoy the intriguing city of Úbeda though we do encourage you to join us for visit a famous local ceramics studio and enjoy an artist's demonstration this morning. The rest of the day is yours to walk through the historic Renaissance district or consider cycling into the hills to Baeza, another prominent Renaissance town. The ensemble of Renaissance monuments of Úbeda and Baeza are on UNESCO's list of World Heritage sites and should not be missed.

**DAY 10: Sun, Oct 16th**

**Distance** 48 km (30 mi)

**Gain** 742 m (2434 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast

**Lodging**  [Palacio de Ubeda](#)

**Úbeda to Benalúa de Guadix**

**Highlights** Ride towards the Sierra Nevada, "cave" winery visit

We head south today on our way to Benalúa de Guadix and towards the hills of the Sierra Nevada. Enjoy a change of scenery as you enter the "southwest" of Spain. You'll cross the Sierra Magina on your route and then head down towards the clay formations of Guadix. It is easy to imagine how for the past 500 years most houses of the villages in this valley were built as caves inside clay mounds. Even today about a third of the towns here are built in caves! Tonight we'll visit a cave winery close to our hotel.

**DAY 11: Mon, Oct 17th**

**Distance** 106 km (66 mi)

**Gain** 1565 m (5133 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  [Cuevas De La Granja](#)  
 [Hotel Palacio de Oñate](#)

**Benalúa de Guadix to Granada**

**Highlights** Views of the Sierra Nevada, Tapeo experience in Granada

Today we ride to Granada situated in the shadow of the Sierra Nevada mountains. Enjoy a fun downhill stretch and pedal past fields of asparagus and tobacco as olives and grapes give way to more diverse crops. Our destination is the glorious city of Granada, home of the Alhambra (the 13th and 14th century complex of buildings representing the finest example of Moorish architecture left in Spain). On the way you'll pass by the famous village of Purullena, known for its ceramics. We'll have a final dinner together.

**DAY 12: Tue, Oct 18th**

**Distance** 57 km (36 mi)

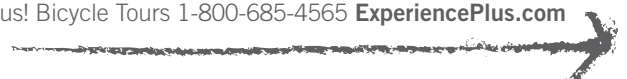
**Gain** 871 m (2857 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  [Hotel Villa Oniria](#)



**Bicycle Tours in Spain: Grand Cycling Tour of Andalucia in 13 days****Explore Granada, Spain****DAY 13: Wed, Oct 19th**

**Highlights** Guided tour of the Alhambra

**Meals** Breakfast

Stick around this morning for our guided tour of the Alhambra. This city has so much more to offer we recommend an extra night here to explore the beautiful old quarter and tea houses. Granada is also known for its fabulous tapas. If you must depart today be sure to schedule flights after 3:00 p.m.



**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](#).
- 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](#).
- 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](#). 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 information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information.

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.

**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 (EXPEDITIONPLUS!)**

Our ExpeditionPlus! 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 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!