

## Bicycle Tours in Croatia: Bicycling the Islands of Dalmatia Plus! the South Coast

### OVERVIEW

Croatia's Dalmatian Coast has been a favorite seaside destination among central Europeans for over a century. Join us as we explore this spectacular limestone coastline by bicycle! We begin near Split where you'll see Diocletian's 3rd century palace still inhabited by descendants of the Romans who settled this area and where we'll visit the waterfalls of Krka National Park. On our ride we pedal three of the Mediterranean's most picturesque islands - Brač, Hvar and Korčula - spending time in the picturesque rural areas, ports, and fishing villages. We'll explore the Medieval and Renaissance cities that were so important to the Greeks, Romans, Venetians, Austrians, Hungarians, and Croats. We'll also pedal to the remote interior of coastal Croatia before shuttling you to the beautiful walled city of Dubrovnik, long considered the jewel of the Adriatic.

\*\*\*If this sounds great but you'd like a shorter tour, check out our [Bicycling the Islands of the Dalmatian Coast](#) tour, which features the first 8 days of this tour.\*\*\*

### HIGHLIGHTS

The Dalmatian Coast, Krka National Park, Islands of Brač, Hvar and Korčula, Medieval and Renaissance towns and villages of Primosten, Trogir, Split, Škrip, Pučišća, Stari Grad, Hvar, Korčula, Ston, Mali Ston and Dubrovnik

### 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>            | 12 days, 11 nights accommodation, meals as noted in itinerary, 1 wine tasting, pick up from Split, shuttle to Dubrovnik, guided visit of Diocletian's palace and Hvar Town; and the usual (see below)  |
| <b>Countries</b>           | Croatia  |
| <b>Begin/End</b>           | Skradin or Trogir / Mali Ston or Dubrovnik   |
| <b>Arrive/Depart</b>       | Airport Split (SPU) / Dubrovnik Airport (DBV)  |
| <b>Total Distance</b>      | 427 km (265 miles)   |
| <b>Avg. Daily Distance</b> | 47 km (29 miles) per riding day  |
| <b>Tour Level</b>          |  Expect short steep hills   |

**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/croatia/dalmatian-islands-plus-south-coast>

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### DATES & PRICES

| Dates                | Price       | Single Supplement* |
|----------------------|-------------|--------------------|
| ☞ Sep 18-29, 2022    | ☞ USD\$5495 | ☞ USD\$650         |
| ☞ Oct 9-20, 2022     | ☞ USD\$5495 | ☞ USD\$650         |
| ☞ Apr 16-27, 2023    | ☞ TBA       | ☞ TBA              |
| ☞ May 7-18, 2023     | ☞ TBA       | ☞ TBA              |
| ☞ Sep 17-28, 2023    | ☞ TBA       | ☞ TBA              |
| ☞ Oct 22-Nov 2, 2023 | ☞ TBA       | ☞ TBA              |

\*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   | 63km / 921m (39mi / 3021ft)  | Rolling hills | ▶▶▶▶▶     |                                 |
| 3   | 42km / 621m (26mi / 2037ft)  | Hilly         | ▶▶▶▶▶     |                                 |
| 4   | 37km / 343m (23mi / 1125ft)  | Gentle        | ▶▶▶▶▶     |                                 |
| 5   | 47km / 707m (29mi / 2319ft)  | Very hilly    | ▶▶▶▶▶     |                                 |
| 6   | 39km / 754m (24mi / 2473ft)  | Very hilly    | ▶▶▶▶▶     |                                 |
| 7   | 36km / 736m (23mi / 2414ft)  | Very hilly    | ▶▶▶▶▶     |                                 |
| 8   | Rest day                     |               |           |                                 |
| 9   | 55km / 1191m (34mi / 3906ft) | Hilly         | ▶▶▶▶▶     |                                 |
| 10  | 42km / 610m (26mi / 2001ft)  | Hilly         | ▶▶▶▶▶     | Shorter optional ride available |
| 11  | 66km / 1098m (41mi / 3601ft) | Very hilly    | ▶▶▶▶▶     |                                 |
| 12  | Last day                     |               |           |                                 |

## Bicycle Tours in Croatia: **Bicycling the Islands of Dalmatia Plus! the South Coast**

### ARRIVAL INFO

**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 Split Airport (SPU).

We offer two complimentary ExperiencePlus! shuttle options on Day 1 of the tour. **Reservations required. Please make your shuttle reservation by [emailing us](#) no later than 30 days prior to your tour start date:**

- Option A: 8:30 a.m. shuttle from the Meeting Hotel in Split, the [Hotel Peristil](#)
- Option B: 9:10 a.m. shuttle from the Split airport

If you can't meet the shuttle on Day 1, a taxi to Skradin will take about an hour and cost around HRK 700 – HRK 800.

We will be glad to arrange your pre- and post-tour stay at the Hotel Peristil 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.

How to get to the Hotel Peristil:

- Taxi, available outside the airport or call +385-(0)21-895-237 (30 min, HRK 300)
- Buses, available shortly after the arrival of incoming flights, organized by the Pleso prijevoz bus company in cooperation with Croatia Air (45 min, HRK 40)
- **Note:** The Hotel Peristil is located in the old city, which is inaccessible to vehicle traffic. Taxis and buses will drop you outside the city walls. [View map](#)

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

### DEPARTURE INFO

**Your tour ends on the final day with a shuttle drop-off either at Dubrovnik town or the airport.**

We recommend flying out of the Dubrovnik Airport.

**We offer two complimentary ExperiencePlus! shuttle options on the last day of the tour. Reservations required. Please make your**

## Bicycle Tours in Croatia: Bicycling the Islands of Dalmatia Plus! the South Coast

**shuttle reservation by emailing us no later than 30 days prior to your tour start date:**

- Option A: to the Dubrovnik Airport (DBV). Arrival by 10:30 a.m.
- Option B: to the **Hotel Stari Grad** in Dubrovnik. Arrival 11:00 a.m.

Dubrovnik is a popular destination, so if you are planning to spend time in the city, you might want to arrange your own stay as soon as possible.

**Bicycle Tours in Croatia: Bicycling the Islands of Dalmatia Plus! the South Coast****Tour begins in Skradin, shuttle from the airport or pick up in Split****DAY 1: Sun, May 8th**

**Highlights** Krka National Park, Skradinski Buk waterfalls, Dalmatian Karst topography

Arrive today in Skradin, a charming town on the edge of Krka National Park, home to the beautiful Skradinski Buk waterfalls. We'll offer a shuttle from the Split airport (close to the town of Trogir) or from the center of Split. We'll fit bicycles this afternoon and suggest a test ride into the interior. You can also enjoy a 4 km walk, or boat ride along the river into the national park to visit the seventeen falls where the Krka and Čikola Rivers flow out of the Dalmatian Karst (limestone). The rivers return to their journey underground, a typical "karst topography" phenomenon, below the falls. We'll have a special seafood dinner this evening.

**Meals** Dinner

**Lodging**  Hotel Skradinski Buk

**Bike from Krka to Primošten****DAY 2: Mon, May 9th**

**Highlights** Secluded villages of Dalmatia, beach resort hotel, Primošten

We head off through a remote area of Dalmatia to reach our hotel on the beach near Primošten. As you pedal, the landscape will change; olive groves, small family-owned vineyards, and rural villages give way to coastal landscapes and the island-town of Primošten where our hotel lies on the beach. We'll enjoy an informal grappa tasting and enjoy a traditional Croatian "peka" dinner tonight in a nearby ancient village.

**Distance** 63 km (39 mi)

**Gain** 921 m (3021 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel Zora

**Ride from Primošten to Trogir****DAY 3: Tue, May 10th**

**Highlights** Primošten, bicycle ride through vineyards and olive groves, famous town of Trogir

If the beach captivated you yesterday, make sure to wander through the island-village of Primošten this morning before heading off through vineyards and olive groves to the top of the plateau. We ride across beautiful barren land before dropping down to the UNESCO World Heritage town of Trogir where we spend the night. Trogir was a Greek colony in the 4th century BC and later a Roman municipality. Occupied by the Croats after the 7th century, it became a key Medieval port city in the Adriatic. The present town sits on a Roman and Hellenistic street grid inside the 15th century Venetian wall.

**Distance** 42 km (26 mi)

**Gain** 621 m (2037 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Trogir Palace

**Bicycle Tours in Croatia: Bicycling the Islands of Dalmatia Plus! the South Coast**

**Pedal from Trogir to Split, Ferry to Supetar**

**Highlights** Trogir, Split including a guided tour of Diocletian's Palace, Island of Brač

We bicycle along the coast today to Split, an ancient Roman city and site of Diocletian's famous palace. Occupying the space of nine football fields, the palace was built at the turn of the 3rd century A.D. and is still inhabited. Actually, the "palace" is really like a small, walled city within a city. We'll take a guide tour of the palace and enjoy an introductory walk of Split. You'll have time to explore further and have lunch before we catch the ferry to the island of Brač this afternoon. From there we pedal to our hotel in the small fishing port of Postira.

**DAY 4: Wed, May 11th**

**Distance** 37 km (23 mi)  
**Gain** 343 m (1125 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  Hotel Pastura

**Loop ride from Postira**

**Highlights** Loop ride around the Island of Brač

You have a full day to explore Croatia's third largest island and one of the most beautiful islands in the Adriatic. What's your pleasure? A fifty kilometer loop ride through beautiful ancient villages? Or an easier ride up to the oldest town on the island? How about an easy walk to the town of Splitska for lunch? Perhaps you'll choose a lazy day at the nearby beach; or you might like to fill your whole day with a ride to some of the more remote villages on the island. Whatever your wish.

**DAY 5: Thu, May 12th**

**Distance** 47 km (29 mi)  
**Gain** 707 m (2319 ft)  
**Terrain** Very Hilly  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  Hotel Pastura

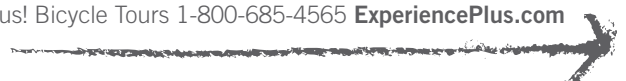
**Postira to Bol**

**Highlights** Bol and its beautiful beach, Zlatni Rat

We'll set off along the coast again today, heading west to the town of Pučišća, which is famous for its white stone (used in the White House as well as elsewhere around the world!) Have a cup of coffee along the waterfront before climbing up and over the island of Brač to reach the town of Bol. Our hotel this evening is in the center of town. We'll meet in the late afternoon to visit the local vintner where you'll sample some wines from the island.

**DAY 6: Fri, May 13th**

**Distance** 39 km (24 mi)  
**Gain** 754 m (2473 ft)  
**Terrain** Very Hilly  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  Hotel Kastil



**Bicycle Tours in Croatia: Bicycling the Islands of Dalmatia Plus! the South Coast**

**Ferry to the island of Hvar and ride to Hvar Town**

**DAY 7: Sat, May 14th**

**Highlights** Jelsa, Stari Grad and Hvar Town

Today we have an early morning transfer by boat that takes us directly to Jelsa on the island of Hvar. Settled by colonists from the Greek island of Paros in the 4th century BC, Hvar Island was dominated for centuries by the Venetians. Visit the coastal villages of Vrboska and Stari Grad before riding to Hvar town through cultivated vineyards surrounded by stone walls and panoramic views of the coastline. Meander through the Medieval alleys of the old town or join the locals in one of the elegant cafés to watch the world go by. We have dinner together this evening and say goodbye to those taking off from here! Additional mileage available.

**Distance** 36 km (23 mi)  
**Gain** 736 m (2414 ft)  
**Terrain** Very Hilly  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Hotel Amfora

**Hvar**

**DAY 8: Sun, May 15th**

**Highlights** Guided walk of Hvar Town, picnic lunch at Hvar fortress

This morning we'll have a guided walk of Hvar Town and a picnic together at the old fortress. We'll enjoy a guided walk of Hvar to learn about the 13th century Venetian fortifications built to protect one of the most important Adriatic ports of the Venetian Republic. After our picnic lunch at the fortress (also called the Spanish Fort), you'll have some time to enjoy the pjaca (piazza), the largest in all of Dalmatia.

**Meals** Breakfast, Lunch  
**Lodging** 🏠 Hotel Amfora

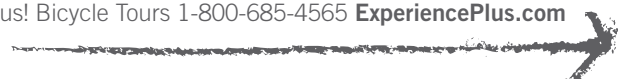
**Hvar speedboat to Vela Luka, Korčula**

**DAY 9: Mon, May 16th**

**Highlights** Korčula, birthplace of Marco Polo, island scenery and views

Today we continue our island-hopping adventure and ferry to our fourth island – Korčula, an ancient Greek colony dating back to the 4th century BC. The island is famous for its white wines - Posip, Rukatac, Grk, beautiful old towns, villages and dark pine forests that cover the island whose quality wood was used for shipbuilding. We will be biking along sleepy stone villages, family vineyards, gardens and discover Korčula's hidden coves. The rest of the day is planned for exploring the medieval town of Korčula and to get into the sleepy, laid back lifestyle!

**Distance** 55 km (34 mi)  
**Gain** 1191 m (3906 ft)  
**Terrain** Hilly  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Hotel Korcula  
 🏠 Hotel Liburna



**Bicycle Tours in Croatia: Bicycling the Islands of Dalmatia Plus! the South Coast****Loop ride on Korčula - Marco Polo's home****Highlights** Korčula

Today you will have an option to do a loop ride on the island or just relax and do some sightseeing in the town of Korčula – a Venetian fortified town, irresistible to today's visitor, just as it was to medieval travel writers like Marco Polo, who began his life's journey in this town. Today's experience ranges from riding along coastal roads leading to secluded beaches to biking through the vineyards surrounding small, picturesque towns. Did we mention an optional swim break at the beach on the eastern part of the island?

**DAY 10: Tue, May 17th****Distance** 42 km (26 mi)**Gain** 610 m (2001 ft)**Terrain** Hilly**Level** >>>>>**Meals** Breakfast**Lodging**  [Hotel Korcula](#)  
 [Hotel Liburna](#)**Wine Roads of Pelješac - Mali Ston****Highlights** Pelješac Peninsula, Ston

We'll bicycle to the ferry port of Korčula and cross over to the Pelješac peninsula. Take time to discover this peninsula – home to some of Croatia's best-known red wines Dingac and Postup, made from Plavac Mali wines, close cousin to Californian Zinfandel. Peljesac offers great views of Mljet and back to Korcula. Today's ride takes you into the hills, along the coast and through huge vineyards (by Croatian standards!). We will visit Ston – a salt producing village, built in the 14th century and famous for the longest (5,5 km) fortified walls in Europe. Ston was a very powerful and prosperous city during the 14th century Dubrovnik Republic.

**DAY 11: Wed, May 18th****Distance** 66 km (41 mi)**Gain** 1098 m (3601 ft)**Terrain** Very Hilly**Level** >>>>>**Meals** Breakfast, Dinner**Lodging**  [Hotel Ostrea](#)**Shuttle to Dubrovnik****Highlights** Mali Ston and Dubrovnik

Our tour ends after breakfast this morning. We'll provide a shuttle to the Dubrovnik Airport or town. It is certainly a place you should visit while in this part of the world. Whatever your travel plans, thanks for joining us!

**DAY 12: Thu, May 19th****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.

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 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!