Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

OVERVIEW

Cross borders and sample a colorful combination of cultures as you cycle through France, Germany, and Switzerland. This unique corner of the world is home to stunning natural landscapes, from thick pine forests to crystal clear lakes nestled under the Alps. Enjoy peaceful rides past French vineyards and find yourself in charming towns with historic architecture unharmed by WWII bombings. Take a tour of cultural crossroads where French finesse meets German gusto meets Swiss sophistication - a perfect balance of architecture, nature, and gastronomy. Join us as we explore the wine roads and villages of Alsace, the colorful towns and lush forests of southern Germany, and the vast natural beauty of Switzerland. The rides are beautiful, the villages delightful and the combination of French, German and Swiss cuisine is perfect for cyclists.

Sounds great but don't have 14 days? Join us for the first 8-days Bicycling the Vineyards of Alsace, or check out our 8-day tour Bicycling the Black Forest to Lake Constance.

HIGHLIGHTS

Some of France's best cuisine, Parc Regional des Vosges du Nord, Alsatian villages, The Wine Road, Colmar, wine and beer tasting, Freiburg, border crossings, fairy-tale scenery, medieval towns, Constance

TOUR FACTS

Tour Style	Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	14 days, 13 nights accommodation, meals as noted in itinerary, Munster cheese tasting, wine tasting, brewery visit, walking tour of Freiburg
Countries	France, Switzerland, Germany
Begin/End	Strasbourg/Constance
Arrive/Depart	Strasbourg (SXB)/Zurich (ZRH)
Total Distance	608 km (380 miles)
Avg. Daily Distance	51 km (32 miles) per riding day
Tour Level	

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/bike-tours/france/grand-est-alsace/grand-alsace

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

DATES & PRICES

Dates	Price	Single Supplement*
Jun 23, 2024	USD$6795	USD$750
Jul 28, 2024	USD$6795	USD$750
Sep 08, 2024	USD$6795	USD$750
Jun 22, 2025	USD$7195	USD$1000
Jul 27, 2025	USD$7195	USD$1000
Sep 07, 2025	USD$7195	USD$1000

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	56km / 528m (35mi / 1732ft)	Hilly		
3	27km / 590m (17mi / 1935ft)	Hilly		
4	60km / 970m (38mi / 3182ft)	Very hilly		
5	56km / 1120m (35mi / 3674ft)	Mountainous		
6	44km / 400m (28mi / 1312ft)	Rolling hills		
7	45km / 408m (28mi / 1338ft)	Hilly		
8	61km / 487m (38mi / 1597ft)	Rolling hills		
9	47km / 957m (29mi / 3139ft)	Mountainous		
10	68km / 1264m (42mi / 4146ft)	Very hilly		Shorter optional ride available
11	73km / 541m (46mi / 1774ft)	Gentle		
12	50km / 587m (31mi / 1925ft)	Gentle		
13	52km / 472m (33mi / 1548ft)	Rolling hills		Shorter optional ride available
14	Last Day			

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

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.

Airports: We recommend flying into the Strasbourg Airport, also known as the Strasbourg Entzheim Aéroport (SCB). Paris Charles de Gaulle (CDG) is also an option and a 2.5-3.5 hour train ride away.

Getting from the Strasbourg airport to the Day 1 hotel:

1. Shuttle train to the Strasbourg Gare (8-11 min/EUR 2.5)
2. Tram to Longstross-Grand'Rue (6 min/EUR 2) or taxi (5 min/EUR 12-17)

Or

- Taxi (30 min/EUR 30-40)

Look up French train schedules and book tickets, if necessary, SNCF or Trainline. Questions? See our information on taking trains in Europe or ask us.

DEPARTURE INFO

Your trip ends on the final day after breakfast.

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

Airport: We recommend flying out of the Zurich Airport (ZRH).

Getting from the ending hotel to the Zurich airport:

1. Walk 8 minutes or taxi (5 min/EUR 5-50) to the Konstanz/Constance train station
2. Train from Konstanz/Constance to ZRH Zurich Airport (1 hour to 1.5 hours/fares vary)

Look up Swiss train schedules at SBB or Trainline. Questions? See our information on taking trains in Europe or ask us.

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

Meet in Strasbourg

DAY 1: Sun, Sep 20th

Meals Dinner

Lodging Hotel Maison Rouge

Highlights Strasbourg, Capital of Alsace

We gather in Strasbourg this afternoon for a bike fitting at our starting hotel. As host to many of the European Union's institutions, this town is bustling with activity and has been recognized by UNESCO for its historic city center. A crossroads between Germany and France, we encourage you to arrive early to visit this politically fascinating town. The famed Notre Dame de Strasbourg Cathedral was built in 1015 A.D. and now stands as one of France's most famous architectural masterpieces. The glowing pink stone comes from the nearby Vosges Mountains and it was the world's tallest building until 1874. Beyond its many architectural gems, Strasbourg is full of quaint neighborhoods such as La Petite France with its revolving bridges, canals and typical Alsatian-style buildings. We'll suggest a warm-up ride this afternoon after we fit bicycles and before we meet for introductions and a welcome dinner.

Ride the bike bath to Molsheim and beyond to Obernai

DAY 2: Mon, Sep 21st

Distance 56 km (35 mi)

Gain 528 m (1732 ft)

Terrain Hilly

Level

Meals Breakfast, Dinner

Lodging Hotel Le Colombier - Obernai

Highlights Canal de la Buche, Molsheim, Alsatian wine route, Obernai.

We pedal out of Strasbourg today via side streets, bike paths, and the peaceful Canal de la Bruche will lead us to one of the most importat WWI fortrification that had a key role to spare Alsace from destruction. We'll then reach the heart of the Alsatian vineyards in Molsheim. From here the rest of our ride today is on a bicycle path along the famous Alsace Wine Route. You will have ample opportunities to do tastings at small family-run wineries, and we will visit one together in Obernai.

Obernai loop ride or optional rest day

DAY 3: Tue, Sep 22nd

Distance 27 km (17 mi)

Gain 590 m (1935 ft)

Terrain Hilly

Level

Meals Breakfast

Lodging Hotel Le Colombier - Obernai

Highlights Alsatian wine villages and vineyards, views of the Vosges mountains

We'll return to our hotel in Obernai tonight so spend the day following our recommended cycle route to Mont Sainte-Odile or wander around the town at your leisure. The ride takes you high into the Vosges Mountains with spectacular views. If you prefer to enjoy a day off the bike, Obernai has a beautifully preserved medieval city center that dates back to the Renaissance and plenty of sites to visit. This evening we will enjoy a special wine tasting at a local producer's.

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

Bicycle the Alsace Wine Road

DAY 4: Wed, Sep 23rd

Highlights Wine villages of Riquewihr, Ribeauvillé and the Castle of Haut-Koenigsburg

We dive into in the heart of Alsace today, exploring its festive villages in the midst of vineyards, Renaissance house facades, expansive views across the Rhine River Valley, and the Haut Koenigsbourg castle. Take some time to visit the castle and then explore any number of the sixteen villages (Bergheim is probably the best preserved) of the local consortium on the way to our hotel in the center of Riquewihr. Take note of the different charms of these villages with populations ranging from 400 people to 5,000 in the town of Ribeauvillé.

Distance 60 km (38 mi)
Gain 970 m (3182 ft)
Terrain Very hilly
Level
Meals Breakfast, Dinner
Lodging Hotel Le Schoenenbourg

Pedal into the Vosges Mountains

DAY 5: Thu, Sep 24th

Highlights The festive villages of the Alsace Wine Road

We are in the same hotel again tonight so you can choose your ride again today. We'll mark a beautiful route going up into the mountains with spectacular views around Labaroche. The ride takes us to the Col du Linge where you can visit the memorial of this World War I battlefield, testimony to the "war of the trenches". An exhilarating downhill takes us through Orbey and back to Riquewihr.

Distance 56 km (35 mi)
Gain 1120 m (3674 ft)
Terrain Mountainous
Level
Meals Breakfast
Lodging Hotel Le Schoenenbourg

Ride to Colmar

DAY 6: Fri, Sep 25th

Highlights Gorgeous Munster Valley, La Maison du Fromage

Perhaps the best known town on your route today is Munster, founded by evangelizing Irish monks in the 7th century A.D. Here the monks used their cheesemaking skills to create one of the most famous cheeses in France, Munster cheese. We'll stop at the Maison du Fromage and learn how this distinctive cheese is made. Plan on a lunch stop here or continue on to Colmar to explore the canals, museums, and great shopping. Colmar has been a famous market and wine center since the 13th century.

Distance 44 km (28 mi)
Gain 400 m (1312 ft)
Terrain Rolling hills
Level
Meals Breakfast, Dinner
Lodging Hotel Le Colombier - Colmar

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

Colmar loop ride or optional rest day

DAY 7: Sat, Sep 26th

Highlights Eguisheim, South Alsatian vineyards, Colmar

Today is a great day to explore Colmar's half-timbered houses, cobblestone streets, cozy cafés, and architectural wonders going back centuries. Should you decide to pedal today, you'll cycle through lush vineyards to fairytale Eguisheim, known for its flower-decked streets that encircle the town's 13th-century castle. Once back in Colmar, you might take a self-guided walking tour, or simply sip a crisp white wine and take in the colorful scenery.

Distance 45 km (28 mi)
Gain 408 m (1338 ft)
Terrain Hilly
Level
Meals Breakfast, Dinner
Lodging Hotel Le Colombier - Colmar

Ride to Freiburg

DAY 8: Sun, Sep 27th

Highlights Freiburg

Freiburg is arguably one of Germany's most beautiful cities with its impressive cathedral and colorful houses lining its streets. You will also find the old "Bächle," an unusual system of gutters that run throughout its center. These Bächle were once used to provide water to fight fires and feed livestock. They have a constant flow of water diverted from the Dreisam River. During the summer, the running water provides a natural form of air conditioning and offers a pleasant sound of running water. It is said that if one accidentally falls or steps into a Bächle they will marry a Freiburger, or 'Bobbele.'

Distance 61 km (38 mi)
Gain 487 m (1597 ft)
Terrain Rolling hills
Level
Meals Breakfast, Dinner
Lodging Hotel Oberkirch
Colombi Hotel

Freiburg

DAY 9: Mon, Sep 28th

Highlights Guided walking tour of Freiburg

Enjoy Freiburg, shopping museums, strolling around or for those who really want to pedal and climb we have the perfect ride for you to tackle on your own, alternatively you can take the funicular up to the Shauinsland and enjoy the views and go for a hike. Or join us in a walking tour of town!

Distance 47 km (29 mi)
Gain 957 m (3139 ft)
Terrain Mountainous
Level
Meals Breakfast
Lodging Hotel Oberkirch

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

Bike the Black Forest to the highest brewery in Germany

DAY 10: Tue, Sep 29th

Highlights Titisee, Schluchsee, Rothaus Brauerei with guided visit

Today's ride takes you through stunning natural areas. Climb through the dense pine trees of the Black Forest up to the village of Titisee and enjoy the crystal clear waters of the Titisee and Schluchsee lakes. Or, if you're in the mood to relax, jump on the Höllentalbahn - a train that passes through the impressive "Hell's Valley." No matter how you choose to get there, we will finish our day enjoying a guided visit of Germany's highest brewery located right next our hotel in Rothaus. From our hotel you also have the option to take a 2 km hike to an isolated lake if you're in the mood for a swim.

Distance 68 km (42 mi)
Gain 1264 m (4146 ft)
Terrain Very hilly
Level
Meals Breakfast, Dinner
Lodging Brauereigasthof Rothaus

Bike from the Black Forest to the Rheinfall

DAY 11: Wed, Sep 30th

Highlights Schlüchten gorge, Rheinfall, Schaffhause city of the orlies

This morning you'll enjoy quiet roads descending through the stunning Schluenchten Gorge to the Rhein. This is actually referred to as the "Uping Rhein" since it's still a small river and not the wide river most think of then they think of the Rhein. We will cycle right next to the breathtaking Rhein waterfall, supposedly the largest waterfall in Europe. If you'd like to stop by the Laufen Castle along the way you can overlook the falls for another stunning perspective. We will end our day in Schaffhausen, Switzerland. As you stroll through the "City of Bay Windows" enjoy this charming medieval town ornately decorated with oriel windows and extravagantly painted facades.

Distance 73 km (46 mi)
Gain 541 m (1774 ft)
Terrain Gentle
Level
Meals Breakfast, Dinner
Lodging Kronenhof Hotel

Constance

DAY 12: Thu, Oct 1st

Highlights Crossing Germany and Switzerland borders, Diessingen wooden bridge

Today you'll weave across the German and Swiss border about seven times as you take in the fairy-tale scenery and medieval towns. When you arrive at the point where the Rhine River becomes Lake Constance you'll feel like you're traveling back in time as you cross the wooden bridge into Stein am Rhein. Famous for its Old Town and the well-preserved monastery of St. Georgen, this town's scenic streets and colorful history are sure to delight.

Distance 50 km (31 mi)
Gain 587 m (1925 ft)
Terrain Gentle
Level
Meals Breakfast
Lodging Hotel Graf Zeppelin

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Grand Bicycling Tour of Alsace and the Black Forest

Constance Loop

DAY 13: Fri, Oct 2nd

Distance 52 km (33 mi)
Gain 472 m (1548 ft)
Terrain Rolling hills
Level
Meals Breakfast, Dinner
Lodging Hotel Graf Zeppelin

Highlights Insel Mainau – island of flowers, Constance

Bisected by the Rhine River, sidling up to the Swiss border and outlined by the Alps, Constance sits in one of the most idyllic settings you could dream of. Spared from WWII bombing, this town has the mark of Roman emperors, medieval traders and 15th century bishops - a delightful backdrop to the lively buzz brought on by today's university culture. Today you can enjoy a loop ride along quaint roads and rolling hills between Überlingen and Gnaden. If you prefer a day off the bike, enjoy the town's lakefront views as you stroll its tree-lined promenade or take a boat trip to the island of Meinau, or Flower Island, named for its spectacular flower gardens. We will enjoy our final dinner together tonight in the Dominikaner Beer Garden.

Bon Voyage! - Constance

DAY 14: Sat, Oct 3rd

Meals Breakfast

Highlights Enjoy the city

Our tour ends after breakfast today. Enjoy the rest of your travels around Europe or have a safe trip home!

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

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 what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect 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.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

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/travel-planning/
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: 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 and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. 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 on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat 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 a guided 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 a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

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 5-8% 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 and not expected on self-guided tours.

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 that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

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.

Classic Tours: Dream of traveling through a region by bike? 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.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and 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
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- 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 except for land extension.
- Road Type: Pavement
- Navigation and support:2 tour leaders, van Support and 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
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: $$$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: $
- Tour Levels: 1-4

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

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.

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- ☐ Read through your Reservation Confirmation and After you Book Information (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/travel-planning/customer-information-form/
- ☐ We recommend you take out travel insurance. Find details at https://www.experienceplus.com/travel-planning/travel-insurance/
- ☐ Choose a bicycle training program: https://www.experienceplus.com/travel-planning/bicycle-tour-training/
- ☐ Peruse our country-specific Travel Planning Pages: https://www.experienceplus.com/travel-planning/

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- ☐ Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with 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 Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date 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/travel-planning/.
- ☐ Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at https://www.experienceplus.com/travel-planning/packing/.
- ☐ We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**