

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, Saverne, 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/tours/bike-tour-styles/classic-tours
Includes	14 days, 13 night's 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	671 km (417 miles)
Avg. Daily Distance	56 km (35 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/guided-bike-tours/france/grand-alsace>

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DATES & PRICES

Dates	Price	Single Supplement*
☞ Sep 18-Oct 1, 2022	☞ USD\$6195	☞ USD\$750
☞ Jun 25-Jul 8, 2023	☞ USD\$6450	☞ USD\$750
☞ Aug 2-15, 2023	☞ USD\$6450	☞ USD\$750
☞ Sep 13-26, 2023	☞ USD\$6450	☞ USD\$750

*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	68km / 562m (43mi / 1843ft)	Rolling hills	▶▶▶▶▶	
3	52km / 403m (33mi / 1322ft)	Gentle	▶▶▶▶▶	
4	28km / 590m (18mi / 1935ft)	Very hilly	▶▶▶▶▶	
5	60km / 970m (38mi / 3182ft)	Very hilly	▶▶▶▶▶	
6	40km / 1083m (25mi / 3552ft)	Mountainous	▶▶▶▶▶	
7	44km / 453m (28mi / 1486ft)	Rolling hills	▶▶▶▶▶	
8	61km / 502m (38mi / 1647ft)	Rolling hills	▶▶▶▶▶	
9	46km / 957m (29mi / 3139ft)	Mountainous	▶▶▶▶▶	
10	72km / 1313m (45mi / 4307ft)	Very hilly	▶▶▶▶▶	Shorter optional ride available
11	72km / 471m (45mi / 1545ft)	Gentle	▶▶▶▶▶	
12	51km / 325m (32mi / 1066ft)	Gentle	▶▶▶▶▶	
13	61km / 512m (38mi / 1679ft)	Rolling hills	▶▶▶▶▶	Shorter optional ride available
14	Last day			

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ARRIVAL INFO

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

Note:

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

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

We recommend flying into the Strasbourg Airport (SCB). Paris Charles de Gaulle (CDG) is a 2.5-3.5 hour train ride away.

From Strasbourg Airport to the Day 1 Hotel:

- Taxi (30 min/EUR 30-40)

Or public transportation:

1. Airport Shuttle to the Strasbourg Gare (9 min/EUR 2.5)
2. Tram to Longstross-Grand'Rue (6 min/EUR 2) or taxi (5 min/EUR 12-17)

Look up French train schedules and book tickets, if necessary, [SNCF.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

DEPARTURE INFO

Your trip ends on the final day after breakfast.

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

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

From the ending hotel to the Zurich Airport:

1. Taxi from the ending hotel to the Konstanz/Constance train station (10 min/EUR 10)
2. Train from Konstanz/Constance to ZRH Zurich Airport (1 hour to 1.5 hours/fares vary)

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

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

Meet in Strasbourg

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 to Saverne

Highlights Alsatian countryside, bike paths

We pedal out of Strasbourg today via side streets, bike paths, and the peaceful Canal de la Marne au Rhin - part of the vast network of canals that crisscross Europe north of the Alps. Pedaling west over rolling hills, you'll cycle through several beautiful villages including Bouxwiller and Dettwiller. Be sure to stop and take some pictures in these towns and perhaps enjoy an Alsatian lunch in a quaint cafe. Our route then leads us to the charming town of Saverne, laced by canals and the Zorn River. Saverne boasts an impressive neoclassical chateau which was once a fortress and the residence of the bishops of Strasbourg.

Ride the bike path to Molsheim and beyond to Obernai

Highlights Marmoutier, Molsheim, Marlenheim, Alsatian "Wine Road"

We enter the heart of the Alsatian vineyards today as we leave the pasturelands of the north. First we pass through the village of Marmoutier with its 12th century Romanesque church and then head to Marlenheim and Molsheim. The majority 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, but be sure to save yourself for our guided winery tour in Obernai this evening.

DAY 1: Sun, Jun 25th

Meals Dinner

Lodging  Hotel Maison Rouge

DAY 2: Mon, Jun 26th

Distance 68 km (43 mi)

Gain 562 m (1843 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  Chez Jean

DAY 3: Tue, Jun 27th

Distance 52 km (33 mi)

Gain 403 m (1322 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel Le Colombier - Obernai

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Rest day visiting Obernai or ride to Mont Sainte-Odile

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.

DAY 4: Wed, Jun 28th

Distance 28 km (18 mi)

Gain 590 m (1935 ft)

Terrain Very Hilly

Level >>>>>

Meals Breakfast

Lodging  Hotel Le Colombier - Obernai

Bicycle the Alsace Wine Road

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.

DAY 5: Thu, Jun 29th

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

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.

DAY 6: Fri, Jun 30th

Distance 40 km (25 mi)

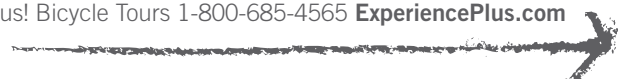
Gain 1083 m (3552 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast

Lodging  Hotel Le Schoenenbourg




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Ride to Colmar

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. The Sept 19/Sept 25, 2021 departure will stay at the Novotel Suites Colmar Centre.

DAY 7: Sat, Jul 1st

Distance 44 km (28 mi)
Gain 453 m (1486 ft)
Terrain Rolling hills
Level >>>>>>
Meals Breakfast, Dinner
Lodging  Novotel Suites Colmar Centre
 Hotel Le Colombier - Colmar

Ride to Freiburg

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.'

DAY 8: Sun, Jul 2nd



Distance 61 km (38 mi)
Gain 502 m (1647 ft)
Terrain Rolling hills
Level >>>>>>
Meals Breakfast
Lodging  Hotel Oberkirch
 Colombi Hotel

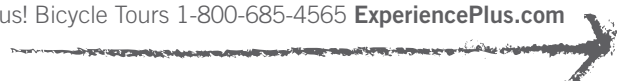
Freiburg

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!

DAY 9: Mon, Jul 3rd

Distance 46 km (29 mi)
Gain 957 m (3139 ft)
Terrain Mountainous
Level >>>>>>
Meals Breakfast, Dinner
Lodging  Hotel Oberkirch
 Colombi Hotel



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Bike the Black Forest to the highest brewery in Germany

Highlights Titisee, Schluchsee, Rothaus Brauerei with guided visit

Today's ride takes you through stunning natural areas with very few tourists. 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.

DAY 10: Tue, Jul 4th

Distance 72 km (45 mi)
Gain 1313 m (4307 ft)
Terrain Very Hilly
Level >>>>>
Meals Breakfast, Dinner
Lodging 🏠 Brauereigasthof Rothaus

Bike from the Black Forest to the Rheinfall

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. This beautiful town was untouched by WWII so you will be able to admire the town's pristine history. As you stroll through the "City of Bay Windows" enjoy this charming medieval town ornately decorated with oriel windows and extravagantly painted facades.

DAY 11: Wed, Jul 5th

Distance 72 km (45 mi)
Gain 471 m (1545 ft)
Terrain Gentle
Level >>>>>
Meals Breakfast, Dinner
Lodging 🏠 Kronenhof Hotel

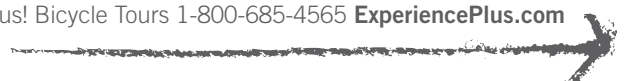
Young Rhein

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.

DAY 12: Thu, Jul 6th

Distance 51 km (32 mi)
Gain 325 m (1066 ft)
Terrain Gentle
Level >>>>>
Meals Breakfast
Lodging 🏠 Hotel 47°



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

Highlights Insel Mainau – island of flowers, Island Raichenau

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 Gnadens. 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 Mainau, or Flower Island, named for its spectacular flower gardens. We will enjoy our final dinner together tonight in the Dominikaner Beer Garden.

DAY 13: Fri, Jul 7th

Distance 61 km (38 mi)

Gain 512 m (1679 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  Hotel 47°

Bon Voyage! - Constance

Highlights Enjoy the city

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

DAY 14: Sat, Jul 8th

Meals Breakfast

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling. More details on our bikes page: <https://www.experienceplus.com/what-to-expect/our-bikes/>
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Not included on Explorer Tours.)

ON TOUR

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

BICYCLES

For a full list of what's included with your bike see our bikes page (<https://www.experienceplus.com/what-to-expect/our-bikes/>) . If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform

to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat, Spotlight and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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

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

TIPPING YOUR TOUR LEADER TEAM:

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

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform your tour leader in writing at the start of the tour.

STYLES **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Spotlight Tours: Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 - 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Review the arrival and departure information under the "Travel Information" tab to see meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, and other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/blog/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists on our website at <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email you your access code to 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, Spotlight 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!