

## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

### OVERVIEW

This 15-day tour combines our central and western tours to give you an in depth experience of one of the most fascinating countries in the world. Pedal past much of Cuba’s less-traveled countryside on quiet roads with visits to local farms, national parks, and even snorkeling in the Bay of Pigs. You’ll have a chance to take in Havana’s colorful rhythm as you explore the city’s culture, architecture, and history. Then continue cycle off the tourist track and into the heart of Cuba. Along the way you will see Cuban cigars being rolled, taste some of the finest food the country has to offer and spend time with locals learning about the history of agriculture and revolution in this lush land. From its crystal blue coast to it’s lush forested hills, this stunning route will show off the best of Cuba's culture and landscapes.

All of our itineraries meet the United States requirements for a **People-to-People** licensed trip and we will provide all licensing documents necessary for our American travelers. Recent loosening of regulations has also allowed for a number of airlines to schedule direct flights from Miami and Houston into a variety of Cuban cities making this fascinating country more accessible than ever before.

If this sounds great but you're short on time check out [Bicycling Central Cuba](#) or [Bicycling Western Cuba](#)

**Please Remember:** With over 50 years of a trade embargo by the United States (and sanctions if other countries trade with them) and an economy that has boomed, busted and never truly found its way, Cuba is like no other place you have traveled. We choose to travel by bicycle because we know that getting off the buses and into the heart of a country on two wheels is one of the best ways to truly experience a place. With that said, you will notice that buildings are in need of repair, sometimes including portions of the hotels we use. Air conditioning, though present in 100% of your hotel rooms, may break down. Hot water and water pressure can vary. Internet access is sporadic and hard to find. But, the people in Cuba are some of the warmest and friendliest people on earth. They genuinely want to share and talk about their lives with travelers from all over the world - especially Americans.

We recommend you bring an attitude of flexibility and an understanding that you may not find the amenities that exist in other destinations. But, a trip to Cuba could be one of the most fulfilling travel experiences you can have.

### HIGHLIGHTS

Colonial cities and architecture of Cuba, Historic Trinidad, Bay of Pigs museum, Snorkel the Bay of Pigs, Take a swim in Playa Larga, Havana, Cycle To The “Rainbow of Cuba”, Tobacco Plantation/Cuban Cigars, San Carlos Valley, Limestone caves of Vinales, Organic farm visit, La Sierra del Rosario Biosphere Reserve

### TOUR FACTS

<b>Tour Style</b>	■ Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/choosing-the-best-tour/styles/classic">https://www.experienceplus.com/choosing-the-best-tour/styles/classic</a>
<b>Includes</b>	13 dinners, bilingual tour leaders; most lunches, all breakfasts, all activities as described in itinerary - compliant with People to People General License for group travel. And the usual (see below).
<b>Countries</b>	Cuba
<b>Begin/End</b>	Santa Clara / Havana
<b>Arrive/Depart</b>	Santa Clara or Havana / Havana
<b>Total Distance</b>	543 km (337 miles) - 611 km (380 miles)

## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

54 - 61 kms (34 - 36 miles) per riding day

## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

Tour Level



Avg. Daily Distance

**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/cuba/grand-tour-cycling-central-western-cuba>



## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

### DATES & PRICES

### DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	58km / 425m (36mi / 1394ft)	Rolling hills	▶▶▶▶▶	
3	53km / 377m (33mi / 1237ft)	Rolling hills	▶▶▶▶▶	
4	29km / 108m (18mi / 354ft)	Gentle	▶▶▶▶▶	Today's ride is an optional loop ride
5	56km / 388m (35mi / 1273ft)	Gentle	▶▶▶▶▶	
6	63km / 149m (39mi / 489ft)	Gentle	▶▶▶▶▶	
7	16km / 58m (10mi / 190ft)	Gentle	▶▶▶▶▶	
8	Rest Day			
9	71km / 369m (44mi / 1210ft)	Rolling hills	▶▶▶▶▶	
10	61km / 351m (38mi / 1151ft)	Gentle	▶▶▶▶▶	
11	60km / 351m (37mi / 1151ft)	Gentle	▶▶▶▶▶	
12	Hike option			Hike option
13	61km / 786m (38mi / 2578ft)	Hilly	▶▶▶▶▶	
14	42km / 300m (26mi / 984ft)	Gentle	▶▶▶▶▶	
15	Last Day			

## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

### 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.

**Meeting time 1:30 p.m. - on Day 1: meet your fellow cyclists and Tour Leaders at the Santa Clara Airport (SNU) (right outside the airport, you can't miss them).**

**Book your flight arrival into Santa Clara no later than 1 p.m.**

Arrival at Santa Clara:

- Meet our shuttle (see information bolded above).
- In case you can't make the meeting time specified above, take a taxi from Santa Clara Airport to the tour starting location in Remedios (40 min/CUC 40-60)

Arrival into Havana (HAV):

- Bus from Havana Airport to the Santa Clara Airport - remember the meeting time above as you plan (4.5 hours/prices vary)

**Note:**

- Private transfers: We will gladly arrange a private transfer for you (this can be done about 3-4 weeks prior to your tour start date). Cost will be available upon request, but it will likely be more expensive than a taxi. If you arrive early, your place of accommodation can oftentimes help with transfers as well.
- If you spend time in Cuba before the tour start, we ask that you come meet the complimentary ExperiencePlus shuttle on Day 1

### 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 Havana Airport (HAV)**

- Taxi from the ending hotel to the Havana airport (25 min/CUC 20-30)

## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

### Arrive in Santa Clara - transfer to Remedios

**Highlights** Exploring Remedios, Fit Bikes

Fly into Santa Clara and join our group shuttle to the city of Remedios. Once in Remedios we will have an orientation talk and bike fitting. If you arrive in Santa Clara a day early, you'll see why the city is fittingly nicknamed Ciudad de Che for the spirit and history of this revolutionary figure.

### DAY 1

**Meals** Dinner

**Lodging**  Hotel Barcelona

### Remedios to Sancti Spíritus

**Highlights** Quiet roads, sugar cane fields and colonial Sancti Spíritus

Ride today from Remedios to Sancti Spíritus, pedaling through rolling hills, past small villages, and Spanish colonial facades weathered by time. Lunch is en route before we end our day in Sancti Spíritus, one of the first colonizer settlements on the island. Established in 1514 by conquistador Diego Velázquez, the present-day city is full of history and Spanish colonial architecture. Before we enjoy a delicious dinner, explore town with a walk across the Puente Yayabo, a quadruple-arched bridge fit for an English countryside, stroll through the plaza, and admire the Teatro Principal, Cuba's oldest theater still in use.

### DAY 2

**Distance** 58 km (36 mi)

**Gain** 425 m (1394 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging**  Hotel del Rijo  
 Hotel Don Florencio

### Sancti Spíritus to Trinidad

**Highlights** Manaca Iznaga estate, walking tour of Trinidad

Today's ride will take us us to the 18th century Manaca Iznaga Hacienda, a former sugar plantation northeast of Trinidad. Climb its 44-meter tower, originally used to oversee the enslaved laborers below, for a bird's eye view of verdant valley. We'll shuttle into Trinidad for lunch then check into our Casa Particulares (B&B) for the next two nights before exploring the cobbled streets of this 16th century town on a walking tour. After dinner together, stroll the streets in search of salsa beats floating on the warm night air.

### DAY 3

**Distance** 53 km (33 mi)

**Gain** 377 m (1237 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging**  Casa Particular



## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

### Trinidad Loop

**Highlights** Loop ride or rest and explore Trinidad

Take a rest day and continue exploring Trinidad or join us on a short bike ride to the turquoise waters of Playa Ancon and nearby fishing villages. This visit provides an interesting glimpse into the contrast between sleepy fishing towns and the tourism economy on the beach and in Trinidad.

### DAY 4

**Distance** 29 km (18 mi)

**Gain** 108 m (354 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Casa Particular

### Trinidad to Cienfuegos

**Highlights** Ride along the coast, fresh seafood lunch

We say goodbye to Trinidad and pedal along the southern coast, passing fields, beaches and estuaries – keep your eye out for flamingos. Feel free to take a swim or stop for a snack at a beachside bar. At lunch we'll enjoy lobster and shrimp caught just a few miles away. We'll shuttle to beautiful Cienfuegos after lunch. Settle into our centrally located hotel before joining our tour of the colonnaded Paseo del Prado or the Punta Gorda with its grand 20th century palaces.

### DAY 5

**Distance** 56 km (35 mi)

**Gain** 388 m (1273 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging**  Meliá San Carlos

### Cienfuegos to Playa Larga

**Highlights** Visit Bay of Pigs, Pedal the Coast

We shuttle out of Cienfuegos and then pedal past rice paddies toward Playa Girón, landing site for the Bay of Pigs invasion. From there you can extend the ride all the way to our night's destination in Playa Larga or jump in the shuttle for a ride. En route you have the chance to stop and snorkel in the Bay of Pigs if the cool water beckons. Tonight, sleep in a local home stay and enjoy a traditional home cooked meal.

### DAY 6

**Distance** 63 km (39 mi)

**Gain** 149 m (489 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging**  Casa Particular



## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

### Playa Larga to Havana

**Highlights** Korimacao Community Project

After a short ride, we'll shuttle to Havana today with a morning stop to visit the nearby Korimacao Community Project, a collective of teachers and young Cubans investing in local performance and musical arts. We'll be in Havana in time for lunch. After lunch we'll take a tour of town before checking into our hotel to unwind. After dinner in a local restaurant, take advantage of the opportunity to enjoy some live music.

### DAY 7

**Distance** 16 km (10 mi)

**Gain** 58 m (190 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging**  Hotel Grand Aston La Habana

### Havana

**Highlights** Explore Havana, walking tour

We will enjoy a guided walking tour in the afternoon today and will ensure there's ample time for you to explore all the wonderful sights of this bustling city on your own as well. We'll meet for dinner tonight to welcome those joining us for the second part of the trip.

### DAY 8

**Meals** Breakfast, Dinner

**Lodging**  Hotel Grand Aston La Habana

### Transfer and bike to Soroa

**Highlights** Bicycle Carretera Central, cycle to the Rainbow of Cuba

We shuttle out of Havana this morning to begin our ride through western Cuba. The bustle of the city fades away as you bicycle quiet roads into the hills toward the UNESCO Sierra del Rosario Biosphere Reserve that surrounds the town of Soroa in the Cordillera de Guaniguanico. Aptly named the "Rainbow of Cuba," the reserve brims with rivers, waterfalls, and orchid-laden trees. Our hotel is nestled in a lush and tropical garden filled with orchids. Have a cool drink by the pool before dinner.

### DAY 9

**Distance** 71 km (44 mi)

**Gain** 369 m (1210 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging** Horizontes Villa Soroa

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### Soroa to San Diego de los Baños and Pinar del Rio

**Highlights** Learn about Cuban Cigars

Follow Cuba's Carretera Central as you pedal deep into the heart of tobacco country. Coast down to the plains and wind your way through small towns to San Diego de Los Baños, a once-popular thermal hot springs vacation town. After our ride, we'll shuttle to Pinar del Rio. This evening we'll visit a local arts organization that provides much-needed support to adults and kids with developmental disabilities.

### DAY 10

**Distance** 61 km (38 mi)  
**Gain** 351 m (1151 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast, Lunch  
**Lodging** Hotel Vueltabajo

### Pinar to Viñales

**Highlights** Limestone mogotes

Today we continue West from Pinar del Río. After a shuttle out of town, we start our ride crossing the Sierra de los Organos and follow the downhill in the beautiful Viñales Valley. The stocky limestone "mogotes" abruptly rise from flat plains, giving the valley a fantastical appearance.

### DAY 11

**Distance** 60 km (37 mi)  
**Gain** 351 m (1151 ft)  
**Terrain** Gentle  
**Level**   
**Meals** Breakfast, Lunch, Dinner  
**Lodging**  Horizontes Los Jazmines  
 Hotel Horizontes La Ermita

### Viñales - Rest day

**Highlights** Explore the limestone caves of Vinales, visit an organic farm

Take the day to stretch out your legs and explore the wonderful town of Viñales and its surrounding valley, declared a UNESCO World Heritage Site in 1999 for its outstanding natural beauty, unique landscape, and traditional agricultural practices. We'll organize a group hike to explore the mogotes before heading to lunch at a local organic farm where we'll learn about smallholder sustainable agriculture.

### DAY 12

**Meals** Breakfast, Lunch  
**Lodging**  Horizontes Los Jazmines  
 Hotel Horizontes La Ermita

## Bicycle Tours in Cuba: Grand Cycling Tour of Cuba

### Viñales to Las Terrazas

**Highlights** Pedal the Carretera del Norte

We pedal north and away from the tourist track today through small rural farming villages, crossing the mountains to the village of Entronque de Herradura where we'll regroup, have lunch and then shuttle back to the hills for a relaxing stay at Las Terrazas, a small community with a vibrant creative scene within an eco-community and nature reserve.

### DAY 13

**Distance** 61 km (38 mi)

**Gain** 786 m (2578 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging** Hotel Moka

### Las Terrazas to Havana

**Highlights** Pedal ridgeline roads

Our ride today takes us through a variety of routes with varying terrains and views. Enjoy some of Cuba's lushest landscapes as we head out of La Sierra del Rosario Biosphere Reserve where stretches of forests and grasslands, rounded hills and waving royal palm trees surround you. The beautiful lush hills then give way to cultivated farmland and small rural towns as we pedal our final kilometers outside Havana. We'll regroup for a picnic lunch before shuttling into Havana. We'll celebrate the end of our tour in style tonight at a local restaurant in Havana for dinner.

### DAY 14

**Distance** 42 km (26 mi)

**Gain** 300 m (984 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging**  Hotel Grand Aston La Habana

### Adios Havana!

**Highlights** Explore Havana or head home

We'll have breakfast early before sending you on your way to explore Cuba or head home! If this sounds great but you're short on time check out our Bicycling Central Cuba or Bicycling Western Cuba

### DAY 15

**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 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.

## 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

**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 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!