

Bicycle Tours in Italy: Expedition: Cycling the Rhine to the Adriatic

OVERVIEW

Our cross-Alpine Expedition begins in Strasbourg, in France’s Alsace region, and continues through France, Germany, Austria, finally reaching Venice after 1000 km (650 miles) of extraordinary cycling! You will explore the Alsace region (in France and Germany), enjoying vineyard-covered hills and important Germanic cities, crossing the Rhine River and then reaching the spring of the mighty Danube river before arriving in Lake Constance which borders three nations (Austria, Germany, Switzerland). Low hills and river valleys in Germany prepare you for your entrance into the Alps. You’ll spend a rest day in Innsbruck, Austria’s capital state of Tyrol, before crossing Brenner Pass, one of the lowest passes in the Alps, ending with a delightful glide down and into northern Italy. Now you’re ready to tackle some of the iconic routes in bicycle racing history in Italy’s breathtaking Dolomites, including the famous Sella Ronda Circuit! We’ll exit the mountains and enter the world-famous Prosecco wine region of Italy which will preface our arrival to the Veneto region.

Expedition tours are designed for experienced riders looking to challenge themselves. You can read more about how they differ from a regular ExperiencePlus! tour [here](#).

HIGHLIGHTS

German Allgäu region and German/French Alsace region; Alsatian wines like Gewürztraminer; Famed European cities - Strasbourg, Freiburg, Colmar, Constance (or Konstanz), Innsbruck, Cortina, Treviso; Danube and Rhine river sightings; Pedaling along border areas of Lake Constance, through Italian/Austrian Tyrol region; The Alps; Brenner Pass, Sella Ronda circuit and Passo Falzarego; Dolomites (UNESCO World Heritage Site)

TOUR FACTS

Tour Style	■ Expedition: Learn more about our Expedition tours at https://www.experienceplus.com/choosing-the-best-tour/styles/expedition
Includes	18 days, 17 nights accommodation, meals as noted in itinerary, Prosecco wine tasting, bilingual tour leaders, van support
Countries	France, Italy, Austria, Germany
Begin/End	Strasbourg/Treviso
Arrive/Depart	Strasbourg (SXB) / Venice (VCE)
Total Distance	981km (610 miles)
Avg. Daily Distance	73km (45 miles) per riding day
Tour Level	▶▶▶▶▶
Keep in Mind	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. There is limited air conditioning in hotels as it is usually not needed; this is an Expedition level tour so van support can be limited during the day. Learn more about what is included and what to expect on your Expedition tour at the Expedition Tour Style page.

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/italy/strasbourg-venice-expedition>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	85km / 580m (53mi / 1902ft)	Rolling hills	▶▶▶▶▶	
3	63km / 377m (39mi / 1237ft)	Gentle	▶▶▶▶▶	
4	63km / 1167m (39mi / 3828ft)	Mountainous	▶▶▶▶▶	
5	93km / 514m (58mi / 1686ft)	Rolling hills	▶▶▶▶▶	
6	Rest Day			
7	85km / 1067m (53mi / 3500ft)	Very hilly	▶▶▶▶▶	
8	84km / 1026m (52mi / 3365ft)	Hilly	▶▶▶▶▶	
9	94km / 1310m (58mi / 4297ft)	Mountainous	▶▶▶▶▶	
10	Rest Day			
11	61km / 1200m (38mi / 3936ft)	Mountainous	▶▶▶▶▶	
12	90km / 1785m (56mi / 5855ft)	Very hilly	▶▶▶▶▶	
13	53km / 1687m (33mi / 5533ft)	Mountainous	▶▶▶▶▶	
14	37km / 877m (23mi / 2877ft)	Mountainous	▶▶▶▶▶	
15	Rest Day			
16	121km / 980m (75mi / 3214ft)	Rolling hills	▶▶▶▶▶	
17	61km / 427m (38mi / 1401ft)	Rolling hills	▶▶▶▶▶	
18	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](#).

You can fly out of Treviso Airport (TSF), or Venice Marco Polo (VCE)

Flying out of VCE

1. Walk 300 m from the ending hotel to the Treviso train station ([click here for map](#))
2. Train from Treviso Centrale to Venezia Mestre train station (18-40 min, depending on connection/fares vary, no pre-purchase necessary)
3. [Airport Shuttle Bus](#) from Venezia Mestre to the Venice Airport (20 min/EUR 8)

or

- Taxi all the way from Treviso to the Venice Airport (40 min/EUR 80)

From Treviso, you will also have frequent train connections to Venice, Padova, Bologna, Milan, and Rome, via Venezia

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Mestre.

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

Bicycle Tours in Italy: Expedition: Cycling the Rhine to the Adriatic

Arrive in Strasbourg, France

Highlights Strasbourg, Notre Dame de Strasbourg Cathedral, little Venice of the north

Come early to visit the wonderful city of Strasbourg set in one of the most historic border regions of Europe. Part French, part German, part European, come see what this city is all about! Highlights include the Notre Dame de Strasbourg Cathedral, construction first began in 1015 AD, this is one of France's most famous architectural masterpieces. You will soon discover that Strasbourg is full of architectural gems as well as quaint quarters such as "La Petite France," often called the little Venice of the north with its canals, revolving bridges, and typical Alsatian-style buildings. We'll meet this afternoon for a bike fitting. Tonight we'll toast the start of our extraordinary journey together with a special dinner.

Strasbourg to Riquewhir

Highlights Alsace

Alsace is arguably the most unique region of France. As a place that has changed hands 5 times between France and Germany over the last 150 years, it is now a cultural crossroads where French finesse meets German gusto. We dive into in the heart of the region today, exploring its festive villages tucked among 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 of the local consortium on the way to our hotel in the center of Riquewihir.

Riquewhir to Freiburg, Germany

Highlights Colmar, beautiful city of Freiburg, cross the Rhine River

Our first stop today is Colmar, which has been a famous market and wine center since the 13th century. After a coffee in town, enjoy the descent into the vast Rhine valley, where you'll cycle along the mighty river eventually crossing and climbing a small hill that leads you up to our destination: Freiburg. Arguably one of Germany's most beautiful cities, Freiburg's colorful houses and impressive cathedral will captivate. It isn't all about history here as the city is also characterized by its shopping district! As you wander, you'll notice the old "Bächle" an unusual system of gutters that run throughout its center. These were once used to provide water to fight fires and feed livestock. Diverted from the Dreisam River, they are constantly flowing, and act as a natural form of air conditioning to cool the city!

DAY 1

Meals Dinner

Lodging  Hotel Maison Rouge

DAY 2

Distance 85 km (53 mi)

Gain 580 m (1902 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  Hotel Le Schoenenbourg

DAY 3

Distance 63 km (39 mi)

Gain 377 m (1237 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  The Alex Hotel

Bicycle Tours in Italy: Expedition: Cycling the Rhine to the Adriatic**Freiburg to Donaueschingen**

Highlights The Black Forest, Titisee Glacial Lake, Source of the Danube

We leave the Alsace region to traverse the Black Forest, pedaling across its forests, hills, rivers and by one of its most important lakes. Titisee, is glacial lake and a paradise for summer holiday makers. Continue pedaling to reach the other side of the Black Forest where the confluence of the Brigach and Breg Rivers form one of Europe's largest rivers, the Danube.

DAY 4

Distance 63 km (39 mi)

Gain 1167 m (3828 ft)

Terrain Mountainous

Level 

Meals Breakfast, Dinner

Lodging  [Hotel Linde](#)

Donaueschingen to Lake Constance

Highlights Danube and Rhine Rivers, Switzerland, Lake Constance/Bodensee

We'll see the Danube River a few times this morning as we cycle out of the Black Forest with a delightful descent into the Bodensee (or Lake Constance in English). We'll join the Rhine River and catch part of the Eurovelo 15 route and cycle upstream to reach Lake Constance, one of Germany's most famous bicycle destinations. Lake Constance is at the crossroads of three countries: Switzerland, Germany, and Austria (in fact we'll cycle through Switzerland for a few miles to reach our destination!).

DAY 5

Distance 93 km (58 mi)

Gain 514 m (1686 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  [Hotel Constantia](#)

Rest day in Constance

Highlights Relax or visit Meersburg or Schaffausen waterfall

Measuring 64 km (40 miles) in length and 12 km (@8 miles) at its widest point, Lake Constance and is the third largest lake in Central Europe. Explore the town of Constance today, or you can take a boat ride and visit Meersburg's castle and Fortress Museum. Continue your cruise on a ferry till Friedrichshafen and visit the Zeppelin Blimp Museum. Alternatively, you can also take a train ride to the famed Schaffausen waterfalls along the Rhine River. If you want to get some cycling in today you can take the train one way and pedal back. Whatever you decide be sure to take it easy because tomorrow we head for the hills!

DAY 6

Meals Breakfast

Lodging  [Hotel Constantia](#)

Bicycle Tours in Italy: Expedition: Cycling the Rhine to the Adriatic**Constance to Bregenz**

Highlights Ferry, Constance cycle path, Lindau, Bavaria, the Allgäu hills

A short ferry ride takes us across to the east side of the lake where we'll catch the famous Lake Constance Cycle to reach the pretty lakeside town of Lindau. Enjoy a bite to eat here before you leave the lake to head into the hills of the Swabian Allgäu geographical region. We are in pre-alpine land here, in the southern most tip of Bavaria, and this area is especially famous for its alpine cows and picturesque meadows. We'll see plenty of both on the way to the small town where we'll spend the night!

DAY 7

Distance 85 km (53 mi)

Gain 1067 m (3500 ft)

Terrain Very hilly

Level >>>>>

Meals Breakfast

Lodging  **Hotel Deutschmann**

Bregenz to Stanzach, Austria

Highlights Alpine valleys, scenic mountain climbs, Tyrol, Lech River

You'll warm up this morning on a flat ride cycling through the Großer Valley before beginning a climb that brings you into Austria and a wonderful descent into Austrian Tyrol. Stunning mountain scenery surrounds us as we reach the Lech River Valley where we will spend the night in the small village of Stanzach.

DAY 8

Distance 84 km (52 mi)

Gain 1026 m (3365 ft)

Terrain Hilly

Level >>>>>

Meals Breakfast, Dinner

Lodging  **Hotel Föhrenhof**

Stanzach to Innsbruck

Highlights River valleys, climbing Hahntennjochpass, Innsbruck

We are deep into the Alps now, the first 20 km (12 miles) of our ride will take us through small alpine villages as we climb through the Bsclabs Valley to the top of Hahntennjoch Pass. Enjoy an awesome descent to the Inn River which we'll follow through picturesque mountain valleys all the way to Innsbruck, the capital of the Tyrol region.

DAY 9

Distance 94 km (58 mi)

Gain 1310 m (4297 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast, Dinner

Lodging  **The Zach Hotel**

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Innsbruck – rest day

Highlights Medieval city center, museums, beer gardens, relax

The capital of Tyrol offers a late medieval city center and is perfectly situated for those hoping to explore the spectacular landscapes and intriguing history of the Alps. Take the day to explore this amazing city, visit the Golden Roof Museum, the Imperial Palace, sit in a beer garden or take the funicular and cable car into the mountains.

DAY 10

Meals Breakfast

Lodging  The Zach Hotel

Innsbruck to Vipiteno, Italy

Highlights Brenner Pass, Italy

Leave Austria today by climbing over the Brenner Pass which is one of the most important passes in Europe connecting Austria and Italy (it is also the lowest pass at 1,370 meters or 4,495 feet). We'll use a bike path at the top of the pass and glide down into Italy, entering our last country of the trip! The small town of Vipiteno was first built as a military encampment and then became a vital trading post throughout the centuries.

DAY 11

Distance 61 km (38 mi)

Gain 1200 m (3936 ft)

Terrain Mountainous

Level 

Meals Breakfast

Lodging  Boutique Hotel Steindl's

Vipiteno to Arabba

Highlights Fortezza military fortress, Alta Val Badia, Val Pusteria

Our first day of cycling in Italy starts out gently, passing first by the 19th century imposing "Fortezza" –a massive military fortress built in the 1830's to protect Brenner Pass. Then, we'll veer east toward Brunico through the Val Pusteria. Get ready to dive deep into the heart of the Dolomites as you cycle up into the Val Badia where Ladino, a local language that has controversial origins - is it a mixture of Latin and tribal dialects? Experts disagree, but it remains the first language of locals and is not readily understood by Italian speakers. Arabba is packed with cyclists from all over the world drawn by the opportunity to conquer the famous Sella Ronda.

DAY 12

Distance 90 km (56 mi)

Gain 1785 m (5855 ft)

Terrain Very hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel Alpenrose



Bicycle Tours in Italy: Expedition: Cycling the Rhine to the Adriatic**Sella Ronda**

Highlights The famous Sella Ronda

This morning you have the opportunity to pedal the classic Sella Massif on the Dolomite High Road. This 53 km (33 miles) loop features 6,500 feet of climbing over 4 famous passes (Gardena, Sella, Pordoi and Campolongo) and has been a regular feature of the Giro d'Italia. This has to be one of the most spectacular rides anywhere in the world so you are in for a treat!

DAY 13

Distance 53 km (33 mi)

Gain 1687 m (5533 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast, Dinner

Lodging  Hotel Alpenrose

Arabba to Cortina

Highlights Passo Falzarego, Cortina d'Ampezzo

Today's ride is short but has an awesome climb over another pass made famous by the Giro d'Italia, Passo Falzarego. Once at the top of the pass we highly recommend taking the cable car up the mountain for 360 degree views, and a tasty lunch in the rifugio (mountain hut). From the pass, a long gliding downhill takes you into the Dolomites' most famous and historic mountain resort, Cortina d'Ampezzo! Stroll through downtown with its shops and vibrant holidaying scene. Known in the winter as one of the premier skiing destinations for the aristocratic European crowd, in the summer this region becomes a destination for all types of travelers.

DAY 14

Distance 37 km (23 mi)

Gain 877 m (2877 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast, Dinner

Lodging  Faloria Mountain Spa Resort (4*)

Cortina Rest Day

Highlights Loop ride in the Dolomites, optional walk in the mountains

Explore Cortina today, take on more famous passes like Passo Giau, or the nearby lakes with a ride up to Lake Misurina. Those who prefer a day off the bike have plenty of options, sit on the patio, go shopping, take a cable car up into the mountains for a hike, or to enjoy another spectacular view.

DAY 15

Meals Breakfast

Lodging  Faloria Mountain Spa Resort (4*)

Bicycle Tours in Italy: Expedition: Cycling the Rhine to the Adriatic**Cortina to Cison Valmarino**

Highlights Cadore Valley, downhill, Prosecco vineyards

Enjoy 75-miles almost all of which is downhill! We will leave the mountains via a rails to trails path through the Cadore valley. Meet one of northern Italy's largest rivers, the Boite, and follow it downstream, exiting the towering mountains to reach softer hills and wine growing areas. Raise your glass with a toast of Prosecco tonight as we are in the heart of the vineyards that produce this bubbly! To help ensure that you do we'll have a wine tasting at our charming hotel.

DAY 16

Distance 121 km (75 mi)

Gain 980 m (3214 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  **Loving Veneto**

Treviso

Highlights Venetian villas, Treviso, celebratory dinner

Our final day of riding begins on tiny roads through vineyards, that give way as we round Montello hill where farms and small towns dominate as we approach Treviso, our final destination. Treviso is a charming city which is greatly overshadowed by its nearby lagoon neighbor, Venice, despite its wonderful old town center with arcade walkways and canals as well as plenty of historic sights to visit. We'll have a celebratory dinner tonight and toast our adventure traversing the Alps!

DAY 17

Distance 61 km (38 mi)

Gain 427 m (1401 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  **Carlton Hotel**

Farewell

Highlights Treviso city, Venice, other Venetian sites to visit

The tour ends after breakfast. Enjoy this special city or continue your travels!

DAY 18

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!