



PUGLIA



2010 LUXURY





Around every corner in Puglia is another delight. From beautiful beaches, to historic buildings, to the charming hospitality, we have carefully designed a trip to share and highlight the best of Puglia from all possible angles.

*—Krissey Johnson
Trip Designer*

WELCOME TO YOUR TREK TRAVEL® PUGLIA ADVENTURE!

Welcome to your Trek Travel adventure in Puglia!

What I love most about Puglia is the juxtaposition of the ancient and the modern; the simple and the luxurious; the gleaming whitewashed villages against the brilliant blue of the sea. This diverse region at the “heel of Italy’s boot” is untouched, largely undiscovered, and eager to share her charms with you. Exploring Puglia’s quiet roads and gentle terrain by bike gives you a close-up sense of quieter times: massive, gnarly olive trees, hundreds of years old, line the road; unmortared stone trulli dot the landscape, as they have since the Middle Ages;

fisherman tend their poles as generations have done before, cattle graze in pastures separated by ancient stone walls. After enjoying such simple natural beauty by day, we retire to hotels that are luxurious, elegant and indulgent. The cuisine, largely sourced from local farms and the nearby sea, is clean, modern, and delicious—especially when paired with the impressive local wines. We feast on variety of experience as diverse as the region itself, from the geologic wonder of the caves at Castellana to the pleasure of olive oil and wine tastings to the vibrant sound of traditional pizzica singers to the renowned mosaic floor of Otranto’s cathedral—each day in Puglia that will capture your heart and inspire your imagination.



Ciao!

Diane Suozzo

Puglia Trip Expert



DAY 1

Today's Ride | *Castellana Grotte—Martina Franca* | approximately 25 miles with 1,000 feet of climbing

Your Trek Travel guides will meet you at the Grand Hotel Leon d'Oro (Piazza Aldo Moro 4, Bari, Italy) at 9:00 AM on the first day of the trip. After a 45-minute shuttle you'll arrive at the Grotte di Castellana. We'll take a guided tour of these majestic caves, once a subterranean river, and explore its huge caverns. After the tour, you'll enjoy a gourmet Trek Travel picnic, featuring local specialties. Your guides will then spend some time familiarizing you to the Trek bicycle you'll be riding, and make sure that you and your bike are a comfortable fit. Then we take to quiet roads surrounded by olive trees, and spot our first trulli—conical stone dwellings dating from the Middle Ages, unique to this small area in Puglia. After winding through spectacular countryside dotted with these distinctive structures, the ride concludes at your hotel, Relais Villa San Martino. Wander its beautiful grounds before gathering for an aperitivo and a discussion of the week ahead. You'll enjoy the first dinner of the trip at the hotel's own remarkable restaurant that specializes in flavorful, local cuisine prepared with a modern twist.

Hotel | *Relais Villa San Martino* | +39 080 480 5152 | www.RelaisVillaSanMartino.com

DAY 2

Today's Ride | *Martina Franca—Alberobello Loop* | approximately 25 miles with 500 feet of climbing
 | *Long Option* | approximately 45 miles with 1,200 feet of climbing

After a hearty breakfast at Villa San Martino, you'll head out on quiet country roads, surrounded by vineyards, olive trees and the ubiquitous trulli. Take a moment to get an up-close look at one of these ancient stone structures. Back on the bike, you will cycle to Alberobello, home to over a thousand trulli, and a UNESCO World Heritage site. Here you can wander narrow streets lined with trulli, or perhaps visit the fascinating Trulli Museum, before sitting down to lunch of your choice. Afterwards, you have the option to shuttle back to the hotel to enjoy the pool or the 'Oasi' spa. However, if you are ready to keep riding, your Trek Travel guides have a spin through more quiet roads for you to enjoy. This evening, head into the historic center of Martina Franca, where you'll enjoy a delightful meal of tasty Pugliese appetizers, freshly made pasta and delicious roasted meats at a small, family-owned osteria.

Hotel | *Relais Villa San Martino* | +39 080 480 5152 | www.RelaisVillaSanMartino.com

Last minute question? *Your guides will be available 24 hours before the start of your trip to answer any of your last minute questions. You'll receive their mobile numbers in an e-mail one week before the trip start date. In the event you don't receive this email please contact our sales team at sales@trektravel.com or 866 464 8735.*



ITINERARY



DAY 3

Today's Ride | *Martina Franca—Ostuni* | approximately 35 miles with 700 feet of climbing
 | *Short Option* | approximately 20 miles with 650 feet of climbing
 | *Long Option* | approximately 65 miles with 700 feet of climbing

Today you'll cycle into the stunning region of Salento, enjoying beautiful country roads as you head down "the heel of the boot" Our first stop is Ostuni, la Città Bianca, a whitewashed village high on a hill with astonishing views of the Adriatic. There are great shops in the old town and narrow, winding streets that are enticing to explore. After uncovering the town's attractions, enjoy lunch at the trattoria of your choice. Afterwards, for those who elect to continue cycling, the terrain flattens as we head south to our hotel for the night, Tenuta Monacelli. This ancient farmhouse now offers luxurious accommodations amidst ancient olive groves, just a short distance from the coastline. If you'd like, relax by the hotel's infinity pool after your ride. Tonight you'll reconvene with the rest of the group for a private tasting of estate-produced olive oils and wines before sitting down to dine on delicious, inventive fare at the hotel's restaurant.

Hotel | *Tenuta Monacelli* | +39 083 238 2037 | www.TenutaMonacelli.com

DAY 4

Today's Ride | *Casalabate—San Foca—Otranto* | approximately 35 miles with 300 feet of climbing
 | *Short Option* | approximately 25 miles with 200 feet of climbing

Today, you'll leave the tranquil surroundings of your hotel after a replenishing breakfast. Continuing your journey south, we cycle the coastline of the Adriatic, enjoying views of rocky beaches and brilliant blue waters. You'll head to San Foca, where you can enjoy a dip in the warm waters of the Adriatic before we sit down to lunch at a casual seaside restaurant. Then hop back on your bike for the final few miles along the coast to Otranto. This port city has Greek origins and a range of influences over the centuries, from Roman to Norman to Turkish to Spanish. Otranto's quiet streets, clean beaches and vibrant dining scene are just part of its charm—the magnificent cathedral and imposing fortress add a palpable sense of history to the mix. Your hotel for the next two nights, Palazzo Papaleo, is ideally located in the heart of the old town. Tonight, explore the many local options for dinner—trattorias serving everything from pasta and pizza to freshly caught seafood abound.

Hotel | *Palazzo Papaleo* | +39 0836 802108 | www.HotelPalazzoPapaleo.com

PUGLIA LUXURY

Trip Length 6 days | nights

Activity Level For varied cyclists

Trip Start Bari, Italy

Trip End Lecce, Italy



ITINERARY



DAY 5

Today's Ride | *Otranto—Grotta Zinzulusa Loop* | approximately 20 miles with 600 feet of climbing
| *Long Option* | approximately 35 miles with 1,100 feet of climbing

This morning you'll enjoy some of the most picturesque landscapes of your trip. Tiny villages dot the countryside as you make your way to the coast, arriving in Grotta Zinzulusa just in time for lunch. Here we'll dine—on freshly caught seafood, naturally—in a restaurant perched on the rocky cliffs of a secluded cove. After lunch, jump back on your bike and cycle along some of the most breathtaking coastline in all of Italy. To your left, stone fences crafted centuries ago from local limestone adorn windswept fields, while the shimmering clear waters of the Ionian Sea beckon from your right. Or, shuttle after lunch back to Otranto, where you can enjoy a relaxing afternoon in this charming town. This evening during social hour, you'll delight in a different aspect of the region's culture as pizzica musicians entertain us with traditional song. Afterwards, we'll toast our week together as we dine on fresh local seafood and ribbons of homemade pasta paired with the region's best wines.

Hotel | *Palazzo Papaleo* | +39 0836 802108 | www.HotelPalazzoPapaleo.com

DAY 6

Today's Activity | *Otranto Walking Tour*

Today, linger over a hot cappuccino and soak in the gorgeous views from the rooftop breakfast terrace. Afterwards, stroll through Otranto with Trek Travel's local guide and savor the multi-cultural flavors of Puglia. Among other highlights, you'll discover the hidden meanings of the remarkable mosaic-tiled floor of the 11th century cathedral, recently declared a UNESCO World Heritage site. After completing your exploration of this delightful town, you'll have a chance to pick up some last-minute necessities, such as handcrafted pasta or a bottle of your favorite Pugliese wine. At 10:45 AM, you'll bid your guides farewell and depart by private shuttle for the Lecce train station, arriving approximately 50 minutes later. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.



WHERE WE STAY



ACCOMMODATIONS

In every region we travel we uncover the area's best, and most unique, accommodations. On our Puglia trip, you will stay in an elegant villa nestled in sumptuous grounds on the edge of town, a secluded historic manor house surrounded by acres of olive groves, and a former palace in the very heart of a seaside port town.

Relais Villa San Martino | Martina Franca, Italy

This elegant oasis is ideally situated in the heart of Puglia. The small, luxurious hotel offers excellent hospitality, exquisite attention to detail, and understated elegance. The perfectly refined rooms are sumptuous and inviting, while the bucolic grounds will entice you to linger. The swimming pool and wellness center further compliment this special hotel.

Via Taranto, 59 | +39 080 480 5152 | www.RelaisVillaSanMartino.com

Tenuta Monacelli | Casalabate, Italy

The 17th century manor house is surrounded by hundreds of acres of centuries-old olive groves, and is just a kilometer from the white sand beaches of Casalabate. The sophisticated accommodations in this 12-room hotel are uniquely spacious and warmly comfortable. The large infinity swimming pool set within an olive grove is gorgeous, and the tranquil grounds are sure to cast a magical spell on you—it's impossible to remember everyday concerns here!

Localita Cerrate, Contrada Monacelli | +39 083 238 2037 | www.TenutaMonacelli.com

Palazzo Papaleo | Otranto, Italy

The Palazzo Papaleo is an exclusive five-star luxury hotel in the heart of Otranto, just steps from the renowned cathedral. A stately palace centuries ago, today the hotel provides sumptuous rooms adorned with antique frescoes and modern furnishings. The rooftop terraces and gardens offer breathtaking views of this historic town.

Via Rondachi, 1 | +39 0836 802108 | www.HotelPalazzoPapaleo.com

MEALS

Trek Travel scopes out unique and delicious dining locations, and we usually leave at least one meal to you to explore on your own. If you have any special dietary preferences, be sure that you have informed your Trek Travel Trip Consultant before you leave for your trip. We will do our best to accommodate your dietary requests.

On our Puglia trip, breakfasts are served buffet-style at our hotels, while lunch ranges from a bountiful picnic of local goodies to casual meals enjoyed at seaside trattorias. Dinner ranges from local osteria fare to fine dining. Generally, Italians dress up for dinner out, and that is definitely the case for our first and last dinner together. You can expect lots of freshly made pasta and, given our proximity to the sea, lots of fresh seafood as well.

This itinerary is an approximation of our Puglia trip. *As always, Trek Travel strives to offer each and every guest a vacation of a lifetime. To ensure this standard of excellence, routes, hotels, and activities listed here may change at the discretion of the trip designer or guides.*



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 3 lunches, 4 dinners and all snacks and drinks for each day's ride
- Trek Travel will host a social hour on most evenings

Support

- Dedicated Trip Consultants to answer all of your questions and aid you in choosing a vacation that suits you
- Email one week prior to your trip with guide contact details, meet time & location and any final information
- The knowledge, support and camaraderie of experienced guides
- Daily route support, detailed route guide, highlighted map, van support
- All transportation and luggage transfers during the trip

Gear

- The use of a Trek Madone™ 5.2 road bike or Trek Madone™ 5.1 Women's Specific Design (limited selection) or all-aluminum Trek 7.5 FX™ hybrid bike (visit www.TrekTravel.com/RideTheBest.cfm for more details)
- The use of a Trek helmet and other gear and equipment to make your ride comfortable
- Trek Travel water bottles
- Complimentary Trek Travel merchandise

Activities

- Private tours and tastings
- Entrance fees to all group activities and events
- Gratuities for all restaurants, hotels, local guides and transportation

NOT INCLUDED

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Some meals are not included in each destination, allowing you the opportunity to explore regional cuisine on your own
- Gratuities for your Trek Travel Guides may be given at your discretion in response to their professionalism and leadership. Trek Travel suggests 5-10% of the trip price per individual guest to be divided among your guiding team as a tipping standard.

OPTIONAL EXTRAS

- **Single Supplement** | For solo travelers who prefer a room to themselves (price varies by destination)
- **Road Bike Upgrade** | Upgrade to the Madone 6.5 Pro for \$300 or the Electric Assist Hybrid for \$500 (on select trips)
- **Travel Agent** | Our agent will reserve your flights and book your pre and post trip hotels and activities
- **Trip Insurance** | Protect yourself in case of cancellation, travel interruptions and medical emergencies
- **Connections Club** | After two trips, you are invited to join and enjoy benefits both on and off our Trek Travel vacations (visit www.TrekTravel.com/ConnectionsClub.cfm for more details)



TRAVEL ARRANGEMENTS



HOW TO GET THERE

Flights | We suggest that you arrive at least one day prior to the trip start. This will enable you to adjust to the time zone and minimize the risk of missing the trip start. We recommend either flying into Bari airport (BRI), which will involve a transfer at a major European airport, or flying into Rome (FCO) and then taking the train to Bari center. The train station is across the plaza from our trip start hotel.

From the Lecce train station, you can catch a train to return to Bari if you are flying out from there, or continue on to Rome.

Driving Directions | Available from your Trek Travel Trip Consultant at 866 464 8735.

MEETING TIME AND LOCATION

Grand Hotel Leon d'Oro | Bari, Italy

Your Trek Travel guides will meet you at the Grand Hotel Leon d'Oro (Piazza Aldo Moro 4, Bari, Italy) at 9:00 AM on the first day of the trip. We'll then shuttle 45 minutes to our starting point, the Grotte di Castellana. Please have your first day cycling clothes and riding gear easily accessible, packed separate from your main luggage. After a 90-minute walking tour of the fascinating grotto, we'll enjoy a Trek Travel picnic. Then we'll fit you to your bike and begin our day's ride through the countryside.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Relais Villa San Martino (+39 080 480 5152), and leave a message with your expected arrival time and contact details. Taxis from the Bari airport or train station are readily available. The ride to our trip start in Grotte di Castellana will take approximately 45 minutes and will cost between 80€ and 120€.

DEPARTING TIME AND LOCATION

Lecce Train Station | Lecce, Italy

You will say farewell to your guides at 10:45 AM at the *Palazzo Papaleo*. You'll then take a private shuttle to the train station in Lecce, arriving at 11:45 AM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.

Let us take care of all your travel needs! *For a nominal fee, our dedicated Travel Agent can reserve your airfare, pre and post trip hotel accommodations, rental cars, train tickets and additional sightseeing activities. Please contact Trek Travel at 866 464 8735 and choose option #2 to take advantage of this convenient service.*



HOW TO PREPARE



YOUR HEALTH

Trek Travel vacations are designed to introduce you to some of the world's most spectacular places in what we believe is the best way possible—from the seat of a Trek bicycle. Although you don't have to be a professional athlete to enjoy a Trek Travel vacation, we do think it is important that you are in good overall health. If you have any concerns or questions about your health, contact your physician for a complete physical before your trip. Please be sure to make your Trek Travel Trip Consultant aware of any relevant health concerns.

CYCLING & OTHER ACTIVITIES

Daily rides on our Puglia trip range from 20 to 65 miles, with an average of approximately 30 miles and 600 feet of climbing. The terrain is generally flat, with an occasional short climb. We typically cycle along narrow, quiet roads both inland and along the coast. Options are available for riding more or fewer miles, and your Trek Travel guides and support vehicle are always close behind!

Our Puglia trip is designed for *varied cyclists*. That means whether you want to ride 1 or 100 miles, Trek Travel has completely flexible daily options to meet your desires. We offer many non-riding options for riders who, perhaps, want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. See What's Included for more information.

Some non-riding options on this trip are: Play tennis or golf, or relax poolside at the hotel | Explore “la citta bianca,” the White City of Ostuni with its narrow passageways and enticing shops | Spend a day at the beach and swim in the crystal clear waters of the Adriatic or Ionian seas | Tour the cathedral and historic past of Otranto | Spend a day in one of the hotel's luxurious spas

TRAINING

The best way to train for a Trek Travel adventure is to get out there and ride! However, if for some reason you cannot ride regularly or are limited in the amount of riding you can do, it is still important that you engage in another cardiovascular activity that suits your lifestyle like jogging, walking, swimming, or aerobics. The most important thing to remember is to maintain your level of physical fitness and to get used to being active for consecutive days.

As you prepare for the trip, try to ride a variety of terrain—long flat stretches and in particular some hills—the kind of terrain that you can expect to find on your Puglia biking vacation. Since we will be riding every day, you should feel comfortable getting back on a bike after having ridden an average of 30 miles for several days in a row. Build up your stamina for longer distances and hilly terrain as you lead up to the trip. Ride 2-3 times a week and build to include a longer ride at least once per week (about 65 miles). It's a good idea to ride on consecutive days, as this is representative of the trip. If you ride in a flat area it's worthwhile to do some hill repeats. If there are no hills at all, a spinning class or trainer can provide some more resistance to build strength.

As a Trek partner, we've been involved in the cycling industry for over 30 years and are connected to the best cycling coaches in the industry. Whether you are a category-2 racer or a beginner, we can connect you to a trainer that will get you in tiptop shape! Simply give us a call.



BEFORE YOU GO



WEATHER

In springtime, you can expect warm daytime temperatures (70F-80F), with evenings usually 10 degrees cooler. Fall is warmer with daytime temperatures reaching the mid 80s, but evenings remain cooler. Puglia's seaside location means that it can be hit with the odd cold spell or rain shower. Light layers and a wind/waterproof shell are recommended. For historical temperature and precipitation statistics in North America, visit www.Weather.com. For the rest of the world, visit www.WeatherBase.com.

RECOMMENDED BOOKS

Green Guide–Italy | Michelin Publications

A very handy reference guidebook with maps, information and hotel recommendations.

Insight Guide Southern Italy | Roger Williams

This 2006 edition is an excellent guide to the regions south of Rome. It is a great reference guide and information source for travelers.

Italy, A Short History | Harry Hearder

Elegantly written, generous and enormously informative, this compact book takes in the sweep of Italian history from the Roman Republic, through the Renaissance, World War II, and up to the recent past.

USEFUL WEBSITES

www.ItalianTourism.com | The Italian Government Tourism Board site provides detailed information on traveling in Italy.

www.ViaggiareInPuglia.it/hp/en | This Puglia Regional Tourist portal offers information about the region and useful traveling tips and highlights for Puglia.

www.GoItaly.about.com | A comprehensive site to vacationing in Italy, it includes everything from hotel and restaurant information to national news and regional information.

Don't forget! Remember to pack any personal cycling gear with you, such as a helmet, seat, pedals, shoes, and a hydration pack. In the event you bring your own clipless pedals, it's a good idea to bring spare cleats as it can be hard to find replacements during the trip.



BEFORE & AFTER YOUR TRIP



BARI

Bari is Puglia's capital and is now one of the south's most prosperous cities. Once a haven for gangsters and ne'er-do-wells, the city today is surprisingly chic and upscale. Be sure to wander through "Bari Vecchia," the captivating medieval old town. Here the tiny streets are bustling with cafes, restaurants and boutiques, and beautifully restored churches line inviting piazzas. Or, take a few minutes stroll into "new town" and check out the designer boutiques on Via Sparano da Bari. We recommend the following accommodations for your pre trip hotel.

Grand Hotel Leon d'Oro | Piazza Aldo Moro 4 | +39 080 523 5040 | www.GrandHotelLeondOro.it | ~\$120

The large, elegant hotel in the central district across from the train station underwent full renovations in 2000. The clean rooms, accommodating staff and full amenities make this a welcoming place to stay in Bari.

Palace Hotel Bari | Via Lombardi 13 | +39 080 521 6551 | www.PalaceHotelBari.it | ~\$125

The personal touches, attention to detail and customer service of this large establishment give it the feeling of a boutique hotel. Enjoy its central location and its exclusive roof garden restaurant. 64 rooms.

Hotel Adria | via Zuppetta 10, 70121 Bari | +39 080 524 6699 | www.AdriaHotelBari.com | ~\$105

This three-star hotel is located next to the train station in the center of Bari. The hotel is well maintained and features many amenities, as well as a hotel restaurant.

LECCE

Lecce is the crown jewel of Puglia. It's a graceful, cosmopolitan and high-spirited university town, packed with upscale cafes, boutiques and antique shops. There's a well-preserved historic center, and the local stone used to construct the flamboyant, intricate baroque architecture dazzles you with its cream and gold tints. Lecce's got it all—warm, welcoming locals, great shopping, lively bars and the most magical evening "passeggiata," where the entire town seems to empty onto the streets to greet neighbors and friends. We recommend the following accommodations for your post trip hotel.

Hotel Patria Palace | Piazzeta Gabriele Ricardi | +39 083 224 5111 | www.PatriaPalaceLecce.com | ~\$200

Each of the 67 rooms in this five-star hotel is personalized and unique, featuring traditional frescoes and modern comforts. This 18th century palace, centrally located in Lecce, is truly a special place to stay and is recognized as one of the top hotels in the region.

Mirage Bed and Breakfast | Via 47° Reggimento Fanteria 12 I | +39 083 238 7069 | www.BBMirage.com | ~\$100

Located in the heart of the historical district of Lecce is the Mirage. If you enjoy intimate surroundings and a focus on welcoming environments, this will be a good choice for you. The historic building was originally constructed as a palace in the 10th century.

Hotel Delle Palme | Via Leuca, 90, 73100 Lecce | +39 083 234 7171 | www.HotelDellePalmeLecce.it | ~\$95

The hotel offers spacious, elegant rooms with all amenities. The 96-room hotel is a short distance from the historical center and the train station.



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

If you must cancel your trip more than 90 days before the trip start, there is a cancellation fee of \$100; 61-90 days before the trip start there is a cancellation fee of 25% of the original trip price; 31-60 days before the trip start there is a cancellation fee of 50% of the original trip price and there is no refund for cancelling a trip 0-30 days before the trip start.

If you choose to change your trip more than 90 days before the trip start, you may do so with no fee. From 61-90 days, there will be a \$100 administration fee. If you choose to change trips within 60 days of the original trip start, the cancellation policy outlined above will apply. Please be aware that it is only possible to move to another trip within one year of the original trip departure date.

Trek Travel reserves the right to cancel a trip due to low enrollment or if we feel that the safety and quality of a trip could be compromised. If Trek Travel cancels a trip, a full refund will be issued. If a trip must be canceled due to low enrollment, we will make every effort to do so at least 60 days before the trip start. We recommend that you purchase airfare no sooner than 60 days before your departure date. Under no circumstances will Trek Travel reimburse guests or be responsible for the cost of their airfare or any cancellation or change fees that may apply. In the event of a conflict between these terms and the terms stated on Trek Travel's website, catalog or other publication, these terms shall prevail.

INSURANCE

Trek Travel highly recommends travel insurance to assist you in the event of medical emergency, lost baggage, cancelled trip or any other trip-related issue. For your convenience, Trek Travel has created a custom travel insurance package available through Travel Guard. Please contact a Trip Consultant for more details. You may purchase additional insurance on your own if you wish.

TRIP CHANGES

Trek Travel reserves the right to make route and hotel modifications or to withdraw any tour announced without notice and to make alterations and substitutions to the itinerary as necessary to improve the trip quality or to accommodate the comfort, convenience and well being of our travelers. In this event, Trek Travel will always substitute an equal or better option.

Special thanks to the following dedicated individuals for creating this trip of a lifetime!

Diane Suozzo | *Puglia Trip Expert*

Jessica Singerman | *Puglia Trip Design Coordinator*



CLOTHING & GEAR



CLOTHING & GEAR

We want you to be prepared for your trip with Trek Travel. To help you, we have put together a packing list for your trip. We highly recommend you bring the items listed on our Packing List. Keep in mind that you will be active for a good portion of each day, so make sure you bring enough changes of clothing to suit your needs.

Staying Warm and Keeping Cool | We recommend layering as the best way to stay warm and keep cool. Though we can't guarantee perfect weather, we can guarantee that the sun may not always shine. To keep you protected from the elements and feeling cool on a hot day, always carry rain gear and start with a breathable synthetic shirt to layer under a vest, windbreaker, or fleece jacket. Avoid cotton fabrics while exercising – the absorbent qualities prevent wicking and insulate poorly when wet.

Biking Attire | To ensure your comfort on the bike, it is important to wear the appropriate clothing. Padded shorts or cycling-specific shorts are recommended to help prevent chafing and soreness after a long day in the saddle. As well, we encourage you to wear a cycling jersey or a breathable synthetic shirt. This will help wick moisture away from your skin and prevent you from becoming chilled or overheated.

Many people wonder if they should bring things like cycling gloves and cycling shoes. Gloves provide much-needed padding for your hands and will prevent them from getting sore and tired as the day goes on. Cycling shoes that come with cleats and special pedals should only be used if you have been riding with them on a regular basis and are comfortable using them on long riding days. We encourage you to take the time to learn how to ride with them before using them on your Trek Travel vacation.

Evening Attire

North America

- *Luxury* | The evening activities on these trips revolve around a theme of *casual elegance* or *business casual*. Guests will not be required to have formal dress.
- *Explorer* | The evening activities on this trip revolve around a theme of *casual dress*.

Europe

- *Luxury* | Guests will not be required to have formal dress. Dinner jackets for men are optional. Certain trips do require men where dinner jackets, this will be communicated in an email one week prior to the trip start.
- *Explorer* | Most evening activities on this trip revolve around a theme of *casual dress*, however it is best to bring one outfit of *casual elegance*.

What is casual elegance? | For women this theme can be defined as anything you might wear to work or for a night out on the town with the girls! Skirts, dresses, dress pants and elegant or funky tops are very acceptable. Tip from your guides—accessorize! (Earrings and scarves take-up much less room than a entirely new outfit!) For men this theme can be defined as anything you might wear for an afternoon at the country club. Khaki pants, dress pants, shirt with a collar (short or long sleeved) or polo shirts are acceptable. Jeans/sneakers/shorts/etc. *are strongly discouraged* as attire for evening meals on our Luxury trips. Our recommendations stem from a commitment to ensuring all of our guests feel comfortable in the restaurant venues we choose.

Casual Dress | Clean and un-tattered jeans and shorts are acceptable attire on our Explorer trips.



PACKING LIST



PACKING LIST

Luggage Recommendation

- 1 suitcase and 1 carry-on per person

Biking Clothing & Gear

- Biking shorts
- Breathable, synthetic tops (short- and long-sleeved)
- Cycling socks
- Biking shoes and pedals (either clipless with your own pedals or firm-soled shoes suitable for cycling)
- Biking gloves
- Helmet (if you prefer your own)
- Wind jacket
- Fleece jacket or warm vest/jacket
- Rain jacket and pants
- Sunglasses
- Full-finger, wind-resistant gloves
- Shoe covers (toe or full foot)
- Arm and leg warmers

Other Clothing

- Hat
- Bathing suit
- Sweater/jacket for cool evenings
- Walking shorts
- Comfortable walking shoes/sandals
- Hiking shoes/tennis shoes
- Evening wear (consult your trip specific itinerary)
- Quick-drying shorts/shirts for rafting

Don't Forget!

- Sunscreen and lip balm
- Required medications and their prescriptions
- Personal items and toiletries
- Airline tickets
- Trek Travel Trip Itinerary
- Passport/Visa (if required)

Optional Items

- Books about the area
- Travel alarm clock
- Camera
- Travel iron
- Travel hair dryer (Power adapters may be required when traveling internationally)

What to Leave at Home

- Expensive electronic items
- Expensive jewelry & family heirlooms
- Other valuables

Keeping your valuables safe...*If required, Trek Travel will transport items such as iPods, Blackberries, mobile phones, cameras, jewelry and other valuables during the trip. However, Trek Travel is not responsible for the malfunctioning of, damage to, or loss of these or other valuable items either brought from home or purchased.*



CYCLING SAFETY



CYCLING SAFETY

On a Trek Travel vacation, understanding and abiding by the rules of bicycling safety are the most important part of each day. You are probably familiar with some common safety guidelines. Below are those that we follow at Trek Travel, and we ask that you follow them while traveling with us.

- It is required that you wear a helmet at all times when on your bike
- Obey all traffic signs
- Always yield the right-of-way to pedestrians
- Ride on the same side of the road as the direction of moving traffic
- Use the appropriate hand signals when stopping, slowing down, and turning
- Ride in a single-file line, leaving at least 2 bike lengths between you and the rider ahead of you
- Maintain a safe distance between you and the edge of the road
- Communicate with other riders—let them know when there are bumps, rocks, cars, or other hazards on the road
- Be ready for vehicles to pass you on the left
- Use both the rear and front brakes simultaneously—NEVER use the front brake alone
- When going downhill, pump both the front and rear brakes simultaneously, and increase the distance between you and the rider ahead of you
- Always maintain a speed that is comfortable for you
- Use caution when crossing over railroad tracks, cattle crossings, gravel patches, slippery or sandy roads, descending steeply, or when encountering a situation that is potentially dangerous or uncomfortable for you
- Always get off your bike and walk if you feel uncomfortable riding
- Gear up and gear down appropriately to maintain a safe and comfortable riding speed
- When admiring the view or taking a photo, always stop first and then look or snap
- Above all, have fun and enjoy your ride!



THE TREK TRAVEL DIFFERENCE



VACATIONS OF A LIFETIME

Like a master chef, we can't give away all of our secrets but we'd like to give you a little insight into what makes us different:

The Absolute Best Guides | Whether suggesting the perfect route to match your cycling ability, sharing their regional knowledge over dinner or anticipating your needs, our guides are consummate professionals. What sets them apart from the rest is their infinitely accommodating, fun and flexible attitude. They live by the motto *Your Day, You Decide* and will attempt anything to ensure that your trip is your trip of a lifetime.

Ride the Best | We have the best bikes—period. Included in the price of your trip is the OCLV carbon fiber 5.2 Madone, the Women's Specific Design 5.1 Madone (limited sizes available—47 cm or 50 cm), 7.5 FX hybrid or upgrade to the Madone 6.5. With every pedal stroke you'll benefit from Trek Bicycles' 30-year tradition of innovation, performance and quality.

Your Day, You Decide | It's a simple philosophy. Yet it influences everything we do. It's your vacation of a lifetime, so each and every day you should decide how you'd like it to unfold and with the help of your guides, each day is customized to you.

Local Connections | Getting an insider's view is about being *in the know*. Whether it be exclusive Team Radio Shack access or weaving you into the local culture of a region, our cycling ties & local friends connect you to the soul of the region.

We like to WOW You | We listen for subtle cues that help us make your vacation magical. Sometimes it's lifting you off Alpe d'Huez via helicopter at the Tour de France and other times it is organizing an impromptu cooking course; whatever it is, we strive to make the impossible possible!

It's in the Design | Prior to your trip, we review every detail and take into account all the needs and desires of each guest. From the historian or wine connoisseurs to our leisurely or avid riders, no one is left behind and nothing is left to chance.

The Details | Knowledgeable trip consultants, guest packets filled with regional information, complimentary clothing, 20-guest maximum capacity, luxury social hours and so many other fine details are included in your vacation. Excellence is the standard.





THE TREK TRAVEL DIFFERENCE



WHAT OUR GUESTS SAY

You have THE BEST Active Travel Company in the world. There are dozens of them out there, but your quality, commitment and professionalism stand out far above the rest. If I never take another trip, I will always remember this as the best!

—Brian

The Absolute Best Guides

Your guides provided “seamless,” “no problem” service, & consistently went beyond expectations to provide a really wonderful experience. The guides did a fantastic job both in preparing the trip and customizing it to respond to our requests and suggestions.

Ride the Best

The quality of the bikes was way beyond my expectations and the level of daily care that our guides lavished on the group and our bikes bordered on superhuman.

—Patrick & Jennifer

Your Day, You Decide

They did cool things with the routes that gave you the option to take a shorter route back to the hotel if you chose. We rode the long route the first day or two, then took the shorter option...to get back into town to shop, relax, and send postcards.

—Robin

Local Connections

Philippe was simply awesome. His command of the Vietnamese language brought the experience to life. Several times throughout the day, something would catch the eye of one of the guests and rather than just becoming a photo opportunity, Philippe would stop and start a conversation.

—John

We Like to WOW You

Of all our vacations, this was our favorite. The fact that we were a part of the Tour [of California], in the VIP tent, mingling with pro riders—WOW

—Edward and Katherine

To call the trip anything short of amazing is an understatement equivalent to calling Lance a pretty good bike rider. Everything was as promised and the surprises that were thrown in along the way put it right over the top.

—Jim

It's in the Design

My wife and I usually do trips on our own, but now realize that guided tours are the way to go! All the mistakes that you can make on your own were eliminated, and (our guides), Kevin and Laura, found some great attractions that we'd surely have missed on our own.—Jeff





THE ABSOLUTE BEST GUIDES

They are hand-picked for their natural charm and undergo extensive training to make them the best in the industry. They are teachers and scientists, writers and painters, all natural leaders who are passionate about biking, exploring and making sure our guests have the experience of a lifetime.

Whether it's having a warm exchange with the children of Vietnam with the help of Philippe, falling in love with Cendrine's French accent in Bordeaux, or learning how to frame the perfect memory with the help of Zack's professional photographic eye, you'll find our guides eager to share their endearing qualities. Along the way, they might just become the most memorable part of your vacation.

I can't possibly say enough about our experience with the guides! From Katie's advice about my pedaling on the hills, to Bruno's patient translation of the menus, to Leanne's efforts in fitting and tuning my bike, to the attention they gave to even the tiniest details. They were delightful companions, and did so much more than I expected.

—Lisa





RIDE THE BEST



BIKES

It's simple really. We think the best should just be the standard. Trek Travel is a company born from Trek Bicycles—the world's leader in creating innovative cycling technologies—so when you ride with us, you experience the world from the seat of the **best bike**. You'll benefit from 30 years of cycling experience, a team of mechanics and guides that are the most skilled in the active travel industry and a bike that is professionally tailored to fit you at no extra-charge.

We offer two completely different styles of bikes—the 5.2 Madone road bike and the 7.5 Hybrid—to ensure that you have the best geometry for your ride. We also offer Women's Specific Design in our smaller 5.1 Madone sizes (limited sizes available—47 cm or 50 cm). Or if you do want to pay a little extra, you can upgrade to our Madone 6.5. No matter which bike you select, you'll benefit from Trek's latest bike technology on every trip. For more information on the bikes we offer for family multisport and mountain biking, visit us online at www.trektravel.com/RideTheBest.cfm.



TREK MADONE 5.2 ROAD BIKE

The Trek Madone 5.2 is for the rider who likes to travel; it is fast and responsive, perfect for the open road.

- *OCLV Black Frame is light, snappy and responsive*
- *Performance Fit features an extended 30 mm head tube, providing a more upright & comfortable ride*
- *Shimano Ultegra SL front and rear derailleurs with a 12-27 (triple) cassette so you can tackle any climb*
- *Bontrager Race Lite Wheels are ultra smooth and light*



TREK 7.5 HYBRID BIKE

The Trek 7.5 Hybrid Bike is for the traveler who likes to ride; it is comfortable and smooth with components that are easy to understand.

- *Bontrager Nebula Plus Saddle features Flex Form so you can ride comfortably for longer*
- *Alpha SL Aluminum Frame is lightweight and smooth*
- *Bontrager SSR wheels give you grip for all terrain*
- *Shimano Deore 27-speed shifting for easy adjustments during your ride*



RIDE THE BEST



BIKES

Each Trek Travel bike comes standard with:

- Bike computer
- Two bottle cages
- Two water-bottles for you to keep
- A map case
- A pump
- A seat pack stocked with all the necessary items to change your tire, as well as room for your small personal gear
- Multiple stem lengths and rises to alter the geometry
- Choice of 4 different types of saddles to cushion your ride



TREK'S WOMEN SPECIFIC DESIGN MADONE 5.1 ROAD BIKE (LIMITED SIZES—47 CM OR 50 CM)

The WSD Madone was created with special features for women who like to ride.

- *OCLV Black Frame is light, agile, with a shorter top tube to adjust for a woman's geometry*
- *Bontrager's Race Lite FIT saddle is designed to keep women comfortable for long days of cycling*
- *Shimano Ultegra SL Crank is shorter in length to keep women's stroke smooth*
- *Shimano Ultegra SIT levers and ergonomic bend bring smaller hands closer to the brake levers and the narrower handle bars accommodate women's shoulders*



TREK'S MADONE 6.5 ROAD BIKE

The Trek Madone 6.5 is ultra light and engineered to win races.

- *OCLV Red Frame is extremely lightweight*
- *Shimano's new Dura-Ave drivetrain gives you elite performance*
- *Integrated headset and bottom bracket*
- *Bontrager Race X Lite wheels are as light as a feather*
- *Shimano Deore 27-speed shifting for easy adjustments during your ride*