



BORDEAUX



2011 EXPLORER





One of my worst fears was that the others in the group would be better cyclists than me. Within ten minutes my fears were put at ease. Both Ken and Philippe taught me while I was cycling on the road and made learning exciting and fun.

—Vida

WELCOME TO YOUR TREK TRAVEL® BORDEAUX ADVENTURE!

It is always a real pleasure to go back to Bordeaux for a week of bike riding and wine tasting. Each time I learn so much. It might be with Patrick, casually strolling around his vineyard and talking about the vines, or more formally at the wine school in Saint Emilion. The pleasures of eating and drinking well are still ever present. Traditional recipes of foie gras and confit and the use of truffles and strawberries date back hundreds of years. Of course, riding from winery to quaint villages is magical. I can hardly wait to share its secrets with you, but until then, here are just a few highlights to peak your interest.

- Enjoy the company of Patrick--winemaker, historian, friend and simply a charming Frenchman, his passion is intoxicating!
- Become a wine connoisseur at our St. Emilion Wine School. If only school was always this much fun!
- Take an afternoon off from riding and meander the cobblestone streets of St. Emilion or Blaye.
- Relish the history found beneath the medieval village of St. Emilion on our private tour.
- Enjoy tasting wines on the Medoc--from some of the most reputable Chateaux to some of the hidden gems.



A bientot!

Renee Krysko

Bordeaux Trip Expert



ITINERARY



DAY 1

Road Bike | *Puy Fromage to St. Emilion* | approximately 15 miles with 600 feet of climbing

Long Option | *Puy Fromage to the Dordogne to St. Emilion* | approximately 36 miles with 1,000 feet of climbing

Your Trek Travel guides will meet you at the Bordeaux Train Station (Rue Charles Domercq, 33800 Bordeaux) at 9:30 AM on the first day of the trip. After a 40-minute shuttle, you'll arrive at the home of a dear vigneron friend and 'salt of the earth character'—Patrick. After he greets you and the rest of the group with a warm bonjour, Patrick will introduce everyone to the art of wine-making and, in particular, the secret of articulating its aroma! His passion for wine and history is so animated that it transcends the need for him to speak the English language. After touring the winery and learning about the historic significance of this site in the Hundred Years War, you'll be fit to your Trek bike for the week—either a 5.2 Madone or a FX Hybrid bike. You'll then lunch on a gourmet Trek Travel picnic, eating within the stone walls of a building that dates back to 1556 and whose fireplace was used to create smoke signals during the Hundred Years War. This afternoon's ride gives you two options. Choose to enjoy a leisurely ride to the medieval village of St. Emilion or opt for a more challenging ride among the dense forests and hilly terrain of the neighboring Dordogne. Either way, your guides are there to support you along your journey. This evening, you will gather with the group for a glass of wine, a short introduction of the week at hand and our first meal together.

Hotel | *Palais Cardinal* | +33 (0) 5 57 24 72 39 | www.Clos-De-Sarpe.com

DAY 2

Road Bike | *St. Emilion Wine Loop* | approximately 18 miles with 400 feet of climbing

Long Option | *St. Emilion Wine Loop Extended* | approximately 36 miles with 600 feet of climbing

Wine School & Tastings

This morning's leisurely ride will enable you to witness, up close and personal, the seasonal work that takes place everyday in the vineyards and allow you to sample the fruits of their labor. Saint Emilion wines are considered the most robust of the wines of Bordeaux and are often perceived as reflecting the 'feminine' side of wine. Typically blended from different grape varieties - of which the three main ones are Merlot, Cabernet Franc and Cabernet Sauvignon - they are generous, very colored, and softer on the palate. Your route will lead you to a number of our favorite St. Emilion Chateaux where you'll meet the characters behind the wine and sample some of their vintages. The Trek Travel van will accompany you along the way, in case you'd like to purchase a bottle (or case!) of your favorite wine. After a Trek Travel picnic accented by local specialties, you'll have the choice to either ride back to the hotel or continue on a short afternoon ride. You'll have ample time to relax back at the hotel before you prepare for your next adventure—an arduous scholastic endeavor—wine school! With the help of Jean Louis, our expert oenologue and teacher, you will learn the intricacies of the French appellation system and the art of wine tasting. This evening, your Trek Travel guides will host an incredible meal at one of their favorite bistros.

Hotel | *Palais Cardinal* | +33 (0) 5 57 24 72 39 | www.Clos-De-Sarpe.com

Personal Cycling Gear... *Trek Travel provides everything you need to ride, however you may bring your own helmet, seat, pedals, shoes, hydration pack, or other gear from home. Please label and pack these items in a separate bag, easily accessible for the first day of the trip. If you bring clipless pedals, please also bring spare cleats as it can be hard to find replacements during the trip.*



ITINERARY



DAY 3

Road Bike | *St. Emilion to Pommerol* | approximately 14 miles with 400 feet of climbing

Private Underground Tour of St. Emilion

Today's adventure adds a spice of history to our appreciation of St. Emilion. You'll begin your day on a leisurely ride along the vineyards of Pommerol and along the banks of the river before you return to St. Emilion for lunch on your own. Enjoy a fresh salad on the square, accompanied by a crisp cool white wine from la Grave. This afternoon, the group will reconnect to enjoy a private tour of the subterranean secrets of St. Emilion. There is so much to this village beyond wine! Learn about the legend of the monk Emilion to the carving out of the amazing monolithic church. You'll have the rest of the afternoon and evening to explore St. Emilion, purchase some souvenirs and, of course, buy wine. This evening, your guides will arm you with a list of their favorite bistros for your dinner on your own.

Hotel | *Palais Cardinal* | +33 (0) 5 57 24 72 39 | www.Clos-De-Sarpe.com

DAY 4

Road Bike | *St. Emilion to Blaye* | approximately 34 miles with 400 feet of climbing

Short Option | *St. Emilion to Blaye with Shuttle* | approximately 21 miles with 300 feet of climbing

Today you will bid 'adieu' to St. Emilion and make your way toward the town of Blaye. After a 'café au lait' and 'pain au chocolat', choose to either hop in the van to shorten today's ride or pedal the entire way. Your route takes you along the river where you'll see iconic fishing shacks and you'll ascend and descend the short rolling hills lined by vines. With a flexible schedule, the day is incredibly relaxing. Pause along the way and sample a grape or two or simply enjoy a snack from the Trek Travel van. This afternoon, you are free to enjoy lunch on your own along the route. Your final destination is Blaye where, on the rocky bank of the estuary, a citadel was built by Vauban in the 17th century as part of a plan to protect Bordeaux from a possible English attack. Two other noteworthy fortifications were also erected during this mission and succeeded in completely closing off the estuary to enemies: The Fort Pâté located on the island facing the Citadel of Blaye and Fort Médoc on the opposite bank. Together, these three sites were named a UNESCO World Heritage site in 2008. Within the stone walls of the citadel lies your home for the next two nights, Hotel de la Citadelle. After you freshen up, you'll have the chance to meander through the citadel and dine at the bistro of your choice.

Hotel | *Hotel de la Citadelle de Blaye* | +33 (0)5 57 42 17 10 | www.Hotellacitadelle.com

BORDEAUX EXPLORER

Trip Length 6 days | 5 nights

Rider Level 2

Trip Start Bordeaux, France

Trip End Bordeaux, France



ITINERARY



DAY 5

Road Bike & Tasting | *Blaye to Pauillac* | approximately 21 miles with 300 feet of climbing

Long Option | *Blaye to Pauillac Extended Loop* | approximately 27 miles with 300 feet of climbing

Today, you and your travel companions will board a ferry to cross the estuary and arrive on the Medoc, where the roads open up to scenic vineyards, quiet villages and renowned Chateaux. Before you stop to visit a Chateau or two, spin out your legs along some of the same roads the pros rode in last year's Tour de France Individual Time Trial. Along the way, you'll parallel the Gironde estuary on vine-lined roads, which lead you through treasured villages such as Margaux, Beychevelle and Saint Julien. Before lunch, you'll stop at Chateau Lynch-Bages to sample some of their fine fare and enjoy a tour of their Chateau. The Lynch-Bages style came with the arrival of Jean-Charles Cazes in 1934. An innovative winemaker, Jean-Charles was willing to break with tradition and take risks to ensure a truly ripe harvest. He even developed the reputation for being the last to harvest in Pauillac. From 1945 onwards, the fame of the Chateau emerged and today its wines are characterized by their deep color, their tannic structure, their controlled concentration and elegant sensuality. After this tasting, your guides will host you to one of Pauillac's best bistros. One more Chateau visit will command our afternoon before we return to the other side of the estuary. This evening, the group will come together for a toast to the week and conclude with a gastronomic meal to satiate our well deserving appetites.

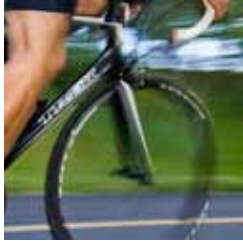
Hotel | *Hotel de la Citadelle de Blaye* | +33 (0)5 57 42 17 10 | www.Hotellacitadelle.com

DAY 6

Road Bike | *Blaye Loop* | approximately 12 miles with 100 feet of climbing

This morning you have the option to spin your legs one last time or you can walk the ramparts of the citadel of Blaye. Of course, you could always choose to slowly ease into the morning, forgo the ride, and commence your day with a warm 'pain au chocolat' and 'café latté'. You'll say farewell to your guides at 11:00 AM at Hotel de la Citadelle. Our private coach will transport you to the Bordeaux Train Station in time for afternoon trains. Please do not reserve seats on any train leaving before 1:00 PM.

Last minute question? *Your guides will be available 24 hours before the start of your trip. 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.*



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 2 lunches, social hour on many evenings, 3 dinners, and all snacks and drinks for each day's ride

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 carbon road bike, or Trek Madone™ 5.1 Women's Specific Design carbon road bike (limited selection), or Trek 7.5 FX™ hybrid bike (visit www.trektravel.com/ridethebest.cfm for more details)
- Complimentary Trek Travel merchandise
- Bike computer and a map case
- Two water-bottles for you to keep
- A pump and seat pack stocked with all the necessary items to change a flat
- Multiple stem lengths and rises to alter the geometry and choice of saddles to cushion your ride

Activities

- Private tours and tastings and entrance fees to all scheduled 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. Industry standard is for each individual guest to tip the guide team 5-10% of the trip price.

OPTIONAL EXTRAS

- **Single Supplement** | For solo travelers who prefer a room to themselves (price varies by destination)
- **Bike Options** | Madone 6.5 - \$300 | Carbon Clincher Wheels - \$300 | FX+ Electric Hybrid - \$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



WHERE WE STAY & EAT



ACCOMMODATIONS

In every region we travel we uncover the area's best, and most unique, accommodations. On our Bordeaux trip, you will stay in two quaint accommodations that are ideally located in medieval towns and provide peaceful surroundings.

Palais Cardinal | St. Emilion, Gironde, France

A quaint property, Palais Cardinal is an intimate hotel, located steps away from St. Emilion's cobblestone streets. Be sure to make time to enjoy its relaxing pool or simply benefit from its proximity to the main square of this stunning medieval village filled with savory bistros, wine shops, historic sites and beautiful scenery.

Place du 11 Novembre 1918 | +33 (0) 5 57 24 72 39 | www.Clos-De-Sarpe.com

Hotel de la Citadelle de Blaye | Blaye, France

Hotel de la Citadelle is located within the stone walls of the old citadel, a UNESCO World Heritage site, that was built in 1689 by Vauban on a rock beside the river. It is one of three strategic sites that prevented enemies from arriving in Bordeaux during the Religious Wars, but now it stands as a reminder of a long lost history. Enjoy the calming nature of the hotel and cuisine that honors the gastronomic tradition of the South-West.

5 place des Armes | +33 (0)5 57 42 17 10 | www.Hotellacitadelle.com

MEALS

Trek Travel scopes out unique and delicious dining locations, and we usually leave at least one meal for 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 Bordeaux trip, the region's palate is as rich as its wine. Sit down to steak, lamb and fish simmered and served in a wine-based sauce, complemented with a hearty regional red wine. Oysters and mussels join the ranks of sturgeon and mullet as fresh seafood favorites in Bordeaux. Garden grown vegetables accompany most dishes and a cheese course rounds out the meal. Of all the local specialties, the most renowned is sauce bordelaise served over entrecote (beef steak), made with red wine, marrow-based brown stock, shallots and seasonings. Finally, from the town of St. Emilion come some of the best macarons ever baked.

This itinerary is an approximation of our Bordeaux 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.*



TRAVEL ARRANGEMENTS



HOW TO GET THERE

Flights | We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Paris (CDG) and transferring on to Bordeaux.

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

MEETING TIME AND LOCATION

Bordeaux Train Station | Bordeaux, France

Your Trek Travel guides will meet you at the Bordeaux Train Station (Rue Charles Domercq, 33800 Bordeaux) at 9:30 AM on the first day of the trip. Your Trek Travel guides will be visible and dressed in Trek Travel attire. After a 40-minute shuttle heading into the heart of wine country, you'll arrive at Chateau Puy Fromage. After being professionally fit on your Trek bicycle, you'll enjoy a delightful picnic before biking toward the medieval town of St. Emilion, a UNESCO World Heritage site.

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, Palais Cardinal (+33 (0) 5 57 24 72 39), and leave a message with your expected arrival time and contact details. You may take a taxi to the Chateau Puy Fromage or to our first night's hotel, Palais Cardinal, for approximately 70 euros.

DEPARTING TIME AND LOCATION

Bordeaux Train Station | Bordeaux, France

You will say farewell to your guides at 11:00 AM at the Hotel de la Citadelle. Our private coach will transport you to the Bordeaux Train Station in time for afternoon trains. Please do not reserve seats on any train leaving before 1:00 PM.

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 hotels, rental cars, train tickets and additional sightseeing activities. Call Trek Travel at 866 464 8735 and choose option #2 to take advantage of this convenient service.



BEFORE YOUR TRIP



BORDEAUX, FRANCE

Stroll throughout the city and take in the elegant sites and sounds of this exquisite cultural/wine centre. Explore the central districts from the Quartier des Chartons to the Esplanade des Quinconces. Enjoy the narrow alleyways of Tourny and wander toward Quartier des Grands Hommes. One must see the church of Notre-Dame and the Cloister of the Dominican convent. Before enjoying a quiet walk along the river, enter the courtyard of Fossés de l'Intendance, the triumphal route of princes, kings and heads of state and proceed toward Place de la Comédie and the Place du Parlement. The Quartier Saint-Michel and the Grand-Théâtre are two-must sees. Bordeaux features an extensive choice of wonderful boutiques and art galleries spread among many pedestrian streets—it's a great place to shop. Bordeaux has many museums to visit and below is a small collection that shouldn't be missed: Musée d'Aquitaine: Presents the history of Bordeaux and the region from prehistory to the 20th century. | Musée des Beaux-Arts: This museum carries works from the 15th-20th century. | Centre Jean-Moulin: The centre is a museum dedicated to the Résistance and the role of Jean-Moulin during the WWII. Treat yourself to a day or perhaps a week at one of the many Atlantic beaches near Bordeaux. Drive directly west of Bordeaux and discover the charming beaches of Lacanau or Arcans. The Atlantic waters play host to many water sports, including surfing. Further south along the ocean, climb the tallest sand dunes in Europe—the Dune du Pilat. Finally, make your way into Basque country and explore the dynamic and beautiful cities of Biarritz and St-Jean-de-Luz. We recommend the following accommodations for your pre trip hotel.

The Regent Grand Hotel de Bordeaux | 2-5 Place de la Comedie | +33 (0)5 57 30 44 44 | www.TheRegentBordeaux.com | ~\$425

The Grand Hotel is one of the most beautiful and unique hotels in Bordeaux. After a faithful restoration, it resumed its rightful place in the heart of downtown Bordeaux. It is as elegant as in the past, respecting its colorful history and offering the finest world class hospitality. 150 rooms.

Hôtel de Normandie | 7 cours de 30 Juillet | +33 (0)5 56 52 16 80 | www.Hotel-De-Normandie-Bordeaux.com | ~\$257
Discreet comfort qualifies this three-star hotel. You will enjoy its perfect location close to the Place des Quinconces and historical district of Bordeaux. 100 rooms.

Tulip Inn Le Bayonne Etche-Ona | 15 cours Intendance | +33 (0)5 56 48 00 88 | www.Bordeaux-Hotel.com | ~\$307
In 1997 two older establishments were combined to create this centrally-located hotel, a member of the Best Western group. The rooms are well sound-proofed and comfortably furnished. 65 rooms.



AFTER YOUR TRIP



PARIS, FRANCE

Paris is home to many of the world's best-known monuments and museums. A backdrop of many famous photos, the Arc de Triomphe sits majestically at the top end of the Champs-Élysées. You can go to the observation deck for an expansive view down the world-famous boulevard from Napoléon's huge triumphal arch—the largest in the world. The Arc isn't the only site that offers a great view of the city, however. Other monuments with impressive vistas include the view from the white dome of the Basilique du Sacré-Coeur de Montmartre, or from atop the 56 floors of the Tour Montparnasse, and of course at the summit of the most famous monument in Paris—le Tour Eiffel. Named after its creator, Gustave Eiffel, the Eiffel Tower was originally built as a temporary structure for the 1889 Universal Exposition. However, the tower was never torn down and is now an enduring symbol of Paris. The city also boasts some of the world's best museums. At the top of the list is the Musée du Louvre where you can visit one of the world's greatest art collections that include such famous works as the Mona Lisa, the Venus de Milo and the Winged Victory of Samothrace. Just across the river lies the Musée d'Orsay. We recommend the following accommodations for your post trip hotel.

Hôtel La Demeure | 51 Boulevard Saint Marcel | +33 (0)1 43 37 81 25 | www.Hotel-Paris-LaDemeure.com | ~\$332

An oasis in the middle of the vibrant Latin Quarter on the left bank, this family-run hotel will make you feel at home. 43 rooms.

Hôtel Louvre Marsollier Opéra | 13, rue Marsollier | +33 (0)1 42 96 68 14 | www.Louvre-Paris-Hotel.com | ~\$425

In the heart of historical Paris, located on a quiet street in the center of a prestigious neighborhood, this is a stylish hotel where Oscar Wilde lived in 1899. The hotel's website has some useful information and links to activities.

Hôtel d'Angleterre | 91, rue de la Boétie | +33 (0)1 43 59 35 45 | www.Angleterre-Paris-Hotel.com | ~\$186

Situated on one of the most famous streets in the world, right in the heart of the Champs-Élysées between the Etoile and Concorde. 40 rooms.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Level | 2

Terrain | undulating

Average Daily Distance | 20 miles

Average Daily Climbing | 365 feet

On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. On most Trek Travel trips you can ride as much or as little as you like. Bordeaux is best suited for our Level 2 Riders. Our Trek Travel guides can also easily accommodate Level 1 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Level 2&3 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Levels, please consult www.trektravel.com/riderlevels.cfm.

On most Trek Travel trips, we offer non-riding options for riders who 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 Included In The Trip Price for more information.

Some non-riding options on this trip are: Private wine-tastings in various Chateaux | Private wine school in St. Emilion | Private guided tour of Europe's largest underground, monolithic church | Shopping in both St. Emilion and Blaye

TRAINING & YOUR HEALTH

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. If you have any concerns or questions about your health, contact your physician and be sure to make your Trek Travel Trip Consultant aware of any relevant health concerns.

As you prepare for the trip, try to ride a variety of terrain—long, flat stretches and some hills—the kind of terrain that you can expect to find on your Bordeaux biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 20 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 300 miles). If you ride in a flat area, 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.



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.

Tipping your Trek Travel Guides... *Gratuities to your Trek Travel guides are not included in the price of your trip. Please tip your guides at your discretion based on their level of professionalism and service. The industry standard is 5-10% of the trip price, to be divided amongst your guide team.*



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 wear 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

Clothing & Gear

- Hat
- Bathing suit
- Sweater/jacket for cool evenings
- Walking shorts
- Comfortable walking shoes/sandals
- Evening wear (consult your trip itinerary)
- Walkable cycling shoes
- Light cycling jacket

Don't Forget!

- Required medications and their prescriptions
- Airline tickets
- Trek Travel Trip Itinerary

International Travel

- Passport/Visa
- International power adapter
- Power converter

Cycling Clothing & Gear *To purchase suggested items below, please visit a Trek dealer near you—www.TrekBikes.com*

- Cycling shorts | *Bontrager RXL Bib | RXL Short | RXL WSD Short*
- Breathable, synthetic tops | *RXL SS Jersey | RXL WSD SS Jersey | Race LS Jersey | Race WSD LS Jersey*
- Cycling socks | *Bontrager RL Sock*
- Cycling shoes and pedals | *Bontrager RXL Road | RXL WSD Road; Street | Street WSD*
(either clipless with your own pedals or firm-soled shoes suitable for cycling)
- Cycling gloves | *Bontrager Satellite Fusion GelFoam | Satellite Fusion GelFoam WSD*
- Helmet—if you prefer your own | *Trek Circuit | Circuit WSD*
- Saddle—if you prefer your own
- Wind jacket | *Bontrager Sport Packable Wind Jacket | Sport Packable WSD Wind Jacket*
- Fleece jacket or warm vest/jacket
- Rain jacket and pants
- Full-finger, wind-resistant gloves
- Shoe covers—toe or full foot | *Bontrager Sport Neoprene Toe Covers | Bontrager Race Waterproof Road Shoe Cover*
- Arm and leg warmers | *Bontrager Sport Arm Warmers | Sport Leg Warmers*

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



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.

ROAD CYCLING SAFETY

- 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!



WHY TRAVEL WITH TREK TRAVEL



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), 7.5 FX hybrid or choose the Madone 6.5 or Electric Bike. 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.





WHY TRAVEL WITH TREK TRAVEL



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



STANDARD 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 7.7 Hybrid—to ensure that you have the best geometry for your ride. We also offer Women's Specific Design in our smaller 5.2 Madone sizes (limited sizes available). Or if you do want to pay a little extra, you can upgrade to our Madone 6.5, Electric Bike or Bontrager's XXX Lite Carbon Clincher Wheelset. 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.

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive*
- *Bontrager Race X Lite carbon fork with an E2 steerer to provide amazing handling and steering accuracy*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *Bontrager Race Wheels are ultra smooth and light*



TREK 7.7 FX HYBRID BIKE

The Trek 7.7 FX Hybrid Bike is for the traveler who likes to ride; it is comfortable and smooth with components that are easy to understand.

- *Bontrager H2 Saddle features Flex Form so you can ride comfortably for longer*
- *FX Alpha Black Aluminum frame with IsoZone monostay to create a more compliant ride*
- *Shimano 105 Triple 10spd components with 12-27T cassettes for more gear ratios to conquer any climb*
- *Bontrager Race wheelset which provides better acceleration and more confident handling*



RIDE THE BEST



TREK MADONE 5.2 ROAD BIKE WOMEN SPECIFIC DESIGN (LIMITED SIZES AVAILABLE)

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

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive with a shorter top tube to adjust for a woman's geometry*
- *Bontrager Race X Lite carbon fork with an E2 steerer to provide amazing handling and steering accuracy*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *Bontrager Race Wheels are ultra smooth and light*

OPTIONAL BIKES



TREK 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 Dura-Ace compact drivetrain gives you the elite performance with a gear ratio to conquer any climb*
- *Integrated headset and bottom bracket*
- *Bontrager Race X Lite wheels are as light as a feather*



TREK FX+ ELECTRIC BIKE (LIMITED SIZES AVAILABLE)

With the Trek FX+ Electric Bike enjoy the same upright and comfortable ride.

- *FX Alpha Black Aluminum frame*
- *Trek Syn Drive power management system automatically adjusts power based on rider input, speed, and terrain*
- *Silent Drive motor provides up to 350 watts of assistance*
- *27 Speed Shimano Rapid Fire Shifting*