



## NORTH CAROLINA ROAD & MTB



2011 DEMO





*The Appalachians still invite those who desire to experience their charm, and we at Trek Travel are truly excited to share this special place with you. Whether beckoning to be explored by road or mountain bike, this misty kingdom holds long-kept secrets and the promise of new adventures.*  
Rebecca  
— Trip Designer

## WELCOME TO YOUR TREK TRAVEL® NORTH CAROLINA ROAD & MTB ADVENTURE!

When I look across the Southern Appalachians, I am overwhelmed by the constancy and age of these mountains. That constancy was part of my experience here, long before I read about them in geology books; it exists in a sense of patient quiet that these mountains exude. As their well-worn summits fold away into the distant blue haze, these giants appear both inviting and consuming. With waterfalls and green canyons tucked into corners and soft golden sunsets glowing behind endless ridges, it is easy to fall in love with this country. These ancient mountains invite those who desire to experience their charm, and we at Trek Travel are truly excited to share this special place with you.

- Mountain bike on trails through rhododendron thickets, along clear streams, and under a canopy of hemlock branches.
- Visit some of the famous waterfalls in DuPont State Forest on foot or by bike.
- Challenge yourself with the road bike ride to Caesar's Head State Park, where the views make it worth the effort.
- Enjoy culinary delights from two small, locally-owned restaurants in downtown Brevard.
- Experience the burst of colors that accompanies fall in the southern Blue Ridge.



*See you soon!*

### **Rebecca Falls**

North Carolina Road & MTB Trip  
Expert



# ITINERARY



## DAY 1

### Mountain Bike | Bent Creek Trails

Your Trek Travel guides will meet you at the Renaissance Asheville Hotel (One Thomas Wolfe Plaza, Asheville, NC 28801) at 10:30 AM on the first day of the trip. From here, you and your new traveling companions will have a 20-minute shuttle to the day's ride start at the Bent Creek Experimental Forest. Following a picnic lunch, your Trek Travel guides and Trek demo crew will spend some time familiarizing you with the Trek bikes you'll be riding, making sure that you and your bike are the perfect fit. Once you've been filled in on the details of the day, you'll head out on a great warm-up ride through the beautiful mountains of western North Carolina. Today's routes will afford the first opportunity to explore some of the region's famous single track. After the ride, you will be shuttled to your home for the weekend—Brevard, North Carolina. Take a few moments to settle into The Inn on Main Street, our charming hotel located in the heart of this mountain town. Following a social hour on the deck of the Inn, a short walk will lead you to Marco Trattoria, a unique Italian eatery on Main Street, where the group will enjoy its first meal together.

**Hotel** | *The Inn On Main Street* | 828 884 4770 | [www.TheInnOnMainStreet.com](http://www.TheInnOnMainStreet.com)

## DAY 2

**Road Bike** | *Brevard to Caesar's Head Loop* | approximately 60 miles with 4,700 feet of climbing

**Shorter Option** | *Rosman Loop* | approximately 27 miles with 1,000 feet of climbing

This morning, following a bountiful country breakfast prepared by the Inn on Main Street, you'll have the chance to enjoy one of western North Carolina's most famous road rides. From downtown Brevard, the well-known Caesar's Head loop takes you up a six-mile climb through Caesar's Head State Park, located in South Carolina. From the park headquarters, enjoy a panoramic view of Table Rock and the Blue Ridge Mountains. According to Bicycling Magazine, Caesar's Head is George Hincapie's favorite local cycling destination. (George is from nearby Greenville, South Carolina.) Come see why the pros love this ride! If you'd rather take a shorter spin this morning, take the Rosman Loop south of Brevard, another local favorite. After your ride—no matter which option you choose—you'll enjoy lunch together at a local café. Then you'll be free to spend the rest of the day exploring downtown shops or just enjoying a cup of coffee. This evening, you are on your own to explore the variety of restaurants in downtown Brevard, all a short walk from the Inn.

**Hotel** | *The Inn On Main Street* | 828 884 4770 | [www.TheInnOnMainStreet.com](http://www.TheInnOnMainStreet.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

#### Mountain Bike | *DuPont State Forest Trails*

The options today are endless, leaving you with a multitude of ways to spend your day on a bike in western North Carolina. The trails in DuPont State Forest can be described in a word: fun! Spend your morning exploring this land of waterfalls and flowing trails. Some of the descents are so great you will want to climb the trail again just to have a second run! You'll no doubt have worked up an appetite and can look forward to a stellar gourmet picnic for lunch. For an afternoon ride, you may decide to tackle the eastern slickrock of the Cedar Rock or Burnt Mountain Loops. Whatever your choice, save some energy for raising a glass to a great weekend at the group's final dinner tonight. You will gather at Hob Nob, a locally owned, French-fusion restaurant on Main Street that is sure to deliver an unforgettable meal.

**Hotel** | *The Inn On Main Street* | 828 884 4770 | [www.TheInnOnMainStreet.com](http://www.TheInnOnMainStreet.com)

### DAY 4

#### Road Bike | *Brevard to River Road Return* | approximately 31 miles with 300 feet of climbing

This morning you will grab your road bike once again and wind past beautiful mountain farms, east of Brevard. This ride is a great chance to enjoy the sweet smells, sounds and sights of the southern Appalachians. Return to the Inn in time to check out, then you are on your own for lunch. You'll say farewell to your guides at 2:00 PM at the Asheville Regional Airport or will continue in the shuttle to the Renaissance Asheville Hotel in downtown Asheville. For those of you taking a shuttle to the Asheville Regional Airport, you will arrive between 2:00 PM and 2:30 PM. The shuttle will be arriving 20 minutes later to the Renaissance Asheville Hotel in downtown Asheville. If you plan to fly out of the Asheville airport on this day, please do not schedule your flight any earlier than 3:30 PM

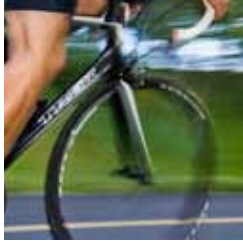
### NORTH CAROLINA ROAD & MTB DEMO

**Trip Length** 4 days | 3 nights

**Rider Level** 3

**Trip Start** Asheville, NC

**Trip End** Asheville, NC



## WHAT'S INCLUDED



### INCLUDED IN THE TRIP PRICE

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#### **Food & Lodging**

- Accommodations during the trip
- Daily breakfast, 3 lunches, social hour on many evenings, 2 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 wide variety of 2011 high-end Trek and Gary Fisher road and mountain bikes (visit [www.trektravel.com/ridethebest.cfm](http://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

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- 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

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- **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 North Carolina Road & MTB trip, you will stay in the heart of downtown Brevard, at the charming New Orleans French Country Inn on Main Street. The property is furnished with antiques and has a welcoming atmosphere.

#### **The Inn On Main Street** | Brevard, North Carolina

Elegant and romantic New Orleans style bed and breakfast that is nestled in the scenic Blue Ridge Mountains and features six comfortably decorated and uniquely appointed guest rooms with all rooms including lovely antiques and private baths.

243 West Main Street | 828 884 4770 | [www.TheInnOnMainStreet.com](http://www.TheInnOnMainStreet.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 North Carolina Road & MTB trip, you'll dine on mostly American fare such as chicken, pasta and fish, although Marco Trattoria offers Italian specialties. You'll also take advantage of fresh, local, seasonal fruits and vegetables. The restaurants we visit on this trip are locally owned and unique, offering inventive interpretations of many favorite dishes. Vegetarian diets are easily accommodated.

**This itinerary is an approximation of our North Carolina Road & MTB 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 Asheville Regional Airport (AVL). Continental Airlines, Delta Air Lines, Air Tran, American, United and US Airways fly into this airport.

The airport has ground transportation available to the Renaissance Asheville Hotel and downtown Asheville. Call 828-681-0051 to arrange it. The estimated cost of a one-way trip to downtown from the airport is between \$25-\$40 per person.

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

### MEETING TIME AND LOCATION

**Renaissance Asheville Hotel** | Asheville, NC

Your Trek Travel guides will meet you at the Renaissance Asheville Hotel (One Thomas Wolfe Plaza, Asheville, NC 28801) at 10:30 AM on the first day of the trip. Your Trek Travel guides will use the meeting area/patio along the right side of the hotel (as you enter the front revolving door) to gather all guests and luggage. Once everyone has arrived, you will board the Trek Travel van and depart for a twenty minute drive to the Bent Creek Experimental Forest. At Bent Creek your guides will prepare a picnic lunch, do a short round of introductions, and a bike fitting. You'll then depart for your afternoon mountain bike ride in this beautiful forest. You should have your first day's riding clothes and equipment in a bag separate from your luggage so you can easily access these items for the bike fitting and ride.

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, The Inn On Main Street (828 884 4770), and leave a message with your expected arrival time and contact details. You may call for a private shuttle or rent a car to get to the first night's accommodations, The Inn on Main Street. See the concierge at the Renaissance Hotel for assistance if needed.

### DEPARTING TIME AND LOCATION

**Asheville Regional Airport or Renaissance Asheville Hotel** | Asheville, NC

You will say farewell to your guides at 2:00 PM at the the Asheville Regional Airport or will continue in the shuttle to the Renaissance Asheville Hotel in downtown Asheville. For those of you taking a shuttle to the Asheville Regional Airport, you will arrive between 2:00 PM and 2:30 PM. The shuttle will be arriving 20 minutes later to the Renaissance Asheville Hotel in downtown Asheville. If you plan to fly out of the Asheville airport on this day, please do not schedule your flight any earlier than 3:30 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 & AFTER YOUR TRIP



### ASHEVILLE, NORTH CAROLINA

We recommend spending some extra time in scenic North Carolina, especially if you're a fan of photography, hiking or any other outdoor adventure sport. Vibrant downtown Asheville features an eclectic mix of locally owned restaurants, artist galleries, and shops. Take a ride on the Asheville Historic Trolley Tour or venture out to the Biltmore Estate to tour America's largest privately owned home and see the expansive gardens. If you are interested in hiking on the Appalachian or the Mountains-to-Sea Trail, rafting on one of the many rivers in the region, biking on the Blue Ridge Parkway, or simply relaxing while taking in a sunset over the surrounding mountains, Asheville is a wonderful place to spend a day or two before or after your Trek Travel vacation. We recommend the following accommodations for your pre trip hotel.

**The Renaissance Asheville Hotel** | One Thomas Wolfe Plaza | 828 252 8211 | [www.RenaissanceHotels.com/AVLBR](http://www.RenaissanceHotels.com/AVLBR) | ~\$179

The Renaissance Asheville Hotel is conveniently located in downtown Asheville, close to the many antique stores, shops, coffeehouses and restaurants. It has an indoor pool and fitness center, bar, restaurant, and comfortable rooms with all of the amenities you would expect from a Marriott hotel.

**The Double Tree Biltmore Hotel** | 115 Hendersonville Road | 828 274 1800 | [www.BiltmoreAsheville.DoubleTree.com](http://www.BiltmoreAsheville.DoubleTree.com) | ~\$184

The Double Tree Biltmore Hotel is located only a block away from the Biltmore Village historic area and two miles from downtown. It has a beautifully landscaped courtyard, outdoor heated pool and whirlpool, access to jogging trails and all the modern conveniences of home.

**Cedar Crest Victorian Inn** | 674 Biltmore Avenue | 828 252 1389 | [www.CedarCrestInn.com](http://www.CedarCrestInn.com) | ~\$232

This beautiful Victorian mansion sits on a hill overlooking the historic Biltmore Village area. It is located just a few miles from downtown Asheville, but the beautiful gardens of dogwood trees, rhododendrons and roses, as well as the Victorian details of twin gables, turrets, gingerbread trim and multi-leveled verandahs, may prevent you from wanting to leave the grounds! The ten rooms of the Inn are all furnished with period antiques and unique décor. The paneled wood and stately fireplaces set the stage for a perfect getaway.



## HOW TO PREPARE



### CYCLING & OTHER ACTIVITIES

**Rider Level** | 3

**Terrain** | hilly

**Average Daily Distance** | 45 miles

**Average Daily Climbing** | 2,500 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. North Carolina Road & MTB is best suited for our Level 3 Riders. Our Trek Travel guides can also easily accommodate Level 2 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 4 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](http://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: Shopping | Hiking | Visit the Brevard Music Center

### 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 North Carolina Road & MTB biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 45 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 60 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

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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

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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

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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)
- Mountain biking shoes
- Hydration Pack (if desired for mountain biking)

#### **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](http://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

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- 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!

### MOUNTAIN BIKING SAFETY

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- Always stay on designated trails.
- When riding through obstacles look at the path you want to follow NOT the object(s) you want to avoid.
- If you are not comfortable with a particular section of trail get off your bike and scout it out first. If you are still uncomfortable then there is no shame in walking.
- When descending on rugged terrain get your weight back and out of the saddle with your feet parallel to the ground. This allows you to absorb bumps from the front without committing your weight forward (and over the handlebars).
- Ride loose; tense riders have a higher probability to crash.
- Use both the rear and front brakes simultaneously—NEVER use the front brake alone.
- Take extra precautions to ensure your personal safety as support vehicles may not be able to reach you in the event you become lost or hurt. Be sure to always ride with another person, and carry pertinent phone numbers, a map, food, water, and basic first aid supplies.



## 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](http://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*