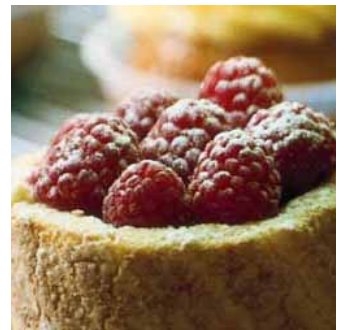




DORDOGNE



2011 LUXURY MULTISPORT FAMILY





When I was a kid I loved to hear of fairy tales filled with honorable knights, maiden ladies and tall, stone castles. It was so magical! The day I arrived in the Dordogne I realized that this is the birthplace of fairy tales!
—Renee Krysko
Trip Designer

WELCOME TO YOUR TREK TRAVEL® DORDOGNE ADVENTURE!

The Dordogne is the birthplace of fairy-tales. Pre-historic caves and medieval châteaux dot the area and provide a perfect window into the exciting world of cavemen and knights. You'll stand before magnificent paintings of black and red bison dating from 14,000BC and canoe along the cool waters of the river getting a sense of the imminent danger that lurked during the Hundred Years War. As you stroll the narrow cobblestone streets of Sarlat you may feel as though a knight will come galloping around any corner. It's every child's imaginary dreamworld but in its life-size authentic state. Of course, you'll love riding on deserted roads, sheltered from the sun by dense forest. It's your vacation—you can shape your day as you wish!

- Ride on quiet tree lined roads, through medieval villages, and along the peaceful Dordogne River.
- Enjoy learning the ancient skill of archery and hike in the dense forest still inhabited by wild boar.
- Marvel at the medieval fortress of Castelnaud.
- Visit the only cave in the world open to the public featuring pre-historic polychrome paintings.
- Canoe along the Dordogne River with castles clinging to the limestone rock overhead.



A bientôt!

Cendrine De Vis
Dordogne Trip Expert



ITINERARY



DAY 1

Explore Sarlat | *Saturday Market in Sarlat*

Road Bike | *Sarlat to Les Eyzies* | approximately 15 miles with 1200 feet of climbing

Your Trek Travel guides will meet you at the Brive-la-Gaillarde Train Station (Brive-la-Gaillarde, France) at 10:00 AM on the first day of the trip. After a 60-minute shuttle, you and your family will arrive in the medieval town of Sarlat, in the heart of the Périgord Noir. Meander through the cobblestone alleys of Sarlat and participate in a tradition that is quintessentially French—the Saturday morning village market! Sample various local cheeses, purchase some locally produced walnut oil and enjoy the dynamic and colorful scenes of this weekly gathering. You'll reconnect with the rest of the group for a bountiful picnic lunch and then be professionally fit to the Trek bike you've selected. The afternoon ride will take you and your family to our hotel through quaint farmlands and quiet roads. Take a dip in the pool before meeting on the terrace for a welcome drink and overview of the week. Tonight, you'll enjoy a lively dinner at the hotel featuring local specialties to celebrate your first day in the Dordogne.

Hotel | *Hotel du Centenaire* | +33 (0)5 53 06 68 68 | www.HotelduCentenaire.fr

DAY 2

Canoe | *Dordogne River & visit Chateau Castelnaud*

Road Bike | *Château de Castelnaud to Les Eyzies* | approximately 15 miles with 1200 feet of climbing

After a bountiful breakfast, you will go back in time to the High Middle Ages when tensions between the French and English grew strong and the Dordogne River marked the front line of the Hundred Years War. You and your family will enter into the heart of the region via the River on canoe, as was done many years before. Adults and kids alike will be in awe of the castles, fortresses and bastide towns which crown the hills and tower above. These fortresses stand as a living memory of the gruesome battles and raids that took place long ago. The formidable village of Castelnaud is yours to discover over lunch. You will be captivated by the colorful tales told by the local guide who will lead the group through the remarkable Château de Castelnaud. After the visit, you will enjoy a leisurely ride back to the hotel, following the River. For those looking to enjoy some extra time in the pool, hop into the Trek Travel van and escape the warm afternoon sun! You will not have to fear missing the pool however, for tonight you will regroup there for a pool party before dining at the hotel.

Hotel | *Hotel du Centenaire* | +33 (0)5 53 06 68 68 | www.HotelduCentenaire.fr

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

Visit the Gouffre de Proumeyssac

Road Bike Option | *Les Eyzies to Gouffre de Proumeyssac Loop* | approximately 15 miles with 2,300 feet of climbing

Short Option | *Les Eyzies to Gouffre de Proumeyssac* | approximately 10 miles with 1,000 feet of climbing

This morning you and the rest of the family will participate in a leisurely ride through ancient forests and picturesque villages to our final destination—Gouffre de Proumeyssac. Since 1907, speleological expeditions have uncovered several galleries nestled deep within the Gouffre de Proumeyssac. Together you will descend into the Gouffre’s chasm and this underground journey will lead you through a canyon, passing striking views of stalactites, passageways, and chambers. The most beautiful chamber is the Crystal Cathedral where a stunning light show, set to music, will become one of the most memorable moments of the trip. After the visit, you and your loved ones will enjoy a delightful Trek Travel picnic prepared by your guides. Once satiated, you have the option of riding some additional miles on rolling hills, or shuttling directly to the hotel with your child to perhaps play a round of golf or relax by the pool. This is your vacation, you choose. Tonight, your Trek Travel guides will host a special “kids only” dinner while you explore town and look for the perfect restaurant for dinner.

Hotel | *Hotel du Centenaire* | +33 (0)5 53 06 68 68 | www.HotelduCentenaire.fr

DAY 4

Visit the Font de Gaume prehistoric cave

Road Bike | *Les Eyzies to Trémolat* | approximately 20 miles with 1100 feet of climbing

Your day will start right here in Les Eyzies-sur-Tayac—the world capital of prehistory—where steep cliffs crowned with evergreen oaks and junipers mark the confluence of the Vézère and the Beune River, and served as the dwelling places for prehistoric peoples. This morning you will enjoy a private tour of the outstanding Font de Gaume cave, a showpiece of Magdalenian engravings and paintings dating from 14,000 BC. The cave holds over 200 polychrome paintings, including depictions of more than 80 bison, approximately 40 horses, and more than 20 mammoths, and is considered the best example of polychrome painting other than Lascaux (which is now closed to the public). After your visit enjoy lunch on your own in Les Eyzies before you hop on your bike. This afternoon take to your bike and enjoy the scenic ride to Le Vieux Logis, where you and your family can retreat poolside and reflect on all you’ve seen today. If you wish to carry on and spin some more, continue riding through the roller coaster terrain that is typical of this region. Tonight you will meet with the rest of the group for a casual dinner at the village bistro.

Hotel | *Le Vieux Logis* | +33 (0)5 53 22 80 06 | www.Vieux-Logis.com

DORDOGNE LUXURY MULTISPORT FAMILY

Trip Length 6 days | 5 nights

Trip Start Brive-la-Gaillarde, France

Rider Level 2

Trip End Bergerac, France



ITINERARY



DAY 5

Hike the hills of Trémolat

Road Bike | *Pezuls Loop* | approximately 15 miles with 500 feet of climbing

Private Archery Lessons

This morning you will part with your trusty two-wheeler, but only temporarily, and put on your hiking boots for a walk in the hills around Trémolat. The French often stroll these hills looking for treasured mushrooms—“cèpes” and “truffles.” As a family, see if you can uncover these delicious delights. After lunch, those interested in some additional miles in the Périgord Vert will have the option to ride to the village of Pezuls. Alternatively, you can choose to stay at Le Vieux Logis and relax by the pool with a good book. This evening you’ll regroup with the other families for an archery workshop on the hotel grounds where Jerome, a local expert, will demonstrate and teach you the skills perfected by archers in the Middle Ages. You’ll be surprised by how much force you must use to send the arrow straight toward the target. Don’t forget to snap some pictures to show your friends back home! In a cozy atmosphere accented by the golden-orange hues of the setting sun, you will come together for a glass of wine, a tantalizing meal at the hotel’s Michelin-rated restaurant and a toast: “It is true that the wines of France are unforgettable, but what is important to remember is that its greatness is derived from the friends with whom it is shared! Santé!”

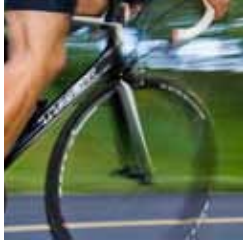
Hotel | *Le Vieux Logis* | +33 (0)5 53 22 80 06 | www.Vieux-Logis.com

DAY 6

Road Bike | *Cadouin Loop* | approximately 20 miles with 800 feet of climbing

On this final morning, feel free to take an optional morning spin through the rolling hills that surround the hotel. You’ll have time to freshen up before you and your family bid farewell to your Trek Travel guides. You’ll say farewell to your guides at 11:00 AM at Le Vieux Logis. The Trek Travel private coach will arrive at your hotel to transport you to the Bergerac train station in time for afternoon trains. Please do not reserve seats on any train leaving before 12:30 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, 3 lunches, social hour on many evenings, 4 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—for the kids, the use of a KDR 1000 Road Bike or Mountain Track 60 or 220 (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 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



WHERE WE STAY & EAT



ACCOMMODATIONS

In every region we travel we uncover the area's best, and most unique, accommodations. On our Dordogne trip, you will stay in stellar accommodations with personalized service.

Hotel du Centenaire | Les Eyzies-de-Tayac, France

The Hotel du Centenaire was created exactly 100 hundred years after the discovery of the first prehistoric site in the area. You'll enjoy the warm spirit of this family home. The interior combines both a modern and luxurious décor. The grand entrance of the Centenaire opens out onto a green, floral haven where you can cool yourself in the pool or rest under the shade.

Les Eyzies | +33 (0)5 53 06 68 68 | www.HotelduCentenaire.fr

Le Vieux Logis | Trémolat, France

A member of the Relais & Châteaux collection, this high-standard hotel has been in the same family for over 450 years. Originally a simple tobacco barn, the building was renovated under the close eye of Mrs. Giraudel (the current owner's mother). She transformed the property into a first-class hotel at a time when tourism in the Périgord was only just beginning. Although the house has been fully redecorated, it has never lost any of its original cachet. Every book, every piece of furniture and every armchair is original and holds its individual story, some four centuries old.

Tremolat | +33 (0)5 53 22 80 06 | www.Vieux-Logis.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 Dordogne trip, goose and duck take center stage in the field of gastronomic specialties. On your trip, be sure to sample some "foie gras" artfully paired with truffles and a sweet white wine. Other regional specialties include the "confit d'oie" (potted preserved duck) and "cèpes," a large flat-top mushroom that is usually sauteed in butter. Street corner "boulangeries" provide fresh baked breads and an array of pizzas and local goodies. We will host the kids-only dinner at a more casual restaurant or pizzeria.

This itinerary is an approximation of our Dordogne 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). There are three options that will enable you to transfer from Paris to Brive-la-Gaillarde. The easiest of the three is to take a direct train from Paris—Gare d’Austerlitz—to Brive-la-Gaillarde. Your travel time will take approximately 4.5 hours and there are several trains leaving for Brive-la-Gaillarde per day. From the Charles de Gaulle Airport we recommend taking an Air France bus or a taxi into Paris to get to Gare d’Austerlitz. Those seeking to explore Bordeaux before your trip start, you can take a high speed TGV train directly from Charles de Gaulle Airport (3 hours) or the Montparnasse station to Bordeaux. There are daily trains from Bordeaux that will transport you to Brive-la-Gaillarde (2.5 hours). We highly recommend confirming your train times and fares with France’s rail site, www.SNCF.com. Train schedules are seasonal and change from month to month. Finally, from the Charles de Gaulle Airport, you may take one of the numerous Air France commuter flights directly to Bordeaux. Please contact them at www.AirFrance.com for more details. From the Bordeaux Airport, you may take a shuttle service into Bordeaux (6 euros) or opt for a short taxi ride (20 euros). You will then take one of the trains leaving from the Bordeaux train station for Brive-la-Gaillarde.

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

MEETING TIME AND LOCATION

Brive-la-Gaillarde Train Station | Brive-la-Gaillarde, France

Your Trek Travel guides will meet you at the Brive-la-Gaillarde Train Station (Brive-la-Gaillarde, France) at 10:00 AM on the first day of the trip. Your Trek Travel guides will be visible and dressed in Trek Travel attire.

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, Hotel du Centenaire (+33 (0)5 53 06 68 68), and leave a message with your expected arrival time and contact details. You may take a taxi to the first night’s hotel, Hotel Le Centenaire, for approximately 100 euros.

DEPARTING TIME AND LOCATION

Bergerac Train Station | Bergerac, France

You will say farewell to your guides at 11:00 AM at the Le Vieux Logis. The Trek Travel private coach will arrive at your hotel to transport you to the Bergerac train station in time for afternoon trains. Please do not reserve seats on any train leaving before 12:30 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



BRIVE-LA-GAILLARDE

Brive-la-Gaillarde is an attractive old town with plenty of restaurants and small shops to explore. While there, make sure you spend some time exploring the 'old-town' set among the medieval half-timbered streets, and open-air cafés where you can pass a very pleasant hour people-watching. We recommend the following accommodations for your pre trip hotel.

Hotel La Truffe Noire | 22 Boulevard Anatole France | +33 (0)5 55 92 45 00 | www.La-Truffe-Noire.com | ~\$85

Situated in the heart of the old city, this 19th century Grande Maison boasts a fine dining room showcasing the many wonders of the area. Truffles are a particular specialty. The rooms are very comfortable and charming. 27 rooms.

Le Chateau de Lacan | Rue Jean Mac | +33 (0)5 55 74 79 79 | <http://ChateauLacan.com> | ~150

Nestled in a private park, this beautiful property is located on a hill top outside of town and is only a 20 minute walk to the Old Town. During your stay, make sure you make time to enjoy a meal at its gastronomic restaurant.

Domaine du Breuil | 10, rue Albert Thomas | +33 (0)5 55 23 33 61 | www.DomaineduBreuil.com | ~70

If you are looking for a different experience, you might want to try this local charming Bed & Breakfast. For the most adventurous, spend the night in one of the well-appointed and one of a kind gypsy caravans.

BORDEAUX

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 Dominician" 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. We recommend the following accommodations for your post trip hotel.

The Regent Grand Hotel de Bordeaux | 2-5, Place de la Comédie | +33 (0)5 57 30 44 44 | www.TheRegentBordeaux.com | ~\$300

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 du Juliet F | +33 (0)5 56 52 16 80 | www.Hotel-De-Normandie-Bordeaux.com | ~\$99

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 | ~\$159

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.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Level | 2

Terrain | hilly

Average Daily Distance | 20 miles

Average Daily Climbing | 1,000 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. Dordogne 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 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 tour of pre-historic cave paintings in Les Eyzies | Canoe down the Dordogne River, classified as the cleanest River in France | Private guided tour of the medieval fortress of Castelnaud | Visit of the Gouffre de Proumeyssac | Exploring and shopping in medieval Sarlat | Hiking around Trémolat | Archery class

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 Dordogne 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 20 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 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.*



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)

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 7.5 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). 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.

- *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 FX HYBRID BIKE

The Trek 7.5 FX 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

TREK MADONE 5.1 ROAD BIKE WOMEN SPECIFIC DESIGN (LIMITED SIZES AVAILABLE)



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

- *OCV 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 Crank is shorter in length to keep women's stroke smooth*
- *Shimano Ultegra STI levers and ergonomic bend bring smaller hands closer to the brake levers and the narrower handle bars accommodate women's shoulders*

OPTIONAL BIKES



TREK MADONE 6.5 ROAD BIKE

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

- *OCV 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*