



NEW ZEALAND



2011 LUXURY MULTISPORT





WELCOME TO YOUR TREK TRAVEL® NEW ZEALAND ADVENTURE!

There is something truly magical about New Zealand. The diverse and dramatic landscape is awe inspiring from the snowcapped peaks of the Southern Alps to the active volcanoes on the North Island. There are countless glaciers and pristine lakes, spectacular fiord lands and temperate rainforests, and world-renowned wine regions. Whether you are out for the adventure of a lifetime or a relaxing holiday, there are endless possibilities for everyone. For me, beyond the bungee-jumping, sky-diving, jet-boating or glacier-hiking, it's the people—affectionately known as kiwis—that are the true jewels of this peaceful country. So come discover Aotearoa, 'the Land of the Long White Cloud', as known by the indigenous Maori and experience the true magnificence of New Zealand. Toward the end of our trip, we can sit at my favorite lakeside café, sipping on a Flat White (café latte), and reminisce about the unforgettable adventure we just had.

- Cycle between the temperate rainforest and the Tasman Sea
- Kayak on a pristine glacier in search of the endangered Crested Grebes
- Sample some of the world famous wines from the Otago region
- Experience one of the many adrenaline sports from Sky-Diving to Bungee-jumping
- Hike through amazing landscapes with the Southern Alps as a backdrop



See you soon—

Dave Edwards

New Zealand Trip Expert



ITINERARY



DAY 1

Road Bike | *Lake Pearson to Arthur's Pass* | approximately 20 miles with 800 feet of climbing

Your Trek Travel guides will meet you at the Millennium Hotel Christchurch (14 Square Cathedral Square, Christchurch, New Zealand) at 10:00 AM on the first day of the trip. After a 2.5 hour shuttle you'll arrive at the shores of Lake Pearson. After lunch, your guides will spend some time fitting and familiarizing you with your bike for the week—either a Trek 5.2 Madone or a 7.5 Hybrid bike. Then we take to the road for the warm-up ride toward Arthur's Pass, surrounded by mountainous peaks while riding alongside the braided river-bed of the Waimakariri River. This evening we'll gather for social hour and a discussion of the week to come before dining on exceptional regional cuisine prepared at the lodge.

Hotel | *Arthur's Pass Wilderness Lodge* | +64 (3) 318 9246 | www.WildernessLodge.co.nz

DAY 2

Kayak | *Lake Pearson* | approximately miles with feet of climbing

Hike | *Broken River Gorge*

Today we will head to the eastern end of the Wilderness Lodge's Cora Lynn Station farm to Lake Pearson where we paddle across this lovely lake to the Purple Peak fan for morning tea on the lakeshore, searching for endangered Crested Grebe and other water birds along the way. Afterward, we will continue our adventure as we scramble down the Broken River gorge through amazing tumbled landscape of eroded limestone. Feeling rejuvenated after a bountiful lunch, we will travel upstream from the Porter River junction and climb onto the magnificent limestone castles and tors of Prebble Hill. Prior to dinner you'll experience the sheep dogs mustering techniques followed by a sheep shearing demonstration at the sheep station at the lodge.

Hotel | *Arthur's Pass Wilderness Lodge* | +64 (3) 318 9246 | www.WildernessLodge.co.nz

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 | *Ross to Franz Josef* | approximately 70 miles with 2,000 feet of climbing

Avid Option | *Hokitika to Franz Josef Glacier* | approximately 82 miles

After a hearty breakfast we shuttle two hours to Hokitika, founded on gold mining in 1864, now known for its local artisans making jewelry from greenstone (Jade), found in the local rivers. As you make your way down the west coast, you will be inspired by the snow-capped mountains and the breathtaking views of the Tasman Sea. You'll arrive at the Glacier Retreat where this pioneer family has resided for over 100 years. This special place has the intimate atmosphere of a private residence. Enjoy the culinary delights prepared by the 5th generation residents of Franz Josef.

Hotel | *Franz Josef Glacier Country Retreat* | +64 3 752 0012 | www.Glacier-Retreat.co.nz

DAY 4

Hike | *Base of Franz Joseph Glacier*

Road Bike | *Franz Joseph to Okarito Lagoon* | approximately 30 miles with 900 feet of climbing

After a hearty breakfast, choose to ride to Okarito Lagoon, home of the kotuku (white heron), or hike to the base of Franz Josef Glacier. Following this unforgettable experience, you're free to explore town and try one of the many restaurants for lunch. Weather permitting, you'll have the option to go heli-hiking on the glacier—your Trek Travel guides can help set this up with a local tour operator. (This activity is not included in the trip price.) Tonight you'll be at your leisure to enjoy dinner at a local restaurant.

Hotel | *Franz Josef Glacier Country Retreat* | +64 3 752 0012 | www.Glacier-Retreat.co.nz

NEW ZEALAND LUXURY MULTISPORT

Trip Length 9 days | 8 nights

Rider Level 3

Trip Start Christchurch, New Zealand

Trip End Queenstown, New Zealand



ITINERARY



DAY 5

Road Bike | *Fox Glacier to Lake Moeraki Wilderness Lodge* | approximately 50 miles with 2,400 feet of climbing

Avid Option | *Franz Josef Glacier to Lake Moeraki* | approximately 75 miles

This morning you will have the opportunity to challenge yourself over the triple bypass, a series of challenging hills or opt for a more relaxed morning shuttle over to the town of Fox Glacier. As you continue to make your way further south toward Westland National Park, take a break for a rejuvenating lunch at Bruce Bay, overlooking the Tasman Sea. Along the way, you can visit a Salmon Farm, specializing in smoked salmon. This afternoon you will arrive at the Lake Moeraki Wilderness Lodge. Situated amidst temperate rainforests, this amazing property has been recently renovated and features excellent hiking trails, kayaking and even glow-worms. Tonight we will gather for social hour and dinner at the lodge.

Hotel | *Lake Moeraki Wilderness Lodge* | +64 3 7500 881 | www.WildernessLodge.co.nz

DAY 6

Hike | *Lake Moeraki*

Road Bike | *Lake Moeraki to Haast Beach* | approximately 40 miles with 1900 feet of climbing

Today our naturalist guide will take us on an interpretive hike through the temperate rainforest to the banks of the Lower Moeraki River. From there you will kayak to the mouth of the river where you meet up with the Tasman Sea. Alternatively, our naturalist guide will take us on an adventurous hike, crossing some streams, until you emerge from the forest onto a breathtaking beach. From there, you will hike along the Tasman Sea in search of a resident Fur Seal colony, usually found basking in the sun. Both excursions are scheduled around the current tide table. Tonight we gather for another delicious dinner at our Lodge.

Hotel | *Lake Moeraki Wilderness Lodge* | +64 3 7500 881 | www.WildernessLodge.co.nz

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.*



ITINERARY



DAY 7

Road Bike | *Lake Moeraki to Makarora or Wanaka* | approximately 30 miles with 500 feet of climbing

Avid Option | *Haast to Pleasant Flats, Makarora or Wanaka* | approximately 90 miles with 4,500 feet of climbing

We'll rise early today to prepare for the day's long, spectacular ride to Wanaka. After breakfast you'll have many options for shortening the ride to fit your mood. If high miles and challenging ascents are calling you, then you'll start the ride from the lodge. If you'd rather take it easy, we'll let you know the best places to start and finish, so you don't miss some of the most beautiful vistas. No matter what option you choose, you'll enjoy watching the scenery change as we make our way from the temperate rainforests of the west coast, over Haast Pass and the continental divide, to the pristine lakes featured around Wanaka. This evening we'll enjoy a well-earned, homemade BBQ and expansive selection of tempting desserts with the fabulous hosts at our comfortable B&B-style lodge.

Hotel | *Edgewater Resort* | +64 3 443 0011 | www.Edgewater.co.nz

DAY 8

Road Bike | *Wanaka to Treble Cone* | approximately 30 miles with 1,800 feet of climbing

The options are endless again today and include adventures other than cycling so you can explore the area in a diverse fashion. Choose from the myriad optional activities that Wanaka has to offer, or opt for another day on the bike. Your guides can make arrangements for scenic flights out to Milford Sound, skydiving, jet boating, fishing, river sledging or any other adrenaline activity that you might be interested in. (These activities are not included in the trip price). If you are looking for a more mellow adventure, we have a beautiful bike ride out to Treble Cone along Lake Wanaka, or a short stroll along the lake to the renowned Rippon Winery. We'll enjoy our final dinner together at Relishes Café in Wanaka and raise a glass to new friends and the cherished memories of awesome adventures undertaken during our South Island journey.

Hotel | *Edgewater Resort* | +64 3 443 0011 | www.Edgewater.co.nz

DAY 9

Optional Hike | *Mt. Iron*

After breakfast we'll take a one-hour hike up Mt. Iron for a great view of Wanaka, followed by a light snack. You'll say farewell to your guides at 10:30 AM at Edgewater Resort. You'll then shuttle to the Queenstown airport and downtown hotels. Connecting flights to Christchurch and Auckland are available on a regular basis. We suggest that you do not book a flight on this day prior to 3:00 PM.



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 5 lunches, social hour on many evenings, 7 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 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



ACCOMMODATIONS

In every region we travel we uncover the area's best, and most unique, accommodations. On our New Zealand trip, you will stay in luxury wilderness lodges. Each destination is unique, whether isolated amidst a native beech forest, situated near the base of a glacier, on the banks of a river or in the heart of Wanaka Village.

Arthur's Pass Wilderness Lodge | Arthur's Pass, New Zealand

Arthur's Pass Wilderness Lodge is a luxurious property amidst a native beech forest, surrounded by the snow capped peaks of the Southern Alps, located on a 6,000 acre nature reserve featuring a high country merino sheep station. Each room is lovingly decorated and is blessed with a mountain view.

PO Box 33, Arthur's Pass | +64 (3) 318 9246 | www.WildernessLodge.co.nz

Franz Josef Glacier Country Retreat | Franz Josef Glacier, New Zealand

Franz Josef Glacier Country Retreat is a luxury lodge with the intimate atmosphere of a private residence. The lodge is situated on 200 acres of peaceful family farmland, surrounded by the Southern Alps, featuring Franz Josef Glacier.

State Highway 6, Lake Mapourika, PO Box 11 | +64 3 752 0012 | www.Glacier-Retreat.co.nz

Lake Moeraki Wilderness Lodge | Lake Moeraki, New Zealand

Lake Moeraki Wilderness Lodge is a luxurious property, located on the banks of the Lower Moeraki River, surrounded by temperate rainforest and flanked by the mighty Tasman Sea and the Southern Alps. The lodge features a spacious and comfortable atmosphere.

PO Box 33 | +64 3 7500 881 | www.WildernessLodge.co.nz

Edgewater Resort | Wanaka, New Zealand

Edgewater Resort is located on the edge of Lake Wanaka, nestled within the spectacular Southern Alps. It features tennis courts, a sauna, and spa.

Sargood Drive | +64 3 443 0011 | www.Edgewater.co.nz



WHERE WE EAT



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 New Zealand trip, the cuisine can be best described as Pacific Rim, with influences from Europe, Asia and Polynesia. We will dine on some of the finest New Zealand lamb, venison, salmon and kumara (sweet potato) complemented by local Sauvignon Blanc or Pinot Noir. Of course we will have a traditional barbeque.

This itinerary is an approximation of our New Zealand 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 Christchurch (CHC). There are direct flights from Asia and North America. Air New Zealand, Qantas, United Airlines, Singapore Air, and Malaysian Air all fly into Auckland (AKL). From Auckland, there are daily connecting flights to Christchurch (CHC). Upon arriving in Christchurch, you can take a taxi to the city center for approximately \$40 (NZ \$50).

Queenstown airport and downtown hotels. Connecting flights to Christchurch and Auckland are available on a regular basis. We suggest that you do not book a flight on this day prior to 3:00 PM.

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

MEETING TIME AND LOCATION

Millennium Hotel Christchurch | Christchurch, New Zealand

Your Trek Travel guides will meet you at the Millennium Hotel Christchurch (14 Square Cathedral Square, Christchurch, New Zealand) at 10:00 AM on the first day of the trip. We'll meet just outside of reception in the parking area and will then shuttle two hours to Lake Pearson for our first lunch together. You should have your cycling gear with you in a small bag separate from your main luggage, or be dressed ready to 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, Arthur's Pass Wilderness Lodge (+64 (3) 318 9246), and leave a message with your expected arrival time and contact details. You may take a taxi to the first night's hotel, Arthur's Pass Wilderness Lodge, for approximately \$225 US (\$300 NZ.)

DEPARTING TIME AND LOCATION

Queenstown airport and downtown hotels | Queenstown, New Zealand

You will say farewell to your guides at 10:30 AM at the Edgewater Resort. You'll then shuttle to the Queenstown airport and downtown hotels. Connecting flights to Christchurch and Auckland are available on a regular basis. We suggest that you do not book a flight on this day prior to 3:00 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 & AFTER YOUR TRIP



CHRISTCHURCH

Christchurch, known as the Garden City, maintains an impressive Botanic Garden located in Hagley Park. In the heart of the city is Cathedral Square, featuring an Anglican cathedral and a bustling outdoor market. Take one of the informative heritage trams through the city with an entertaining commentary. For a more tranquil experience, try punting on the Avon River, which meanders through the city center. There is also the International Antarctic Centre which recreates the atmosphere of Antarctica, including the Blue Penguin Encounter. We recommend the following accommodations for your pre trip hotel.

Millennium Hotel Christchurch | 14 Cathedral Square, PO Box 1445 | +64 3 365 1111 | www.MCKHotels.co.NZ | ~\$250
Centrally located in picturesque Cathedral Square in the heart of Christchurch and only minutes from the city's key tourist attractions.

The Clearview Lodge | 8 Clearwater Avenue, Harewood | +64 3 359 5797 | www.ClearviewLodge.com | ~\$260
Clearview Lodge offers superior home-stay accommodation, locally bottled wine, and is located at the entrance to Clearwater Golf Resort, less than 15 minutes from Christchurch. Here you'll find superior rooms, beautiful grounds and a peaceful stay.

The George Christchurch | 50 Park Terrace | +64 3 379 4560 | www.TheGeorge.com | ~\$300
The George is Christchurch's only luxury boutique hotel and is located in the heart of this elegant English-style garden city. The hotel is renowned for its chic style, passionate attention to detail and its warm personalized service.

QUEENSTOWN

Queenstown is surrounded by majestic mountains on Lake Wakatipu and is recognized as the adrenaline capital of the world. Whether you want to go skydiving, bungee jumping, jet-boating, whitewater rafting, sailing, hiking, climbing, fishing, golfing or simply relaxing, the choices are endless. A visit to some of New Zealand's finest wineries located in the Central Otago is a must. We recommend the following accommodations for your post trip hotel.

Heritage Queenstown | 91 Fernhill Road, P.O. Box 648 | +64 3 442 4988 | www.HeritageHotels.co.nz/Heritage | ~\$260
Brilliantly positioned overlooking the awe-inspiring vistas of Queenstown, the Heritage Queenstown is a sophisticated European style resort hotel. The hotel stands proudly above the shores of the picturesque Lake Wakatipu, with magnificent views of the majestic Remarkables mountain range. All the rooms provide the ambiance, warmth and charm of a European alpine lodge.

Grand Mercure Hotel St Moritz Queenstown | 10-18 Brunswick Street | +64 3 442 4990 | www.Mercure.com | ~\$425
Situated in downtown Queenstown only a minute's walk from the Steamer Wharf development and with sweeping views of Queenstown Bay and the Remarkables mountain range. The four-star hotel opened in July 1998, and was built in grand European style.

Scenic Circle A-Line Hotel | 27 Stanley Street, P.O. Box 149 | +64 3 442 7700 | www.Scenic-Circle.co.nz | ~\$200
The A-Line Hotel is a Swiss-style 'chalet' in the hills. Perched above the town center, the A-Line Hotel is situated close to all the action of Queenstown, with spectacular views over Lake Wakatipu to the mountains. The hotel offers accommodation just a couple of minutes' walk from the heart of Queenstown and some of New Zealand's best restaurants, cafes and shopping.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Level | 3

Terrain | hilly

Average Daily Distance | 40 miles

Average Daily Climbing | 1,565 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. New Zealand 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. 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.

This destination is best suited to guests who want to cycle every day. Because of the terrain and/or remoteness of the hotels and riding routes, there are few, if any, non-riding options available. If a non-rider wants to accompany a rider guest on this trip, they would need to spend many hours in the van and/or at the hotels on the trip. Due to this, we strongly discourage non-riders from this destination.

As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-rider activities are available, such as: South Australia | Costa Rica | Vietnam

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 New Zealand biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 40 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 90 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)

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*