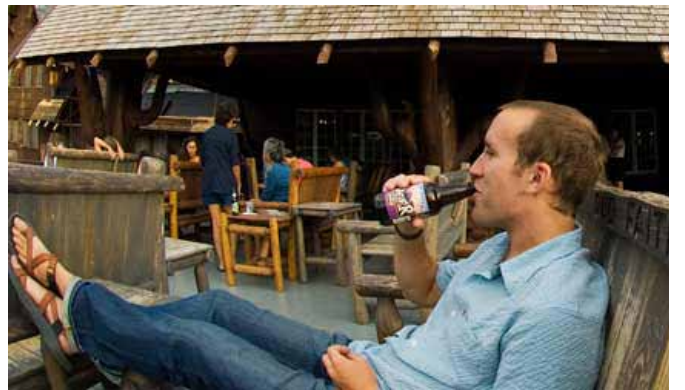




YELLOWSTONE & TETONS



2011 EXPLORER





The stunning natural beauty that surrounds you while cycling through these National Parks is unlike any other place I have ridden. I am excited for our guests to experience a part of the country that is so special to me!

*—Mark Thomsen
Trip Designer*

WELCOME TO YOUR TREK TRAVEL® YELLOWSTONE & TETONS ADVENTURE!

From undulating meadows of luscious wildflowers to jagged granite peaks, there is no place on earth quite like the Greater Yellowstone region. On your vacation through the northwest corner of Wyoming, you will hike, bike, and raft your way through some truly extraordinary landscapes. This area packs in numerous ecosystems within a very small area and it is a perfect place to spot wildlife like the protected wild bison and the gray wolf. You can still feel the influence of wild west days as you gaze out at real cowboys minding their herds of cattle. I look forward to biking in the shadows of the Teton giants, watching the eruptions of Old Faithful, and clicking my boots (or cycling shoes) on the boardwalks of Jackson Hole with you.

- Discover majestic views of the canyons, mountains, and unique geothermal features of the region.
- Experience the history and legacy of the world's oldest national park.
- Get stuck in a bison jam for a true park experience!
- Break out your paddling skills for a whitewater adventure on the Snake River.
- Relax in downtown Jackson and Teton Village, enjoying the hiking, shopping, and amenities of these famous mountain towns.



See ya'll in the Hole!

Rebecca Falls

Yellowstone & Tetons Trip Expert



ITINERARY



DAY 1

Road Bike | *Madison Junction to Old Faithful* | approximately 17 miles with 800 feet of climbing

Short Option | *Midway Geyser to Old Faithful* | approximately 7 miles with 100 feet of climbing

Your Trek Travel guides will meet you at the Wort Hotel (50 North Glenwood Street, Jackson, WY 83001) at 8:00 AM on the first day of the trip. After a private shuttle (4 hours) to West Yellowstone, you will enjoy a classic Trek Travel lunch within the park while looking ahead to the many adventures that await you. Your Trek Travel guides will familiarize you with the Trek bicycle you selected for the week, ensuring that you and your bike are the perfect fit. Once that is complete, hop on your steed to begin your journey through America's oldest national park: Yellowstone. The national park road follows the meandering Madison River, passing by Firehole Falls, a cascading waterfall over 40 feet high. While riding through this section of the park, see if you can spot any number of the park's year-round inhabitants, from the soaring bald eagle to the grazing bull elk. And don't forget to take in the Grand Prismatic and its mists of many colors. You'll end the day at the world-famous Old Faithful Geyser and your home for the night, Old Faithful Snow Lodge. After a refreshing hot shower, head over to the notable and timeless Old Faithful Inn to enjoy a welcoming dinner in a historic log cabin atmosphere. This historical treasure was built in 1904 of locally sourced timber and rhyolite stone to be a symbol of the national park.

Hotel | *Old Faithful Snow Lodge* | 307 344 7311 | www.TravelYellowstone.com

DAY 2

Hike | *Grand Canyon of Yellowstone*

Today, get ready for a hiking-filled day as you explore the Grand Canyon of Yellowstone from which the park garners its name. With multiple distances to choose from, this is sure to be a trip favorite. The Yellowstone River formed this deep and colorful canyon more than 20,000 years ago, and you will have a chance to explore the many trails surrounding the roaring Upper and Lower Falls. Along the way, find that perfect perch overlooking the falls and enjoy your lunch. Tonight, you'll head south to Grand Teton National Park and your home for the next several nights. This national park, home to the majestic Teton mountain range, was created in the 1920's through the efforts of John D. Rockefeller, Jr. and Franklin D. Roosevelt. On your way south, travel along the Snake River as you view the granite monoliths known as the Tetons. Mount Moran will be most prominent today with its Skillet Glacier and Black Dike basalt intrusion. Finally, the Grand Teton itself looms overhead at a height of almost 14,000 feet. After getting your cowboy's fill of dinner, you will rest your weary head at the Jackson Lake Lodge. This impressive lodge was developed by John D. Rockefeller's Grand Teton Lodge Company and has six story picture windows overlooking Willow Flats... often filled with herds of elk. Not to mention, this was the site where Soviet and U.S. officials met to end the Cold War in 1989!

Hotel | *Jackson Lake Lodge* | 800 628 9988 | www.GTLC.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 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 | *Jackson Lake to Jenny Lake* | approximately 15 miles with 400 feet of climbing

Avid Option | *Jenny Lake Bike Path* | approximately 31 miles with 500 feet of climbing

Optional Hike | *Inspiration Point and Hidden Falls*

After a leisurely morning ride within the boundaries of the park with plenty of scenic pullouts along the way, you'll arrive at Jenny Lake. This smaller mountain stream-fed lake sits at the base of the Cathedral Group (Mount Owen, Mount Teewinot, and the Grand Teton) and provides some of the best views within Grand Teton National Park. If more riding is desired, head out on the newly created bike path to Moose for an extra few miles. After riding, you can take a ferry across these clear waters to Inspiration Point trail head where you will have the opportunity to see the mountains up close. This is also an excellent day to explore the area on your own with numerous opportunities to hike, fly fish or float the scenic Snake River—made famous by photographer Ansel Adams. After your multi-sport day, you'll return to Jackson Lake Lodge where you'll have an enjoyable dinner together followed by time to simply relax in your room taking in all the grandeur that surrounds you.

Hotel | *Jackson Lake Lodge* | 800 628 9988 | www.GTLC.com

DAY 4

Whitewater Rafting | *Snake River*

Get ready for some exciting rafting today on the roaring whitewater section of the Snake River! This famous river “snakes” its way from Jackson Lake through Jackson Hole, providing excellent whitewater rafting experiences and rapids with names like “Lunch Counter” and the “Big Kahuna.” No trip to this area is complete without a trip down the Snake. After this morning's adventure you will have the afternoon free to explore the wild-west-meets-ski-town of Jackson. Numerous boutique shops and savory restaurants dot the western-styled wooden boardwalks that are reminiscent of the days of old when gunslingers and marshals traded uneasy glances. “Shucks,” you can still catch a recreation of a classic gunfight every night on the town square. This evening you will have the night free to explore the many restaurants and watering holes that have made the Jackson Hole area famous. After dinner retreat to your ranch in the sky, Spring Creek Ranch. The ranch is located almost 1,000 feet above Jackson on East Gros Ventre Butte, and provides unrivaled views and peaceful accommodations.

Hotel | *Spring Creek Ranch* | 800 443 6139 | www.SpringCreekRanch.com

YELLOWSTONE & TETONS EXPLORER

Trip Length 6 days | 5 nights

Rider Level 2

Trip Start Jackson Hole, Wyoming

Trip End Jackson Hole, Wyoming



ITINERARY



DAY 5

Road Bike | *Spring Creek Ranch to Teton Village* | approximately 40 miles with 1,200 feet of climbing

Avid Option | *Teton Pass Option* | approximately 55 miles with 4,000 feet of climbing

Today you'll ride out the quiet and scenic Fall Creek Road. This undulating route is a town classic ride along the base of the Snake River Mountain Range. If your legs are feeling up to a challenge, you will have a chance to climb the famous Teton Pass which averages a stout 10% grade. On the return ride, you'll detour out to Teton Village, home of the well-known Jackson Hole Mountain Resort. This epic mountain boasts 4,000 vertical feet of skiing and includes the world-famous Corbet's Couloir. You can even take the new tram to the top of Rendezvous Mountain and take advantage of hiking opportunities. Enjoy lunch out in the village or return to Jackson for a few extra choices. Tonight you will celebrate the week of adventures with newfound friends at the Granary restaurant high above the valley floor.

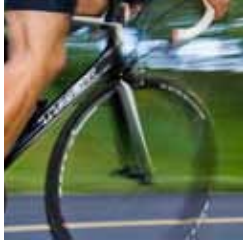
Hotel | *Spring Creek Ranch* | 800 443 6139 | www.SpringCreekRanch.com

DAY 6

Road Bike | *Spring Creek Ranch to South Park Bike Trail out and back* | approximately 20 miles with 800 feet of climbing

Enjoy one last morning ride to stretch the legs and take in a bit more of the Teton scenery along the town bike path. Of course you can always sleep in and enjoy a relaxing breakfast with dramatic views. After the ride you will have time to shower up before saying your goodbyes. You'll say farewell to your guides at 11:30 AM at Jackson Hole Airport. This airport offers daily connections to several major U.S. cities. Please do not schedule any flights before 1:30 PM on the last day of the trip. There are airport shuttles that run from Spring Creek Ranch to the airport and can be set up through the hotel if a later departure is desired; a minimum fee may be required. Please be aware it takes about 30 minutes to shuttle to the airport when scheduling your post-trip flights.

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, 4 lunches, social hour on many evenings, 3 dinners, and all snacks and drinks for each day's ride

Support

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

Gear

- The use of a Trek Madone™ 5.2 carbon road bike, or Trek Madone™ 5.1 Women's Specific Design carbon road bike (limited selection), or Trek 7.5 FX™ hybrid bike (visit www.trektravel.com/ridethebest.cfm for more details)
- Complimentary Trek Travel merchandise
- Bike computer and a map case
- Two water-bottles for you to keep
- A pump and seat pack stocked with all the necessary items to change a flat
- Multiple stem lengths and rises to alter the geometry and choice of saddles to cushion your ride

Activities

- Private tours and tastings and entrance fees to all 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 EAT



ACCOMMODATIONS

In every region we travel we uncover the area's best, and most unique, accommodations. On our Yellowstone & Tetons trip, you will stay in classic park-style lodges within the parks and a more upscale ranch hotel for the final two nights.

Old Faithful Snow Lodge | Yellowstone National Park, WY

Completed in 1999, the Old Faithful Snow Lodge is the newest Yellowstone Lodge. The architecture of the lodge incorporates heavy timber and log construction and a cedar shingle roof, making it fit in with the classic, rustic grandeur of buildings throughout Yellowstone National Park. Western furnishings were used throughout the lodge interior. Accommodations at the Old Faithful Snow Lodge range from large hotel rooms to comfortable cabins.

Xanterra Parks & Resorts, Post Office Box 165 | 307 344 7311 | www.TravelYellowstone.com

Jackson Lake Lodge | Grand Teton National Park, WY

Located on a bluff with spectacular views of Jackson Lake and the Tetons, this comfortable lodge offers modern amenities like an outdoor swimming pool and a central location for the numerous activities available in the park.

U.S. 89 | 800 628 9988 | www.GTLC.com

Spring Creek Ranch | Jackson, WY

Spring Creek Ranch, a year-round luxury resort, is located on a wildlife sanctuary almost 1,000 feet above the town of Jackson, with spectacular views of the Teton Mountain Range including the world famous 13,700 foot Grand Teton.

P.O. Box 4780, 1800 Spirit Dance Road | 800 443 6139 | www.SpringCreekRanch.com

MEALS

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

On our Yellowstone & Tetons trip, all of the dinners are casual in setting. Cuisine includes many regional options such as wild game and fresh fish. Lunches will either be a Trek Travel picnic or packed lunch. Breakfasts are generally served buffet style.

This itinerary is an approximation of our Yellowstone & Tetons 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 Jackson Hole Airport (JAC) in Jackson, Wyoming.

Driving to the first hotel is strongly discouraged as we cannot provide transportation back to the hotel. Guests may drive to the pick-up location and leave their car there for the week. This pick-up location is the Wort Hotel in downtown Jackson.

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

MEETING TIME AND LOCATION

Wort Hotel | Jackson Hole, Wyoming

Your Trek Travel guides will meet you at the Wort Hotel (50 North Glenwood Street, Jackson, WY 83001) at 8:00 AM on the first day of the trip. After a private shuttle (4 hours) you'll enter into Yellowstone National Park at the West Entrance for a Trek Travel picnic lunch and a bike fitting before the 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, Old Faithful Snow Lodge (307 344 7311), and leave a message with your expected arrival time and contact details. At this time you'll be expected to take a taxi to the first night's hotel, Old Faithful Snow Lodge in Yellowstone National Park. To arrange this, call Alltrans at 307 733 3135. Public transportation in the park is limited and expensive, so guests should make every effort to arrive the day before the trip so as not to miss pick-up.

DEPARTING TIME AND LOCATION

Jackson Hole Airport | Jackson Hole, Wyoming

You will say farewell to your guides at 11:30 AM at the Jackson Hole Airport. This airport offers daily connections to several major U.S. cities. Please do not schedule any flights before 1:30 PM on the last day of the trip. There are airport shuttles that run from Spring Creek Ranch to the airport and can be set up through the hotel if a later departure is desired; a minimum fee may be required. Please be aware it takes about 30 minutes to shuttle to the airport when scheduling your post-trip flights.

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



JACKSON HOLE

The Jackson Hole area has tons of activities for the outdoor adventurer. Enjoy scenic float trips, abundant hiking opportunities, horseback riding or rent a mountain bike and check out the growing number of off-road riding possibilities. Want a bird's eye view of the Jackson Hole valley? Schedule a balloon flight during your trip. A River Runs Through It was filmed here so the fly fishing must be good! Whether it's your first time or you are a seasoned angler, there are numerous guiding services in the area that offer expert advice, gear, and instruction. We recommend the following accommodations for your pre trip hotel.

The Wort Hotel | 50 North Glenwood Street | 800 322 2727 | www.WortHotel.com | ~\$360

One of Jackson's historic landmarks, The Wort Hotel is an elegant hotel rich in the history that defines Jackson Hole. Located a half block from the town square, The Wort Hotel is steps from the best boutiques, museums, galleries, restaurants and nightlife, including the famous Silver Dollar Bar.

Rusty Parrot Lodge | 175 North Jackson Street | 307 733 2000 | www.RustyParrot.com | ~\$430

The Rusty Parrot Lodge is located just three blocks from the unique shops, restaurants and nightlife of Jackson's Town Square. Prepare to be surrounded by a peaceful, mountain atmosphere that will appeal to your every sense.

Best Western, The Lodge at Jackson Hole | 80 Scott Lane | 800 458 3866 | www.LodgeAtJH.com | ~\$150

Large timbered pines and hand carved bears add to the charming and cozy atmosphere of this new resort property, located just one mile from Jackson's historic Town Square. With an unsurpassed level of service and amenities, the Lodge allows you to relax and enjoy your Wyoming vacation in complete comfort.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Level | 2

Terrain | undulating

Average Daily Distance | 25 miles

Average Daily Climbing | 800 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. Yellowstone & Tetons 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: Whitewater Rafting Snake River (Class 3-4) | Hiking | Shopping | Taking a Wildlife Tour | Fly Fishing | Horseback Riding

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 Yellowstone & Tetons biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 25 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 55 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)
- Hiking / walking shoes
- Non-cotton short sleeve shirt for rafting

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*