



# CALIFORNIA COAST



## 2012 LUXURY





## WELCOME TO YOUR TREK TRAVEL® CALIFORNIA COAST ADVENTURE!

Our trip takes us south along the Pacific Ocean's famed California coast - with sweeping ocean views, towering redwoods, and the iconic Golden Gate Bridge - ending in the quaint town of Tiburon, overlooking San Francisco. The contrast of quiet rural tranquility and urban sophistication is just one aspect of the memorable experiences you'll enjoy along California's coast—add in unparalleled views, quiet roads, the ever-present water and remarkable sunsets to complete the picture! Gorgeous scenery, great food, and superb riding will energize your body and restore your spirit on our memorable journey along the renowned California coast!

- Discover the beautiful and ever changing coastline of Northern California by both bike and boat.
- Taste the fresh, local, and handcrafted delicatessens of the Bay Area, that food critics have come to adore.
- Enjoy cycling across the Golden Gate Bridge, one of the most photographed icons in the world.
- Enjoy amazing sunsets along the coast.
- Delight in the warm hospitality of the people on the Sonoma Coast.

### **Meagan Coates**

California Coast Trip Expert





## ITINERARY



### DAY 1:

**Road Bike** | *Hotel Healdsburg to Gualala Return* | approximately 18 miles with 500 feet of climbing

Your Trek Travel guides will meet you at the Westin St. Francis Hotel (335 Powell Street, San Francisco, California 94102) at 10:00 AM on the first day of the trip. You and your new traveling companions will board our shuttle, bound for the unique town of Healdsburg, stopping along the way to enjoy lunch. After we arrive at the Hotel, we will discuss rules of bike safety and specific tips for riding along the California coast, before familiarizing you to your Trek bicycle. Your expert guides will make sure that you and your bike are the perfect fit. Once we've reviewed the details of the day, we will begin our journey - cycling along the famous Highway 1 and the beautiful California coastline. This evening, we'll gather for drinks and a discussion of the week to come before enjoying our first dinner together at the hotel restaurant, with spectacular views of the Pacific Ocean.

**Hotel** | *Hotel Healdsburg* | 707 431 2800 | [www.HotelHealdsburg.com](http://www.HotelHealdsburg.com)

### DAY 2:

**Road Bike** | *Hotel Healdsburg to Chanslor Ranch Horse Farm* | approximately 37 miles with 2,300 feet of climbing

**Short Option** | *Fort Ross to Chancelor Ranch* | approximately 20 miles with 1,500 feet of climbing

**Avid Option** | *Hotel Healdsburg to Chancelor Ranch to Bodega Bay Lodge and Spa* | approximately 41 miles with 2,500 feet of climbing

**Horseback Ride** | *Please note, there is a 250 lbs weight limit for the horseback ride. Please let the sales staff know if you would like something else scheduled for this afternoon.*

Today's ride takes us south along the scenic Highway 1. We will traverse, climb, and descend along the Pacific coast. Along the way, visit the site of the southern most Russian settlement in North America. The Russians were the first to record the cultural and natural history of California from Fort Ross and, for thirty years, they had established a multicultural settlement, which included Alaskans, Russians, Native Americans, and Creoles. We will continue to cycle along the coast, passing through the town of Jenner, on our way to Bodega Bay for lunch. After lunch, you and your cycling companions will trade in your bikes for horses and explore the rugged coastal terrain by horseback. If you'd prefer, grab a shuttle to the hotel and explore a number of possibilities. Scour the beach for seashells or set your sights on the amazing diversity of birds inhabiting the neighboring Doran Beach sanctuary. Perhaps, the calming and relaxing effects of a spa treatment or a tranquil afternoon lounging by the pool is more appealing to you. Whichever option you choose, this afternoon is the perfect time to treat yourself. Tonight enjoy some wine and cheese at the hotel reception before boarding a shuttle to the nearby town of Occidental for dinner.

**Hotel** | *Bodega Bay Lodge and Spa* | 707 875 3525 | [www.BodegaBayLodge.com](http://www.BodegaBayLodge.com)

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



## ITINERARY



### DAY 3:

**Road Bike** | *Bodega Bay to Occidental Loop* | approximately 37 miles with 1,300 feet of climbing

**Short Option** | *Bodega Bay to Occidental* | approximately 24 miles with 800 feet of climbing

**Avid Option** | *Bodega Bay to Occidental Loop with Joy Road Climb* | approximately 49 miles with 3,100 feet of climbing

Greet the morning fog, as it lifts from the warming sun, with a delicious breakfast. Ready yourself for another day of cycling along California's celebrated coastline; rolling hills dotted with wildflowers and cattle will be a true sensation for the eyes. You'll head north from Bodega Bay following the coast, then travel inland, cycling along the banks of the Russian River. Perhaps you'll enjoy a stop in the tiny hamlet of Duncan Mills to enjoy an espresso on the sunny patio behind the town coffee shop, or take a stroll through the square filled with artisan craft shops. Back on the bike, you'll cycle beside coastal redwoods—the tallest, biggest, and oldest trees on earth—on your way to the small town of Occidental. In Occidental, choices abound: enjoy a bistro lunch of your choice, hop in the shuttle back to the hotel to indulge in a spa afternoon or a snooze by the pool, or keep cycling. The afternoon ride winds along the beautiful and desolate Bohemian Highway back to Bodega Bay, passing the schoolhouse made famous in Alfred Hitchcock's "The Birds". If you still crave more miles and a challenging climb, take the long route back. The quiet, sheltered, and shady Joy road opens into rolling hills and breathtaking views that you'll remember forever. This evening, enjoy drinks, dinner, and a panoramic view from the hotel's award-winning Duck Club restaurant, together with your newfound friends.

**Hotel** | *Bodega Bay Lodge and Spa* | 707 875 3525 | [www.BodegaBayLodge.com](http://www.BodegaBayLodge.com)

### DAY 4:

**Road Bike** | *Bodega Bay to Point Reyes Station* | approximately 31 miles with 1,400 feet of climbing

**Short Option** | *Tomales to Point Reyes Station* | approximately 17 miles with 500 feet of climbing

**Avid Option** | *Bodega Bay to Tiburon* | approximately 64 miles with 2,400 feet of climbing

This morning you'll cycle past pastures - dotted with cows, goats and sheep - through Tomales, where you can stop for a treat at the Tomales Bakery. Sit back, relax, and enjoy the quaintness of this small town with a fresh pastry and cup of coffee in hand. As you leave Tomales, the beautiful seascape of the bay will come into view. Enjoy cycling past open fields and flowing hills, before you descend to the town of Point Reyes Station. You and your cycling companions will enjoy a relaxed lunch at a local cafe. Then it's decision time. Will you shuttle to the hotel or climb back on your bike for the afternoon ride? You will head into pine forests for several aromatic miles before emerging into the quintessential Northern California towns of San Anselmo and Larkspur. Then it's on to Paradise Drive, aptly named for the astonishing views of the San Francisco Bay and the city itself. Today's journey will end at the trip's final hotel, The Lodge at Tiburon, in the picturesque town of Tiburon.

**Hotel** | *The Lodge at Tiburon* | 415 435 3133 | [www.LarkSpurHotels.com](http://www.LarkSpurHotels.com)

### CALIFORNIA COAST LUXURY

**Trip Length** 6 days | 5 nights

**Rider Level** 2

**Trip Start** San Francisco, California

**Trip End** San Francisco, California



## ITINERARY



### DAY 5:

**Road Bike** | *The Presidio, Golden Gate, Tiburon Loop* | approximately 20 miles with 700 feet of climbing

**Short Option** | *The Presidio, Golden Gate Option* | approximately 10 miles with 9 feet of climbing

**Avid Option** | *The Presidio, Golden Gate, and Mount Tamalpais Loop* | approximately 40 miles with 3,100 feet of climbing

Get ready for a spectacular day, as you ride through Fisherman's Wharf, the Presidio, and across the Golden Gate Bridge. You'll start the day with a ferry ride across the San Francisco Bay to the historic Ferry Building, where you can take your time to explore the splendor of the newly restored site and its bustling marketplace, as well as the famous Fisherman's Wharf. Then we'll cycle through the Presidio and delve into the two or more centuries of history that make this landmark so fascinating. Ah, but the best is yet to come! Immerse yourself in the beauty of the bay and the city, as you ride your bike across the majestic Golden Gate Bridge. Satisfy your craving for even more spectacular views on the optional Conzelman loop through the Marin headlands—the Golden Gate Bridge is most beautiful from this vantage point. Then, armed with suggestions from your Trek Travel guides, satiate your appetite in any one of the quaint bistros of Sausalito. After lunch, feel free to relax and stroll through Sausalito and Tiburon or take on the challenging climb of Mt. Tamalpais. The ten-mile ascent will challenge all who attempt it, but your reward is the view. On clear days, you can see the Farallon Islands 25 miles out to sea, the city, the bay, and Mount Diablo. On rare occasions, the snow-covered Sierra Nevadas may grace you with their presence. Tonight you'll gather with the rest of the group at one of the Bay Area's highly acclaimed restaurants for the last dinner of this vacation of a lifetime.

**Hotel** | *The Lodge at Tiburon* | 415 435 3133 | [www.LarkSpurHotels.com](http://www.LarkSpurHotels.com)

### DAY 6:

**Road Bike** | *Paradise Drive Loop* | approximately 18 miles with 700 feet of climbing

**Short Option** | *Paradise Drive Short Loop* | approximately 8 miles with 300 feet of climbing

Take an optional short morning spin. Fill your lungs with fresh sea air, loosen up your legs, and soak up your last views of the coastline and the bay. Or enjoy a peaceful morning sleeping in, followed by a stroll around town to pick up any last-minute gifts. You'll say farewell to your guides at 10:45 AM at the The Lodge at Tiburon. If you plan to fly out of San Francisco or Oakland on Friday, we recommend that you schedule the flight no earlier than 4:30 PM. The ferry is available to take you across the bay or simply catch a taxi to your final destination.

**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](mailto:sales@trektravel.com) or 866 464 8735.*



## WHAT'S INCLUDED



### INCLUDED IN THE TRIP PRICE

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#### **Food & Lodging**

- Accommodations during the trip
- Daily breakfast, 3 lunches, social hour on some 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 sent to you 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™ 5.2 Women's Specific Design carbon road bike (limited selection), or Trek 7.7 FX™ hybrid bike (visit [www.trektravel.com/ridethebest.php](http://www.trektravel.com/ridethebest.php) 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**

- Gratuities for all scheduled restaurants, hotels, local guides and transportation
- Horseback riding along the California Coast near Bodega Bay
- Ferry ride across the bay from Tiburon to San Francisco

### NOT INCLUDED

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- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- Some meals are not included in each destination, allowing you the opportunity to explore regional cuisine on your own
- Gratuities for your Trek Travel Guides may be given at your discretion in response to their professionalism and leadership. Industry standard is for each individual guest to tip the guide team 5-10% of the trip price.

### OPTIONAL EXTRAS

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- **Single Supplement** | For solo travelers who prefer a room to themselves (price varies by destination)
- **Bike Options** | Madone 6.5 - \$300 | Carbon Clincher Wheels - \$200 | Madone 6.5 & Wheel Combination - \$400  
FX+ Electric Hybrid - \$250 (on select trips)
- **Travel Agent** | Our agent will reserve your flights and book your pre- and post-trip hotels and activities
- **Trip Insurance** | Protect yourself in case of cancellation, travel interruptions and medical emergencies
- **Connections Club** | After two trips, you are invited to join and enjoy benefits both on and off our Trek Travel vacations



## WHERE WE STAY & EAT



### ACCOMMODATIONS

In every region we travel, we uncover the area's best, and most unique, accommodations. On our California Coast trip, you will stay in three unique seaside properties. The Hotel Healdsburg is located on the Coast at the Mendocino-Sonoma county line. Bodega Bay Lodge and Spa overlooks Bodega Bay and the Pacific Ocean. The Lodge at Tiburon is situated in the heart of Tiburon, just steps away from the docks of the bay.

#### **Hotel Healdsburg** | Hotel Healdsburg, CA

Hotel Healdsburg is Sonoma County's premier luxury lodging on Healdsburg's historic Town Plaza. Located in the heart of North Sonoma Wine Country, Hotel Healdsburg is the ideal venue for a romantic weekend, celebration or company meeting. A resort unto itself, the hotel offers a full service spa, pool, country gardens, and the acclaimed Charlie Palmer's Dry Creek Kitchen. 25 Matheson St. | 707 431 2800 | [www.HotelHealdsburg.com](http://www.HotelHealdsburg.com)

#### **Bodega Bay Lodge and Spa** | Bodega Bay, CA

The Lodge is set on the coast, overlooking Doran Beach State Park and Bodega Head. Fully renovated in 2007, each spacious room has a fireplace and private balcony with sweeping water views. The Lodge also has a world-class spa, oceanview, hot tub, and access to the beach - all designed to help you relax and enjoy your vacation.

103 Coast Highway One | 707 875 3525 | [www.BodegaBayLodge.com](http://www.BodegaBayLodge.com)

#### **The Lodge at Tiburon** | Tiburon, CA

Across the spectacular San Francisco Bay, The Lodge at Tiburon is an easy, sublime escape from the noise of the city. Only steps away from the docks of the bay, the lodge is a quaint retreat nestled among the cafes, boutiques and galleries of Tiburon and is adorned with relaxing décor and an inviting ambiance.

1651 Tiburon Boulevard | 415 435 3133 | [www.LarkSpurHotels.com](http://www.LarkSpurHotels.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 California Coast trip, the cuisine has become world-renowned because of its focus on fresh, seasonal, and local elements. There is an abundance of organic products, from eggs to cheese, as well as fresh, local fish, meats, and produce. The San Francisco area is one of the most "food-conscious" regions of the country, and amazing food is available.

**This itinerary is an approximation of our California Coast 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 San Francisco International Airport (SFO) or Oakland International Airport (OAK). Taxi and shuttle services are available from both airports to downtown San Francisco. Taxi rates range from \$50-75 from San Francisco International Airport to San Francisco; and \$50-60 from Oakland International Airport to San Francisco. The Bayporter Express (415 467 1800) and Super Shuttle (415 659 2547) also run between both airports and San Francisco with rates ranging from \$20-30 per person.

### MEETING TIME AND LOCATION

**Westin St. Francis Hotel** | San Francisco, California

Your Trek Travel guides will meet you at the Westin St. Francis Hotel (335 Powell Street, San Francisco, California 94102) at 10:00 AM on the first day of the trip. We'll then shuttle 3.5 hours to our starting point, stopping for lunch along the way. Please have your first day's cycling clothes and riding gear easily accessible, separate from your luggage. After we arrive, we'll fit you to your bike and begin our day's 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, Hotel Healdsburg (707 431 2800), and leave a message with your expected arrival time and contact details. You may take the Sonoma County Airport Express shuttle from SFO (800 327 2024) to Santa Rosa Airport and then catch a cab for the remaining 37 miles to the hotel, The Sea Ranch Lodge.

### DEPARTING TIME AND LOCATION

**The Lodge at Tiburon** | San Francisco, California

You will say farewell to your guides at 10:45 AM at the The Lodge at Tiburon. If you plan to fly out of San Francisco or Oakland on Friday, we recommend that you schedule the flight no earlier than 4:30 PM. The ferry is available to take you across the bay or simply catch a taxi to your final destination.

**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



### SAN FRANCISCO

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We recommend spending some extra time in San Francisco at the beginning or end of your trip to explore this fascinating city. Keep in mind that San Francisco is a city best explored via foot and cable car and involves a great deal of hill walking. Should you decide to explore before your trip start, you may want to consider giving your legs ample rest time for the cycling ahead! There are numerous attractions in the San Francisco area - from the Golden Gate Bridge, Chinatown, Fisherman's Wharf, and Alcatraz, to Ghirardelli Square, Union Square and the Ferry Building Marketplace. Just get out and go. San Francisco is made up of uniquely different neighborhoods, each wonderfully suited for exploration. For a preview and help in planning, try [www.OnlyInSanFrancisco.com](http://www.OnlyInSanFrancisco.com) or one of the many websites available on the city. There are endless options and, whether you pre-plan and book your itinerary, or just arrive with no set agenda, you're sure to be charmed by this City by the Bay! We recommend the following accommodations for your pre and post trip hotel.

**Hotel Drisco** | 2901 Pacific Avenue | 415 346 2880 | [www.JDVHotels.com](http://www.JDVHotels.com) | ~\$299

Located in Pacific Heights, this hotel provides easy access to Union Square, the Financial District, Fisherman's Wharf, and the San Francisco Bay.

**Westin St. Francis** | 335 Powell Street | 415 397 7000 | [www.Westin.com](http://www.Westin.com) | ~\$350

Renowned for its legendary service, the historic Westin St. Francis boasts luxurious guest rooms and world-class dining.

**The Argonaut Hotel** | 495 Jefferson Street at Hyde | 866 415 0704 | [www.ArgonautHotel.com](http://www.ArgonautHotel.com) | ~\$450

Located a bit east of the Presidio, between Fisherman's Wharf and Ghirardelli Square, this boutique hotel features nautical inspired rooms.



## HOW TO PREPARE



### CYCLING & OTHER ACTIVITIES

**Rider Type** | 2

**Terrain** | undulating

**Average Daily Distance** | 30 miles

**Average Daily Climbing** | 1,200 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. California Coast is best suited for our Type 2 Riders. Our Trek Travel guides can also easily accommodate Type 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. Type 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 Types, please consult [www.trektravel.com/riderlevels.php](http://www.trektravel.com/riderlevels.php).

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: The Richardson Bay Audubon Center that provides a habitat preserve for birds, migratory waterfowl, and other wildlife | Tour of the Potter Schoolhouse from Alfred Hitchcock’s “The Birds” | Relax on the beach just outside of our hotel’s front door | Massages are available in-house at many of our hotels

### 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 California Coast biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 30 miles for several days in a row. The terrain is consistently rolling with a few flat stretches and narrow at times. Highway 1 is a two lane highway with wide shoulders and rolling hills; traffic is generally mild during the week. 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 64 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 | Asia Pacific | Latin 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)
- Jeans
- Sturdy Shoes

#### **Don't Forget!**

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

#### **International Travel**

- Passport/Visa
- International power adapter
- Power converter

#### **Cycling Clothing & Gear** *To purchase suggested items below, please visit a Trek dealer near you—[www.TrekBikes.com](http://www.TrekBikes.com)*

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

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



# CYCLING SAFETY



On a Trek Travel vacation, understanding and abiding by the rules of bicycling safety are the most important part of each day. You are probably familiar with some common safety guidelines. Below are those that we follow at Trek Travel, and we ask that you follow them while traveling with us.

## ROAD CYCLING SAFETY

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- It is required that you wear a helmet at all times when on your bike.
- Obey all traffic signs.
- Always yield the right-of-way to pedestrians.
- Ride on the same side of the road as the direction of moving traffic.
- Use the appropriate hand signals when stopping, slowing down, and turning.
- Ride in a single-file line, leaving at least 2 bike lengths between you and the rider ahead of you.
- Maintain a safe distance between you and the edge of the road.
- Communicate with other riders—let them know when there are bumps, rocks, cars, or other hazards on the road.
- Be ready for vehicles to pass you on the left.
- Use both the rear and front brakes simultaneously—NEVER use the front brake alone.
- When going downhill, pump both the front and rear brakes simultaneously, and increase the distance between you and the rider ahead of you.
- Always maintain a speed that is comfortable for you.
- Use caution when crossing over railroad tracks, cattle crossings, gravel patches, slippery or sandy roads, descending steeply, or when encountering a situation that is potentially dangerous or uncomfortable for you.
- Always get off your bike and walk if you feel uncomfortable riding.
- Gear up and gear down appropriately to maintain a safe and comfortable riding speed.
- When admiring the view or taking a photo, always stop first and then look or snap.
- Above all, have fun and enjoy your ride!



## 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 5.2 Madone (limited sizes available), 7.7 FX hybrid or choose the Madone 6.5 or Electric Bike. With every pedal stroke, you'll benefit from Trek Bicycles' 30-year tradition of innovation, performance and quality.

**Your Day, You Decide** | It's a simple philosophy, yet it influences everything we do. It's your vacation of a lifetime, so each and every day you should decide how you'd like it to unfold and with the help of your guides, each day is customized to you.

**Local Connections** | Getting an insider's view is about being *in the know*. Whether it be exclusive Team Radio Shack access or weaving you into the local culture of a region, our cycling ties & local friends connect you to the soul of the region.

**We like to WOW You** | We listen for subtle cues that help us make your vacation magical. Sometimes it's lifting you off Alpe d'Huez via helicopter at the Tour de France and other times it is organizing an impromptu cooking course; whatever it is, we strive to make the impossible possible!

**It's in the Design** | Prior to your trip, we review every detail and take into account all the needs and desires of each guest. From the historian or wine connoisseurs to our leisurely or avid riders, no one is left behind and nothing is left to chance.

**The Details** | Knowledgeable trip consultants, guest packets filled with regional information, complimentary clothing, 20-guest maximum capacity, luxury social hours and so many other fine details are included in your vacation. Excellence is the standard.





## WHY TRAVEL WITH TREK TRAVEL



### WHAT OUR GUESTS SAY

*You have THE BEST Active Travel Company in the world. There are dozens of them out there, but your quality, commitment and professionalism stand out far above the rest. If I never take another trip, I will always remember this as the best!*

—Brian

#### **The Absolute Best Guides**

*Your guides provided “seamless”, “no problem” service, & consistently went beyond expectations to provide a really wonderful experience. The guides did a fantastic job both in preparing the trip and customizing it to respond to our requests and suggestions.*

#### **Ride the Best**

*The quality of the bikes was way beyond my expectations and the level of daily care that our guides lavished on the group and our bikes bordered on superhuman.*

—Patrick & Jennifer

#### **Your Day, You Decide**

*They did cool things with the routes that gave you the option to take a shorter route back to the hotel if you chose. We rode the long route the first day or two, then took the shorter option...to get back into town to shop, relax, and send postcards.*

—Robin

#### **Local Connections**

*Philippe was simply awesome. His command of the Vietnamese language brought the experience to life. Several times throughout the day, something would catch the eye of one of the guests and rather than just becoming a photo opportunity, Philippe would stop and start a conversation.*

—John

#### **We Like to WOW You**

*Of all our vacations, this was our favorite. The fact that we were a part of the Tour [of California], in the VIP tent, mingling with pro riders—*

*WOW*

—Edward and Katherine

*To call the trip anything short of amazing is an understatement equivalent to calling Lance a pretty good bike rider. Everything was as promised and the surprises that were thrown in along the way put it right over the top.*

—Jim

#### **It's in the Design**

*My wife and I usually do trips on our own, but now realize that guided tours are the way to go! All the mistakes that you can make on your own were eliminated, and (our guides), Kevin and Laura, found some great attractions that we'd surely have missed on our own.—Jeff*





## THE ABSOLUTE BEST GUIDES

They are hand-picked for their natural charm and undergo extensive training to make them the best in the industry. They are teachers and scientists, writers and painters, all natural leaders who are passionate about biking, exploring and making sure our guests have the experience of a lifetime.

Whether it's having a warm exchange with the children of Vietnam with the help of Philippe, falling in love with Cendrine's French accent in Bordeaux, or learning how to frame the perfect memory with the help of Zack's professional photographic eye, you'll find our guides eager to share their endearing qualities. Along the way, they might just become the most memorable part of your vacation.

*I can't possibly say enough about our experience with the guides! From Katie's advice about my pedaling on the hills, to Bruno's patient translation of the menus, to Leanne's efforts in fitting and tuning my bike, to the attention they gave to even the tiniest details. They were delightful companions, and did so much more than I expected.*

—Lisa





## RIDE THE BEST



### STANDARD BIKES

It's simple really. We think the best should just be the standard. Trek Travel is a company born from Trek Bicycles—the world's leader in creating innovative cycling technologies—so when you ride with us, you experience the world from the seat of the **best bike**. You'll benefit from 30 years of cycling experience, a team of mechanics and guides that are the most skilled in the active travel industry and a bike that is professionally tailored to fit you at no extra charge.

We offer two completely different styles of bikes—the 5.2 Madone road bike and the 7.7 Hybrid—to ensure that you have the best geometry for your ride. We also offer Women's Specific Design in our smaller 5.2 Madone sizes (limited sizes available). Or if you do want to pay a little extra, you can upgrade to our Madone 6.5, Electric Bike or Bontrager's XXX Lite Carbon Clincher Wheelset. No matter which bike you select, you'll benefit from Trek's latest bike technology on every trip. For more information on the bikes we offer on our family multisport and mountain biking, visit us online at [www.trektravel.com/ridethebest.php](http://www.trektravel.com/ridethebest.php).



#### TREK MADONE 5.2 ROAD BIKE

The Trek Madone 5.2 is fast and responsive, perfect for the open road.

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



#### TREK 7.7 FX HYBRID BIKE

The Trek 7.7 FX Hybrid Bike is comfortable and smooth with components that are easy to understand.

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



## RIDE THE BEST



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

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

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive with a shorter top tube to adjust for a woman's geometry*
- *Bontrager's Affinity WSD Saddle is designed to keep women comfortable for long days of cycling*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *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 | \$300

You want to ride like a pro? This is the bike Team RadioShack will be riding in 2011! The Trek Madone 6.5 is fast, ultra light and engineered to win races.

- *OCLV Red Frame is extremely lightweight*
- *Shimano's Dura-Ace compact drivetrain gives you the elite performance with a gear ratio to conquer any climb*
- *Integrated headset and bottom bracket*
- *Bontrager Race X Lite wheels are as light as a feather*
- *With Trek's Red Carbon and tapered steerer tube the Bontrager's XXX E2 fork delivers exceptional handling while being extremely light*



### TREK FX+ ELECTRIC BIKE | \$250 (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*

