



CROATIA & DALMATIAN COAST



2012 LUXURY





WELCOME TO YOUR TREK TRAVEL® CROATIA & DALMATIAN COAST ADVENTURE!

The cycling in Croatia will challenge you with mountain climbs and relax you with quiet roads meandering along the seashore. The perfect accompaniment is the perspective that traveling by sea, the soul of Dalmatia, provides. From Hvar Town to Stari Grad to stunning Dubrovnik, biking on winding roads that traverse steeply terraced valleys, surrounded by dazzling white rocks, aromatic lavender and hulking burned tree trunks with an endless view of the sea—is the ride of a lifetime. Experience the jaw-dropping scenery, exquisite cuisine and warm hospitality that make this trip so memorable!

- Discover the crystal clear Adriatic Sea along the stunning Dalmatian coast and its islands by both bike and boat.
- Savor the world's best seafood—not simply because it's amazingly fresh and wonderfully prepared—but there's something about the cool clear waters of the Adriatic that makes it an utterly unique experience.
- Explore the fortress of Hvar, the city's seven-century old walls, and delight in the port's picturesque natural bay.
- Marvel at the ancient ruins and UNESCO World Heritage site Dubrovnik.
- Delight in the warm hospitality of the welcoming Croatian people.



Ciao

Meagan Coates

Croatia & Dalmatian Coast Trip Expert



ITINERARY



DAY 1:

Walking Tour | *Dubrovnik*

Your Trek Travel guides will meet you at the Bellevue Hotel (Pera Cingrije 7, Dubrovnik) at 3:00 PM on the first day of the trip. Your guides will spend some time fitting and familiarizing you with your bike for the week. Then you'll enjoy an afternoon walking tour of Dubrovnik with Trek Travel's hand-chosen local guide. Discover this magical walled town with its marble streets and Baroque buildings. This evening, you and your newfound friends will gather for drinks and a discussion of the week to come before enjoying your first dinner together, a multi-course feast featuring the bounty of fresh local ingredients from both land and sea.

Hotel | *Bellevue Hotel Dubrovnik* | +385 (0)20 330 000 | www.Hotel-Bellevue.hr

DAY 2:

Road Bike | *Ston to Orebic Ride* | approximately 40 miles with 1,600 feet of climbing

Today you will shuttle to Ston, a salt-producing village with the longest fortified wall in Europe (5.5km!). After you check out these 14th century town walls, your Trek Travel guides will discuss the rules of bike safety and specific tips for riding along the Croatian Coast. From there, you're off to discover the Pelješac Peninsula as you ride to Trstenik. Stop for lunch at a small bistro before continuing on to Orebic. Here, you'll hop aboard a ferry for Korcula Island, the sixth largest island in the Adriatic. Korcula Town is a medieval Dalmatian village and your home for the next two nights, at the Lešic Dimitri Palace. Explore this red-roofed walled city, situated on the tip of a peninsula which juts dramatically over the enchanting Adriatic. This evening you'll dine together in one of your Palace's lavish apartments.

Hotel | *Lesic Dimitri Palace* | +385 (0)20 715 560 | www.Lesic-Dimitri.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 | *Korcula Island Loop* | approximately 15 miles with 3,900 feet of climbing

Korcula Island's dense woods, hidden coves and rolling hills are yours to explore by bike today! Discover the interior of this beautiful island as you make your way past vineyards, olive groves, unique small villages and hamlets. Pause in a small fishing village to enjoy lunch at Diana's Place before continuing. Continuing your ride, you'll encounter the small coves and beaches of the steep southern coast, which are a dramatic contrast to the flat northern coast and its natural harbors. While agriculture and tourism rule today, imagine a long, colorful history as you meander through today's route. Korcula has changed hands many times, including an era of Greek rule in the 6th Century BC, the Roman conquest in the 1st Century, and the takeover by the Venetians in 1000 AD. Tonight your taste buds will reign supreme as you enjoy another fresh, seaside meal before retiring for the evening to prepare for another great day ahead.

Hotel | *Lesic Dimitri Palace* | | www.Lesic-Dimitri.com

DAY 4:

Road Bike | *Vela Luka Ride* | approximately 30 miles with 1,900 feet of climbing

After a morning ride to Vela Luka, you'll travel to Hvar, the most glamorous of the Dalmatian islands. You'll enjoy lunch al fresco and afterward, you'll have plenty of time to explore chic Hvar Town, where the 16th-century Citadel towers over the yacht-filled harbor. While it's considered today's vacation hot spot of the Dalmatians, Hvar was once a Venetian capital on the key east-west trade routes. That influence lives on today in a wonderful collection of Renaissance buildings including the Citadel; the 17th-century Arsenal, which housed the oldest theater in Croatia and one of the first in Europe; and the lovely St. Stephen's Cathedral, complete with a classically Venetian campanile. Explore the main square, Pjaca, paved entirely in marble and lined with outdoor cafes and boutiques, or walk through the old town as it hikes up the hillside to discover understated architectural gems hidden in the grid of narrow lanes and alleys. If you'd rather, head for the beach or jump on your bike for an optional afternoon ride. It's your vacation—you decide! Tonight, choose from the many restaurants in Hvar for your dinner.

Hotel | *Hotel Adriana* | +385 (0)21 750 200 | www.SuncaniHvar.com

CROATIA & DALMATIAN COAST LUXURY

Trip Length 6 days | 5 nights

Trip Start Dubrovnik, Croatia

Rider Level 2

Trip End Split, Croatia



ITINERARY



DAY 5:

Road Bike | *Hvar Loop Ride* | approximately 35 miles with 1,900 feet of climbing

Short Option | *Hvar to Stari Grad* | approximately 25 miles

Today, pedal through a landscape like no other—this is a ride that you will remember forever! As you cycle along the limestone ridge of the island, a stunning vista unfurls with ancient white stone walls terracing deeply grooved green valleys, set against the blazing blue of the ever-present sea. These manmade walls, which seem a natural part of the landscape, were built by farmers clearing the land so that crops could be planted centuries ago; today the stones remain and in between are gnarled vines, silver-tipped olive trees and lush vegetables. In the distance, lavender and heather shine bright against the white marble while elsewhere, traces of recent fires dominate with wizened, blackened trees, creating an eerily beautiful landscape. You'll then descend into the valley and pedal quiet roads bordered by vineyards and olive groves. You'll cycle to the sleepy seaside port of Jelsa, whose white stone houses are accented by orange roofs and climbing bougainvillea. Continue on narrow roads toward Stari Grad, the original capital of Hvar until the Venetians declared the nearer Hvar Town more convenient. After enjoying lunch along the colorful harbor, you'll have time to stroll the galleries and shops in this charming and historic village before either shuttling back to the hotel or hopping on your bike to continue riding. Tonight, you'll dine at a renowned restaurant in town and celebrate the amazing week together.

Hotel | *Hotel Adriana* | +385 (0)21 750 200 | www.SuncaniHvar.com

DAY 6:

Kayaking

Ferry to Split

This morning, you may choose to go on a private sea kayak tour and discover hidden coves and solitary beaches under your own power, gliding through calm, clean, sparkling waters. Or if you'd like, linger over breakfast and explore Hvar Town once more before saying goodbye to your guides. You'll say farewell to your guides at 1:45 PM at the Hvar Harbor. At this time, you can embark on a catamaran to Split or you may choose to spend more time in Hvar, taking a later boat to Split.

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 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 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

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
- 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

- **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 Croatia & Dalmatian Coast trip, you will stay in some of the finest and most interesting hotels of the region, including a chic boutique hotel in Hvar and a recently restored small palace in Korčula.

Bellevue Hotel Dubrovnik | Dubrovnik, Croatia

This hotel showcases views of the pristine Adriatic Sea nearly 100 feet above the Miramare Bay and is in walking distance to the Old Town. Enjoy breakfast on the terrace overlooking the Bay.

Pera Cingrije 7 | +385 (0)20 330 000 | www.Hotel-Bellevue.hr

Lesic Dimitri Palace | Korcula, Croatia

The second hotel on your Croatia and the Dalmatian Coast trip is the Lesic Dimitri Palace, a recently renovated 18th century Bishop's palace tucked away in the winding alleyways and next to Marco Polo's home in Korcula Town. On your first night there, you will enjoy a privately catered dinner in one of the apartments. It is a unique hotel in that it is comprised of six luxurious apartments situated in an 18th century bishop's palace and five medieval cottages. All but two apartments have more than one bedroom; so you will likely share some common space with some of your fellow travelers, such as a large living area and dining room. Nearly all bedrooms have their own bath facilities, however one bedroom in each apartment may have its toilet within the shared common space.

P.P. 79 | +385 (0)20 715 560 | www.Lesic-Dimitri.com

Hotel Adriana | Hvar, Croatia

The Adriana, Croatia's first and only member of Leading Small Hotels of the World, offers trendy, chic, well-appointed luxury rooms and a full spa. Located on the harbor, its rooftop terrace features a heated indoor-outdoor saltwater pool, the sky bar and views of the Cathedral in Hvar Town and the Venetian Piazza.

Hotel Adriana, Fabrika bb | +385 (0)21 750 200 | www.SuncaniHvar.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 Croatia & Dalmatian Coast trip, seafood is plentiful, always fresh, and usually served simply char-grilled, brushed with local olive oil and fresh herbs. Fresh produce is usually biodynamically farmed and always local. Meats—from Croatian favorites such as suckling pig and spit-roasted lamb to pork, veal, chicken and duck are also popular.

This itinerary is an approximation of our Croatia & Dalmatian 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 Dubrovnik (DBV) for the trip start. Arriving two to three days in advance will give you more time to recover from the effects of a long international flight. The airport is 20 km from the city center and can be reached by public bus, shuttle or taxi. Buses and shuttles generally run after each international flight arrival and cost approximately 35 kuna. A taxi ride should take approximately 25 minutes and cost between 180 and 250 kuna, depending upon your destination and the amount of luggage you have with you. Alternatively, our hotel in Dubrovnik will arrange transportation for you for an additional fee.

For departing flights, Split Airport (SPU) offers flights to many European cities where you can then connect with flights to North America.

MEETING TIME AND LOCATION

Bellevue Hotel | Dubrovnik, Croatia

Your Trek Travel guides will meet you at the Bellevue Hotel (Pera Cingrije 7, Dubrovnik) at 3:00 PM on the first day of the trip. Once everyone has arrived, your guides will fit your bike to you. Then you'll depart for a private walking tour of the Old Town. If you have brought your own pedals, make sure to have them and your cycling shoes available so the guides can properly fit the bike. You'll definitely want comfortable shoes and your camera for the tour of the historic walled city of Dubrovnik, where you will take in the sights of a city that George Bernard Shaw called "heaven on earth."

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, Bellevue Hotel Dubrovnik (+385 (0)20 330 000), and leave a message with your expected arrival time and contact details. If you arrive late to the pick-up location, you can still meet the group in Dubrovnik.

DEPARTING TIME AND LOCATION

Split Harbor | Split, Croatia

You will say farewell to your guides at 1:45 PM at the Hvar Harbor. At this time, you can embark on a catamaran to Split or you may choose to spend more time in Hvar, taking a later boat to Split.

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



DUBROVNIK

Less than two decades ago, Dubrovnik lay in smoldering ruin, with two out of every three buildings damaged in the 1991 bombardment. Today the city sparkles, its walled old center a smooth medieval stone glory, with the sheer blue of the clear Adriatic immediately below. This captivating town provides endless opportunities for further exploration by history buffs, music lovers, romantics, those drawn to the sea and fans of the beach. Walk the palace walls, enjoy a symphony in the ancient cloister, dine in one of the many outdoor restaurants, or laze on a beach with a view of the city above—there's no shortage of ways to enjoy this lovely town. We recommend the following accommodations for your pre-trip hotel.

Kazbek Hotel | Lapadska obala 25 | +385 (0)20 362 900 | www.KazbekDubrovnik.com | ~\$510

This small recently renovated hotel is set in a 16th century castle. Each of the 13 rooms is furnished with handmade furniture and is uniquely decorated. Three restaurants, one indoor and two outdoor, serve Croatian specialties from the various regions.

Hotel More | Kardinala Stepinca 33, Dubrovnik | +385 (0)20 494 200 | www.Hotel-More.hr | ~\$290

Newly constructed on the Lapad seafront, the More offers well-equipped, luxurious rooms, most with panoramic views of the blue Adriatic.

Imperial Hotel | Marijana Blazica 2, Dubrovnik | +385 (0)20 320 320 | www.Hilton.com | ~\$400

This hotel boasts views of Dubrovnik's charming old town. Enjoy the comforts of American amenities such as ice machines on each floor. Dine on the terrace and relax in the sunlit indoor pool.

SPLIT

Croatia's second largest-city has established itself as a vibrant destination in its own right, rather than just a launching pad for ferries to nearby Dalmatian islands. The Riva, the main promenade that runs along the harbor, boasts vivacious outdoor life from dawn until dusk; its cafes and restaurants are filled with exuberant revelers. But the real draw in this town is the former palace of the Roman Emperor Diocletian. But the real draw in this town is the former palace of the Roman Emperor Diocletian. This grand gutted shell is no atmospheric ruin, it is alive and brimming with houses, apartments, hotels, restaurants, shops and churches. The palace is filled with tiny streets and alleyways opening up into exquisite views of crumbling archways and ancient columns. We recommend the following accommodations for your post-trip hotel.

Hotel Marmont | Zadarska 13 | +385 (0) 21 308 060 | www.MarmontHotel.com | ~\$290

Marmont is a small, contemporary hotel situated in the heart of the ancient city of Split, within the walls of the Diocletian Palace, a Unesco World Heritage site.

Le Meridien Grand Hotel Lav | Grljevačka 2A, Podstrana | +385 (0)21 500 500 | www.LeMeridien.com/Split | ~\$425

Overlooking a marina on the Adriatic Sea, this 14-story luxury resort complex features contemporary architecture, award-winning gardens and a Spa and Wellness Center. It's located eight kilometers from the city center.

Hotel Vestibul Palace | Iza Vestibula 4 | +385 (0)21 329 329 | www.VestibulPalace.com | ~\$305

One of the few hotels within the Diocletian Palace, this tiny gem of a hotel adjoins the open-roofed vestibule of the palace. Luxurious furnishings and deluxe rooms add to the allure of its top-notch location.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 2

Terrain | hilly

Average Daily Distance | 30 miles

Average Daily Climbing | 2,500 feet

On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. On most Trek Travel trips, you can ride as much or as little as you like. Croatia & Dalmatian 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.

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: Cruise the dazzling Adriatic Sea by boat | Swim and relax on the beach | Enjoy a walking tour of historic Dubrovnik, UNESCO World Heritage site | Kayak in secluded coves | Indulge in optional beauty or massage services at the glamorous spa at Hotel Adriana | Shop at chic boutiques in Hvar Town

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 Croatia & Dalmatian 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 a mix of rocky coastline, plains, and hills. The winding roads offer some gorgeous views! 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 40 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

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)
- Boat 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*

- 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

- 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.



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*

