



## CLASSIC CLIMBS OF THE ALPS



## 2012 EXPLORER





WOW! Anyone considering a cycling trip to France should check out Trek Travel. My fondest memory will always be of climbing the famous Alpe d'Huez—21 switch-back totaling 5,500 feet of climbing in 9 miles!  
—Isabelle

## WELCOME TO YOUR TREK TRAVEL® CLASSIC CLIMBS OF THE ALPS ADVENTURE!

The world's most famous cycling race. The French Alps. Two things linked forever in the minds and dreams of cyclists the world over. Alpine passes make for legendary cycling history; yet riding them in July means dealing with road closures, traffic, and the craziness the race brings with it. While fun, it can be difficult or impossible to link up major passes. Riding post-race means quieter roads and freedom to explore at our own pace and rhythm. Stop and take the time to drink in startling alpine views, with the comfort of full van support never far away. Ride many of the iconic passes that you've read about and seen on TV, and end each day in comfortable accommodations, with new friends and memories that last a lifetime.

- Time yourself as you tackle Alpe d'Huez. How do you stack up against Lance?
- Fuel yourself with traditional alpine favorites: tartiflette, raclette, and fondue!
- Imagine yourself leading the peloton as you ride over the names of your favorite riders painted on the road.
- Climb some of the most epic climbs of France's most famous races.
- Explore the intimate villages that come alive with dedicated fans during cycling's grandest race.



*Au bientôt!*

**Jon Vick**

Classic Climbs of the Alps Trip Expert



## ITINERARY



### DAY 1:

**Road Bike** | *Menthon St Bernard to Col du Marais Loop* | approximately 30 miles with 1,600 feet of climbing

Your Trek Travel guides will meet you at the Annecy Train Station (Place de la Gare, 74000 Annecy, France) at 9:30 AM on the first day of the trip. After a short walk through the bustling heart of the city and through the Sunday market, you'll board a ferry that will take you and your new traveling companions across Lake Annecy to your hotel. Lunch will be a delicious Trek Travel picnic. After some initial introductions and a thorough bike fitting, you'll take to the road for a spin in the alpine hills. After a challenging - but beautiful - climb and a winding, forested descent, you'll finish your warm-up along Lake Annecy and arrive at the hotel, with enough time to go for a swim in the pristine waters of the lake. You'll gather with the rest of the group for an evening wine reception and then enjoy dinner at the hotel.

**Hotel** | *Le Palace de Menthon* | +33 (0)4 50 64 83 00 | [www.PalaceDeMenthon.com](http://www.PalaceDeMenthon.com)

### DAY 2:

**Road Bike** | *Menthon St Bernard to Col de la Forclaz to Col de Leschaux to Annecy* | approximately 37 miles with 4,400 feet of climbing

**Short Option** | *Menthon St Bernard to Col de la Forclaz Loop* | approximately 30 miles

**Avid Option** | *Menthon St Bernard to Col de la Forclaz to Col de Leschaux Loop* | approximately 45 miles with 4,500 feet of climbing

With many options for spectacular riding, you'll be sure to find the perfect route. Today's ride takes you up the imposing slope of Col de la Forclaz, the first of the trip's many challenging ascents. After enjoying a bird's eye view of Lake Annecy and the surrounding mountains, you'll descend and continue your ride around the pristine waters of Lake Annecy and follow traffic-free bike lanes that circumnavigate this alpine lake. You'll tackle another remote and quiet col before exploring Annecy for lunch. A leisurely ride, along the bike path and through quaint neighborhoods, will bring you back to the hotel. Tonight you're free to indulge in a dinner of your choice at a restaurant in Menthon.

**Hotel** | *Le Palace de Menthon* | +33 (0)4 50 64 83 00 | [www.PalaceDeMenthon.com](http://www.PalaceDeMenthon.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** | *St. Etienne de Cuines to La Grave* | approximately 50 miles with 6,700 feet of climbing

**Short Option** | *St. Michel de Maurienne to La Grave* | approximately 35 miles with 6,000 feet of climbing

**Avid Option** | *Albertville to La Grave* | approximately 80 miles with 7,900 feet of climbing

Today will be a “King/Queen of the Mountains” day with the opportunity to ride over three major passes: Col du Telegraphe, the lofty Col du Galibier, and the Col du Lautaret! An early transfer to Albertville will take you to the banks of the Isere River, where you’ll start the epic challenge, a route similar to what the professionals ride each July. Trek Travel van support will be available to help fuel your bodies for the hours you’ll spend in the saddle, marveling at the alpine beauty around you. Relax with a cold drink and a smile on the terrace, or opt for a recovery massage once you arrive at your home for the next three evenings, at the base of the tumbling Meije glacier. This evening, savor a hearty, well-earned Savoyard dinner at the hotel.

**Hotel** | *Auberge Edelweiss* | | [www.Hotel-Edelweiss.com](http://www.Hotel-Edelweiss.com)

### DAY 4:

**Road Bike** | *La Grave to La Berarde to Les 2 Alpes* | approximately 45 miles with 4,000 feet of climbing

**Short Option** | *La Grave to Venosc to Les 2 Alpes* | approximately 20 miles with 2,000 feet of climbing

**Avid Option** | *La Grave to La Berarde to Les 2 Alpes to La Grave* | approximately 65 miles with 6,200 feet of climbing

There are numerous ride options available today, depending on how you’re feeling after yesterday’s epic ride. Ride downhill toward the village of Bourg d’Oisans and then marvel at the majestic and nearly untouched Berarde Valley, while climbing alongside the turquoise river to reach the small shepherd’s village of La Berarde. Here you’ll have time to recover and enjoy a lunch of your choice, while soaking in the magnificent views of the Ecrins Mountains. On the way back, a cable car will give you a much-appreciated lift up to the ski resort of Les Deux Alpes, a mountain top resort often used in races in the past. Or, instead of riding today, opt to take a day to let your legs recover and enjoy a cable car ride to the top of the La Grave ski area, where you can walk on the glacier and marvel at its rugged peaks. Tonight you’re free to explore the charming village of La Grave for dinner.

**Hotel** | *Auberge Edelweiss* | +33 (0)4 76 79 90 93 | [www.Hotel-Edelweiss.com](http://www.Hotel-Edelweiss.com)

### CLASSIC CLIMBS OF THE ALPS EXPLORER

**Trip Length** 6 days | 5 nights

**Trip Start** Annecy, France

**Rider Level** 4

**Trip End** Grenoble, France



## DAY 5:

---

**Road Bike** | *La Grave to Alpe d'Huez to Le Freney-d'Oisans* | approximately 40 miles

**Short Option** | *La Grave to Alpe d'Huez* | approximately 27 miles

**Avid Option** | *La Grave to Alpe d'Huez to La Grave* | approximately 52 miles with 7,300 feet of climbing

Today's ride is a cyclist's dream—ascending Alpe d'Huez, the most revered and famous mountaintop finish. The day begins with an easy 30km downhill warm-up to the base of Alpe d'Huez. After ascending the infamous 21-switchbacks to the summit of this most imposing pass, fuel up with a lunch of your choice. Like a pro, linger at the top and soak in the reward of the grueling ascent—astounding views, the support and good cheer of your Trek Travel guides, and the knowledge that you've just conquered one of cycling's most difficult climbs. If this isn't enough, follow the winding alpine balcony road back to La Grave and witness some of the most beautiful scenery you'll ever experience from the seat of a bicycle. Tonight, you'll gather for drinks at the hotel with your newfound friends and raise a toast to the last day of epic ascents and France's Classic Climbs.

**Hotel** | *Auberge Edelweiss* | +33 (0)4 76 79 90 93 | [www.Hotel-Edelweiss.com](http://www.Hotel-Edelweiss.com)

## DAY 6:

---

**Road Bike** | *Le Chazelet Hill Climb* | approximately 10 miles with 1,300 feet of climbing

If you're interested in one last farewell climb, ascend above the village of La Grave to a five-star panoramic viewpoint of the La Meije massif—stunning mountains and tumbling glaciers from the best seat in the house. You'll say farewell to your guides at 10:00 AM at the Auberge Edelweiss. You will be arriving by 11:30 AM at the Grenoble main train station. Please do not book a train before 12:00 PM on this day. For all train travel, feel free to confirm train times on the posted timetable at France's rail site, [www.SNCF.com](http://www.SNCF.com)

**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

---

#### **Food & Lodging**

- Accommodations during the trip
- Daily breakfast, 2 lunches, social hour on some 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 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) (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 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 Classic Climbs of the Alps trip, you will stay in two very different properties. At the Belle Epoque era Palace de Menthon, enjoy a daily post-ride swim from the hotel's private dock. While at the cozy Auberge Edelweiss, enjoy warm hospitality and spectacular views of the surrounding glaciers.

#### **Le Palace de Menthon** | Menthon St. Bernard, France (Haute-Savoie)

This chateau-like hotel is ideally located between the lake and the mountains. Le Palace de Menthon sits on the shores of Lake Annecy, the cleanest lake in all of France, directly beneath the Col de la Forclaz. It is a perfect location to base yourself for the "Classic Climbs."

665 route des Bains | +33 (0)4 50 64 83 00 | [www.PalaceDeMenthon.com](http://www.PalaceDeMenthon.com)

#### **Auberge Edelweiss** | La Grave, France

Located along the route between the Col du Lautaret and Alpe d'Huez, the charming Auberge Edelweiss is run by a family passionate about cycling. Accustomed to housing cyclists - even a stage winner or two - this hotel knows how to cater to active travelers and has the appropriate facilities, including a whirlpool and sauna. Additionally, the hotel's terrace offers the ideal setting to enjoy a cold beverage and spectacular views of the Meije glacier after a great day of cycling.

[www.Hotel-Edelweiss.com](http://www.Hotel-Edelweiss.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 Classic Climbs of the Alps trip, you'll be experiencing a variety of regional Savoyard cuisine. It is noted for its succulent cheese-based food. This is the home of the fondue, raclette, and tartiflette dishes. The food is discovered over a number of courses and the portions are smaller to enable you to extend your appetite and enjoy each course. Breakfast is always served at the hotel, buffet style.

**This itinerary is an approximation of our Classic Climbs of the Alps trip.** *As always, Trek Travel strives to offer each and every guest a vacation of a lifetime. To ensure this standard of excellence, routes, hotels, and activities listed here may change at the discretion of the trip designer or guides.*



## TRAVEL ARRANGEMENTS



### HOW TO GET THERE

**Flights** | We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Paris (CDG) or Geneva (GVA).

### MEETING TIME AND LOCATION

**Annecy Train Station** | Annecy, France

Your Trek Travel guides will meet you at the Annecy Train Station (Place de la Gare, 74000 Annecy, France) at 9:30 AM on the first day of the trip. A beautiful ferry ride across the lake will bring you to the hotel where you'll begin your ride. Please have your first day's riding gear handy and separate from your other luggage to facilitate the bike fitting and 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, Le Palace de Menthon (+33 (0)4 50 64 83 00), and leave a message with your expected arrival time and contact details. You may take a taxi to the first night's hotel, Le Palace de Menthon, in Menthon St. Bernard. The cost of a taxi is approximately 40 euros.

### DEPARTING TIME AND LOCATION

**Grenoble Train Station** | Grenoble, France

You will say farewell to your guides at 10:00 AM at the Auberge Edelweiss. You will be arriving by 11:30 AM at the Grenoble main train station. Please do not book a train before 12:00 PM on this day. For all train travel, feel free to confirm train times on the posted timetable at France's rail site, [www.SNCF.com](http://www.SNCF.com)

**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



### ANNECY, FRANCE

---

If you have the time, you should consider staying in Annecy at the beginning of your trip to further explore the diverse activities this French town offers. Guided tours of historic Annecy allow you to discover the medieval aspects of the town and visit buildings dating back to the Renaissance and 12th century. Hiking trails are numerous, covering diverse terrain, offering spectacular views all around, and water activities are bountiful along the lake. Paragliding is world-renowned in Annecy, boasting some of the world's best and providing, literally, a bird's eye view of the lake and surrounding mountains. Be sure to lounge in the park by the lake, just across from the town center, or linger at a café or ice cream parlor surrounded by flowers. We recommend the following accommodations for your pre-trip hotel.

**L'Imperial Palace** | 32 Avenue Albigny | +33 (0)4 50 09 30 00 | [www.Hotel-Imperial-Palace.com](http://www.Hotel-Imperial-Palace.com) | ~\$315

Located in a park on Lake Annecy, L'Imperial Palace houses the Casino Impérial, as well as one of the most famous convention centers in France. It has been fully remodeled and includes both a fitness and a beauty center with a sauna and steam bath. 98 rooms.

**Les Tresoms** | 3 Boulevard Corniche | +33 (0)4 50 51 43 84 | [www.LesTresoms.com/index-gb.php](http://www.LesTresoms.com/index-gb.php) | ~\$300

This is a residence-style hotel that dates from the early 1900's, with a shaded terrace overlooking the swimming pool and a beautiful view of the lake. 48 rooms.

**Marquisats** | 6 Chemin Colmyr | +33 (0)4 50 51 52 34 | [www.LacAnnecy.com](http://www.LacAnnecy.com) | ~\$142

With all the charm of an ancient residence and the calmness of a protected site, Marquisats is near the old town and has personalized private rooms with refined furnishings. 22 rooms.

### GRENOBLE, FRANCE

---

If you have the time, you should consider staying in Grenoble at the end of your trip to further explore the diverse activities this French town offers. Grenoble offers numerous outdoor activities, including via ferrata, a mountain route equipped with fixed cables, ladders, and bridges providing access to otherwise isolated routes to climbers with a variety of skills. Not to be missed in this Rhone-Alpes town, is a ride up the telepherique; egg-shaped cable cars, les bulles, take you across the Isere river to the bastille, a series of ancient fortifications. Enjoy the view from the summit, then wander the many trails leading down to the city. We recommend the following accommodations for your post-trip hotel.

**Park Hotel** | 10 Place Paul Mistral | 33 (0) 4 76 85 81 23 | [www.Park-Hotel-Grenoble.fr](http://www.Park-Hotel-Grenoble.fr) | ~\$395

Situated adjacent to the Paul Mistral Park in the center of Grenoble, the city's only 4-star hotel is sure to win you over with its elegance and charm.

**Patrick Hotel** | 116, cours de la Libération | 33 (0) 4 76 21 26 63 | [www.PatrickHotel-Grenoble.com](http://www.PatrickHotel-Grenoble.com) | ~\$425

Located close to Grenoble's city center, this hotel offers you many of the modern comforts you enjoy.

**Best Western Terminus** | 10, place de la Gare | 33 (0) 4 76 87 24 33 | [www.Terminus-Hotel-Grenoble.fr](http://www.Terminus-Hotel-Grenoble.fr) | ~\$175

This Belle Epoque hotel (1906), with modern conveniences, such as air-conditioning and WiFi Internet access, is conveniently located just across the street from the Grenoble train station.



## HOW TO PREPARE



### CYCLING & OTHER ACTIVITIES

**Rider Type** | 4

**Terrain** | mountainous

**Average Daily Distance** | 35 miles

**Average Daily Climbing** | 3,600 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. Classic Climbs of the Alps is best suited for our Type 4 Riders. Our Trek Travel guides can also easily accommodate Type 3 Riders, who seek less mileage or fewer uphill, with a boost in the van. Type 4 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult [www.trektravel.com/riderlevels.php](http://www.trektravel.com/riderlevels.php).

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

As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-rider activities are available, such as: Provence | Dordogne | Bordeaux

### 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 Classic Climbs of the Alps biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 35 miles for several days in a row. The terrain is highlighted by stunning views, quiet roads and challenging terrain. We will climb an average of 2-3 major climbs per day that combine sustained climbing with several steep sections. 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 80 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)
- Be sure to bring riding clothes for cold and rainy weather, as the weather can change instantly in the mountains, including long fingered gloves and a warm jacket.

#### **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

---

- 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*

