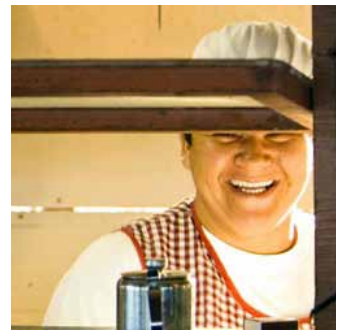




COSTA RICA



2012 EXPLORER MULTISPORT





WELCOME TO YOUR TREK TRAVEL® COSTA RICA ADVENTURE!

Bienvenidos to a land of staggering beauty and amazing biodiversity. Costa Rica’s rivers, volcanoes, beaches, hot springs, rain forest, flora and fauna are as unique as its people. With a great line-up of activities, we have prepared an unforgettable adventure for you. Bike down the slopes of a dormant volcano. Raft the Class III and IV rapids of Rio Pacuare. Sleep in a river lodge in the middle of the luxuriant rain forest. Hike the rainforest with a naturalist and spot toucanoes and oropendula. Zipline through the tree canopy. Watch an active volcano spew lava. Taste organic coffee during a coffee plantation tour. Enjoy real Tico hospitality. Learn how to surf and kayak in the ocean. Or simply retire to the sea-side spa. Memories that will last a lifetime are guaranteed.

- Discover Costa Rica’s incredible biodiversity and staggering beauty.
- Savor the simple and flavorful local cuisine while you learn how to prepare a Tico feast.
- Embrace Costa Rica’s love for independence and peace.
- Discover a history that sets Costa Rica apart from any other Central American nation.
- Meet the Ticos, an outgoing and fun bunch, who are proud to show off the beauty of their country



Pura Vida!

Monica Ercolessi

Costa Rica Trip Expert



ITINERARY



DAY 1:

Mountain Bike | *Irazú Volcano to Guayabo Lodge* | approximately 30 miles

Cooking Class

Your Trek Travel guides will meet you at the Hampton Inn & Suites (Hwy 1 Airport Blvd, Alajuela, Costa Rica 1017) at 9:00 AM on the first day of the trip. You and your new traveling companions will transfer to Volcán Irazú, the highest volcano of Costa Rica. Take the time to explore the area and walk to the crater of this active volcano, which last erupted in 1963, creating havoc in the area. After a hearty picnic lunch, your guides will spend some time fitting and familiarizing you with your Trek bike. Then you'll take the road for an exhilarating descent down the slopes of the volcano, riding first through lush rain forests to reach the valley and its farmland. Along the way, stop at the tiny village of La Pastora for a hot coffee before continuing on toward Guayabo Lodge, our home for the night. This evening, we will reconvene for a private cooking class, where you will learn the secrets of a typical Costa Rican fare. While savoring the dinner you prepared together, enjoy the views and relax at the sounds of nature.

Hotel | *Guayabo Lodge* | +506 2538 8492 | www.GuayaboLodge.com

DAY 2:

Whitewater Rafting | *Pacuare River*

Today you will experience the fun and thrills of rafting a quintessential tropical river. After a Tico style breakfast at Guayabo Lodge, board the bus for a short shuttle that will take you to the banks of the Pacuare River. Considered one of the most scenic rivers in the world, the Pacuare will “wow” you with exciting rapids, cascading waterfalls, deep rainforests, birds and butterflies. Here you will meet our river rafting guides, who will prepare you for a 2-day rafting adventure. After being versed in safety and paddling technique, you will be ready to tackle the Class III-IV rapids of the Rio Pacuare. For the night, we will stop at a river camp immersed in the luxuriant tropical forest. Deep into the wilds - where jaguars, ocelots, monkeys, sloths and an incredible variety of birds are at home - a gourmet meal is being prepared. Many stories and much laughter are sure to be shared in this beautiful setting, before you retire into your cabana for a well-deserved sleep.

Hotel | *Safari-Style River Camp* | | www.ExploradoresOutdoors.com/Pacuare-Rafting-Tour.html

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:

Whitewater Rafting | *Pacuare River*

Awaken this morning to sounds of the jungle birds and breathe in the fresh tropical air. The river guides will prepare a gourmet breakfast to begin your second day of rafting. Exploring more of the Pacuare tropical paradise, you will understand why the Pacuare has been named one of the top 10 river trips in the world by National Geographic! Enjoy a dip in the warm waters at the gorges of Dos Montanas after another delicious lunch, prepared by the rafting guides on the river's shore. At the put out, our driver Luis is waiting for us. In the late afternoon, a scenic drive brings you to the next hotel, Lomas del Volcán, tucked away in a remote corner of paradise. Tonight the entire group is invited to join our friend Doña Hilda in her backyard. Here we will meet the whole family, while enjoying the Costa Rican warm hospitality and homemade food. In a truly informal and friendly atmosphere, you will come to appreciate and understand what this country is all about.

Hotel | *Lomas del Volcán* | +506 2479 9000 | www.LomasDelVolcan.com

DAY 4:

Guided Hike | *Private Rainforest Reserve*

Swimming | *La Fortuna Waterfall*

Zipline | *Arenal*

Another close look at the tropical rain forest is in the plan today. With the help of a naturalist guide, we will start the morning at the Ecocentro Danaus where you will be introduced to many of the tropical animals of the area, including the famous poison dart frog. This educational center will segue into a hike at the private reserve El Silencio. Our guide will discuss the wonders of the natural world, while leading you along a trail ending with a panoramic view of the Arenal volcano. Arenal is the most active volcano of Costa Rica and welcomes its visitors with regular thundering shows of smoke and lava. After the hike, take a dip into the fresh waters below the mighty La Fortuna waterfall and enjoy the cool air of the river gorge. After lunch, you have the chance to experience a bird's eye view of the rain forest as we take a thrilling canopy tour. Don't forget your camera while flying through the tree-tops! You may have the chance to encounter a howler monkey in its own home. Back at the hotel, you may decide to book time at a local hot spring for some well-deserved R&R after an action-packed day. This evening is for you to explore the small town of La Fortuna or to relax at the hotel.

Hotel | *Lomas del Volcán* | +506 2479 9000 | www.LomasdelVolcan.com

COSTA RICA EXPLORER

Trip Length 7 days | 6 nights

Rider Level 2

Trip Start Alajuela, Costa Rica

Trip End San Jose, Costa Rica



ITINERARY



DAY 5:

Mountain Bike | *Café Diria to Playa Carrillo* | approximately 16 miles

Short Option | *Hilltop Route to Playa Samara* | approximately 15 miles

Avid Option | *Café Diria to Playa Samara* | approximately 20 miles

It is time to say “Adios” to the Arenal Volcano and begin your journey toward the warm coastal region of Guanacaste. During the transfer, you’ll have the chance to gaze at the world-renowned windsurfing destination, Arenal Lake, and admire the picture-perfect panorama. The first destination of the day is the Cooperativa Guanacaste, a coffee plantation where Josuar, the local agronomist, will show you how the “grano de oro” (grain of gold) is organically produced. After a picnic lunch, it is time to jump on your bike and head toward the ocean. During your ride, you’ll cross small villages set amidst tropical dry forest and teak plantations. The call of the howler monkey will provide the best soundtrack you can think of for a fantastic ride on a dirt road, undulating through the Costa Rican countryside. Your destination is a tropical oasis on the beach of Playa Samara, Villas Playa Samara. This evening is yours to explore the village of Samara and its many restaurants.

Hotel | *Hotel Villas Playa Samara* | + 506 2656 111 | www.VillasPlayaSamara.com

DAY 6:

Surf Class or Ocean Kayaking

Mountain Bike | *Playa Samara to Playa Guiones* | approximately 18 miles

Avid Option | *Playa Guiones Out and back* | approximately 35 miles

After waking up to the sound of birds, continue your vacation with a private surf class or some ocean kayaking and snorkeling on the Pacific. Ride the surf at Playa Samara on a surf board, or explore a small island off shore with a kayak. Whatever you decide to do, a qualified guide/instructor will be with you to make sure that you can safely experience the ocean’s might, beauty, and fun. Enjoy lunch on your own in Samara before deciding what to do this afternoon. Maybe you want to take another chance to get on your bike for a ride along the coast and explore deserted beaches, where the waves crash onto the untouched sand. Or you may want to enjoy some R&R on the beach and a visit to the hotel’s own spa, or some last-minute shopping in the town of Samara. Tonight you will sit down with your travel companions for a last dinner together filled with fresh seafood. Salud!

Hotel | *Hotel Villas Playa Samara* | + 506 2656 111 | www.VillasPlayaSamara.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 or 866 464 8735.*



ITINERARY



DAY 7:

Departure for San José

Once again, you will wake up to the sounds of the Costa Rican tropical forest. This is our last day together, and after enjoying breakfast, we will say “Adios” to the Ocean and depart for San Jose. You’ll say farewell to your guides at 10:00 AM at the Playa Samara Villas. You will shuttle to Juan Santamaria International Airport (about 4 hours). From here, you may board your flight home or take a taxi to further adventures of your own. We recommend that you do not make a flight reservation before 3:00 PM. There is a \$26 departure tax that must be paid in cash at the airport before checking in.



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 69-er or Trek 6000 mountain 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 restaurants, hotels, local guides and transportation
- Two days rafting trip on the Rio Pacuare
- Cooking School
- Coffee plantation tour

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 Costa Rica trip, you will stay in carefully chosen accommodations for their character, location and charm. They are all cabana style, usually with private porches or decks and fantastic views. All rooms are either air-conditioned or have a ventilating fan.

Guayabo Lodge | Santa Cruz, Costa Rica

You'll feel right at home while staying at the Guayabo Lodge, thanks to the rustic and comfortably appointed rooms and authentically delicious homemade food. Combined with the exotic enjoyment of cooking school, it will be a stay you'll never forget.

300 m sur del Cementerio | +506 2538 8492 | www.GuayaboLodge.com

Safari-Style River Camp | Pacuare River, Costa Rica

A luxury camp in the wilds of the jungle, next to the Rio Pacuare, complete with a gourmet kitchen and inspiring memories to last a lifetime.

www.ExploradoresOutdoors.com/Pacuare-Rafting-Tour.html

Lomas del Volcán | Arenal, Costa Rica

The hotel is situated on a 150-hectare farm at the foot of the Arenal Volcano. Surrounded by tropical rainforest, relax in your own bungalow with a terrace to enjoy the lush landscape around you.

La Fortuna, San Carlos | +506 2479 9000 | www.LomasDelVolcan.com

Hotel Villas Playa Samara | Samara, Costa Rica

A beachfront community with well-appointed villas and all the comforts of a modern hotel, Villas Playa Samara is a luxurious corner of paradise, on one of the best beaches in Costa Rica. Enjoy a spa treatment in the in-home facility or take a short walk on the beach to the village of Samara.

Samara, Guanacaste | + 506 2656 111 | www.VillasPlayaSamara.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 Costa Rica trip, the restaurants frequented are casual, with plenty of choices for those with food preferences, and proposing both Tico and International cuisine. One night you will put to work to create a Tico feast! You will also enjoy gourmet picnic lunches and the best of the local cuisine and fresh produce. If you have any dietary restrictions, please inform us at Trek Travel before you leave for your trip.

This itinerary is an approximation of our Costa Rica 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 Juan Santamaria International Airport (SJO), servicing Costa Rica's capital city, located in the nearby town of Alajuela. Taxis are available at the airport and it's approximately a 20-minute trip to downtown San José, which should cost approximately \$12 USD. Hampton Inn & Suites is 1 km from the airport and arranges for a free shuttle for their guests to the hotel from the airport. If taking a taxi, it is approximately \$2 USD. Report your destination to the taxi organizers at the airport.

MEETING TIME AND LOCATION

Hampton Inn & Suites | Alajuela, Costa Rica

Your Trek Travel guides will meet you at the Hampton Inn & Suites (Hwy 1 Airport Blvd, Alajuela, Costa Rica 1017) at 9:00 AM on the first day of the trip. You will transfer 1.5 hours to the 3432-meter (11,325') Volcán Irazú. After checking out the crater and the gorgeous views, we'll have a picnic lunch. Then after being fit to your bike, we'll start riding. Please have your riding gear (including some cold-weather apparel) in a separate and accessible bag.

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, Guayabo Lodge (+506 2538 8492), and leave a message with your expected arrival time and contact details. You will then be responsible for taking a taxi to the first night's hotel, Guayabo Lodge, for a cost of approximately \$100 USD. Negotiate this with the driver before boarding.

DEPARTING TIME AND LOCATION

Juan Santamaria International Airport | San Jose, Costa Rica

You will say farewell to your guides at 10:00 AM at the Playa Samara Villas. You will shuttle to Juan Santamaria International Airport (about 4 hours). From here, you may board your flight home or take a taxi to further adventures of your own. We recommend that you do not make a flight reservation before 3:00 PM. There is a \$26 departure tax that must be paid in cash at the airport before checking in.

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



ALAJUELA

Downtown Alajuela has a large indoor market every day, where you will find fresh produce and cheeses; a wide range of local products; and various food stands with typical Tico foods. Enjoy Zoo Ave in the nearby neighborhood of La Garita, which houses over 115 species of birds, including some 80 species naturally found in Costa Rica. There are also large iguana, deer, tapir, ocelot, puma, and monkey exhibits—and a 12-ft. crocodile! Here you will find only injured, donated, or confiscated animals. Poás Volcano National Park is a 90-minute drive from Alajuela. This active volcano, whose summit reaches over 8000 ft, is a highly visited site, featuring an extensive visitors center and surrounding trails. We recommend the following accommodations for your pre-trip hotel.

Pura Vida Hotel | Apdo. 1703 | +506 2430 2929 | www.PuraVidaHotel.com | ~\$105

Once a coffee plantation, this hotel is now in a lush tropical garden, surrounded by coffee and sugar cane farms. The restaurant features local organic foods prepared in a Costa Rican, French, and Asian fusion style.

Hotel Buena Vista | Apdo. 760-4050 | +506 2442 8595 | www.HotelBuenaVistaCR.com | ~\$85

This Spanish Colonial-style resort features a 360 degree, panoramic view of Poás, Barva, and Irazú volcanoes.

Xandari Resort and Spa | Apdo 1485-4050 | +506 2443 2020 | www.Xandari.com | ~\$230

22 individually designed villas on a 40-acre plantation overlooking the Central Valley. The restaurant serves fruit and vegetables from their organic greenhouse, orchard, and gardens.

SAN JOSÉ

San José offers everything one would expect from a large city. Here you can take advantage of many of the national treasures: The National Museum of Costa Rica, the National Theatre, the Costa Rican Contemporary Art Museum, as well as the Gold Museum, which features thousands of gold artifacts of pre-Columbian times and the Jade Museum. Visit Democracy Plaza and take in views of the city and surrounding mountains, as well as an open-air craft market. Experience the charming Spirogyra Butterfly Gardens featuring over 30 native species. Enjoy the endless supply of restaurants and bars close at hand. We recommend the following accommodations for your post-trip hotel.

Grano de Oro | Calle 30, Avenidas 2 & 4 | +506 255 3322 | www.GranodeOro.com | ~\$140

Located downtown, this 35-room hotel was once an early 20th century mansion. Two rooftop Jacuzzi pools, charm and class complete this attractive property. The French restaurant boasts some of the finest meals in the city and the full menu is on their website.

Costa Rica Marriott Hotel San Jose | 700 Metros Oeste de la Firestone | +506 2298 0000 | www.Marriott.com | ~\$200

The Costa Rica Marriott features a colonial hacienda set on a 30-acre coffee plantation, decorated with antiques for an elegant and relaxed atmosphere. The architecture, beautiful grounds, and exceptional service are captivating.

Hotel La Amistad | Barrio Amon y Otoya 100 Meters West of Hospital Calderon Guardia | +506 2258 0021 | www.HotelAmistad.com | ~\$70

Located in a quiet neighborhood, the hotel is a renovated 1920's mansion, in walking distance of the center of town.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 2

Terrain | hilly

Average Daily Distance | 23 miles

Average Daily Climbing | 0 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. Costa Rica 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. Type 2 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: Whitewater rafting | Jungle canopy tour | Hiking | Kayaking | Surfing | Cooking Class | Walk on the beach | Swimming in the Pacific Ocean

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 Costa Rica biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 23 miles for several days in a row. The terrain is mostly non-technical on rough roads, trails and pavement, with some steep grades. Hiking trails are narrow with some steep grades. We'll enjoy rafting on a wilderness river, and surfing or kayaking on gentle ocean waves. 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 35 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)
- Water shoes for rafting
- Retaining strap for sun glasses
- Sun hat

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!

MOUNTAIN BIKING SAFETY

- Always stay on designated trails.
- When riding through obstacles look at the path you want to follow NOT the object(s) you want to avoid.
- If you are not comfortable with a particular section of trail get off your bike and scout it out first. If you are still uncomfortable then there is no shame in walking.
- When descending on rugged terrain get your weight back and out of the saddle with your feet parallel to the ground. This allows you to absorb bumps from the front without committing your weight forward (and over the handlebars).
- Ride loose; tense riders have a higher probability to crash.
- Use both the rear and front brakes simultaneously—NEVER use the front brake alone.
- Take extra precautions to ensure your personal safety as support vehicles may not be able to reach you in the event you become lost or hurt. Be sure to always ride with another person, and carry pertinent phone numbers, a map, food, water, and basic first aid supplies.



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*

