



CANADIAN ROCKIES



2012 LUXURY





WELCOME TO YOUR TREK TRAVEL® CANADIAN ROCKIES ADVENTURE!

I am delighted to welcome you to the Canadian Rockies, my home for the past 23 years. Like most local residents, I came here to work for a summer and ended up being so enchanted with the majestic, ever-changing beauty of the mountains that I never left. There is something here for everyone. We've designed this vacation to highlight some of the best aspects of this Canadian landscape. Who knows, you may be just like me and never want to leave.

- Cycle along scenic roads that earned the Canadian Rockies 4th place in National Geographic's 50 Ultimate Road Trips.
- Develop an appreciation for nature and marvel at the wildlife – eagles, elk, sheep and sometimes even a grizzly – that peacefully eat daisies on the edge of the forest.
- Hike through the Valley of the Ten Peaks with award-winning local guides.
- The view of the turquoise serenity of both Lake Louise and Moraine Lake is even more beautiful than the photos!
- Cycle along Banff National Park's new bike path to the Olympic Town of Canmore & enjoy a local market.



Looking forward to meeting you!

Cheryl Hyde

Canadian Rockies Trip Expert



ITINERARY



DAY 1:

Road Bike | *Banff to Moraine Lake Lodge* | approximately 45 miles with 3,600 feet of climbing

Short Option | *Banff to Lake Louise* | approximately 35 miles with 1,600 feet of climbing

Your Trek Travel guides will meet you at the Fox Hotel and Suites (461 Banff Ave, Banff, Alberta, Canada) at 9:00 AM on the first day of the trip. You'll be transported to our staging location, where you'll be professionally fitted to your new Trek bike. Once everyone is ready, you'll commence your day riding along the Bow Valley Parkway. This historic road was once the only highway in the area, but now, used as a quiet secondary road this breathtaking byway is a cyclist's dream. Be sure to stop along the way to soak up the views including the ominous silhouette of Castle Mountain and the historic Canadian Pacific train that weaves in and out of the area. Keep your eyes open for wild animals along the way including the large moose that often roam the valley. You'll pause for lunch at the famous Baker Creek Chalet, where Chef Shelley will whip up a savory meal made exclusively with local products. After lunch, choose to keep riding all the way to Moraine Lake or shuttle to our secluded mountain hideaway, which is tucked beneath the dramatic landscape of the Valley of Ten Peaks and set before the unimaginable aqua-blue color of Moraine Lake. Tonight you'll dine together in the intimate lodge dining room.

Hotel | *Moraine Lake Lodge* | 403 522 3733 | www.MoraineLakeLodge.com

DAY 2:

Hike | *Valley of the Ten Peaks*

Canoe | *Moraine Lake*

Road Bike | *Moraine Lake to Nam Ti Jah Columbia Icefields Parkway* | approximately 67 miles with 2,300 feet of climbing

Long Option | *Bow Summit and Peyto Lake Option* | approximately 73 miles with 3,900 feet of climbing

Today you have a number of options from which to select. There's not a way better to experience the beauty of the Rocky Mountains than to walk or hike through her forests. Nadine and Joel, Master Guides and the area's top-rated interpretive guides, will lead you through the Valley of the Ten Peaks to learn about the flora, fauna, and mythology of these rugged mountains. Out of respect for our fragile environment, our hiking group will be split into two groups of 12. While the morning hikers set off into the wild, the afternoon hikers can relish in the beauty of the area and discover the blue waters of Moraine Lake by canoe. Of course, if you'd prefer pedaling to walking, today's optional ride will take you up the famous Columbia Ice Field Parkway to Nam Ti Jah Lodge. Rated as one of the most beautiful road trips by National Geographic, you'll have a chance to take in its beauty as you pedal all uphill to Bow Lakes. Ice fields, large and small glaciers that date back to the Ice Age, and the exquisite beauty of the ever-changing mountains will be your view throughout the ride. This evening, you and your traveling companions will all reunite for our final dinner at Moraine Lake Lodge.

Hotel | *Moraine Lake Lodge* | 403 522 3733 | www.MoraineLakeLodge.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.*



DAY 3:

Road Bike | *Moraine Lake to Continental Divide to Takakkaw Falls to Emerald Lake* | approximately 45 miles with 2,000 feet of climbing

Short Option | *Moraine Lake to Takakkaw Falls to Cathedral Lodge* | approximately 29 miles with 1,300 feet of climbing

Hike | *Emerald Lake*

Leaving Banff National Park, you will ride west over the ‘car-free’ Continental Divide into Yoho National Park and Canada’s most westerly province, British Columbia. Stop on the crossroads of the continent and you will marvel at our hydrological apex. Divide Creek splits precisely at this point, with one fork heading for the Pacific and one for the Atlantic. Leaving the Divide, you’ll follow the Canadian Pacific Railway to the Spiral Tunnels, where the train tracks loop around inside the mountain in order to slow the speed of the chugging trains. You’ll then ride up to Takakkaw Falls to witness the grandeur of one of the highest waterfalls in Canada. Walk to the falls and enjoy the refreshing feeling of mountain water, spraying up from the falls. After a picnic lunch, you can ride to your new hotel – the renowned Cathedral Mountain Lodge – and spend the afternoon relaxing on your patio, reading a book, or taking a nap. Along the way, you’ll see one of British Columbia’s natural bridges, formed entirely out of boulders. Of course, if your riding legs are done for the day at any point in the afternoon (or throughout the day), your Trek Travel guides are right there to give you a shuttle. Tonight your Trek Travel guides will expose you to the culinary skills of yet another local chef.

Hotel | *Cathedral Mountain Lodge* | 866 619 6442 | www.CathedralMountain.com

DAY 4:

Road Bike | *Lake Louise Village to Banff* | approximately 41 miles with 5,000 feet of climbing

Long Option | *Lake Louise Village to Lake Louise to Banff* | approximately 47 miles with 6,300 feet of climbing

Explore Banff | *Shop in Banff* | *Gondola Ride up Sulphur Mountain*

Hiking Option | *Johnston Canyon Lower or Upper Falls*

Today you’ll rise out of British Columbia, returning to Wild Rose Alberta. Enjoy a relaxing shuttle to Lake Louise Village, where you can start your journey, and decide, if you prefer, to have one more view of Lake Louise or if you simply want to ride to Banff. This afternoon, you are on your own for lunch. Choose to either stop at Johnston’s Canyon for a snack and perhaps a quick hike up to the falls, where you’ll see how the weight and power of water can carve out rock, or ride all the way into Banff and enjoy lunch in town. Eddie’s Burger Joint always provides the best post-ride meal! The riding option you take will determine how much free time you get to enjoy in the cute mountain town of Banff. Stroll down Main Street in search of the perfect souvenir or a tasty ‘bear claw’, or visit a true Canadian icon, the majestic Banff Springs Hotel. The hotel and its surroundings have drawn tourists from all over the world since the turn of the century. The buildings display important characteristics of Late Victorian architecture and the visually clean, striking, and exciting style became so significant throughout the early 1900’s, that it became the focal point of Canadian architecture until the beginning of the second World War. If you prefer natural beauty over man-made, try a gondola ride up to Sulphur Mountain. All it takes is eight minutes in a modern, fully enclosed, four-passenger gondola cabin to summit the mountain at 2,292 ft. (Fees for the Gondola ride are not included in the price of your trip). The decision is yours. After freshening up at your new abode, choose to either dine in town or perhaps spend some time in the hotel’s outdoor hot tub and then stroll over to Cilantro’s for a quiet meal.

Hotel | *Buffalo Mountain Lodge* | 800 661 1367 | www.BuffaloMountainLodge.com



ITINERARY



DAY 5:

Road Bike | *Banff to Mount Norquay to Lake Minnewanka Loop* | approximately 30 miles with 1,600 feet of climbing

Long Option | *Banff to Lake Minnewanka to Canmore Return* | approximately 44 miles with feet of climbing

Short Option | *Banff to Lake Minnewanka Loop* | approximately 18 miles

After fueling up with a full breakfast in the morning, you'll enjoy the locals' loop. First, you'll cycle behind the Banff Centre to Surprise Corner and stop to take photos of the Fairmont Banff Springs Hotel. If you have the legs, ride up to Mount Norquay and enjoy the sweeping views of the valley below. You'll cruise through town and ride alongside the icy blue waters of Lake Minnewanka, the largest body of water in Banff National Park. Be sure to watch out for an ever-present herd of big horn sheep, grazing lazily in the park. Perhaps the best part of today's adventure is jumping into Cascade Ponds while your Trek Travel guides prepare one of their legendary Canadian picnics. After this scenic loop, you have a few options. Either you can head back to the hotel at the top of Tunnel Mountain, passing the Hoodoos and the impressive Mt. Rundle, or if you would like to add more kilometers to your day, ride to neighboring Canmore. You'll ride along a newly constructed bike path and enjoy stunning views. Don't be surprised if you catch riders as young as 2 1/2 years old on this trail. With more Olympic Athletes living in Canmore than any other Canadian city, an active lifestyle starts early. Linger in the local market or shop in any of this town's artisan shops. Tonight you and your newfound friends will gather on the terrace of your hotel and toast to the adventures of the week. A succulent Canadian meal will be the perfect top-off to your vacation.

Hotel | *Buffalo Mountain Lodge* | 800 661 1367 | www.BuffaloMountainLodge.com

DAY 6:

Bye Bye

This morning enjoy a leisurely breakfast and a short walk through Tunnel Mountain. You'll say farewell to your guides at 10:00 AM at the Buffalo Mountain Lodge. The Banff Airporter has a scheduled pick up time of 9:30 AM and 11:30 AM from Buffalo Mountain Lodge to the Calgary International Airport. (This is based on the 2011 schedule) Please make your reservations in advance. Please be ready 10 minutes in advance. Alternatively, you can take a taxi to any other Banff location for between \$5-10.

CANADIAN ROCKIES LUXURY

Trip Length 6 days | 5 nights

Rider Level 2&3

Trip Start Banff, Alberta, Canada

Trip End Banff, Alberta, Canada



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 3 lunches, social hour on some evenings, 4 dinners, and all snacks and drinks for each day's ride

Support

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

Gear

- The use of a Trek Madone™ 5.2 carbon road bike, or Trek Madone™ 5.2 Women's Specific Design carbon road bike (limited selection), or Trek 7.7 FX™ hybrid bike (visit www.trektravel.com/ridethebest.php 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
- Private Guided Hike through the Valley of the Ten Peaks
- Canoeing on Moraine Lake

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 Canadian Rockies trip, you will stay in accommodations that are full of charm and fascinating history. These chalet-style hotels feature rustic decor with modern, luxurious amenities. Most rooms are large and have wood-burning fireplaces and great views.

Moraine Lake Lodge | Moraine Lake, Alberta, Canada

Located in Banff National Park on the shores of Moraine Lake—the Jewel of the Rockies—Moraine Lake Lodge boasts private balcony views of the surrounding grand Valley of Ten Peaks from each wood-beamed room and offers all the comforts of a cozy alpine retreat.

P.O. Box 70 | 403 522 3733 | www.MoraineLakeLodge.com

Cathedral Mountain Lodge | Field, British Columbia, Canada

It's your own private sanctuary in the mountains! Enjoy the newly renovated, authentic log cabins nestled in the trees at the edge of the glacier-fed Kicking Horse River. An oasis of comfort, you can warm yourself by the wood-burning stone fireplace, indulge in a leisurely bath in the soaker tub or kick back while sitting on your large private deck. There is no television or telephone to disrupt your mountain escape.

PO Box 40 | 866 619 6442 | www.CathedralMountain.com

Buffalo Mountain Lodge | Banff, Alberta, Canada

Located just above the Banff township near Tunnel mountain, Buffalo Mountain Lodge is built in log-cabin style, with luxurious and spacious rooms, most with balconies, fireplaces, and mountain views. The hotel houses an excellent restaurant and one of the Canadian Rockies' most comfortable outdoor hot-tubs.

P.O. Box 1326 | 800 661 1367 | www.BuffaloMountainLodge.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 Canadian Rockies trip, expect to enjoy wonderful, Canadian Rocky Mountain-style cuisine. Menus feature wild game and seafood, particularly salmon, and world-famous Alberta beef. Most of our dinners are served at our hotel dining rooms. You'll enjoy gourmet picnic lunches prepared by your guides, as well as one lunch at a local bistro. Breakfast is always served at the hotel.

This itinerary is an approximation of our Canadian Rockies 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 Calgary, Alberta, Canada. From the Calgary International Airport (YYC), you may take an Airporter shuttle to the town of Banff and enjoy an evening in the mountains, prior to your trip start the following morning. Trek Travel guests enjoy a 15% discount if they book with the Banff Airporter. To enjoy this added value, you'll receive a special booking code in your confirmation letter after you've booked your vacation. If you prefer staying in Calgary the night before your trip, you can take a taxi from Calgary to Banff (130km) for approximately \$205. Please reserve your taxi in advance (403 762 0000).

MEETING TIME AND LOCATION

Fox Hotel and Suites | Banff, Alberta, Canada

Your Trek Travel guides will meet you at the Fox Hotel and Suites (461 Banff Ave, Banff, Alberta, Canada) at 9:00 AM on the first day of the trip. From the Fox Hotel and Suites, we will transfer to our staging location in Banff. After a quick snack and a thorough bike fitting, we will begin our adventure.

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, Moraine Lake Lodge (403 522 3733), and leave a message with your expected arrival time and contact details. Your guides will then instruct you to either take a taxi to our staging area or Moraine Lake Lodge.

DEPARTING TIME AND LOCATION

Buffalo Mountain Lodge | Banff, Alberta, Canada

You will say farewell to your guides at 10:00 AM at the Buffalo Mountain Lodge. The Banff Airporter has a scheduled pick up time of 9:30 AM and 11:30 AM from Buffalo Mountain Lodge to the Calgary International Airport. (This is based on the 2011 schedule) Please make your reservations in advance. Please be ready 10 minutes in advance. Alternatively, you can take a taxi to any other Banff location for between \$5-10.

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



BANFF

Enjoy one evening taking in the beauty of the Rocky Mountains prior to your trip start. Best to enjoy a night of relaxation, as tomorrow you have a full day ahead of you. We recommend the following accommodations for your pre-trip hotel.

Fox Hotel and Suites | 461 Banff Ave. | 800 661 8310 | www.BestofBanff.com | ~\$230

The brand new Fox Hotel and Suites offers a unique accommodation style to the Banff area. This classic hotel features Rundle rock stonework and mountain spring hot pools inspired by Banff's original Cave & Basin site. Located a quick 5-minute walk from downtown Banff, the Fox Hotel & Suites offers great access to all the refinements Banff has to offer.

Fairmont Banff Springs Hotel | 405 Spray Ave | 800 441 1414 | www.Fairmont.com | ~\$450

For more than a century, 'The Castle in the Rockies' has provided the unique blend of luxurious comfort, individualized service, and timeless beauty for the most discerning traveler. Styled after a Scottish Baronial Castle, The Fairmont Banff Springs is located in the heart of Banff National Park, a UNESCO World Heritage Site. Its beauty is unparalleled.

Banff Inn | 501 Banff Ave. | 800 667 1464 | www.BanffInn.com | ~\$160

Banff Inn is a modern style inn located on Banff Ave. Just steps from the centre of the action, the Banff Inn provides a great location to base your adventures. The Inn also features wireless internet, whirlpool, steam room, and sauna.

CALGARY

Calgary is one of Canada's most vibrant cities and quite proud of its western heritage. Fine dining, shopping, museums, and a world-class zoo can all be found here. You can also ride the bobsled track at Canada Olympic Park, the site of the 1998 Winter Olympics. We recommend the following accommodations for your post-trip hotel.

Calgary Marriott | 110 9th Avenue, SE | 800 896 6878 | www.Marriot.com | ~\$120

Located in the center of downtown in part of the complex which includes the Glenbow Museum. With newly renovated, spacious rooms, this centrally located hotel is ideal for exploring Calgary.

Delta Bow Valley | 209 4 Avenue SE | 403 266 1980 | www.DeltaHotels.com | ~\$425

Also located in the heart of downtown Calgary, the Delta Bow Valley is an efficiently-run hotel and in an excellent location.

Delta Calgary International Airport | 2001 Airport Road N.E. | 403 291 2600 | www.DeltaHotels.com | ~\$180

Located across from the Calgary International Airport, this hotel offers easy access on a day filled with travel. Relax in your room or enjoy some time in the pool before heading to bed.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 2&3

Terrain | hilly

Average Daily Distance | 40 miles

Average Daily Climbing | 3,300 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. Canadian Rockies is best suited for our Type 2&3 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: Hiking Consolation Lakes | Canoeing on Moraine Lake | Shopping in Canmore & Banff | Spa day at the Banff Springs Hotel Spa | Gondola Ride Up Sulphur Mountain | Hiking Emerald Lake | Hiking Takakkaw Falls | Visiting Banff Springs Hotel | Visiting the Whyte Museum | Visiting Chateau Lake Louise

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 Canadian Rockies biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 40 miles for several days in a row. The terrain is a combination of false flat riding and moderate hills. There are a few lengthier climbs that you can choose to either ride on your bike or in the van. Most riding is on lightly used secondary roads or bike paths. 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 73 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)
- Hiking Shoes or Sneakers
- Fleece or Down Jacket
- 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!

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.*



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*

