



DORDOGNE



2012 LUXURY





WELCOME TO YOUR TREK TRAVEL® DORDOGNE ADVENTURE!

The Dordogne is where we discover ancient France. Pre-historic caves and medieval châteaux provide a window into the world of cavemen and knights. Stand in the site of human history, and take in cave paintings of bison dating from 14,000 BC. Canoeing along the river, you may get a sense of the danger that lurked during the Hundred Years' War. Life still moves slowly here and the pleasures of eating and drinking well are all around you. You'll love riding on deserted roads, sheltered from the sun by dense forests, with your knowledgeable Trek Travel guides there to introduce you to the region. If you need more or less riding we are always here to respond to your needs. It's your vacation and we are here to help you make it exactly what you want!

- Ride on quiet, tree-lined roads, through medieval villages and along the Dordogne River.
- Savor the local dish, magret duck, served with sublime cèpes at our one-starred Michelin restaurant.
- Marvel at the 12th century Château de Beynac.
- Visit the only cave with pre-historic polychrome paintings that is open to the public.
- Canoe along the Dordogne River and take in the castles on the limestone cliffs above.



A bientôt!

Meagan Coates

Dordogne Trip Expert



ITINERARY



DAY 1: MONDAY, JULY 23, 2012

Bike Fit

Road Bike | *La Treyne Loop* | approximately 14 miles with feet of climbing

Your Trek Travel guides will meet you at the Brive-la-Gaillard Train Station (Brive-la-Gaillard, France) at 11:00 AM on the first day of the trip. After a private shuttle to our home for the night, the stunning XVIIth century Château de la Treyne perched over the Dordogne River, your Trek Travel guides will professionally fit your Trek bicycle to you and you will enjoy a gourmet Trek Travel picnic. Take a short spin around La Treyne to admire the picturesque landscape and prepare your body for an incredible week. This evening, take time to stroll in the formal gardens or enjoy a dip in the pool before gathering for our evening meal together at the hotel's Michelin-starred restaurant. It is true that the wines of France are unforgettable but what is important to remember is that their greatness is heightened when you share it with friends! Santé!

Hotel | *Château de la Treyne* | +33 (0)5 65 27 60 60 | www.ChateauDeLaTreyne.com

DAY 2: TUESDAY, JULY 24, 2012

Road Bike | *La Treyne to Sarlat* | approximately 40 miles with 3,000 feet of climbing

After a bountiful breakfast we will ride the rolling hills south of Sarlat on walnut tree lined roads heading for the gravity-defying village of Rocamadour. For centuries, this town has welcomed pilgrims who come to a shrine dedicated to the Virgin Mary. The town has numerous chapels and churches that cling to a sheer cliff 500 feet above the Alzou River. We'll enjoy the local fare together in Rocamadour and then continue our ride into the bustling village of Sarlat. This evening we will regroup for dinner at a lively bistro in Sarlat.

Hotel | *Hôtel Clos la Boetie* | +33 (0)5 53 29 44 18 | www.ClosLaBoetie-Sarlat.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: WEDNESDAY, JULY 25, 2012

Road Bike | *Château de Beynac to Clos la Boetie* | approximately 15 miles with 600 feet of climbing

Canoe | *Dordogne River*

After a bountiful breakfast, you will go back in time to the High Middle Ages when tensions between the French and English grew strong and the Dordogne River marked the front line of the Hundred Years' War. You'll enter the heart of the region by water, canoeing on the river the way travelers did centuries ago. Castles, fortresses and new "bastide" towns crown the hills, standing as a living memory of the gruesome battles and raids. The formidable village of Beynac-et-Cazenac is yours to discover over lunch, before you're captivated by the colorful tales of Jean Claude, who will guide the group on a private tour of the remarkable Château de Beynac. You will have a leisurely ride back to our hotel, stopping along the way at the celebrated village of La Roque-Gageac, where you can explore its pre-historic caves and small botanical garden. Tonight you'll regroup in Sarlat at a quaint bistro for a toast to the day followed by dinner.

Hotel | *Hôtel Clos la Boetie* | +33 (0)5 53 29 44 18 | www.ClosLaBoetie-Sarlat.com

DAY 4: THURSDAY, JULY 26, 2012

Road Bike | *Trémolat* | approximately 35 miles with 2,300 feet of climbing

Today we are heading to Les Eyzies-de-Tayac, the world capital of prehistory, its steep cliffs crowned by evergreens and junipers. These cliffs are dotted with caves that were home to prehistoric peoples. After rolling through the hills, you will stop in the village of Le Bugue to experience a tradition that is quintessentially French, the farmer's market! Sample various local cheeses, purchase some locally produced walnut oil and enjoy the dynamic and colorful scenes of this weekly gathering. You will resume biking to Les Eyzies, where you will be welcomed with a savory Trek Travel picnic. After lunch, enjoy a private tour of the outstanding Font de Gaume cave, a showpiece of Magdalenian engravings and paintings dating from around 14000 BC. The cave holds over 200 polychrome paintings, including depictions of more than 80 bison, 40 horses, and 20 mammoths. The cave is considered one of the finest examples of polychrome painting open to the public. After the tour, you'll bike or shuttle back to our hotel where you can retreat poolside and reflect on all you've seen today. Tonight you are free to walk the cobblestone streets of medieval Sarlat in search of the perfect bistro for dinner.

Hotel | *Le Vieux Logis* | +33 (0)5 53 22 80 06 | www.Vieux-Logis.com

DORDOGNE LUXURY

Trip Length 6 days | 5 nights

Rider Level 2

Trip Start Brive-la-Gaillarde, France

Trip End Bergerac, France



ITINERARY



DAY 5: FRIDAY, JULY 27, 2012

Road Bike | *Monpazier Loop* | approximately 55 miles with 3,000 feet of climbing

Today's ride will take you through peaceful vineyards, rolling farmlands, ancient forests and charming villages and then back to our hotel, the delightful Le Vieux Logis. Take a dip in the beautiful pool or stroll the streets of the village of Trémolat before meeting on the terrace for a final toast to the week. Tonight, you and your friends will savour a tantalizing one-star Michelin dinner at our hotel, featuring local specialties.

Hotel | *Le Vieux Logis* | +33 (0)5 53 22 80 06 | www.Vieux-Logis.com

DAY 6: SATURDAY, JULY 28, 2012

Road Bike | *Short Loop* | approximately 15 miles with 500 feet of climbing

On this final morning of the trip, take an extra moment to simply experience the tranquility of Le Vieux Logis. Savor your morning "café au lait," take a relaxing swim in the pool. For those eager to spin their legs, enjoy a short loop around the region. You'll have time to freshen up before bidding farewell to your Trek Travel guides. You'll say farewell to your guides at 11:00 AM at the Le Vieux Logis. A private shuttle will arrive at the hotel to transport you to the Bergerac train station in time for afternoon trains. Please do not reserve seats on any train leaving before 12:30 PM.

Last minute question? *Your guides will be available 24 hours before the start of your trip. You'll receive their mobile numbers in an e-mail one week before the trip start date. In the event you don't receive this email, please contact our sales team at sales@trektravel.com or 866 464 8735.*



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 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) (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 Tour of Château de Beynac
- Canoe the Dordogne River
- Private Guided Tour of Font de Gaume

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 Dordogne trip, you will stay in historic and luxurious accommodations with personalized service.

Château de la Treyne | Souillac, France

The castle is ideally located overlooking the Dordogne River, surrounded by a classic French formal garden, rare species of trees and ancient cedars. The swimming pool will provide a relaxing and refreshing break, while the Michelin-starred restaurant will replenish your energy in unparalleled French gastronomic style.

Lacave | +33 (0)5 65 27 60 60 | www.ChateauDeLaTreyne.com

Hôtel Clos la Boetie | Sarlat, France

Perfectly located in the center of the charming and lively town of Sarlat, the hotel owners recently converted their family home into an intimate and luxurious four-star hotel. The hotel artfully combines traditional elegance and comfort with stunning fabrics and bold colors. You will feel at home relaxing by the pool or having a drink in the salon.

95-97, avenue de Selves | +33 (0)5 53 29 44 18 | www.ClosLaBoetie-Sarlat.com

Le Vieux Logis | Trémolat, France

A member of the Relais & Châteaux collection, this high-standard hotel has been in the same family for over 450 years. Originally a simple tobacco barn, the building was renovated under the close eye of Madame Giraudel (the current owner's mother). She transformed the property into a first-class hotel at a time when tourism in the Périgord was only just beginning. The hotel has been redecorated since that time, but retains all its charm. Every book, every piece of furniture and every armchair is original and has a story, some four centuries old.

Tremolat | +33 (0)5 53 22 80 06 | www.Vieux-Logis.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 Dordogne trip, prepare to enjoy the finer things in life—great food, great wine and wonderful atmosphere! The most famous French gastronomic delicacies—black truffles and “foie gras”—are from this region. It is no surprise that the Dordogne is regarded by the French as the very best place to dine in all of France. And there are simple dining pleasures, too: “boulangeries” provide fresh-baked breads and an array of pizzas and croissants. Travelers should have minimal problems with vegetarian diets in France. This agricultural region has something for everyone.

This itinerary is an approximation of our Dordogne 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). There are three options that will enable you to transfer from Paris to Brive-la-Gaillarde. The easiest of the three is to take a train from Paris to Brive-la-Gaillarde. Your travel time will take approximately 4.5 hours and there are several trains leaving for Brive every day. From the Charles de Gaulle Airport we recommend taking an Air France bus or a taxi into Paris to get to Gare d' Austerlitz. Those seeking to explore Bordeaux before your trip start, you can take a high speed TGV train directly from Charles de Gaulle Airport (3 hours) or the Montparnasse station to Bordeaux. We recommend confirming your reservation with France's rail site, www.SNCF.com as schedules change seasonally. From the Charles de Gaulle Airport, you may take one of the Air France commuter flights to Bordeaux. Please check www.AirFrance.com for details. From the Bordeaux Airport, you may take a shuttle service into Bordeaux (6 euros) or opt for a short taxi ride (20 euros). You will then take a train leaving from the Bordeaux train station for Brive-la-Gaillarde (1.5 hours).

MEETING TIME AND LOCATION

Brive-la-Gaillard Train Station | Brive-la-Gaillarde, France

Your Trek Travel guides will meet you at the Brive-la-Gaillard Train Station (Brive-la-Gaillard, France) at 11:00 AM on the first day of the trip. Your Trek Travel guides will be visible and dressed in Trek Travel attire. After a 50-minute shuttle to Lacave, you will have a Trek Travel gourmet picnic to prepare you for the ride and introduce you to the Trek Travel style of vacations! Please have your first day cycling clothes and riding gear easily accessible. After lunch we'll fit your bike to you and begin our day's ride through La Treyne.

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, Château de la Treyne (+33 (0)5 65 27 60 60), and leave a message with your expected arrival time and contact details. You may take a taxi to the first night's hotel, Château de la Treyne, for about 100 euros.

DEPARTING TIME AND LOCATION

Bergerac Train Station | Bergerac, France

You will say farewell to your guides at 11:00 AM at the LeVieux Logis. A private shuttle will arrive at the hotel to transport you to the Bergerac train station in time for afternoon trains. Please do not reserve seats on any train leaving before 12:30 PM.

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



BERGERAC

Bergerac is an attractive old town running down to the banks of the Dordogne River, with plenty of restaurants and small shops to explore. While there, make sure you spend some time exploring the old town section of Bergerac, the streets lined with half-timbered houses and open-air cafés where you can pass a very pleasant hour people-watching. Up from the old town, there is a newer part to Bergerac, with a variety of modern shops. After exploring Bergerac you can take an organized boat trip (gabarre) up the river to see the town and the nearby countryside from a different perspective (start from the car-park at the bottom end of the old town). We recommend the following accommodations for your pre-trip hotel.

Hôtel de France | 18 Place Gambetta | +33 (0)5 53 57 11 61 | www.HotelDeFrance-Bergerac.com | ~\$100

Centrally located close to the pedestrian streets, this hotel offers a great location from which to explore town. 21 rooms.

Hôtel de Bordeaux | 38 Place Gambetta | +33 (0)5 53 57 12 83 | www.Hotel-Bordeaux-Bergerac.com | ~\$70

Hôtel de Bordeaux is a family run hotel, located in the center of town. Features include a garden and a pool.

Hôtel du Commerce | 36, Place Gambetta | + 33 (0)5 53 27 30 50 | www.Hotel-Du-Commerce24.fr | ~\$70

Discreet comfort is the theme at this 3 star hotel. You will enjoy its perfect location on the place Gambetta and shopping district of Bergerac. 35 rooms.

BORDEAUX

Stroll throughout the city and take in the elegant sights and sounds of this exquisite cultural and wine center. Explore the historic districts from the Quartier des Chartrons to the Esplanade des Quinconces. Don't miss the church of Notre-Dame and the Cloister of the Dominican convent. Before enjoying a quiet walk along the river, enter the courtyard of Fossés de l'Intendance, the triumphal route of princes, kings and heads of state and proceed toward Place de la Comédie and the Place du Parlement. The Quartier Saint-Michel and the Grand-Théâtre are two-must sees. Bordeaux features an extensive choice of wonderful boutiques and art galleries spread among its pedestrian streets, you won't be disappointed. We recommend the following accommodations for your post-trip hotel.

The Regent Grand Hôtel de Bordeaux | 2-5, Place de la Comédie | +33 (0)5 57 30 44 44 | www.TheRegentBordeaux.com | ~\$300

The Grand Hôtel is one of the most beautiful hotels in Bordeaux. After a faithful restoration, it resumed its rightful place in the heart of downtown Bordeaux. It is as elegant as in the past, respecting its colorful history and offering the finest world class hospitality. 150 rooms.

Hôtel de Normandie | 7 cours du Jullet F | +33 (0)5 56 52 16 80 | www.Hotel-De-Normandie-Bordeaux.com | ~\$425

Discreet comfort is the theme at this three-star hotel. You will enjoy its perfect location close to the Place des Quinconces and historical district of Bordeaux. 100 rooms.

Tulip Inn Le Bayonne Etche-Ona | 15 cours Intendance | +33 (0)5 56 48 00 88 | www.Bordeaux-Hotel.com | ~\$159

In 1997 two older establishments were combined to create this centrally-located hotel, a member of the Best Western group. The rooms are well sound-proofed and comfortably furnished. 65 rooms.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 2

Terrain | hilly

Average Daily Distance | 35 miles

Average Daily Climbing | 2,200 feet

On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. On most Trek Travel trips, you can ride as much or as little as you like. Dordogne is best suited for our Type 2 Riders. Our Trek Travel guides can also easily accommodate Type 1 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 3 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult www.trektravel.com/riderlevels.php.

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. See *Included In The Trip Price* for more information.

Some non-riding options on this trip are: Private tour of pre-historic cave paintings in Les Eyzies | Canoe down the Dordogne River, the purest river in France | Private guided tour of the medieval fortress of Beynac | Exploring and shopping in medieval Sarlat | Explore fortified “bastide” towns of Domme and Monpazier | Exploring the village of Rocamadour

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 Dordogne 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 rolling hills and quiet winding roads lined with lush forests. Some hills in the Dordogne are quite steep but relatively short. 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 55 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)

Don't Forget!

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

International Travel

- Passport/Visa
- International power adapter
- Power converter

Cycling Clothing & Gear *To purchase suggested items below, please visit a Trek dealer near you—www.TrekBikes.com*

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

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



CYCLING SAFETY



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

ROAD CYCLING SAFETY

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



WHY TRAVEL WITH TREK TRAVEL



VACATIONS OF A LIFETIME

Like a master chef, we can't give away all of our secrets but we'd like to give you a little insight into what makes us different:

The Absolute Best Guides | Whether suggesting the perfect route to match your cycling ability, sharing their regional knowledge over dinner or anticipating your needs, our guides are consummate professionals. What sets them apart from the rest is their infinitely accommodating, fun and flexible attitude. They live by the motto *Your Day, You Decide* and will attempt anything to ensure that your trip is your trip of a lifetime.

Ride the Best | We have the best bikes—period. Included in the price of your trip is the OCLV carbon fiber 5.2 Madone, the Women's Specific Design 5.2 Madone (limited sizes available), 7.7 FX hybrid or choose the Madone 6.5 or Electric Bike. With every pedal stroke, you'll benefit from Trek Bicycles' 30-year tradition of innovation, performance and quality.

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

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

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

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

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





WHY TRAVEL WITH TREK TRAVEL



WHAT OUR GUESTS SAY

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

—Brian

The Absolute Best Guides

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

Ride the Best

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

—Patrick & Jennifer

Your Day, You Decide

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

—Robin

Local Connections

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

—John

We Like to WOW You

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

WOW

—Edward and Katherine

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

—Jim

It's in the Design

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





THE ABSOLUTE BEST GUIDES

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

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

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

—Lisa





RIDE THE BEST



STANDARD BIKES

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

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



TREK MADONE 5.2 ROAD BIKE

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

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



TREK 7.7 FX HYBRID BIKE

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

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



RIDE THE BEST



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

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

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive with a shorter top tube to adjust for a woman's geometry*
- *Bontrager's Affinity WSD Saddle is designed to keep women comfortable for long days of cycling*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *Shimano Ultegra STI levers and ergonomic bend bring smaller hands closer to the brake levers and the narrower handle bars accommodate women's shoulders*



OPTIONAL BIKES

TREK MADONE 6.5 ROAD BIKE | \$300

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

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



TREK FX+ ELECTRIC BIKE | \$250 (LIMITED SIZES AVAILABLE)

With the Trek FX+ Electric Bike enjoy the same upright and comfortable ride.

- *FX Alpha Black Aluminum frame*
- *Trek Syn Drive power management system automatically adjusts power based on rider input, speed, and terrain*
- *Silent Drive motor provides up to 350 watts of assistance*
- *27 Speed Shimano Rapid Fire Shifting*

