



CALIFORNIA WINE COUNTRY



2012 SPECIAL EDITION LUXURY





WELCOME TO YOUR TREK TRAVEL® CALIFORNIA WINE COUNTRY ADVENTURE!

As we celebrate our 10th anniversary we are planning special trips to our most popular destinations including The California Wine Country. As 10 year experts in the region, let us weave you into the fabric of its rolling vineyards, deep blue skies, and quiet country roads. The art and science of wine-making blends perfectly with the world-class flavors of the fresh and local cuisine. The hotels cater to the traveler, offering lush accommodations, relaxing spas, and extra touches for which the wine country is known. In 10th anniversary style we are adding an intimate wine paired dinner at the world famous Quivira Estate Winery catered by Relish in picturesque Dry Creek Valley. Surely a unique experience you will never forget! Immerse yourself in the wine, food, and cycling delights that are The California Wine Country.

- Celebrate our 10 year anniversary with a wine paired dinner at Quivira Estate, catered by Relish.
- Savor the fresh and unique dishes of the bay area cuisine--a beautiful blend and mix of local, French and Italian inspired delights.
- Enjoy lunch and a glass of wine with the owners of a small Napa Valley winery.
- Visit one of the California's sacred treasures, the Redwood Forest.
- Share the passion and joy of superb food and exquisite wine with all who live in Napa and Sonoma Valley.



Cheers,

Jonathan Hershberger

California Wine Country Trip Expert



ITINERARY



DAY 1:

Road Bike | *Benziger Winery to MacArthur Place* | approximately 11 miles with 100 feet of climbing

Your Trek Travel guides will meet you at the Westin St. Francis Hotel lobby, by the large grandfather clock (335 Powell Street, San Francisco, CA, 94102) at 10:30 AM on the first day of the trip. After a private shuttle (1-1/2 hours) we'll arrive at our trip start, Benziger Family Winery, one of only a handful of bio-dynamically farmed vineyards in North America. Here we will gather for a picnic lunch replete with local specialties and tastes for all palates. Once we've filled you in on the details of the day, enjoy a tour of the winery. Visit their underground estate caves and sample some of their fine wines in the Glen Ellen tasting room. Following the tour, we'll spend some time familiarizing you to the Trek bicycle you'll be riding and will make sure that you and your bike are the perfect fit. We'll discuss the rules of bike safety and specific cycling tips for riding throughout the Wine Country. We then take to the road, pedaling through our first vineyards of the tour. Perhaps you'll stop in at Ravenswood Winery, a mecca for Zinfandel, or visit Buena Vista, the area's oldest winery. Tonight, we'll gather before dinner at the hotel's own Saddles Restaurant for cocktails and a discussion of the week at hand. After an intimate social hour, you'll enjoy Saddle's interpretation of the region's fine cuisine.

Hotel | *MacArthur Place* | 707 938 2929 | www.MacArthurPlace.com

Personal Cycling Gear... *Trek Travel provides everything you need to ride, however you may bring your own helmet, seat, pedals, shoes, hydration pack, or other gear from home. Please label and pack these items in a separate bag, easily accessible for the first day of the trip. If you bring clipless pedals, please also bring spare cleats as it can be hard to find replacements during the trip.*



ITINERARY



DAY 2:

Road Bike | *Sonoma to Yountville via Dry Creek Road* | approximately 43 miles with 2,000 feet of climbing

Short Option | *Sonoma to Hess* | approximately 22 miles with 900 feet of climbing

Avid Option | *Sonoma to Yountville via Mt. Veeder Climbing Option* | approximately 39 miles with 3,000 feet of climbing

Today you have many cycling options to choose from as you pedal out of Sonoma Valley and venture into Napa Valley via the Carneros District. With its exposed low-lying hills and cooler climate, the Carneros Region is known for producing excellent sparkling wine, as well as Pinot Noir and Chardonnay. Take your time and enjoy the morning's sightseeing as you spin past the vineyards of Domaine Carneros and Madonna Estate on your way to today's first stop—The Hess Collection Winery—which sits on the slope of the Mt. Veeder appellation. This unique winery boasts the largest private modern art collection in the world. After visiting The Hess Collection, you will have the option to take on Mt. Veeder or to enjoy a leisurely cycle along Dry Creek Road. Today you are free to choose your lunch spot. Your Trek Travel guides highly recommend the famed Oakville Grocery Store. Enjoy its renowned sandwiches and salads, or sample some of the region's finest cheeses, breads, olive oils and mustards as you picnic outside in view of the vineyards. Following lunch, explore the famous wineries from Opus One to Silver Oak Cellars, then join the group in a private wine tasting at Cakebread Cellars. Cakebread has become one of the guests favorite wineries in Napa Valley. Or, if you choose skip the wineries and enjoy an easy ride to The Vintage Inn, your home for the next two nights. Relax by the pool this afternoon in full view of vineyard-lined hillsides dotted with magnificent oaks. If you're feeling restless, explore Yountville's historic downtown for some shopping. You'll rejoin your newfound friends for a social hour before heading into town for dinner at one of Yountville's famed restaurants, "Hurley's."

Hotel | *Vintage Inn* | 707 944 1112 | www.VintageInn.com

CALIFORNIA WINE COUNTRY SPECIAL EDITION LUXURY

Trip Length 6 days | 5 nights

Trip Start San Francisco, California

Rider Level 2

Trip End San Francisco, California



ITINERARY



DAY 3:

Road Bike | *Yountville to Summit Lake Vineyards* | approximately 31 miles with 2,700 feet of climbing

Short Option | *Yountville to Pope-Chiles Valley General Store* | approximately 24 miles with 1,500 feet of climbing

Avid Option | *Summit Lake Vineyards Loop* | approximately 52 miles with 3,000 feet of climbing

Today's options are many as you ride out of the Napa and Sonoma Valleys and into less discovered but equally inviting cycling territory—the Pope and Chiles Valleys. The riding is superb along the shores of Lake Hennessey! Switchback terrain, high canyon walls and scrub-brushed hillsides characterize this adventure. Enjoy the peace and tranquility of this part of wine country over a gourmet Trek Travel picnic lunch at a small family winery at the top of Howell Mountain. Afterward, visit some of the better-known vineyards, like Silverado Vineyards or Round Hill Winery, as you cycle back to Yountville. If you'd rather spend the afternoon being pampered at the world-class spa at the Vintage Inn, take a short ride in the morning to be sure you'll have ample time to enjoy the spa's luxurious retreat. If you are interested in this afternoon option, please make a reservation with the Vintage Inn and Spa (707 948 5050) directly before departing for your trip, preferably for 3pm or later. This evening, you're free to dine wherever you choose. Your guides can provide you with a number of restaurant suggestions to experience Yountville's tremendous local cuisine; however, they consistently list the most famous restaurant in Yountville, The French Laundry, as their pick of the day! Built in 1890 as a French steam laundry, this restaurant has 17 intimate dining tables and reservations are taken two months in advance to the day! If you're interested, call 707 944 2380 exactly two months ahead to reserve or be put on the wait list. They're generally booked immediately!

Hotel | *Vintage Inn* | 707 944 1112 | www.VintageInn.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 4:

Road Bike | *Ride to Velo Vino & the CIA, shuttle over hill and ride to Healdsburg* | approximately 38 miles with 800 feet of climbing

Short Option | *Morning shuttle and ride to Healdsburg* | approximately 24 miles with 400 feet of climbing

Avid Option | *Yountville to Healdsburg* | approximately 54 miles with 1,600 feet of climbing

Today you'll have the option to enjoy Silverado Trail's many offerings via bike or van as the group heads north through the subappellations of Oakville and Rutherford. The morning offers a visit to the town of St. Helena and Velo Vino Winery, which has quickly become a guest and guide favorite. Try the Malliot Jaune tasting and experience their "Olive Oil, Wine, and Coffee." Just up the street is the famed Culinary Institute of America (CIA). Stop to admire the fabulous architecture, browse their gift shop or enjoy incredible pastries and coffee. The morning ride continues through Calistoga, a charming, eclectic village with many cafés, most known for its natural hot springs. Or take a shuttle from the CIA, over the climb of the day and cycle through the beautiful Knights and Alexander Valleys. Lunch is on your own, but your guides strongly recommend the Jimtown General Store in Alexander Valley. After lunch, explore Alexander Valleys many wineries, or head back to Hotel Healdsburg to relax by the pool and spend time in the Spa. Dinner tonight is at one of Healdsburg's highly acclaimed restaurants.

Hotel | *Hotel Healdsburg* | 707 431 2800 | www.HotelHealdsburg.com

DAY 5:

Road Bike | *Hotel Healdsburg to Armstrong Return with Mays Canyon* | approximately 45 miles with 800 feet of climbing

Short Option | *Hotel Healdsburg to Armstrong* | approximately 20 miles with 400 feet of climbing

Avid Option | *Hotel Healdsburg to Armstrong Return via Sweetwater Springs* | approximately 42 miles with 1,500 feet of climbing

Today we'll celebrate our 10th anniversary, cycling through the famous Russian River Valley noted for its tantalizing Pinot Noir wines. Heading along the quiet & shaded Westside Road, you are always within view of endless vineyards. You can see the grapes, smell the fermentation, and almost taste the wine. This ride offers superb views of Mt. St. Helena and the Mayacamas mountain range. Stop midday for a lavish picnic underneath the towering redwoods of Armstrong Woods Park. Enjoy a hike and visit the oldest tree in the park at 1,400 years of age, or gaze upon the tallest tree, 310 feet high. In the afternoon enjoy a shuttle back to our hotel to spend time at our luxurious accommodations, or venture in to Healdsburg's town plaza for some last-minute shopping. If you decide to ride back you'll have the opportunity to sample some of the region's favorites at a variety of wineries. Stop in at Gary Farrell, Arista or Armida Wineries. For the more adventuresome, you can choose to tackle the toughest climb of the week, Sweetwater Springs, with grades reaching 20%. Or choose a gentle ride back to Healdsburg on Westside Road. On the last evening of this luxurious trip, you'll celebrate our 10th anniversary with lavish and memorable wine-paired dinner at Quivira Estate Winery, catered by Relish Cooking Adventures. An experience you will never forget!

Hotel | *Hotel Healdsburg* | 707 431 2800 | www.HotelHealdsburg.com



ITINERARY



DAY 6:

Road Bike | *Yosemite Bridge Loop* | approximately 20 miles with 160 feet of climbing

Short Option | *Lambert Bridge* | approximately 11 miles with 100 feet of climbing

Take an optional short morning spin in the valley to loosen up your legs or enjoy a peaceful morning at Hotel Healdsburg— stroll the town square, have a cup of coffee at “Flying Goat” a guide & local favorite, or read the paper with a fresh glass of juice on the patio. You’ll say farewell to your guides at 10:45 AM at the Hotel Healdsburg. You’ll then shuttle to the Westin St. Francis Hotel in San Francisco arriving at 1:00 PM. Taxi and shuttle services are available to both airports. If you plan to fly out of the Bay area on Friday, please avoid scheduling your flight any earlier than 5:00 PM.



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 restaurants, hotels, local guides and transportation
- 10th Anniversary Wine Paired Dinner at Quivira Estate Winery
- Private Tasting at Cakebread Cellars
- Guided Tour of Benziger Family Winery

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 California Wine Country trip, you will stay in a lushly landscaped hotel and spa steps from the famed Plaza of Sonoma, a French-inspired inn in the heart of Napa's smallest village, and a chic, sophisticated hotel overlooking the plaza in the heart of Healdsburg.

MacArthur Place | Sonoma, CA

Located in the Sonoma Valley and just four blocks from the heart of downtown Sonoma plaza, MacArthur Place, sits on what once was a prestigious 300-acre vineyard and working ranch. The hotel boasts its own spa, swimming pool and whirlpool on seven acres of beautiful gardens with original sculptures and a life-sized chess board!

29 East MacArthur Street | 707 938 2929 | www.MacArthurPlace.com

Vintage Inn | Yountville, CA

This 4-star property takes you to the region of Provence without ever leaving California! The Vintage Inn's grounds boast walking paths following a waterway that winds through the property, along with a spectacular outdoor pool and Jacuzzi. The Inn has a bountiful breakfast offering, including champagne and an incredible selection of dishes. They also boast a nearby spa offering all the amenities to allow you to relax in style.

6541 Washington Street | 707 944 1112 | www.VintageInn.com

Hotel Healdsburg | Healdsburg, CA

Hotel Healdsburg is Sonoma County's premier luxury lodging on Healdsburg's historic Town Plaza. Located in the heart of North Sonoma Wine Country, Hotel Healdsburg is the ideal venue for a romantic weekend, celebration or company meeting. A resort unto itself, the hotel offers a full service spa, pool, country gardens, and the acclaimed Charlie Palmer's Dry Creek Kitchen.

25 Matheson Street | 707 431 2800 | www.HotelHealdsburg.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 California Wine Country trip, lunch is a bountiful picnic replete with local themes, while dinner ranges from bistro fare to fine dining. You'll even experience the nuances and complexities of a wine paired dinner. Local Californian dress is comfortable and casual for dinner, ranging from shorts and button down shirts, to jackets and ties. The food is fresh, local and light with hints of French and Italian themes integrated into the dishes.

This itinerary is an approximation of our California Wine Country 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 San Francisco International Airport (SFO) or Oakland International Airport (OAK). All major airlines fly into and out of San Francisco International Airport. Taxi and shuttle services are available from both airports to downtown San Francisco. Taxi rates range from \$50-75 from San Francisco International Airport to San Francisco; and \$50-60 from Oakland International Airport to San Francisco. The Bayporter Express (415 467 1800) and Super Shuttle (415 558 8500) also run between both airports and San Francisco with rates ranging from \$20-30 per person.

MEETING TIME AND LOCATION

Westin St. Francis Hotel lobby, by the large grandfather clock | San Francisco, California

Your Trek Travel guides will meet you at the Westin St. Francis Hotel lobby, by the large grandfather clock (335 Powell Street, San Francisco, CA, 94102) at 10:30 AM on the first day of the trip. We'll then shuttle 90 minutes to Benziger Family Winery where we will enjoy a gourmet lunch with flavors of the area. Be sure to have your cycling gear, including shoes and pedals, packed in a small bag separate and apart from your luggage. After lunch we will fit you to your bike and begin our day's ride through Sonoma.

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, MacArthur Place (707 938 2929), and leave a message with your expected arrival time and contact details. The Sonoma County Airport Express shuttle (800 327 2024) from SFO to the Petaluma Fairgrounds for around \$30/person. Taxi from the Petaluma Fairgrounds, to MacArthur Place is a fifteen mile taxi ride.

DEPARTING TIME AND LOCATION

Westin St. Francis Hotel | San Francisco, California

You will say farewell to your guides at 10:45 AM at the Hotel Healdsburg. You'll then shuttle to the Westin St. Francis Hotel in San Francisco arriving at 1:00 PM. Taxi and shuttle services are available to both airports. If you plan to fly out of the Bay area on Friday, please avoid scheduling your flight any earlier than 5:00 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



SAN FRANCISCO

Keep in mind that San Francisco is a city best explored via foot and cable car and involves a great deal of hill walking. Should you decide to explore before your trip start, you may want to consider giving your legs ample rest time for the cycling ahead! There are numerous attractions in the San Francisco area from the Golden Gate Bridge, Chinatown, Fisherman's Wharf and Alcatraz to Ghirardelli and Union Square. For a preview and help in planning, try www.OnlyinSanFrancisco.com or one of the many websites available on the city. There are endless options and whether you pre-plan and book your itinerary or just arrive with no plans, you're sure to be charmed by the City on the Bay! We recommend the following accommodations for your pre and post trip hotel.

The Hotel Monaco | 501 Geary Street | 866 622 5284 | www.Monaco-SF.com | ~\$355

The Hotel Monaco is a French-inspired luxury hotel catering to the savviest of travelers. Located just steps from Union Square and the Theatre District in downtown San Francisco, you're sure to find entertainment to suit your tastes.

Westin St. Francis | 335 Powell Street | 415 397 7000 | www.Westin.com | ~\$297

Renowned for its legendary service, the historic Westin St. Francis boasts luxurious guest rooms and world-class dining.

W San Francisco | 181 Third Street | 415 777 5300 | www.StarwoodHotels.com | ~\$445

A chic, modern hotel set in the heart of downtown San Francisco, W San Francisco was listed on Condé Nast Traveler's Gold List in 2002.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 2

Terrain | hilly

Average Daily Distance | 40 miles

Average Daily Climbing | 1,500 feet

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

As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-rider activities are available, such as: Shop in boutiques all around Sonoma, Yountville and Healdsburg | Enjoy winery tours and tasting available at Benziger Family Winery, The Hess Collection, Cakebread Cellars, Opus One, Arista, and Michel Schlumberger to name a few | Walk and explore the Armstrong Redwoods State Park

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 California Wine Country 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 generally rolling, with a few flat stretches on quiet, but sometimes narrow roads. For those seeking more challenging rides, the hills to the east or west of the valley are sure to please even the most avid cyclist. 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 54 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)

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 NISSAN TREK will be riding in 2012! The Trek Madone 6.5 is fast, ultra light and engineered to win races.

- *OCV 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*

