



PRAGUE TO VIENNA



2012 LUXURY 9/9/2012





WELCOME TO YOUR TREK TRAVEL® PRAGUE TO VIENNA ADVENTURE!

You will soon discover the heart of Europe, the place where European history was crafted. The Czech Republic and Austria are two separate countries that have shared a similar and turbulent history. They now live peacefully in the heart of the EU with ever-expanding art communities and economies. On your Trek Travel trip, expect to be inspired by enchanted forests, rolling hills, and classic vineyards. We'll ride across the border between the Czech Republic and Austria; through poppy fields in Rosenau; and castle country in the Danube river valley. All the while, tasting and exploring along our way. You are about to discover a different lifestyle, a different culture, a different landscape, and I can't wait for you to begin the journey!

- Toast the week off with a cold Budvar beer on our private tour of the original Budweiser Brewery
- Enjoy an afternoon walking tour of the splendid Medieval village of Český Krumlov.
- Ride across the border between the Czech Republic and Austria!
- Enjoy a private wine tour and tasting in the Wachau, Austria's premier white wine making region.
- Visit Melk's beautiful Baroque Abbey, one of the world's most famous monastic sites.



Ahoj!

Angela Horvath

Prague to Vienna Trip Expert



ITINERARY



DAY 1:

Road Bike | *Ceský Krumlov Ride* | approximately 15 miles with 1,000 feet of climbing

Brewery tour and beer tasting | *Ceské Budejovice Budvar brewery, the original Budweiser beer*

Your Trek Travel guides will meet you at the Hotel Le Palais (U Zvonarky 1, Prague) at 9:00 AM on the first day of the trip. Today you'll taste the original Budweiser beer during your private brewery tour in České Budejovice. Enjoy the sweet flavor of this bottom-fermented beer as you learn about the historical and current significance of this state-owned brewery. After a delicious and hearty lunch, you'll change into your cycling gear and your Trek Travel guides will spend some time familiarizing you to your Trek bicycle, ensuring that you and your bike are the perfect fit. A beautiful warm up ride will give you a taste of the delights that are in store for the week and will lead you into the medieval village of Český Krumlov and Hotel Bellevue, your home for the next two nights. You'll spend the evening getting to know your new friends at one of the best restaurants in the village. Relax over cocktails as your Trek Travel guides discuss the week ahead.

Hotel | *Hotel Bellevue* | +420 380 772 100 | www.BellevueHotels.cz

DAY 2:

Road Bike | *Ceský Krumlov to Lake Lipno* | approximately 26 miles with 1,500 feet of climbing

Short Option | *Ceský Krumlov to Vyšší Brod* | approximately 20 miles with 1,000 feet of climbing

Avid Option | *Ceský Krumlov to Vyšší Brod Loop* | approximately 47 miles with 3,000 feet of climbing

Private walking tour | *Ceský Krumlov*

Today's ride once again follows the Vltava River south to the quiet and historic town of Rožemberk. Continuing along the riverbank, you'll stop at the 13th century Cistercian monastery in Vyšší Brod. After a self-guided and reflective tour of the Gothic Church and ruins, you'll enjoy a Trek Travel picnic of local specialties, including a variety of Czech beers, in the Vyšší Brod Park. After lunch, you can keep riding or choose to spend some time on the Vltava river. You'll have the opportunity to challenge yourself and your thighs with some steep climbs through the Lake Lipno region. Although the afternoon ride is challenging, you will enjoy the stunning views of the lake and dense Blanský Forest on your way back to Český Krumlov. If you prefer however, you can head back to town, while partaking in one of the locals' favorite activities: rafting on the Vltava river! This evening, our local guide will meet the group for a private walking tour of Český Krumlov. Afterward you are free to explore Český Krumlov for dinner on your own in this lovely little medieval town.

Hotel | *Hotel Bellevue* | +420 380 772 100 | www.BellevueHotels.cz

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



ITINERARY



DAY 3:

Road Bike | *Ceský Krumlov to Nové Hrady* | approximately 40 miles with 2,000 feet of climbing

Short Option | *Omlenice to Nové Hrady* | approximately 30 miles with 1,500 feet of climbing

Avid Option | *Ceský Krumlov to Nové Hrady to Rosenau* | approximately 55 miles with 4,000 feet of climbing

Today you'll head south into the picturesque Waldviertel region of northern Austria. Before leaving, you'll enjoy one last spin through the patchwork patterns and vivid colors of the southern Czech countryside. Just a few miles from the Austrian border, the small 13th century castle of Nové Hrady stands as our guiding landmark. After a hearty lunch of Czech specialties at the Residence building, you and your fellow traveling companions will cross into Austria, led by your Trek Travel guides. The nearby town of Weitra and its historic "Altstadt" (old town) beckon a visit and are the perfect introduction to your time in Austria. The afternoon is yours to explore any way you wish! Spend the rest of the day following quiet, winding roads through medieval villages, lush farmland, and dense forest or opt for a ride directly to tonight's hotel, Schlosshotel Rosenau. If you feel up for it, enjoy a game of tennis before the group gathers for drinks and dinner at the hotel.

Hotel | *Schlosshotel Rosenau* | www.SchlossHotel.Rosenau.at

DAY 4:

Road Bike | *Rosenau to Gasthof Schindler to Dürnstein* | approximately 40 miles with 2,000 feet of climbing

Short Option | *Rosenau to Gasthof Schindler* | approximately 25 miles with 1,200 feet of climbing

Avid Option | *Morning Add-On Ride* | approximately 45 miles with 2,500 feet of climbing

With virtually no traffic on the roads, except for local farmers and other cyclists, you'll enjoy the quiet beauty of this region on your morning ride in Austria's Waldviertel. Just a short distance from the hotel, you'll ride through the village of Zwettl, whose Stift (abbey) houses one of the most beautiful churches in northern Austria. Rolling forested hills eventually give way to deep valleys, leading down to the Danube river. You'll stop midday and refuel with a hearty Austrian lunch at a cozy, family-run restaurant. Long gradual downhill bring you to Austria's famed Wachau region, where vineyards blanket the hillsides and fall steeply into the winding Danube river. Once on the valley floor, you'll ride through Krems, where you can enjoy an afternoon respite at a café or window-shop along the bustling pedestrian street. From here, you'll follow the banks of the Danube to Dürnstein. If there's time, visit the ruins on the hill overlooking town or stroll along the cobblestone streets. This evening, your Trek Travel guides invite you to join them for a private wine tour and tasting of some of the regions' best wines, followed by a hearty Austrian meal, with a touch of local Wachau flair. If you are feeling festive, take a midnight stroll along the winding streets of Dürnstein. The views at night are second-to-none!

Hotel | *Romantik Hotel Richard Löwenherz* | +43 2711 212 | www.RichardLoewenherz.at

PRAGUE TO VIENNA LUXURY

Trip Length 6 days | 5 nights

Rider Level 2

Trip Start Prague, Czech Republic

Trip End Vienna, Austria



ITINERARY



DAY 5:

Road Bike | *Dürnstein to Melk Loop* | approximately 45 miles with 1,600 feet of climbing

Short Option | *Dürnstein to Melk* | approximately 25 miles with 1,000 feet of climbing

Private tour of Stift Melk, a Baroque monastery | *Melk, Austria*

Today's ride boasts some of the most scenic views of the week! This morning, you and your cycling companions will join the locals and cycle along the bicycle pathways that line the shores of the Danube River, part of the famed Passau to Vienna bike tour. You'll explore many delightful villages along the way, each one known for its Wachau wine, medieval history, and baroque architectural gems. Once you have arrived in the charming city of Melk, you are free to enjoy lunch at one of the many cafes or restaurants. After your last piece of Mozart chocolate, your Trek Travel guides invite you to join them for a private tour of Stift Melk, one of the most famous Benedictine abbeys in the world. Had enough riding for the day? Opt to shuttle to Dürnstein or cycle back to the hotel, stopping to sample some of the region's most distinctive wines along the way. You'll spend your last evening dining on exquisite fare at our hotel, overlooking the gorgeous banks of the Danube.

Hotel | *Romantik Hotel Richard Löwenherz* | +43 2711 212 | www.RichardLoewenherz.at

DAY 6:

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

This morning you'll ride to the base of Gottweig Abbey Hill, where you'll enjoy fantastic views of this spectacular abbey in its venerable post. If you'd rather, enjoy a morning hike to the ruins of Dürnstein or a leisurely stroll through town. You'll say farewell to your guides at 11:00 AM at the Romantik Hotel Richard Löwenherz. A private shuttle (approximately 1 hour) will take you to Vienna South Train Station or Vienna Airport (VIE). Please do not schedule departing trains or flights prior to 3:00 PM on this day.

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, 4 lunches, social hour on some evenings, 4 dinners, and all snacks and drinks for each day's ride

Support

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

Gear

- The use of a Trek 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 tour of the original Budweiser brewery
- Private walking tour of Cesky Krumlov, a UNESCO World Heritage Site and private guided tour of Stift Melk, a stunning Baroque monastery.
- Private wine tour and tasting in the Wachau region of Austria

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 Prague to Vienna trip, you will stay in luxury-level accommodations that offer spa options and historical significance. The hotels range from a remodeled 16th century Jesuit Monastery to a stunning Baroque Castle to a former convent-turned-hotel overlooking the Danube River.

Hotel Bellevue | Český Krumlov, Česká republika

The Hotel Bellevue boasts an unmistakable charisma in the heart of the magical scenery of Český Krumlov. Located in the pedestrian zone of Latran in the tranquil center of the UNESCO protected architectural area and walking distance from all major attractions of Cesky Krumlov. The property is rich in history and carefully preserved and includes comfortable amenities and a warm interior as well as a gourmet restaurant.

Latran 77 | +420 380 772 100 | www.BellevueHotels.cz

Schlosshotel Rosenau | Zwettl, Austria

This fully-restored hotel was built on the present site at the end of the 16th century and was altered to today's Baroque style by Count Leopold Cristoph von Schallenberg in the middle of the 17th century. The decorated rooms of the south wing were once a Freemasons' meeting place and are now a Masonic museum. Features also include tennis courts, gardens, and a pond.

Schloss Rosenau | | www.SchlossHotel.Rosenau.at

Romantik Hotel Richard Löwenherz | Durnstein, Austria

The Romantik Hotel Richard Löwenherz is situated on the cliffs, overlooking one of the most beautiful, pristine river landscapes in Europe - the mighty Danube. Serenity and romance are everywhere you look in this hotel, be it in the open hearth fireplace, the terraced restaurant overlooking the Danube, or the spacious, dreamlike convent gardens, which now play host to an idyllic swimming pool. The Thiery family extends a Wachau welcome to their guests and everyone here is treated royally!

3601 Dürnstein Nr.8 | +43 2711 212 | www.RichardLoewenherz.at

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 Prague to Vienna trip, you will dine in three luxury-level restaurants and one authentic Austrian Heuriger restaurant. Lunches will generally be in a local bistro or "Gasthof," allowing you to experience the authentic local cuisine. You will also enjoy a Trek Travel picnic, featuring local favorites chosen and offered to you by your guides. Breakfast is always served at the hotel, buffet style.

This itinerary is an approximation of our Prague to Vienna 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 Prague, Czech Republic (PRG) and then take a taxi to your hotel or Day 1 pickup hotel, Hotel Le Palais, U Zvonarky 1, Prague. A taxi from the airport will cost about 500 Czech Koruna (\$30-\$40). Alternatively, take Cedaz airport shuttle to your hotel or Day 1 pickup hotel, Hotel Le Palais. Cedaz runs every 30 minutes from PRG. Cost is about 150 CZK (\$8). <http://www.cedaz.cz/about-transport-airport-prague.php>

At the end of your trip, a private shuttle will take you to Vienna South Train Station or Vienna Airport (VIE).

Driving Directions | Available from your Trek Travel Trip Consultant at 866 464 8735.

MEETING TIME AND LOCATION

Hotel Le Palais | Prague, Czech Republic

Your Trek Travel guides will meet you at the Hotel Le Palais (U Zvonarky 1, Prague) at 9:00 AM on the first day of the trip. A private shuttle (approximately 2.5 hours) will take you to České Budejovice for a private tour of the original Budweiser Brewery. After the tour, you'll complete the shuttle (approximately 1 hour) and arrive in the medieval village of Český Krumlov and Hotel Bellevue, your home for the next two evenings. Make sure to pack your first day's riding gear in a separate bag.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Hotel Bellevue (+420 380 772 100), and leave a message with your expected arrival time and contact details. You may decide to meet us in Český Krumlov, at the Hotel Ruže. In that case, you will have to arrange your own transportation from Prague or your specific departure point to Český Krumlov. Regular bus service runs between the capital and Český Krumlov (about 3 ½ hours).

DEPARTING TIME AND LOCATION

Vienna South Train Station or Vienna Airport (VIE) | Vienna, Austria

You will say farewell to your guides at 11:00 AM at the Romantik Hotel Richard Löwenherz. A private shuttle (approximately 1 hour) will take you to Vienna South Train Station or Vienna Airport (VIE). Please do not schedule departing trains or flights prior to 3:00 PM on this day.

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



PRAGUE

Prague is a maze of narrow streets and small squares, with Baroque buildings and enchanting corners. It's wonderful to get lost in it, but there are places that you really shouldn't miss. The Church of Saint Nicholas, located in the Little Quarter, is one of the most beautiful Baroque churches in Europe – it is overwhelming. A walk on Charles Bridge, with its 31 groups of statues, is a must. For those who have a passion for music, the Mozart Museum offers them the chance to see the place where the great composer lived when in Prague. We recommend the following accommodations for your pre-trip hotel.

Le Palais | U Zvonarky 1 | +420 234 634 634 | www.PalaisHotel.cz | ~\$350

This 19th century belle-epoque style hotel offers five-star accommodations in a peaceful, quiet setting.

987 Prague | Senovážné nám. 15, | +420 255 737 200 | www.987hotels.com | ~\$205

987 Prague is located in the dazzling center of Prague, close to area attractions and historical sites. Offering 80 modern and comfortable rooms and suites, a euro-chic hotel.

Hotel Kampa Garden | U Sovových mlýn? 9 | +420 257 930 160 | www.KampaGarden.cz | ~\$225

Accommodations in spacious rooms with views of Charles Bridge, Prague Castle and Certovka canal. All 35 rooms are equipped with internet access via WIFI, LED TV. Hotel Kampa Garden opened in 2005 and is a pleasant three-star hotel, right in the heart of Prague.

VIENNA

Vienna is considered one of Europe's most important artistic centers and is a Baroque delight. It keeps the grandeur of its past as longtime seat of the Habsburg rulers of the Austro-Hungarian Empire. The Hofburg, winter residence of the Habsburgs, is a city within the city. The Stephansdom, the city's cathedral, is a stunning building with a glittering roof and a mighty south tower, symbol of Vienna. The Opera House is another symbol of Vienna and is an important stop during your visit of the city, especially for passionate music fans, yet again! We recommend the following accommodations for your post-trip hotel.

Kärntnerhof | Grashofgasse 4 | +43(0)1 512 19 23 | www.Karntnerhof.com | ~\$280

This is one of the friendliest small hotels in downtown Vienna. Take the beautifully restored Biedermeier elevator to the upstairs rooms with modern baths and reproduction furniture. 43 rooms.

Altstadt | Kirchengasse 41 | +43(0)1 522 66 66 | www.Altstadt.at | ~\$425

This small distinctive hotel has charming rooms with modern comforts and is a short walk from the city's major museums. The upper floors have views of the city. 25 rooms.

Austria | Am Fleischmarkt 20 | +43(0)1 515 23 | www.HotelAustria-wien.at | ~\$150

This older house is very quiet and is only a 5-minute walk from the city centre. A pretty courtyard terrace, combined with pleasant rooms and fine décor, make this an excellent quality hotel. 46 rooms.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 2

Terrain | hilly

Average Daily Distance | 40 miles

Average Daily Climbing | 1,600 feet

On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. On most Trek Travel trips, you can ride as much or as little as you like. Prague to Vienna 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. 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 guided tour and tasting of the original Budweiser Brewery in České Budejovice | Private guided tour of UNESCO World Heritage Site of Cesky Krumlov | Visit a 13th century Cistercian Monastery in Vyšší Brod | Rafting on the Vltava river | Explore the medieval towns of Zwettl, Krems and Dürnstein | Private guided tour of the monastery Stift Melk | Private guided wine tour and tasting in the Austrian Wachau region

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 Prague to Vienna 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 gentle rolling hills and smaller roads with very light traffic the first three days of our trip. When we reach the Danube River, we will be riding mostly on beautiful (and flat) bicycle 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 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



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*

