

TREK
TRAVEL

VIP OFFICIAL OPERATOR of **TOUR de FRANCE**

ETAPE DU TOUR

2012 PYRENEES—TRIP 2



WELCOME TO YOUR TREK TRAVEL®
ETAPE DU TOUR ADVENTURE!

Cycling fans have dreamt of riding the routes of their heroes since the first true mountain stage of the Tour de France in 1910. Each year a lucky few get the unique opportunity to experience those dreams in all their glory by taking part in the Etape du Tour. Celebrate the challenge of the famed routes and share in the passion that surrounds the Tour de France. As Official Tour Operator for both the Etape du Tour and the Tour De France, we are proud to welcome you to ‘Team Trek Travel Etape’ and to guarantee your place for 2012 - courtesy of our unique relationship with Trek Bicycles - official event sponsors.

Act 2 offers 197km of epic Pyrenees climbing - confront the legendary cols of Aubisque, Tourmalet, Aspin and Peyresourde and ride some of the original 1910 route!

- Guaranteed entry to the Etape du Tour
- Ride a fully-fitted Trek Madone carbon fiber road bike – the choice of Team Radioshack Nissan Trek.
- The very best private support available from our professional mechanics and guide team.
- Strategically located private rest stops allow you to enjoy more continuous riding.
- Celebrate in style at our private finish line party!



a bientôt

Penny Gatward

Etape du Tour Trip Expert



ITINERARY



DAY 1: WEDNESDAY, JULY 11, 2012

Professional Bike Fit

Your Trek Travel guides will meet you at the Grand Hotel Moderne (21, Avenue Bernadette Soubirous) at 3:00 PM on the first day of the trip. After some initial introductions your guides will spend the afternoon familiarizing you with your bike for the ride and ensuring the perfect fit. Time permitting you can take to the road straight away for a spin, or maybe choose to take a wander into the historic town of Lourdes. This evening, you'll become better acquainted with your travel companions over cocktails and a delectable first night's meal in the Pyrenees.

Hotel | *Grand Hotel Moderne* | +33 (0) 5 62 94 12 32 | www.GrandHotelModerne.com

DAY 2: THURSDAY, JULY 12, 2012

Road Bike | *Pyrenees Foothills Ride* | approximately 30 miles with 1,000 feet of climbing

Today you'll enjoy a loop ride that takes you through the foothills of the Pyrenees where narrow, forested roads connect ancient mountain villages. With your Trek Travel guides supporting you throughout the ride, a quick beverage or snack is just a hand signal away. It is the perfect way to shake out your travel legs, get to know your bike and get primed for the week ahead. After lunch at a restaurant of your choice enjoy the return ride home through the valley and back to Lourdes. This evening you are free to enjoy dinner and maybe explore the mysteries of the town which has attracted pilgrims for centuries.

Hotel | *Grand Hotel Moderne* | +33 (0) 5 62 94 12 32 | www.GrandHotelModerne.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: FRIDAY, JULY 13, 2012

Road Bike | *Short Morning Spin* | approximately 18 miles with 1,100 feet of climbing

Pick-Up Race Package

Race Expo

A short morning spin will give you the opportunity to make sure your legs are ready for tomorrow's big ride. Others may choose to skip the ride entirely and, instead, rest at the hotel and enjoy today's other activities. After this, you'll be transported to Pau, which hosts the start of the Etape, to enjoy lunch and pick up your race number at the official event check-in. Spend some time soaking up the atmosphere and excitement, browsing the expo area and mingling with your fellow participants who have come from all over the world to take part in this unique event. Over dinner tonight, lively discussion will surely revolve around the course details and ride strategy. Tonight's meal will be a hearty, energy-packed feast to make sure you're well-fueled for the challenge awaiting you. This evening will wrap up early so that you can get a good night's sleep.

Hotel | *Hôtel Ibis Pau Lescar* | +33 (0)5 59 62 90 90 | www.IBISHotel.com

DAY 4: SATURDAY, JULY 14, 2012

Etape du Tour | *Pau to Bagnères de Luchon* | approximately 123 miles with 17,300 feet of climbing

Today is the day! Your rendez-vous with one of cycling's greatest challenges has finally arrived. To prepare for the day, you'll rise early this morning, fuel up over breakfast, and transfer to the start line. You'll take your place in front of the thousands of other cycling fanatics who will all share the road with you today as you chase your dreams together. Our best advice is to pace yourself and stay fueled!

The route leaves from Pau and rolls over a handful of short hills before coming to the base of your first major climb for the day, Col d'Aubisque, one of the great legendary climbs of the Tour de France. There is no introduction as the first km starts at 7%, the next few kilometers offer a little respite before the climb reveals its defiance with grades reaching up to 10%. Make sure to fuel up here on the long spectacular descent of 30km which will also give your legs some time to rest. Your Trek Travel support teams will be scattered in various strategic locations providing you with nourishment, extra fuel and moral encouragement to keep you pumped for your ride and out of the long lines at the official stops.

The legendary Col du Tourmalet will be your next challenge. You'll be tackling the steepest side of this climb with the average grade of 7.4% over 19 km and the final km at over 10%. Cruise down the descent before the final 22 km of climbing with the last two well known cols of Aspin and Peyresourde before the final stretch towards the finish in Bagnères du Luchon. Crossing that finish line will generate a cocktail of emotion from sheer relief to jubilation.

After your glorious ride, the group will gather at the finish village where Trek Travel guides will welcome you with a replenishing buffet of food and drink at our private finish line party. While sharing stories of your adventurous day, you'll be able to relax and recover in an exclusive post-ride zone. Finally we relax at our hotel and enjoy and well deserved celebratory dinner.

Hotel | *Résidence Les Jardins du Ramel* | +33 (0)5 61 88 42 52 | www.UK.Luchon.com



ITINERARY



DAY 5: SUNDAY, JULY 15, 2012

Au Revoir

You'll say farewell to your guides at 9:00 AM at the Résidence Les Jardins du Ramel. Our private coach will then pick you up and transport you to the train station in Pau. You will arrive at the destination at 11:00AM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.

ÉTAPE DU TOUR PYRENEES—TRIP 2

Trip Length 5 days | 4 nights

Rider Level 4

Trip Start Lourdes, France

Trip End Bagnères du Luchon, France



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 2 lunches, social hour on some evenings, 3 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

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
- **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 Etape du Tour trip, you will stay in three well situated hotels—a recently renovated hotel in the center of Lourdes and conveniently located hotels in Pau and Bagneres du Luchon.

Grand Hotel Moderne | Lourdes, France

This stately and elegant hotel offers privileged access to the Sanctuaries. Rich in history, it was completely restored in 2008, and the new owners have taken great care to preserve the precious heritage and soul of this Baroque masterpiece.

21, Avenue Bernadette Soubirous | +33 (0) 5 62 94 12 32 | www.GrandHotelModerne.com

Hôtel Ibis Pau Lescar | Pau, France

This modern hotel is conveniently located close to the race start in Pau.

rond-point route de Bayonne, Lescar | +33 (0)5 59 62 90 90 | www.IBISHotel.com

Résidence Les Jardins du Ramel | Bagneres du Luchon, France

This apart hotel is has a convenient situation close to the finish line in the town of Bagneres du Luchon.

Boulevard Amédée Fontan | +33 (0)5 61 88 42 52 | www.UK.Luchon.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 Etape du Tour trip, you'll enjoy the local delights found in the Pyrenees region. You'll savor hearty meals with a character that matches the warmth of people of this area. 'Paysan' meals are centered on pork and lamb, as well as garlic accompanied by aligot (mashed potatoes with garlic.) French meals are cooked with a great sense of pride in both presentation and quality.

This itinerary is an approximation of our Etape du Tour 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 Pau (PUF). Direct flights to Pau are available from Paris (CDG or BIQ). From the airport you may take a taxi to Lourdes; expect to pay between 70-100 euros.

MEETING TIME AND LOCATION

Grand Hotel Moderne | Lourdes, France

Your Trek Travel guides will meet you at the Grand Hotel Moderne (21, Avenue Bernadette Soubirous) at 3:00 PM on the first day of the trip. Your guides will be on hand to welcome you, help you get settled and begin fitting you to your bike. Once you arrive at the hotel please present yourself at reception and you will be directed to your guides.

If you will be late to the meeting location, 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, Grand Hotel Moderne (+33 (0) 5 62 94 12 32), and leave a message with your expected arrival time and contact details.

DEPARTING TIME AND LOCATION

Pau Train Station | Bagnères du Luchon, France

You will say farewell to your guides at 9:00 AM at the Résidence Les Jardins du Ramel. Our private coach will then pick you up and transport you to the train station in Pau. You will arrive at the destination at 11:00 AM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.

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



LOURDES

If you have the time, you should consider staying in Lourdes after your trip to experience this unique town. As the second most visited destination in France after Paris, Lourdes attracts some 5 million people each year and is a place of mass pilgrimage from Europe and other parts of the world. Visit the famous grotto where apparitions of the Virgin Mary are reported to have occurred in 1858. The spring water from the grotto is also believed by some to possess healing properties. We recommend the following accommodations for your pre-trip hotel.

Grand Hotel Moderne | 21, avenue Bernadette Soubirous | +33 (0)5 62 94 12 32 | www.GrandHotelModerne.com | ~\$150
This stately and elegant hotel offers privileged access to the Sanctuaries. Rich in history, it was completely restored in 2008, and the new owners have taken great care to preserve the precious heritage and soul of this Baroque masterpiece.

Mercure Lourdes Imperial | 3 Avenue du Paradis | +33 (0)5 62 94 06 30 | www.AccorHotels.com | ~\$115
Comfortably appointed rooms and an attentive staff will make your stay at this downtown property on the Gave River a pleasure. The hotel features two restaurants and a lounge bar.

Hotel Eliseo | 4-6 rue Reine Astrid BP 131 | +33 (0)5 62 41 41 41 | www.HotelEliseoLourdes.fr | ~\$150
The most distinguished 4-star hotel in Lourdes, Eliseo is new, contemporary, and embodies the luxury and sophistication of a superior French establishment. The hotel is located in the heart of Lourdes within walking distance to the famous Grotto.

PAU

Pau, the capital of the Pyrenees Atlantique, is situated near the border of Spain, between Toulouse and the Cote Basque. It offers spellbinding views of both rolling hills and snow capped mountains. Don't miss the Pau Castle, the birth place of King Henry IV, and the fortress of the Viscounts of Bearn, a royal residence during the renaissance. Parts of the castle look quite austere, but the main entrance is lovely. You'll find exceptional museums, including the Bernadotte Museum and the Musee des Beaux Arts, which house works by Rubens and Degas among many others. Pau-Pyrenees also has the best shops in the Bearn region. From antiques dealers to souvenir shops and from bars to restaurants to haute-couture, this region offers it all. Plus, enticing markets with lively, colorful and varied selections that are sure to please the senses. We recommend the following accommodations for your post-trip hotel.

Parc Beaumont | 1 Avenue Edouard VII | +33 (0)5 59 11 84 00 | www.Hotel-Parc-Beaumont.com | ~\$315
This sleek modern hotel is architecturally interesting and offers expanses of glass for inviting natural light. You'll enjoy the warm and inviting relaxation area, as much as the comfortably appointed rooms with gleaming hardwoods.

Hotel le Gramont | 3 Place Gramont | +33 (0)5 59 27 84 04 | www.HotelGramont.com | ~\$130
This charming hotel is located just steps away from the castle in Pau and boasts original facades from the early 20th century. Elegant common areas and old English decor lend an air of quiet reserve.

Le Bristol | 3, Rue Gambetta | +33(0)5 59 27 72 98 | www.HotelBristol-Pau.com | ~\$130
Enjoying a central location in Pau, near the Palais de Congress, this 3 star hotel has been fully renovated since July 2006 and offers bright comfortable guests rooms and charming service.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 4

Terrain | mountainous

Average Daily Distance | 24 miles

Average Daily Climbing | 1,100 feet

Our Etape du Tour vacations are specifically designed to complete one of the most challenging amateur races in the world. Due to the nature of this event you will be asked to provide additional health information in order to be accepted to the race. As a result, our Etape du Tour is best suited for our Level 4 Riders. Level 4+ See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Levels, please consult www.trektravel.com/riderlevels.php.

TRAINING & YOUR HEALTH

When the great Eddy Merckx was once asked what made him such a great rider he responded, 'I ride by bike....a lot!' To prepare for this formidable challenge demands the same dedication—get out there and ride.

As you prepare for the Etape du Tour try to ride a variety of terrain—long, flat stretches and hills—the kind of terrain that you can expect on this vacation. You should feel comfortable riding over 100 miles of very difficult hilly or mountainous terrain for this trip. Start by building a strong cardio vascular base with numerous long, slow rides that keep your heart rate at a comfortable talking pace. Then slowly add intensity. We recommend riding a minimum of 3 days a week to build up your stamina. Include a minimum of one longer ride per week (50–100 miles). If you ride in a flat area, a spinning class, trainer or hill repeats can provide more resistance to build strength.

To achieve the best results and truly prepare yourself for this challenge we highly recommend getting a trainer to build a training regiment tailored to you and your schedule. 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. Call us to get connected to the best coaches 866 464 8735.

Additionally, the organizers of the Etape du Tour require that each participant must produce proof of their fitness to participate in this cycling competitions; such proof must be in the form of a medical certificate issued by a doctor following a medical examination. Please go to the following web site to download the medical form. (<http://www.letapedutour.com/ET2/us/medical-certificate.html>)

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.*



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

Once you have confirmed your Tour de France trip with the full \$2,000 trip deposit, if you cancel your trip 120 days or more from your trip start date the cancellation fee is your \$2,000 trip deposit. If you must cancel your trip from 91-119 days before the trip start there is a fee of 50% of the original trip price; 61-90 days before the trip start there is a fee of 75% of the original trip price and there is a 100% cancellation fee and no refund for changing or cancelling a trip 0-60 days before the trip start.

If you choose to change your trip more than 120 days before the trip start, you may do so with no fee. If you choose to change trips less than 120 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.

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.

At the time of publication, final details concerning race specifics and team personnel had not been made public and/or confirmed by the associated organizations. Therefore, some aspects of the itinerary (including, but not limited to, hotels, ride routes, daily activities, and team personnel) may change once this information is known. Trek Travel will adjust the itinerary accordingly in order to provide the best possible trip experience. If you have any questions, please contact a Trek Travel Trip Consultant at 866 464 8735.

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

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)
- Extra clothes and shoes to put into your post race bag (please refer to the following page for details)

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.*



POST RACE TOTE BAGS



POST RACE TOTE BAGS

Trek Travel will provide a small tote bag for you fill with post Etape du Tour clothing and comfort items. The night before the race, you'll be able to pack your bag with your desired items and they will be transported to the race finish line. Your Trek Travel guides / logistics crew will make these bags available to you when you arrive at the Trek Travel finale picnic. These items are to make your post race experience comfortable and relaxing.

Recommended Items to Pack

- Comfortable walking shoes/flip flops
- T-shirt
- Shorts, light trousers or jeans
- Jackets (fleece & a wind breaker)
- Hat
- Socks
- Down vest



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. 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 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*