



GIRO D'ITALIA



2012 EXPLORER





WELCOME TO YOUR TREK TRAVEL® GIRO D'ITALIA ADVENTURE!

The 2012 Giro has been designed to keep the suspense until its last day. Its hardest stages come as the race enters its final week, to confirm once again that Giro is *the toughest race in the world's most beautiful place!* Travelers have learned to love the Giro because of what it delivers: easy access to riders, incredible scenery, and the chance to blend in with a crowd of cheerful Italian tifosi. Top it all off with warm Italian hospitality, excellent food, and charming hotels - and you have the recipe for a trip of a life time! Join us in the Italian Dolomiti to enjoy the Giro 2012 live, to climb legendary peaks, and to savor all things Italian.

- Soak in the incredible beauty of the rugged pale peaks of the Dolomiti.
- Savor northern Italy cuisine with its hearty flavors.
- Discover a bilingual region where Italian and Austrian cultures have melted together.
- Climb the same switchbacks where the history of the Giro has been made.
- Enjoy the passion that the locals show for the Giro.



Ciao

Monica Ercolessi

Giro d'Italia Trip Expert



DAY 1: MONDAY, MAY 21, 2012

Road Bike | *Mazzin to Arabba Ride*

Your Trek Travel guides will meet you at the Bolzano Train Station (Piazza della Stazione 1 Bolzano, Italy) at 11:00 AM on the first day of the trip. After a 45-minute shuttle ride, you will arrive in the village of Mazzin, where you will sit down to enjoy a gourmet lunch. Following lunch, your Trek Travel guides will discuss the rules of bike safety and specific cycling tips, before familiarizing you with your new Madone to make sure that you and your bike are a comfortable fit. Riding out of town, you will soon begin your first climb of the week, as you head north along the Val di Fassa, toward Passo Pordoi. With more than 30 switchbacks to reach the summit, this pass will give you your first taste of the rides to come. After an exhilarating descent, you will arrive at Hotel Evaldo, your home in the mountains. This evening, gather at the hotel and discuss the week ahead, before savoring the diversity of flavors of the Italian cuisine.

Hotel | *Hotel Evaldo* | + 39 0436 79109 | www.HotelEvaldo.it

DAY 2: TUESDAY, MAY 22, 2012

Live Viewing | *Falzes*

Road Bike | *Arabba to Falzes via Sella Ronda* | approximately 53 miles with 5,400 feet of climbing

Avid Option | *Arabba to Falzes via Valparola* | approximately 65 miles with 7,000 feet of climbing

Short Option | *Arabba to Falzes via Campolongo* | approximately 34 miles with 2,000 feet of climbing

This morning, you and your new cycling friends will ride part of the famous Sella Loop before heading toward Falzes for your first Giro viewing of the week. The Sella Loop is arguably the most scenic ride of the Eastern Dolomiti and, with its four mountain passes, it represents a *rite of passage* for any Italian cyclist! The climb to the first pass – Passo Pordoi – starts just outside your hotel's door. From the top, you will descend quickly and start climbing again to the top of Passo Sella, with a view of the mighty Sassolungo mountains. Passo Gardena is the next col and the highest pass of the four. Immersed in incredible scenery, you may wonder if there is a more beautiful loop anywhere... In Falzes, take the time to mingle with the Italian tifosi, waiting for today's Pink Jersey to reach the finish line. After your share of excitement, you will shuttle back to Hotel Evaldo, where you will enjoy dinner of your choice in the village of Arabba.

Hotel | *Hotel Evaldo* | + 39 0436 79109 | www.HotelEvaldo.it

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: WEDNESDAY, MAY 23, 2012

Live Viewing | *Passo Duran*

Road Bike | *Passo Duran Loop* | approximately 67 miles with 8,200 feet of climbing

Avid Option | *Passo Duran Loop with Valparola Option* | approximately 86 miles with 11,500 feet of climbing

Short Option | *Passo Duran Ride* | approximately 53 miles with 6,700 feet of climbing

After a hearty breakfast at Hotel Evaldo, you will take on a beautiful ride that circumnavigates the imposing Civetta Massif. From the Agordo Valley, you will turn onto a narrow mountain road, just ahead of the peloton. The views are amazing – green meadows and craggy, pale peaks look down on a winding ribbon of road that steadily climbs to Passo Duran. At the top, rest and enjoy a hearty lunch in a rifugio – mountain hut – while waiting for the Giro caravan to reach the pass. Cheer on the day’s King of the Mountain, before getting back on your bike and following the pros for part of their route. Your last climb of the day will bring you back to Arabba and your home in the mountains, but you can always opt for a shuttle and a few hours in the hotel’s spa to relax your tired muscles! Tonight, you will have the chance to savor more great food at the hotel’s restaurant.

Hotel | *Hotel Evaldo* | + 39 0436 79109 | www.HotelEvaldo.it

DAY 4: THURSDAY, MAY 24, 2012

Road Bike | *Arabba to Lagundo via Costalunga* | approximately 62 miles with 4,700 feet of climbing

Avid Option | *Arabba to Lagundo via Fedaia* | approximately 78 miles with 6,300 feet of climbing

Short Option | *Arabba to Bolzano via Costalunga* | approximately 40 miles with 3,600 feet of climbing

Today, you’ll have the opportunity to descend many more meters than you climb. In fact, once you summit Passo Costalunga, the remainder of the day is downhill and flat. This will be a great opportunity to flush out your legs. You’ll pick up a bike path in Bolzano to head toward the town of Merano. The riding in the valley is a mixture of bike paths and small rural roads that wind through endless fields of vineyards. Throughout this amazing route, you’ll be able to witness the change in atmosphere – from the serenity of the quaint mountains to the hustle and bustle of the region, where the Venosta and Adige Valleys meet. Tonight you’ll reside near the town of Merano—an area known for its spa resorts and seasonal hiking routes. After a dinner at the hotel, relax this evening and absorb the beautiful surroundings before a restful sleep.

Hotel | *Hotel Des Alpes* | +39 0473 440 533 | www.Hotel-Alpes.it

GIRO D’ITALIA EXPLORER

Trip Length 7 days | 6 nights

Rider Level 4

Trip Start Bolzano, Italy

Trip End Milano, Italy



ITINERARY



DAY 5: FRIDAY, MAY 25, 2012

Road Bike | *Merano to Prato* | approximately 34 miles with 2,800 feet of climbing

Avid Option | *Merano to Bormio via Passo dello Stelvio* | approximately 60 miles with 8,900 feet of climbing

Short Option | *Prato to Bormio via Passo dello Stelvio* | approximately 29 miles with 6,000 feet of climbing

After refueling with a tasty breakfast, today's route will take you west, further into the Venosta Valley. You'll enjoy a gentle climb up the valley, as we head deeper into the high mountain passes. Here you'll meet Mount Stelvio and climb the classic side. The Stelvio consists of 48 switchbacks that climb - from 950 meters up to over 2800 meters, all over the course of 23 kilometers. This is the highest road in the eastern Alps and it truly is one of the most beautiful passes imaginable. From the summit, you'll enjoy the endless views toward Switzerland - and into the mountains - and will be able to have a first look at the South side of the Pass and scout the perfect viewing spot for tomorrow's stage arrival. After a much-deserved rest, it is time to descend toward the town of Bormio. You'll arrive at the picturesque hotel Baita dei Pini to find geraniums in the flower boxes, creating a truly European mountain ambiance.

Hotel | *Hotel Baita dei Pini* | +39 0342 904 346 | www.BaitaDeiPini.com

DAY 6: SATURDAY, MAY 26, 2012

Live Viewing | *Passo dello Stelvio*

Road Bike | *Bormio to Passo Gavia and Passo dello Stelvio* | approximately 56 miles with 9,500 feet of climbing

Avid Option | *Mortirolo Add-On* | approximately 10 miles with 3,000 feet of climbing

Short Option | *Bormio to Passo dello Stelvio* | approximately 28 miles with 5,100 feet of climbing

Get ready for an exciting and epic day. Today you will have the chance to ride one or more of the big passes that will see the peloton fly by in its penultimate stage. The Queen Stage route was chosen as the result of a fan poll, which asked them to pick the *climb-that-cannot-be-missed* for the 2012 Giro. The overwhelming consensus was on Mortirolo and Stelvio as the two most spectacular climbs of the Dolomiti, and today is your chance to climb them both! On top of Stelvio, relax with your traveling companions at our viewing location, while you wait for the climatic finish to an incredible stage. After this much excitement, you will return once again to your oasis in the mountains, Baita dei Pini. Join one last time with your new friends for a farewell dinner and a toast to the conclusion of a great week of riding.

Hotel | *Hotel Baita dei Pini* | +39 0342 904 346 | www.BaitaDeiPini.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 7: SUNDAY, MAY 27, 2012

This morning is a chance to sleep in and enjoy a slow breakfast with a cappuccino. With some time available, you may want to take the opportunity to explore town and perhaps pick up some gifts to take back home with you. You'll say farewell to your guides at 9:00 AM at the Baita dei Pini, Bormio. You'll then shuttle 3 hours to Milano Cadorna Train Station, arriving at approximately 12:00 PM. You will have plenty of time to reach the city centre and enjoy the individual time trial that ends the Giro. Otherwise, please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 4 lunches, social hour on some evenings, 5 dinners, and all snacks and drinks for each day's ride

Support

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

Gear

- The use of a Trek Madone™ 5.2 carbon road bike, or Trek Madone™ 5.2 Women's Specific Design carbon road bike (limited selection) (visit www.trektravel.com/ridethebest.php for more details)
- Complimentary Trek Travel merchandise
- Bike computer and a map case
- Two water bottles for you to keep
- A pump and seat pack stocked with all the necessary items to change a flat
- Multiple stem lengths and rises to alter the geometry and choice of saddles to cushion your ride

Activities

- Gratuities for all scheduled restaurants, hotels, local guides and transportation

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 Giro d'Italia trip, you will stay in a beautiful mountain hotel, nestled in the heart of the Dolomiti in Arabba, a family run hotel in Lagundo, and a mountain chalet in Bormio.

Hotel Evaldo | Arabba, Italy

A family owned and operated hotel, nestled in the heart of the Dolomiti, Hotel Evaldo will charm you with its relaxed elegance. Attention to detail, warm hospitality, an elegant spa, and gourmet cuisine guarantee an unforgettable stay.
via Mesdi, 3 Arabba | + 39 0436 79109 | www.HotelEvaldo.it

Hotel Des Alpes | Lagundo, Italy

A family owned and run hotel, nestled in a large park and in the midst of fruit orchards. Hotel Des Alpes treats its guests to delicious culinary regional treats and offers them the chance to relax in the in-house wellness centre.
Strada Vecchia 12 | +39 0473 440 533 | www.Hotel-Alpes.it

Hotel Baita dei Pini | Bormio, Italy

The Baita dei Pini well represents its four stars and commitment to creating a relaxing stay with notable hospitality. The hotel has a well-equipped spa and offers excellent cuisine. There are spaces inside and out to enjoy the flowers, views of the mountains, and the traditional style of an Italian holiday.
Via Don Peccedi n.15 | +39 0342 904 346 | www.BaitaDeiPini.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 Giro d'Italia trip, you will savor the hearty style of the mountain cuisine and a variety of Italian specialties. Local food is characterized by fresh ingredients including wild mushrooms, game meat, and *polenta* - corn meal - prepared in a simple style. Lunch can be in local bistro or 'on the go' to accommodate the day's schedule.

This itinerary is an approximation of our Giro d'Italia 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 Milan's Malpensa Airport (MXP) or Verona (VRN) and then take a train to Bolzano. Bolzano has a small airport with few connections to European cities. From Bolzano's airport, buses depart to the train station. Italian train schedules can be found on www.TrenItalia.com.

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

MEETING TIME AND LOCATION

Bolzano Train Station | Bolzano, Italy

Your Trek Travel guides will meet you at the Bolzano Train Station (Piazza della Stazione 1 Bolzano, Italy) at 11:00 AM on the first day of the trip. Your guides will be dressed in Trek Travel attire and will lead you to the private shuttle bus to Mazzin. Please have your riding gear (including some warm layers) in a separate bag, or readily available, as your main luggage will be delivered directly to the hotel in Arabba.

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 Evaldo (+ 39 0436 79109), and leave a message with your expected arrival time and contact details. It is possible to take a taxi from Bolzano to Arabba for approximately Euro 150.

DEPARTING TIME AND LOCATION

Milano Cadorna Train Station | Milano, Italy

You will say farewell to your guides at 9:00 AM at the Baita dei Pini, Bormio. You'll then shuttle 3 hours to Milano Cadorna Train Station, arriving at approximately 12:00 PM. You will have plenty of time to reach the city centre and enjoy the individual time trial that ends the Giro. Otherwise, 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



BOLZANO

With its two rivers, surrounding mountains, and medieval centre, Bolzano is an immensely appealing city that possesses a modern atmosphere and a captivating appreciation of the surrounding natural environment. Characterized by colorful markets, beautiful old buildings, and musical culture, Bolzano is a unique and worthwhile place to enjoy. We recommend the following accommodations for your pre-trip hotel.

Hotel Greif | Walther Square | Entrance Raingasse | +39 0436 79 109 | www.Greif.it | ~\$360

The new Hotel Grief is a quiet and relaxing oasis in lively downtown Bolzano. Recently restored and completely renovated, this hotel blends charm and a carefully selected artistic décor with everything a modest four star hotel can offer.

Stadt Hotel Citta Piazza | Walther 21 | +39 0471 97 52 21 | www.HotelCitta.Info | ~\$210

A modern three star hotel, with an attractive arcade façade on Bolzano main Piazza. It boasts spacious bright rooms and many amenities to provide an enjoyable stay.

Luna Mondschein | Via Piave 15 | +39 0471 97 56 42 | www.Hotel-Luna.it | ~\$190

Located a short distance away from the main square, this four star hotel is characterized by its tranquil surroundings within the old city, surrounded by a beautiful garden park.

MILAN

A lot can be said and written about Milan. A town of ancient origins, founded by the Celts and conquered by the Romans, it has seen its splendor increase in Renaissance time when the Visconti family first – and then the Sforza – ruled the city. During this period, the magnificent gothic structure of the Duomo was built and artists, like Leonardo da Vinci and Bramante, came to work in the city, leaving great masterpieces like the *Cenacolo di Leonardo*. During the Austrian Imperial dynasty of the Hapsburgs, the world-renowned Scala Theatre was created and instantly became the fulcrum of the artistic life of the town. Milan is also the international capital of fashion and design, with a very lively cultural scene. Major theaters and the hundreds of art galleries and events cause visitors to think that Milan never sleeps. We recommend the following accommodations for your post-trip hotel.

Hotel Regina | via Cesare Correnti, 13 | +39 0258 106 913 | www.HotelRegina.it | ~\$395

A small hotel with individually decorated rooms, this four-star hotel has a private interior garden and plenty of charm to add to your enjoyment of Milan. 43 rooms.

Hotel Gran Duca di York | via Moneta, 1 | +39 02 874 863 | www.DucaDiYork.com | ~\$425

The Gran Duca di York is a newly renovated, comfortable and romantic hotel in an 18th century building. Its central location makes this three-star hotel an excellent choice from which to enjoy Milan.

Hotel Berna | Via Napo Torriani, 18 | +39 02 677 311 | www.HotelBerna.com | ~\$378

A well-located 4 star hotel with a 5-minute walk to the central station and airport shuttles. It has been recently renovated and makes a convenient stay before flying home.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 4

Terrain | mountainous

Average Daily Distance | 50 miles

Average Daily Climbing | 4,600 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. Giro d'Italia is best suited for our Type 4 Riders. Our Trek Travel guides can also easily accommodate Type 3 Riders, who seek less mileage or fewer uphill, with a boost in the van. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult www.trektravel.com/riderlevels.php.

This destination is best suited to guests who want to cycle every day. Because of the terrain and/or remoteness of the hotels and riding routes, there are few, if any, non-riding options available. If a non-rider wants to accompany a rider guest on this trip, they would need to spend many hours in the van and/or at the hotels on the trip. Due to this, we strongly discourage non-riders from this destination.

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 Giro d'Italia biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 50 miles for several days in a row. The terrain is challenging, with steep climbs followed by long descents. 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 86 miles). If you ride in a flat area, a spinning class or trainer can provide some more resistance to build strength.

As a Trek partner, we've been involved in the cycling industry for over 30 years and are connected to the best cycling coaches in the industry. Whether you are a category-2 racer or a beginner, we can connect you to a trainer that will get you in tiptop shape! Simply give us a call.



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

If you must cancel your trip more than 90 days before the trip start, there is a cancellation fee of \$100; 61-90 days before the trip start there is a cancellation fee of 25% of the original trip price; 31-60 days before the trip start there is a cancellation fee of 50% of the original trip price and there is no refund for cancelling a trip 0-30 days before the trip start.

If you choose to change your trip more than 90 days before the trip start, you may do so with no fee. From 61-90 days, there will be a \$100 administration fee. If you choose to change trips within 60 days of the original trip start, the cancellation policy outlined above will apply. Please be aware that it is only possible to move to another trip within one year of the original trip departure date.

Trek Travel reserves the right to cancel a trip due to low enrollment or if we feel that the safety and quality of a trip could be compromised. If Trek Travel cancels a trip, a full refund will be issued. If a trip must be canceled due to low enrollment, we will make every effort to do so at least 60 days before the trip start. We recommend that you purchase airfare no sooner than 60 days before your departure date. Under no circumstances will Trek Travel reimburse guests or be responsible for the cost of their airfare or any cancellation or change fees that may apply. In the event of a conflict between these terms and the terms stated on Trek Travel's website, catalog or other publication, these terms shall prevail.

INSURANCE

Trek Travel highly recommends travel insurance to assist you in the event of medical emergency, lost baggage, cancelled trip or any other trip-related issue. For your convenience, Trek Travel has created a custom travel insurance package available through Travel Guard. Please contact a Trip Consultant for more details. You may purchase additional insurance on your own if you wish.

TRIP CHANGES

Trek Travel reserves the right to make route and hotel modifications or to withdraw any tour announced without notice and to make alterations and substitutions to the itinerary as necessary to improve the trip quality or to accommodate the comfort, convenience and well being of our travelers. In this event, Trek Travel will always substitute an equal or better option.

Tipping your Trek Travel Guides... *Gratuities to your Trek Travel guides are not included in the price of your trip. Please tip your guides, at your discretion, based on their level of professionalism and service. The industry standard is 5-10% of the trip price, to be divided amongst your guide team.*



CLOTHING & GEAR

We want you to be prepared for your trip with Trek Travel. To help you, we have put together a packing list for your trip. We highly recommend you bring the items listed on our *Packing List*. Keep in mind that you will be active for a good portion of each day, so make sure you bring enough changes of clothing to suit your needs.

Staying Warm and Keeping Cool | We recommend layering as the best way to stay warm and keep cool. Though we can't guarantee perfect weather, we can guarantee that the sun may not always shine. To keep you protected from the elements and feeling cool on a hot day, always carry rain gear and start with a breathable synthetic shirt to layer under a vest, windbreaker, or fleece jacket. Avoid cotton fabrics while exercising—the absorbent qualities prevent wicking and insulate poorly when wet.

Biking Attire | To ensure your comfort on the bike, it is important to wear the appropriate clothing. Padded shorts or cycling-specific shorts are recommended to help prevent chafing and soreness after a long day in the saddle. As well, we encourage you to wear a cycling jersey or a breathable synthetic shirt. This will help wick moisture away from your skin and prevent you from becoming chilled or overheated.

Many people wonder if they should bring things like cycling gloves and cycling shoes. Gloves provide much-needed padding for your hands and will prevent them from getting sore and tired as the day goes on. Cycling shoes that come with cleats and special pedals should only be used if you have been riding with them on a regular basis and are comfortable using them on long riding days. We encourage you to take the time to learn how to ride with them before using them on your Trek Travel vacation.

Evening Attire

North America | *Asia Pacific* | *Latin America*

- *Luxury* | The evening activities on these trips revolve around a theme of *casual elegance* or *business casual*. Guests will not be required to have formal dress.
- *Explorer* | The evening activities on this trip revolve around a theme of *casual dress*.

Europe

- *Luxury* | Guests will not be required to have formal dress. Dinner jackets for men are optional. Certain trips do require men wear dinner jackets, this will be communicated in an email one week prior to the trip start.
- *Explorer* | Most evening activities on this trip revolve around a theme of *casual dress*, however it is best to bring one outfit of *casual elegance*.

What is casual elegance? | For women, this theme can be defined as anything you might wear to work or for a night out on the town with the girls! Skirts, dresses, dress pants and elegant or funky tops are very acceptable. Tip from your guides—accessorize! Earrings and scarves take-up much less room than a entirely new outfit! For men, this theme can be defined as anything you might wear for an afternoon at the country club. Khaki pants, dress pants, shirt with a collar (short or long sleeved) or polo shirts are acceptable. Jeans/sneakers/shorts/etc. *are strongly discouraged* as attire for evening meals on our Luxury trips. Our recommendations stem from a commitment to ensuring all of our guests feel comfortable in the restaurant venues we choose.

Casual Dress | Clean and un-tattered jeans and shorts are acceptable attire on our Explorer trips.



PACKING LIST



PACKING LIST

Luggage Recommendation

- 1 suitcase and 1 carry-on per person

Clothing & Gear

- Hat
- Bathing suit
- Sweater/jacket for cool evenings
- Walking shorts
- Comfortable walking shoes/sandals
- Evening wear (consult your trip itinerary)
- Rain Gear
- Warmers
- Gloves

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*