



MALLORCA BEACH



2012 LUXURY





WELCOME TO YOUR TREK TRAVEL® MALLORCA BEACH ADVENTURE!

In the Mediterranean Sea, east of Barcelona, lies the sun-kissed Balearic island of Mallorca. “Mar y Montana,” is not only the local term for the cuisine, but it also captures the magic of the island’s contrasts and flavors. Dramatic peaks and clear blue waters have attracted visitors to this rich and beautiful land for millennia; today it provides exceptional riding along coastal roads, country lanes and into the Tramuntana mountains. Mallorca has a reputation as one of the Mediterranean’s premier destinations, combining luxurious accommodations with an inspiring array of Michelin Star-rated restaurants. To visit Mallorca is to delight your senses: the light is brighter, the sea clearer and the air fresher.

- Descend into the second-deepest gorge in Europe to a picturesque harbor, relax over a Mallorcan lunch, then take a boat cruise back to your beach hotel for a “siesta.”
- Surrender your taste buds to Mark Fosh’s Michelin Star-rated Bacchus restaurant.
- Explore ancient villages of the Tramuntana coast.
- Discover Mallorca’s rich history, culture and traditions.
- Enjoy local hospitality, fresh local tapas and “paella” while the sun sets into the Mediterranean.



Adéu!

Penny Gatward

Mallorca Beach Trip Expert



ITINERARY



DAY 1:

Road Bike | *Bogues Ribas to Santa Eugenia to Reads Hotel* | approximately 18 miles with 600 feet of climbing

Wine Drinkers Short Cut | *Bogues Ribas to Reads Hotel Direct* | approximately 6 miles with 300 feet of climbing

Your Trek Travel guides will meet you at the Hotel HM Jaime III (Paseo Mallorca, 14B, 07012, Palma de Mallorca, Balears, Spain) at 10:45 AM on the first day of the trip. After a 40 minute shuttle, you'll arrive in the Mallorcan wine country. You will enjoy a private tour and tasting at one of Mallorca's most renowned vineyards. After lunch, your guides will spend some time fitting and familiarizing you with your bike for the week. The first day's ride will take you through the countryside, dotted with rustic farmhouses and past small medieval villages. These quiet country roads wind through orange groves and into the foothills of the Tramuntana mountains where the elegant Reads Hotel awaits. This evening we will gather for cocktails before enjoying dinner in the hotel bistro which prides itself on innovative and seasonal cuisine.

Hotel | *Reads Hotel* | +34 971 140 261 | www.ReadsHotel.com

DAY 2:

Road Bike | *Reads Hotel to Lluc Loop* | approximately 36 miles with 3,300 feet of climbing

Avid Option | *Reads Hotel to Lluc to Son Torella return* | approximately 48 miles with 4,300 feet of climbing

Today you spin your wheels through olive groves and vineyards in the Tramuntana foothills, before climbing up into the heart of the mountains. Here you'll find the Sanctuary of Lluc, a 13th century monastery which is considered the spiritual center of Mallorca. After lunch in a small bistro, you can explore more of the Tramuntana mountains for stunning views of the Mediterranean Sea or descend back into the valley and wind your way home to relax poolside at Read's Hotel or in the Vespesian Spa. This evening, we indulge our taste buds in the spectacular Michelin star-rated restaurant, Bacchus.

Hotel | *Reads Hotel* | +34 971 140 261 | www.ReadsHotel.com

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



ITINERARY



DAY 3:

Road Bike | *Reads Hotel to Port de Soller* | approximately 27 miles with 1,500 feet of climbing

Avid Option | *Reads Hotel to Port de Soller via Col d'Orient* | approximately 27 miles with 2,700 feet of climbing

Spectacular views are in store today as you climb up and over the “coll de Soller,” one of the most popular rides in Mallorca. Wide switchbacks take us up and over the coll and views of the terraced valleys of the western Tramuntana mountains and the blue Mediterranean Sea greet us as we descend into the old town of Soller and then onto the beach in Port de Soller. Here you can sit back and relax at our beachfront hotel, wander through the port and enjoy a long Spanish lunch or decide to dip in the crystalline Mediterranean Sea. Tonight we’ll take an old tram, “the Orange Express” into the medieval town of Soller, where you can explore the tiny streets filled with boutiques, bars and eateries. We will dine at a local bistro and experience some “mar y montana” (sea and mountain) specialties.

Hotel | *Hotel Esplendido* | +34 971 63 18 50 | www.EsplendidoHotel.com

DAY 4:

Road Bike | *Port de Soller to Valdemossa Return* | approximately 27 miles with 2,700 feet of climbing

Avid Option | *Port de Soller to Valdemossa with Esporles Loop* | approximately 41 miles with 4,100 feet of climbing

This morning’s breathtaking ride will take you along the famous Tramuntana coastline that has been so fiercely fought over by pirates and ancient civilizations. You’ll discover the enchanting towns of Deia and Valdemossa that date back to the Moorish reign. They have more recently been home to musicians and poets, famously Frederic Chopin and George Sand. After enjoying lunch in a local bistro in one of the tiny back streets, you’ll ride along the stunning coastline. Tonight you can enjoy dinner in the port or venture into the old town of Soller to once again to discover a Mallorcan feast.

Hotel | *Hotel Esplendido* | +34 971 63 18 50 | www.EsplendidoHotel.com

MALLORCA BEACH LUXURY

Trip Length 6 days | 5 nights

Trip Start Santa Maria del Cami, Mallorca, Balearic Islands, Spain

Rider Level 3

Trip End Palma, Mallorca, Balearic Islands, Spain



ITINERARY



DAY 5:

Road Bike | *Port de Soller to Sa Calobra* | approximately 23 miles with 3,400 feet of climbing

Avid Option | *Port de Soller to Sa Calobra Return* | approximately 45 miles with 7,000 feet of climbing

Short Option | *Gorg Blau to Sa Calobra* | approximately 8 miles with 500 feet of climbing

This morning we will climb through the old town of Soller and up to the base of Puig Major, the highest pass in Mallorca at 4800 feet. Save your legs a little though for the descent into the 2nd deepest gorge in Europe, Sa Calobra! The descent is on a road that is a marvel of engineering: 14km of tight turns, 12 of which turn at 80 degrees and one, the “Nus de Corbata” (tie knot) at a full 360 degrees. The road ends spectacularly on the beach at the mouth of the gorge where you can enjoy lunch at the cafe of your choice and refuel for the ascent home. Alternatively you can decide to relax on the beach for the afternoon and take the ferry back to our hotel in the Port of Soller. Tonight we’ll celebrate and toast to our week of adventure in Mallorca and the “Tramuntana Mar y Montana” as we celebrate with our final dinner, “paella” overlooking the sunset into the magical Mediterranean Sea.

Hotel | *Hotel Esplendido* | +34 971 63 18 50 | www.EsplendidoHotel.com

DAY 6:

Road Bike | *Port de Soller to Deia Church Return* | approximately 15 miles with 1,300 feet of climbing

If you haven’t yet had enough climbing, the ride today gives you the opportunity to climb along the stunning coast road, back up to Deia church. You’ll have time to breathe in the last views of the Mediterranean sea while descending back down to the Port. Alternatively you can take in some shopping in the old town, enjoy some time on the beach or simply sleep in. You’ll say farewell to your guides at 11:30 AM at the Hotel Esplendido. You will then shuttle 1 hour to the Hotel HM Jaime III in Palma de Mallorca. Please allow adequate connection time for any on going travel to accommodate possible traffic delays and do not schedule a flight before 4:00 PM.

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



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 3 lunches, social hour on some evenings, 4 dinners, and all snacks and drinks for each day's ride

Support

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

Gear

- The use of a Trek Madone™ 5.2 carbon road bike, or Trek Madone™ 5.2 Women's Specific Design carbon road bike (limited selection), 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 and wine tasting at Bodegues Ribas
- Scenic Antique Train Ride

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 Mallorca Beach trip, you will stay in and experience the finest in Mallorcan luxury. An exquisite 15th century country home - with its own vineyard and internationally-known Vespasian spa, and then a boutique hotel overlooking the beach in Port de Soller and its azure Mediterranean Sea.

Reads Hotel | Sant Maria del Cami, Mallorca

This magnificent and unique property perfectly reflects the owner's philosophy that a hotel should be a theatre of dreams and surprises. Situated at the foot of the breathtaking Tramuntana mountains, it is surrounded by landscaped gardens, its own vineyard and also boasts a Michelin 1 Star restaurant. The Michelin-starred restaurant and internationally-renowned spa of the Hotel Reads are destinations for many travelers.

Santa Maria del Cami s/n | +34 971 140 261 | www.ReadsHotel.com

Hotel Esplendido | Port de Soller, Mallorca

The historic Port de Soller is one of the only safe harbors along the rugged Tramuntana coastline. The Hotel Esplendido is a modern space recreated from a 50's hotel, situated on the harbor at the base of the Tramuntana mountains. Enjoy the spacious common areas inside, relax in the adults-only saltwater infinity pool overlooking the port, and pamper yourself in the contemporary spa.

Es Traves 5 | +34 971 63 18 50 | www.EsplendidoHotel.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 Mallorca Beach trip, we experience the finest island cuisine and wines Mallorca has to offer. Your taste buds will be indulged with flavors from Michelin Star excellence to savory "tapas" with the locals and of course, "paella," the capstone of any vacation in coastal Spain.

This itinerary is an approximation of our Mallorca Beach 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 Palma de Mallorca (PMI). You can find connections to this airport from many major European cities, although Barcelona, Spain is the closest (45 minute flight) - and a great place to visit before and after your trip. A good website for flights within Europe is www.SkyScanner.net

Outside the arrivals terminal, buses depart every 15 minutes for downtown Palma (6:10 AM - 2:15 AM); the ride costs 2 euros per person. Alternatively, taxis are plentiful and operate 24 hours day; the ride into central Palma is approximately 20 euros. For more information, consult the Palma de Mallorca airport website - www.Spanish-Airport-Guide.com/Palm-Airport.html

MEETING TIME AND LOCATION

Hotel HM Jaime III | Santa Maria del Cami, Mallorca, Balearic Islands, Spain

Your Trek Travel guides will meet you at the Hotel HM Jaime III (Paseo Mallorca, 14B, 07012, Palma de Mallorca, Balears, Spain) at 10:45 AM on the first day of the trip. We'll then shuttle 40 minutes to a small Mallorcan winery, where you will enjoy a private tour, wine tasting and tapas lunch. Please have your first day's cycling clothes and riding gear easily accessible and separate from your luggage. After lunch your Trek Travel guides will then fit your bike to you and you will pedal off through citrus groves to our hotel.

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, Reads Hotel (+34 971 140 261), and leave a message with your expected arrival time and contact details. A taxi from Palma de Mallorca to our ride start or Reads Hotel will take about 40 minutes and cost approximately 50 euros.

DEPARTING TIME AND LOCATION

Palma, Mallorca, Balearic Islands, Spain

You will say farewell to your guides at 11:30 AM at the Hotel Esplendido. You will then shuttle 1 hour to the Hotel HM Jaime III in Palma de Mallorca. Please allow adequate connection time for any on going travel to accommodate possible traffic delays and do not schedule a flight before 4pm.

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



PALMA DE MALLORCA, MALLORCA, BALEARES, SPAIN

Palma de Mallorca, the capital of the island of Mallorca, spills out onto Mediterranean Sea and boasts an incredible diversity of culture, history, shopping, and innovative cuisine, with influences from every Mediterranean culture. Be sure to visit the old quarter, which is a maze of narrow, winding, cobbled streets and bustling with local artisans, boutiques, bars and restaurants. Stroll along the “Paseo de Maritim” and sip a glass of wine at one of the lively “tapas” bars, while taking in the Mediterranean Sea. Take your time to wander in the spectacular cathedral, El Seu and Bellver castle, which dates back to the 13th century. Make sure to see the Es Baluard contemporary art museum as well. We recommend the following accommodations for your pre and post trip hotel.

Hotel HM Jaime III | Paseo Mallorca, 14B | +34 971 425586 | www.HMJaimeIII.com | ~\$190

This chic hotel reflects the vivacious spirit of Palma de Mallorca. Its modern, avant garde design embraces a different style of accommodations in Mallorca. It is situated at the edge of the old quarter and makes a perfect base to explore the city.

Hotel Mission de San Miguel | Can Macanet 1a | +34 971 214 848 | www.HotelMisiondeSanMiguel.com | ~\$170

This modern boutique hotel has a pretty inner courtyard and all its rooms face onto the old town of Palma, making for a great base to explore the city. It is a 5-minute walk from the airport bus and 20-minute walk from the seafront.

Hotel Continental | Calle Comte de Barcelona | +34 971 780 100 | www.HotelContinentalMallorca.com | ~\$230

This beautifully furnished hotel combines English furniture with classic Mallorcan style. It is a 20-minute ride from the airport and close to all amenities in the city center.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 3

Terrain | hilly

Average Daily Distance | 30 miles

Average Daily Climbing | 3,100 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. Mallorca Beach is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult www.trektravel.com/riderlevels.php.

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

Some non-riding options on this trip are: Relax and rejuvenate at the Vespesian Spa at Reads Hotel | Cooking school at Reads Hotel | Dining at the Chef's table in a Michelin Star kitchen | Hiking in the Tramuntana mountains | Swim in the crystalline blue waters of the Mediterranean | Golf | Wine tasting at Santa Caterina Winery | Wander in the medieval villages of the Tramuntana coast

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 Mallorca Beach biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 30 miles for several days in a row. The terrain is varied with rolling plains and hilly coastline. Mountain climbs generally are a steady grade, but can be steep in places. 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 48 miles). If you ride in a flat area, a spinning class or trainer can provide some more resistance to build strength.

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



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

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

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

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

INSURANCE

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

TRIP CHANGES

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

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



CLOTHING & GEAR

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

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

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

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

Evening Attire

North America | Asia Pacific | Latin America

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

Europe

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

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

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



PACKING LIST



PACKING LIST

Luggage Recommendation

- 1 suitcase and 1 carry-on per person

Clothing & Gear

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

Don't Forget!

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

International Travel

- Passport/Visa
- International power adapter
- Power converter

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

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

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



CYCLING SAFETY



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

ROAD CYCLING SAFETY

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



WHY TRAVEL WITH TREK TRAVEL



VACATIONS OF A LIFETIME

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

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

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

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

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

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

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

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





WHY TRAVEL WITH TREK TRAVEL



WHAT OUR GUESTS SAY

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

—Brian

The Absolute Best Guides

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

Ride the Best

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

—Patrick & Jennifer

Your Day, You Decide

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

—Robin

Local Connections

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

—John

We Like to WOW You

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

WOW

—Edward and Katherine

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

—Jim

It's in the Design

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





THE ABSOLUTE BEST GUIDES

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

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

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

—Lisa





RIDE THE BEST



STANDARD BIKES

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

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



TREK MADONE 5.2 ROAD BIKE

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

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



TREK 7.7 FX HYBRID BIKE

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

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



RIDE THE BEST



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

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

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



OPTIONAL BIKES

TREK MADONE 6.5 ROAD BIKE | \$300

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

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



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

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

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

