



MOAB ROAD & MTB



2012 EXPLORER LONG WEEKEND

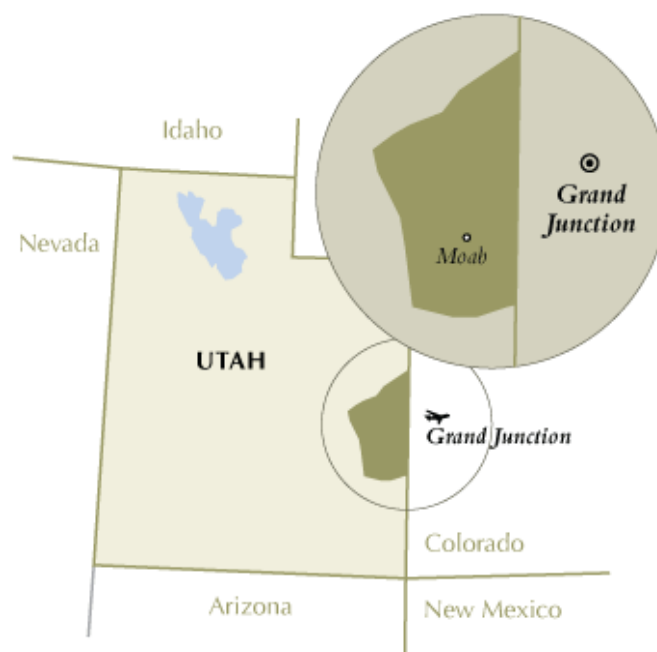




WELCOME TO YOUR TREK TRAVEL® MOAB ROAD & MTB ADVENTURE!

Welcome to Moab - “the Greatest Earth on Show” - and the finest test-ride anywhere! Over four adventure-filled days, you will explore this desert oasis on 2012 Trek road and mountain bikes of your choice. Pedaling on stellar trails and epic roads, through expanses of dramatic red rock, you will find options for most abilities, from advanced-novice to expert, in this stunning landscape. Each day, a feast for the senses in and of itself, is topped off with cold microbrews, delicious food, and plush rooms. So get ready for the ride of your life!

- Uncover the pages of history in deep canyons and dramatic red rock formations.
- The Moab palette is pretty sophisticated, offering everything from microbreweries to globally inspired gourmet cuisine.
- Relics of the ancient Anasazi and Fremont culture pepper the landscape in ruins, petroglyphs, and pictographs.
- Follow the path of legends and movie stars from Butch Cassidy and the Sundance Kid, to John Wayne and Tom Cruise.
- Moab is a ragtag wild west town where weekend-warriors and adventurers mingle with ranchers, vintners, yoga teachers, and Native Americans.



Happy Trails!

Zack Jones

Moab Road & MTB Trip Expert



ITINERARY



DAY 1:

Hike | *Delicate Arch*

Road Bike | *Moab to Arches National Park* | approximately 20 miles with 1,600 feet of climbing

Avid Option | *Moab to Arches out and back* | approximately 40 miles with 2,800 feet of climbing

Your Trek Travel guides will meet you at the Main Street Suites Grand Junction (225 Main Street, Grand Junction, CO 81501) at 9:30 AM on the first day of the trip. Following a 2-hour shuttle to Moab, your guides will discuss the rules of bike safety and specific mountain and road biking tips for riding throughout Moab and the surrounding area. You'll spend some time familiarizing yourself to the Trek demo bikes you'll be riding and your guides will make sure that you and your bike are the perfect fit. Please pack your bike clothes and riding equipment in a separate, easily accessible bag. Today's ride takes you into Arches National Park along the sublimely scenic national park road. For those wanting to visit the Delicate Arch up close, you can end your ride at the 19-mile point to hike the 3 mile out-and-back trail. Your guides can then shuttle you back to town, or you can forgo the hike and cycle back to Moab. Post-ride, you'll return to your home for the next three nights, the Gonzo Inn. After beers and conversation, you'll enjoy a hearty meal together at one of Moab's most popular microbreweries and pubs, Eddie McStiff's.

Hotel | *The Gonzo Inn* | 800 791 4044 | www.GonzoInn.com

DAY 2:

Road Bike | *Moab to Gemini Bridges* | approximately 23 miles with 1,800 feet of climbing

Road and Mountain Bike | *Moab to Gemini Bridges Trail to Moab* | approximately 48 miles with 2,600 feet of climbing

Mountain Bike | *Sovereign Singletrack* | approximately 17 miles with 2,000 feet of climbing

Hike | *Gemini Bridges*

After a morning fitting to your Trek or Gary Fisher mountain bike, you'll saddle up on your road bike and trace the Moab fault - a 2000 ft (610m) tall geologic wonder - to the Island in the Sky District of Canyonlands National Park. This beautiful road ride starts gradually and ramps up to a more sustained set of switchbacks before reaching the plateau nearly 2000 feet above the canyon floor. Once at the top, you'll break for lunch, swap out bikes, and take to the trails for a thrilling ride along the Gemini Bridges jeep road. A predominantly downhill route, this trail provides a great opportunity to hone your technique without the challenge of too much climbing. Just under 14 miles of double track and a drop of 1400 feet (427 m) welcome you, as you ride past unique rock formations like the cavernous Bull Canyon. A short 6-mile spin on the road descends another 300 ft (91 m) into Moab to celebrate the accomplishments of the day. This evening, you are free to explore the restaurants and watering holes of Moab on your own.

Hotel | *The Gonzo Inn* | 800 791 4044 | www.GonzoInn.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 | *Moab to Colorado River Out and Back* | approximately 37 miles with 1,000 feet of climbing

Mountain Bike | *Kokopelli Trail and Porcupine Rim to Moab* | approximately 26 miles with -4,500 feet of climbing

Mountain Bike | *Sand Flats Road to Moab* | approximately 21 miles with -4,000 feet of climbing

“Epic”... it’s the only way to describe today’s ride. Starting out on road bikes from town, your morning spin takes you through a majestic canyon containing the Colorado River. There are few roads like this in the world, where sheer red rock cliffs tower 1200 to 2000 feet above you on either side. We’ll meet back at the hotel for a quick lunch before shuttling up 4500 feet to the Kokopelli and Porcupine Rim Trailhead. This is where the epic begins. This legendary, mostly downhill trail is a favorite of most, offering spectacular panoramas and challenging technical terrain on rugged jeep road and swoopy singletrack. Did we mention 4500 feet of descending from alpine forests to the Colorado River valley? Those interested in a more mellow mountain biking experience can skip Porcupine Rim and opt for the Sand Flats Jeep road. Either way, we will all meet back in town after a rollicking ride on this something-for-everyone day. Dinner tonight features upscale and innovative seasonal cuisine and a relaxed environment to share stories of the day’s adventure.

Hotel | *The Gonzo Inn* | 800 791 4044 | www.GonzoInn.com

DAY 4:

Mountain Bike | *Moab Brand Trails or Slickrock Trail* | approximately 12 miles with 1,700 feet of climbing

Today we bid farewell, but not before checking out more 2012 mountain bikes on one of two trails in Moab. Those interested in an anaerobic and technical challenge can take on Slickrock, the trail that made Moab famous. With the exception of the occasional sandy wash, the entire trail follows a 12-mile course on Navajo Sandstone, an incredibly high-traction stone that allows you to climb and descend angles steeper than you thought possible. Moab’s newest trail system – the Moab Brand Trails – answers the need for more moderate riding in the area. The network of trails provides fun loops, with varying levels of difficulty, from mellow to expert. This is the place to ride if you are looking to work on some skills, compare different bikes on the same loop, and just plain have a blast. Despite being located across the valley from each other, both trails offer slickrock riding on petrified sand dunes with stellar views of the snow-capped La Sal Mountains as your dramatic backdrop. Post-ride you will refuel with a much-needed lunch at a local and guest favorite – the Peacetree Cafe. You’ll say farewell to your guides at 12:30 PM at the Gonzo Inn. At the end of your trip, you will be shuttled back to Grand Junction. The shuttle will depart at 12:30 PM and arrive at the Grand Junction airport at 2:30 PM, and the Main Street Suites Grand Junction at 3:00 PM. Please do not schedule a flight before 3:30 PM.

MOAB ROAD & MTB EXPLORER

Trip Length 4 days | 3 nights

Rider Level 2&3

Trip Start Grand Junction, Colorado

Trip End Grand Junction, Colorado



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 4 lunches, social hour on some evenings, 2 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 wide variety of 2012 high-end Trek and Gary Fisher road and mountain bikes (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 Moab Road & MTB trip, you will stay in Moab's most popular and comfortable hotel, The Gonzo Inn.

The Gonzo Inn | Moab, UT

Located one block from Main Street in downtown Moab, the Gonzo Inn is a comfortable and trendy retreat and the perfect home base at the center of all of the trip rides and natural attractions.

100 West 200 South | 800 791 4044 | www.GonzoInn.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 Moab Road & MTB trip, lunch includes an extensive picnic, featuring delicious southwest-influenced dishes, pack lunches from popular local eateries, and a bistro lunch at the fantastic Peacetree Cafe. The two trip dinners are casual, but feature delicious and creative cuisine, with local and international influences, at two of the most popular restaurants in Moab. Most dietary restrictions can be accommodated at both restaurants. Utah has some very strict alcohol laws, so expect beer to be 3.2% and cocktails (where available) to be very weak.

This itinerary is an approximation of our Moab Road & MTB 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 Walker Field Airport (GJT) Grand Junction, CO. Main Street Suites offers a free shuttle from the airport from 8:30 AM to 4:00 PM for guests with advanced notice. Contact the Main Street Suites Grand Junction at (970) 242-2525 for reservations. Taxis can be arranged from the airport to any location in the surrounding area, including Fruita.

MEETING TIME AND LOCATION

Main Street Suites Grand Junction | Grand Junction, Colorado

Your Trek Travel guides will meet you at the Main Street Suites Grand Junction (225 Main Street, Grand Junction, CO 81501) at 9:30 AM on the first day of the trip. After a two-hour shuttle, you will arrive in Moab at your hotel, The Gonzo Inn, and enjoy a hearty picnic lunch. Please have your road cycling gear in a small separate bag. There will be a place to change at the hotel upon arrival.

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, The Gonzo Inn (800 791 4044), and leave a message with your expected arrival time and contact details. You can make arrangements with the following shuttle services for transportation from Grand Junction to Moab: Porcupine Shuttle (435 260 0896) prices vary with the size of the group. American Spirit offers shuttle service for \$240.00, one way, for up to 4 passengers with luggage (970 523 7662).

DEPARTING TIME AND LOCATION

Grand Junction Airport | Grand Junction, Colorado

You will say farewell to your guides at 12:30 PM at the Gonzo Inn. At the end of your trip, you will be shuttled back to Grand Junction. The shuttle will depart at 12:30 PM and arrive at the Grand Junction airport at 2:30 PM, and the Main Street Suites Grand Junction at 3:00 PM. Please do not schedule a flight before 3:30 PM.

Let us take care of all your travel needs! For a nominal fee, our dedicated Travel Agent can reserve your airfare, pre- and post-trip hotels, rental cars, train tickets and additional sightseeing activities. Call Trek Travel at 866 464 8735 and choose option #2 to take advantage of this convenient service.



BEFORE & AFTER YOUR TRIP



GRAND JUNCTION

Those wanting to get quickly in & out of the area before and after their Trek Travel adventure will want to stay in Grand Junction. If you have a rental car and time to explore the area, Fruita (10 miles west of Grand Junction & ranked as one of the top 20 cities in the US for cycling) has more character and makes a good home base for exploration. Grand Junction gets its name because it's near where the Colorado (once called the Grand) River joins the Gunnison River. The Colorado River is responsible for carving out most of the local geography, and giving the valley its rich fruit-growing heritage—thus “Fruita.” To the east of the valley, the grand mesa rises to an elevation of over 10,000 feet. To the west is the uplift that holds the Colorado National Monument and the Black Ridge Wilderness study area. Colorado National Monument offers hikes ranging from .25 to 8.5 miles and a spectacular scenic drive or road ride along the 23-mile Rim Rock drive through mesas, plateaus, and dramatic rock formations. The High Plateau to the southwest is the Uncompahgre Plateau, which stands over 9000 feet high. The north edge of the valley is bordered entirely by the Book Cliffs. If you like deserts and/or challenging single-track, then you'll love this area. Over the Edge Sports (www.OTESports.com) can set you up with trail information and even mountain bike rentals. While in Fruita, don't miss the story of Mike the Headless Chicken who lived 18 months without a head... it's true, he even has a website: www.MikeTheHeadlessChicken.org. We recommend the following accommodations for your pre and post trip hotel.

Main Street Suites Grand Junction | 225 Main Street | 970 242 2525 | www.MainStreetSuites.com | ~\$120

Located 5 miles NE of Grand Junction airport & 1 block from historic downtown Grand Junction, this hotel is walking distance to many shops and restaurants. A microbrewery is just a couple of blocks away. Large, clean rooms feature either a mini or full kitchen. The hotel is further complemented by friendly, helpful staff. This is also the trip pick-up location.

Hampton Inn Grand Junction | 205 Main Street | 970 243 3222 | www.HamptonInn.com | ~\$120

Right next door to the Main Street Suites with large rooms and within walking distance to many local attractions.

Doubletree Hotel Grand Junction | 743 Horizon Drive | 970 241-8888 | www.DoubleTree.com | ~\$145

Located just minutes from Walker Field Airport in Grand Junction, this full-service hotel has all the amenities to make for a comfortable stay. The Doubletree Grand Junction offers shuttle service to and from the airport, as well as to the historic downtown with advanced notice.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 2&3

Terrain | mountainous

Average Daily Distance | 30 miles

Average Daily Climbing | 1,400 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. Moab Road & MTB is best suited for our Type 2&3 Riders. Our Trek Travel guides can also easily accommodate Type 1 Riders, who seek less mileage or fewer uphill, with a boost in the van. 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: Check out the eclectic shops of Moab | Rent a jeep or join a Hummer tour to experience world-class four-wheel-drive trails | Kayak, canoe, or raft on the Colorado River | Hike through canyons in and around Arches and Canyonlands National Parks | Hunt for petroglyphs and Native American Ruins

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 Moab Road & MTB 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 on the road with long and rolling hills between the elevations of 3000 and 6000 feet. Mountain biking terrain consists of everything from wide open fire roads to technical rocky, sandy, and exposed single-track. While there are many challenging mountain bike options, there will always be more moderate options available for advanced novice mountain bikers. 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 40 miles). If you ride in a flat area, a spinning class or trainer can provide some more resistance to build strength.

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



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

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

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

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

INSURANCE

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

TRIP CHANGES

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

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



CLOTHING & GEAR



CLOTHING & GEAR

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

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

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

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

Evening Attire

North America | Asia Pacific | Latin America

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

Europe

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

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

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



PACKING LIST



PACKING LIST

Luggage Recommendation

- 1 suitcase and 1 carry-on per person

Clothing & Gear

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

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*

