



## PROVENCE



## 2012 EXPLORER





*The accommodations were each very different and spectacular. I doubt I would have experienced half of what I did, had I not taken this Trek Travel trip. Whether you are an avid biker or a casual rider, Trek Travel is the ultimate vacation.*

—Daniel

## WELCOME TO YOUR TREK TRAVEL® PROVENCE ADVENTURE!

I was first attracted to Provence by a magazine article that described the lush lavender fields, the scent of wild sage that fills the air, and the stunning hilltop medieval villages. I'm still amazed by these details and, after living in the area for nine seasons, I've come to long for the life of Provence—the food, the leisurely pace of life, the magnificent views and of course, the people. I'm sure you will too after experiencing some of these sensational highlights.

- Experience the thrill of climbing up one of the great classic climbs--Le Mont Ventoux.
- Be enamored by the red poppies that dot the landscape in the spring or the lush hews of orange, red and gold that blanket the vineyards in the fall.
- Be a part of a quintessential French experience, the weekly market, and shop to your heart's content.
- Visit one of the most important places in France - the kitchen - and learn the art of creating simple, flavorful food combinations that you can enjoy at home.
- Relish the sweeping views as you cycle the Gordes de la Nesque.



*Adieu!*

**Renee Krysko**

Provence Trip Expert



## ITINERARY



### DAY 1:

**Road Bike** | *Mazan to Blauvac Loop* | approximately 14 miles with 1,000 feet of climbing

Your Trek Travel guides will meet you at the Avignon Central Train Station (Route Confluent Rive Durance, 84000 Avignon, France) at 1:15 PM on the first day of the trip. After a private shuttle (approximately 1 hour), you will arrive in the region of Le Mont Ventoux. Hillsides covered with vineyards and sleepy villages perched dramatically on a ridge will be your view for this afternoon's ride, with the mighty Mt. Ventoux as your backdrop. Following a short round of introductions, your Trek Travel guides will discuss the rules of bike safety and specific cycling tips for riding in France. They'll spend some time familiarizing you to your Trek bicycle, ensuring that you and your bike are the perfect fit. Tonight, you'll gather with your new traveling companions for conversation and a discussion of the week at hand. Finally, you'll savor your first dinner together at our luxurious hotel, Chateau de Mazan.

**Hotel** | *Chateau de Mazan* | +33 (0) 4 90 69 62 61 | [www.ChateaudMazan.com](http://www.ChateaudMazan.com)

### DAY 2:

**Road Bike** | *Mazan to Les Gorges de la Nesque to Sault* | approximately 39 miles with 2,900 feet of climbing

**Short Option** | *Sault to Mont Ventoux Avid Return* | approximately 33 miles with 4,600 feet of climbing

**Avid Option** | *Mazan to Mont Ventoux to Sault* | approximately 38 miles with 6,000 feet of climbing

No matter which ride you select today, the scenery and experience will be epic! Begin your morning by enjoying the vibrant colors, sights and sounds of a typical Provencal market in Bédoin. Don't be shy to sample the local delicacies—olives, cheese, tapenade, and even wine! Once you've had your fill, experience the awe-inspiring ride through Gorges de la Nesque. Consistently deemed the favorite ride of your Trek Travel guides, the Gorges de la Nesque is a gentle climb to Sault. With sweeping views of the valley, sharp cliffs, and lavender fields set before you, this 50km ride is a relaxing journey to our exquisite home, Le Val de Sault. For those who dream of ascending up Le Mont Ventoux, today is your day to complete this goal! Without even a meter of flat terrain, this classic climb is known throughout the cycling world as one of the most challenging ascents. But with the knowledge and support of your Trek Travel guides, you'll have all you need to climb up this glorious mountain. Your home for the next two nights is located on the southeast side of Le Mont Ventoux in the area of Sault. This area is known for both its lavender and honey production, so stop to try some delicious lavender honey, whose health properties are so acclaimed that it's recommended to have one tablespoon of it each day. This evening, enjoy a decadent gourmet meal at Hostellerie Val de Sault.

**Hotel** | *Hostellerie Val de Sault* | +33 (0)4 90 64 01 41 | [www.ValDeSault.com](http://www.ValDeSault.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** | *Sault to Mont Bruns Loop* | approximately 30 miles with 4,300 feet of climbing

**Avid Option** | *Sault to Aulan Loop* | approximately 43 miles with 3,900 feet of climbing

**Avid Option** | *Sault to Aulan & Saint Christol Loop* | approximately 56 miles with 5,300 feet of climbing

Today's leisurely ride will take you through the natural and untamed splendors of the Sault plateau. Take your time to enjoy the scenery and good company through one of the principal areas where the finest Provençal lavender is cultivated. Look for "bories"—unusual stone huts built without mortar that dot the countryside. Tonight, armed with a list of recommended restaurants, you'll have the chance to enjoy a meal of your choice in the town of Sault.

**Hotel** | *Hostellerie Val de Sault* | +33 (0)4 90 64 01 41 | [www.ValDeSault.com](http://www.ValDeSault.com)

### DAY 4:

**Road Bike** | *Sault to Gordes* | approximately 26 miles with 2,600 feet of climbing

**Short Option** | *Vaucluse to Gordes* | approximately 12 miles

**Avid Option** | *Sault to Gordes to Abbaye de Senaque* | approximately 73 miles with 6,600 feet of climbing

You will slowly awaken to the morning sun today, well rested and well fed! You'll then cycle to the heights of Col de la Ligne followed by a long descent over the edge of the Vaucluse Plateau. You'll arrive in the magical heart of Le Lubéron, where quiet, deserted roads lead you through breathtaking valleys and villages to your destination—Gordes. After three days of fantastic riding feel free to reward yourself by taking the afternoon off and exploring the medieval village of Gordes. Or pamper yourself at the Daniel Jouvance Spa! Optional afternoon rides will take you over Col de Murs—a 5km climb that has been featured in a number of France's greatest cycling races. This rugged valley resembles the dry and arid climate of the American West and has been the backdrop to various westerns. Tonight, you are free to explore Gordes for dinner.

**Hotel** | *Hotel le Gordos* | +33 (0)4 90 72 00 75 | [www.Hotel-Le-Gordos.com](http://www.Hotel-Le-Gordos.com)

### PROVENCE EXPLORER

**Trip Length** 6 days | 5 nights

**Rider Level** 2&3

**Trip Start** Avignon, France

**Trip End** Avignon, France



## ITINERARY



### DAY 5:

**Road Bike** | *Gordes to Lacoste Loop* | approximately 28 miles with 2,700 feet of climbing

**Short Option** | *Gordes to Lacoste with shuttle* | approximately 19 miles with 1,600 feet of climbing

Delight in an area of Provence legendary for its charming hilltop medieval villages, rolling hills, and quiet winding roadways. Orchards of cherry trees and vineyards line our route as we make our way to Roussillon, a village whose image will grasp you in a kaleidoscope of color. From here, you'll ride over the Pont Julien, a 2000-year-old Roman bridge that spans the Calavon River. A spectacular view of the Château of Lacoste beckons you as you climb to this quaint little village. Explore the cobblestone streets and find a perfect bistro for lunch. This evening, you will learn the art of Provençal cuisine with Jean Didier and Anne Mairie! With a glass of ruby red wine in one hand, learn to make simple and flavorful food combinations under the instructions of Jean Didier. Together in this charming Provençal home, you will reminisce over your adventures and toast to your final evening together!

**Hotel** | *Hotel le Gordos* | +33 (0)4 90 72 00 75 | [www.Hotel-Le-Gordos.com](http://www.Hotel-Le-Gordos.com)

### DAY 6:

**Road Bike** | *Gordes to Abbaye de Sénanque Loop* | approximately 10 miles with 1,600 feet of climbing

On this final day, take the morning to explore Gordes and capture its beauty in the morning sun. If you prefer to pedal, rise early for a morning loop to the Abbaye de Sénanque. You'll have enough time to return back to your room, shower, and change before your shuttle arrives. You'll say farewell to your guides at 10:30 AM at the Hotel Le Gordos. After saying goodbye to your guides, you will take a private coach to the Avignon TGV and/or Central Stations (approximately 50 minute shuttle). Here you can take a train to Paris or any other destination. Please do not book any train before noon.

**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](mailto:sales@trektravel.com) or 866 464 8735.*



## WHAT'S INCLUDED



### INCLUDED IN THE TRIP PRICE

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#### **Food & Lodging**

- Accommodations during the trip
- Daily breakfast, 2 lunches, social hour on some evenings, 3 dinners, and all snacks and drinks for each day's ride

#### **Support**

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

#### **Gear**

- The use of a Trek Madone™ 5.2 carbon road bike, or Trek Madone™ 5.2 Women's Specific Design carbon road bike (limited selection), or Trek 7.7 FX™ hybrid bike (visit [www.trektravel.com/ridethebest.php](http://www.trektravel.com/ridethebest.php) for more details)
- Complimentary Trek Travel merchandise
- Bike computer and a map case
- Two water bottles for you to keep
- A pump and seat pack stocked with all the necessary items to change a flat
- Multiple stem lengths and rises to alter the geometry and choice of saddles to cushion your ride

#### **Activities**

- Gratuities for all restaurants, hotels, local guides and transportation
- Cooking School
- French Market

### NOT INCLUDED

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- 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

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- **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 Provence trip, you will stay in quaint three-star accommodations, each offering stunning locations and a relaxing environment.

#### **Chateau de Mazan** | Mazan, France

Nestled in the tiny town of Mazan - only a short distance from the base of Mont Ventoux - stands Chateau de Mazan. Originally built in 1720 during the Regency Period, the Chateau soon became the property of the notorious Marquis de Sade. It was here that the Marquis organized his first Theatre Festival. In 2001, the new owner, Mme Lhermie, transformed the Chateau into the quaint Hotel de Charme that welcomes tourists from all over the world.

Place Napoleon | +33 (0) 4 90 69 62 61 | [www.ChateaudeMazan.com](http://www.ChateaudeMazan.com)

#### **Hostellerie Val de Sault** | Sault, France

The Val de Sault is a luxurious three star hotel nestled in "lavender country" - the plains of Sault. You can relax in this calm oasis and gaze upon the stunning view of Le Mont Ventoux. Yves, the hotel owner, has taken great care with all details involved in our stay. His Provencal-Asian accents create the perfect atmosphere for your vacation. In addition to its magnificent location and stunning views, Val de Sault will lavish you with an unforgettable meal.

Route St Trinit | +33 (0)4 90 64 01 41 | [www.ValDeSault.com](http://www.ValDeSault.com)

#### **Hotel le Gordos** | Gordes, France

Situated in the heart of the Luberon, at the entrance of Gordes, a picturesque village perched on a hill, Hotel Le Gordos offers you calm, freshness, and relaxation in a luxurious location, surrounded by a magnificent park.

Route de Cavaillon | +33 (0)4 90 72 00 75 | [www.Hotel-Le-Gordos.com](http://www.Hotel-Le-Gordos.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 Provence trip, you will enjoy mouth-watering Mediterranean cuisine that is cooked to your individual liking "a la minute". All the food is locally grown, often organic and exploding with flavor. The food is discovered over a number of courses and the portions are smaller, to enable you to extend your appetite until the third dessert course! You will also enjoy a hearty family-style bistro lunch and our decadent gourmet Trek Travel picnics. Some meals are included in the price of your trip. Breakfast is always served at the hotel, buffet style.

**This itinerary is an approximation of our Provence 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 Paris (CDG). All of the major US airlines and Air France offer nonstop flights from major US cities. From Paris, you may take a TGV train to Avignon, either from the TGV station at Charles de Gaulle Airport or from the Gare de Lyon in Paris. Please consult [www.SNCF.com](http://www.SNCF.com) to book your tickets. Alternatively, you may fly into Marseilles (MRS) or Nice (NCE) and take a train to Avignon. Avignon (AVN) also has a small airport with local flights. Please note that there are two train stations in Avignon--the TGV and the Centre station. The TGV station is approximately five miles from the town center station. If you happen to arrive at the Avignon TGV train station, there is a frequent shuttle bus service that runs from TGV to the downtown station for a cost of approximately 15 euros. Taxis are also available at the TGV train station for the 20-minute ride for approximately 40 euros. We recommend arriving to Avignon the night before the trip start, as there are several trains from the Paris CDG airport. The morning of the trip start, you may take a taxi or hotel shuttle to the meeting location at the central train station. Train schedules are available and tickets can be booked directly online at [www.SNCF.com](http://www.SNCF.com). (Please note the train schedule changes frequently. Please consult the SNCF site for the most up-to-date schedule.)

### MEETING TIME AND LOCATION

**Avignon Central Train Station** | Avignon, France

Your Trek Travel guides will meet you at the Avignon Central Train Station (Route Confluent Rive Durance, 84000 Avignon, France) at 1:15 PM on the first day of the trip. After a private shuttle (approximately 1 hour), you will arrive in the region of Le Mont Ventoux. Hillsides covered with vineyards and sleepy villages perched dramatically on a ridge will be your view for this afternoon's ride, with the mighty Mt. Ventoux as your backdrop.

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, Chateau de Mazan (+33 (0) 4 90 69 62 61), and leave a message with your expected arrival time and contact details. You may take a taxi to the first night's hotel for approximately 100 euros.

### DEPARTING TIME AND LOCATION

**Avignon TGV and Central Train Station** | Avignon, France

You will say farewell to your guides at 10:30 AM at the Hotel Le Gordos. After saying goodbye to your guides, you will take a private coach to the Avignon TGV and/or Central Stations (approximately 50 minute shuttle). Here you can take a train to Paris or any other destination. Please do not book any train before noon.

**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



### PARIS, FRANCE

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Paris is home to many of the world's best-known monuments and museums. A backdrop of many famous photos, the Arc de Triomphe sits majestically at the top end of the Champs-Élysées. You can go to the observation deck for an expansive view down the world-famous boulevard from Napoléon's huge triumphal arch—the largest in the world. The Arc isn't the only site that offers a great view of the city, however. Other monuments with impressive vistas include the view from the white dome of the Basilique du Sacré-Coeur de Montmartre, or from atop the 56 floors of the Tour Montparnasse, and of course at the summit of the most famous monument in Paris—le Tour Eiffel. We recommend the following accommodations for your pre-trip hotel.

**Hotel La Demeure** | 51 Boulevard Saint Marcel | +33 (0)1 43 37 81 25 | [www.Hotel-Paris-Lademeure.com](http://www.Hotel-Paris-Lademeure.com) | ~\$210

An oasis in the middle of the vibrant Latin Quarter on the left bank, this family-run hotel will make you feel comfortable and at home. 43 rooms.

**Hôtel Britannique** | 20, avenue Victoria | +33 (0)1 42 33 74 59 | [www.Hotel-Britannique.fr](http://www.Hotel-Britannique.fr) | ~\$215

In the heart of historic Paris, located on a quiet street near the Seine, this quaint hotel offers tranquility and access to the best that Paris has to offer. It is only steps away from Notre Dame, the Louvre and Paris' shopping district.

**Hotel d'Angleterre** | 91, rue La Boétie | +33 (0)1 43 59 35 45 | [www.Angleterre-Paris-Hotel.com](http://www.Angleterre-Paris-Hotel.com) | ~\$130

Situated on one of the most famous streets in the world, right in the heart of the Champs-Élysées between the Etoile and Concorde.

### AVIGNON, FRANCE

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If you are planning on extending your trip and exploring the walled city of Avignon, there are a number of must sees. Palais des Papes stands as the largest Gothic palace in Europe. With the arrival of the popes in the 14th century, Avignon became second to Rome and the Palais des Papes was home to the Sovereign Pontiffs. One must also visit the nearby Pont du Gard, an ancient Roman aqueduct that was used to bring Uzès spring water to Nimes. We recommend the following accommodations for your post-trip hotel.

**Cloître St. Louis** | 20, rue du Portail-Boquier | +33 (0)4 90 27 55 55 | [www.Cloitre-Saint-Louis.com](http://www.Cloitre-Saint-Louis.com) | ~\$280

A Jesuit monastery built in 1611, this building was converted to a hotel in the early 1900s. A walled courtyard, lined with old plane trees, makes for a relaxing setting. It has a small rooftop pool and is one block from the central train station. 80 rooms.

**Hotel d'Europe** | 12, Place Crillon | +33 (0)4 90 14 76 76 | [www.Hotel-D-Europe.fr](http://www.Hotel-D-Europe.fr) | ~\$425

A former 16th century residence of the Marquis de Graveson, Hotel d'Europe once hosted Napoléon. It is tucked away in a walled courtyard and decorated with antiques. The rooms are mostly large with two suites that overlook the Palais des Papes. The hotel boasts one of the finest restaurants in Avignon. 44 rooms.

**Hotel de l'Horloge** | 1 rue Félicien David | +33 (0)1 55 33 16 55 | [www.Hotel-Avignon-Horloge.com](http://www.Hotel-Avignon-Horloge.com) | ~\$165

In the heart of Avignon, and its myriad quaint cobbled streets. Located a stone's throw from the Palais des Papes, the hotel de l'Horloge offers a charm all its own. 67 rooms.



## HOW TO PREPARE



### CYCLING & OTHER ACTIVITIES

**Rider Type** | 2&3

**Terrain** | hilly

**Average Daily Distance** | 30 miles

**Average Daily Climbing** | 3,300 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. Provence 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. 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](http://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.

As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-rider activities are available, such as: Visit the Provencal market in Bédoin | Explore the hilltop town of Gordes | Visit the 2000-year-old Pont Julien, an ancient stone bridge | Discover the ancient stone dwellings known as “bories” | Learn the skill of playing Pétanque | Shop and explore the ochre village of Roussillon | Optional in-house massage and spa treatments at Val de Sault | Learn Provencal cooking secrets in a private cooking class

### 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 Provence 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 highlighted by stunning views, quiet roads & hilly terrain. There will be an average of 2-3 major climbs per day. You will be surrounded by vineyards & wonderful cherry orchards, all great spots to rest in the shade. 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 73 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

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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

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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

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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

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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)
- Arm & leg warmers
- Long fingered gloves (Ventoux riders)
- Cold weather, wind jacket (Ventoux riders)

#### **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](http://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

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- 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](http://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 NISSAN TREK will be riding! 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*

