



SAN JUAN ISLANDS



2012 EXPLORER MULTISPORT





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 are eliminated, and (our guides), Kevin and Laura, found some great attractions that we surely would have missed on our own.
—Jeff

WELCOME TO YOUR TREK TRAVEL® SAN JUAN ISLANDS ADVENTURE!

Come discover why so many people fall in love with Washington's San Juan Islands. The tall peaks of Mt. Baker and Mt. Rainier in the distance, the dark blue waters, the abundant wildlife, and the kind and caring islanders all help create the unique lure of the San Juans. You'll experience much of what the islands offer: cycling scenic shorelines, enjoying the unrivaled vista atop Mt. Constitution, eating delectable meals from the bounty of the islands' farmlands, experiencing the local sea life while kayaking, traveling with the Washington State Ferry system, and discovering the artisan crafts inspired by the beauty and serenity of the surroundings.

- Embrace the leisurely pace of 'island life' and feel your preoccupations from home melt away and slip into the sea.
- Taste the unparalleled flavors of freshly caught seafood and locally grown produce.
- Perch upon Lime Kiln Point, one of the world's best places from which to spot passing orca pods.
- Visit the sight of one of America's most unusual wars, the Pig War, which could have altered the course of American history.
- Marvel at the island seascape view from atop 2,409' Mt. Constitution.



See you soon!

Rebecca Falls

San Juan Islands Trip Expert



ITINERARY



DAY 1:

Road Bike | *Fidalgo Island* | approximately 13 miles with 500 feet of climbing

Your Trek Travel guides will meet you at the Red Lion Hotel on Fifth Avenue (1415 5th Avenue, Seattle, Washington) at 10:30 AM on the first day of the trip. After a two-hour shuttle, you and your new traveling companions will arrive at Deception Pass State Park, overlooking Puget Sound along Washington's picturesque coast. Here you'll meet up with your Trek Travel guides and enjoy a picnic lunch replete with local specialties and tastes for all palates. Following a short round of introductions, your guides will discuss the rules of bike safety and specific cycling tips for the San Juan Islands. They'll spend some time familiarizing you with your Trek bike for the week and will make sure that you and your bike are a comfortable fit. Once you've been filled in on the details of the day, ride at your leisure and soak up the stunning island views with snow-capped Mt. Baker in the distance. Enjoy a pre-dinner stroll through the historic center of Anacortes, ducking in and out of its galleries, bookstores, and antique shops. Before dinner, you'll gather for a relaxing drink in the courtyard and discuss the exciting activities, sights and sounds that await you in the week to come. Enjoy the first dinner of this trip at the Majestic's restaurant, 5th Street Bistro, known for its blend of European and Northwestern cuisine.

Hotel | *The Majestic Inn and Spa* | 360 299 1400 | www.MajesticInnAndSpa.com

DAY 2:

Ferry Ride | *Anacortes to Lopez Island & Lopez Island to Orcas Island*

Road Bike | *Lopez Island Loop* | approximately 20 miles with 900 feet of climbing

Short Option | *Lopez Island Short Loop* | approximately 15 miles with 800 feet of climbing

Avid Option | *Orcas Island Avid Option* | approximately 29 miles with 1,600 feet of climbing

After a hearty breakfast at the Majestic Inn, you'll ride to the ferry landing and catch the boat bound for Lopez Island. On the water is one of the best places to soak in the serenity and beauty of the San Juan Islands. Breathe in the fresh air and relax here, as the riding and activities commence again soon. You'll disembark onto Lopez Island where you'll spend the day riding on tranquil, gentle roads. Explore routes alongside the ocean and various parks on the Island where, after lunch of your choice in Lopez Village, you'll continue riding toward the north end of the island, past rolling farmland and ultimately convene at the ferry dock. You and your travel companions will board the boat for the last leg of today's ride to arrive at your final destination—Orcas Island and the charming village of Eastsound, your home for the next two nights. This evening, you are on your own to try one of the wonderful, locally-owned restaurants within walking distance of our Inn.

Hotel | *Outlook Inn* | 360 376 2200 | www.OutlookInn.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 | *Orcas Island Loop* | approximately 24 miles with 1,600 feet of climbing

Short Option | *Orcas Island Short Loop* | approximately 14 miles with 900 feet of climbing

Avid Option | *Orcas Island Loop with Mt. Constitution Climb* | approximately 45 miles with 4,400 feet of climbing

Orcas Island offers the most challenging riding of the trip. But never fear, your guides have planned several riding options from which to choose. You'll start by cycling around the west side of this horseshoe-shaped island, passing the farms that represent the livelihood of many island residents. You'll also see the sparkling waters of West Sound and the famed Orcas Island Pottery, a cooperative of local potters, known for their innovative and functional artwork and designs. Back on the bike, you'll wind along the wooded and peaceful Enchanted Forest Road. There's a reason they call it the "enchanted forest"—listen carefully as you ride through it! You'll return to Eastsound for lunch at a local café and afterward, you'll visit Moran State Park where you can choose to shuttle or bicycle to the top of the 2,409 foot peak. There you'll be able to hike around the park and be rewarded with a breathtaking view of the surrounding islands, with the Cascade and Olympic Mountains in the distance. Tonight the group will dine in the New Leaf Cafe at the Outlook Inn and enjoy a medley of seafood choices and fresh local vegetables.

Hotel | *Outlook Inn* | 360 376 2200 | www.OutlookInn.com

DAY 4:

Ferry Ride | *Orcas Island to San Juan Island*

Road Bike | *Cattle Point to False Bay Loop* | approximately 26 miles with 1,200 feet of climbing

Short Option | *Cattle Point Ride* | approximately 9 miles with 500 feet of climbing

Avid Option | *Cattle Point to Lakedale Loop* | approximately 30 miles with 1,400 feet of climbing

Today, you'll leave Orcas Island and head for the port town of Friday Harbor on San Juan Island, where you can visit the local art galleries or wander through the whale museum and learn more about these remarkable mammals. After the morning ferry ride, you can indulge in yet another scrumptious picnic at Sunken Park, and then pedal through San Juan's verdant interior and alongside the deep blue waters of Haro Strait. You'll ride to the southern tip of the island, basking in the stunning view of Cattle Point. Walk out to the lighthouse and look for the bald eagles that nest nearby. As you continue on, you'll come upon False Bay—a popular photo spot. See if you can capture the contrasting brilliant blue waters of False Bay against the white snow-capped peaks of the Olympic Mountains. After passing green farm fields, dotted with red barns and golden bales of straw, you'll find the Pelindaba Lavender Farm. Here, feel free to stroll through its fragrant purple-hued fields and visit the gift shop, where they describe the many uses of lavender. Be sure to sample the lavender ice cream! This evening, you'll rest your head in comfortable accommodations in the quintessential island town of Friday Harbor. Enjoy the coastal views and central location of this village for the next two evenings. Tonight, indulge and enjoy dinner at the restaurant of your choice in Friday Harbor. Delightful bistros and casual cafés serve everything from the freshest local seafood to exotic Thai fare.

Hotel | *Earthbox Motel and Spa* | 360 378 4000 | www.EarthboxMotel.com

SAN JUAN ISLANDS EXPLORER

Trip Length 6 days | 5 nights

Rider Level 1

Trip Start Seattle, Washington

Trip End Seattle, Washington



ITINERARY



DAY 5:

Kayaking | *Roche Harbor*

Road Bike | *Roche Harbor to Lime Kiln to Friday Harbor* | approximately 19 miles with 1,200 feet of climbing

Short Option | *Roche Harbor to Lime Kiln* | approximately 10 miles with 700 feet of climbing

Avid Option | *Roche Harbor to Cattle Point to Friday Harbor* | approximately 33 miles with 1,600 feet of climbing

This morning you'll trade your bicycle for a kayak and take to the sea! With local guides leading the way, you'll explore the pristine inlets and rocky coves that decorate this unspoiled coastline. Keep an eye out for harbor seals as you kayak through the kelp beds off Henry Island. After the excursion, you are on your own for lunch in Roche Harbor before boarding your bike for the afternoon ride. You will cycle to Lime Kiln State Park, stopping here for a rest and a chance to see pods of orca whales feeding in the kelp beds just offshore. If you choose, visit the lighthouse research center and learn what has been happening with the J, K, and L pods this summer. Along the route, you'll have the chance to broaden your knowledge by stopping at English Camp, or you can bring a smile to your face by choosing to venture into the alpaca farm. This evening, you'll join the group for your final dinner and toast to the week and its memories. Where, you ask? At the island's best restaurant, Duck Soup Inn, of course! Here you'll savor Gretchen's creative cuisine featuring herbs and edible flowers from the most local place possible—her garden, just outside the dining room window.

Hotel | *Earthbox Motel and Spa* | 360 378 4000 | www.EarthboxMotel.com

DAY 6:

Road Bike | *Lakedale Loop* | approximately 10 miles with 300 feet of climbing

Ferry Ride | *San Juan Island to Anacortes*

This morning's ride is completely optional, but everyone who does it comes back happy! This is your chance for a peaceful early morning spin and your last chance to ride on San Juan Island. Soak up as much as you can before it's time to pack up and head for home. You'll have some time to shop for souvenirs and gifts and eat lunch at the place of your choosing before boarding the 1:00 PM ferry to Anacortes. You'll say farewell to your guides at 3:15 PM at the the Anacortes Ferry Terminal. A private shuttle will be waiting for you at the ferry terminal, and will take you to the Red Lion Hotel in downtown Seattle. Please don't schedule your flight earlier than 8:00 PM. Shuttle Express (425 981 7000) has shared-ride vans available to be booked, which can take you from the Red Lion Hotel to the Seattle-Tacoma International Airport for around \$35-40 per person, one way (the per person price decreases with each additional person in your group). Or you can take the Downtown Airporter (855 566 3300) from one of several hotels in downtown (within walking distance of the Red Lion) for about \$15 per person, one way. If you make a round-trip reservation from the airport to downtown, the rates will be 10-15% less. Taxis from downtown to the airport are available for between \$30-40.

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, 3 dinners, and all snacks and drinks for each day's ride

Support

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

Gear

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

Activities

- Gratuities for all scheduled restaurants, hotels, local guides and transportation
- Guided Sea Kayaking Excursion out of Roche Harbor
- Transfers between islands on the Washington State Ferries

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 San Juan Islands trip, you will stay in the city center of Anacortes in a historic inn, a relaxing seafront lodge in the village of Eastsound, and a cozy retro-chic motel in the heart of Friday Harbor.

The Majestic Inn and Spa | Anacortes, WA

Emanating historical elegance, this small hotel has been recently remodeled with careful attention to detail and is centrally located in the heart of Anacortes. It is an ideal jumping off point for your adventure to the San Juan Islands.

419 Commercial Avenue | 360 299 1400 | www.MajesticInnAndSpa.com

Outlook Inn | Eastsound, WA

Perfectly located in the village of Eastsound and adjacent to the shores of the Pacific Ocean, the Outlook Inn is a delightful place to stay. The charm of a historic country inn, matched with classic architecture and wonderful hospitality, creates an incredible atmosphere and experience for all guests.

171 Main St. | 360 376 2200 | www.OutlookInn.com

Earthbox Motel and Spa | Friday Harbor, WA

This recently renovated motel - located just 4 blocks from the Friday Harbor Ferry Landing - embodies comfort and convenience. Rooms feature simple designs and calming colors, inspired by the earth, sea, sun and sky. With cruiser bikes to borrow, an indoor pool and on-site spa, the Earthbox is a fun retreat within walking distance of Friday Harbor's many restaurants and attractions.

410 Spring Street | 360 378 4000 | www.EarthboxMotel.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 San Juan Islands trip, you'll enjoy picnics prepared by your Trek Travel guides and the Market Chef in Friday Harbor. All of the evening restaurants we visit are elegant yet comfortable. Each features freshly caught seafood, and seasonal locally grown fruits and vegetables. Fresh flavors are enhanced by simple, but creative preparation that you're sure to enjoy. On both Orcas Island and San Juan Island you'll have one evening to dine at the restaurant of your choice.

This itinerary is an approximation of our San Juan Islands 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 Seattle-Tacoma International Airport (SEA) (www.portseattle.org/seatac/). Shuttle Express (425 981 7000) has shared-ride vans available to be booked, which will take you from the airport directly to the Red Lion Hotel for around \$35-40 per person, one way (the per person price decreases with each additional person in your group). Or you can take the Downtown Airporter (855 566 3300) from the airport to one of several hotels in downtown (within walking distance of the Red Lion) for about \$15 per person, one way. If you make a round-trip reservation from the airport to downtown, the rates will be 10-15% less. Taxis from the airport are available for between \$30-40.

MEETING TIME AND LOCATION

Red Lion Hotel on Fifth Avenue | Seattle, Washington

Your Trek Travel guides will meet you at the Red Lion Hotel on Fifth Avenue (1415 5th Avenue, Seattle, Washington) at 10:30 AM on the first day of the trip. You'll take a 2-hour private shuttle to the trip's starting point. Please have your cycling clothes and riding gear easily accessible, separate from your luggage. After a gourmet picnic, your guides will fit you to your bike and you'll begin the day's ride to Anacortes.

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 Majestic Inn and Spa (360 299 1400), and leave a message with your expected arrival time and contact details. You may take a taxi to the airport and then the Airporter Shuttle (www.airporter.com/shuttle/) to Anacortes for approximately \$35 per person. From there you'll need another taxi to the hotel.

DEPARTING TIME AND LOCATION

Red Lion Hotel on Fifth Avenue | Seattle, Washington

You will say farewell to your guides at 3:15 PM at the the Anacortes Ferry Terminal. A private shuttle will be waiting for you at the ferry terminal, and will take you to the Red Lion Hotel in downtown Seattle. Please don't schedule your flight earlier than 8:00 PM. Shuttle Express (425 981 7000) has shared-ride vans available to be booked, which can take you from the Red Lion Hotel to the Seattle-Tacoma International Airport for around \$35-40 per person, one way (the per person price decreases with each additional person in your group). Or you can take the Downtown Airporter (855 566 3300) from one of several hotels in downtown (within walking distance of the Red Lion) for about \$15 per person, one way. If you make a round-trip reservation from the airport to downtown, the rates will be 10-15% less. Taxis from downtown to the airport are available for between \$30-40.



BEFORE & AFTER YOUR TRIP



SEATTLE

Nicknamed the Emerald City, Seattle has much to offer visitors of all ages. City highlights include Pike's Place Market, the Space Needle, the Seattle Art Museum and the Seattle Aquarium. Or, venture out to one of the three National Parks located within a one to three hour drive from Seattle - Mt. Rainier National Park, North Cascades National Park, and Olympic National Park. We recommend the following accommodations for your pre and post trip hotel.

Red Lion Hotel | 1415 Fifth Avenue | 206 971 8000 | www.RedLion.com | ~\$215

Conveniently located in downtown Seattle, the Red Lion Hotel offers an upscale, boutique hotel experience. The property has breathtaking views of the Cascade Mountains, Elliot Bay, Puget Sound and Seattle.

W Seattle Hotel | 1112 Fourth Avenue | 206 264 6000 | www.StarWood.com | ~\$350

A contemporary retreat in the center of this bustling city, W Seattle focuses on service, amenities and spectacular design. The hotel is located in the center of Seattle's burgeoning downtown, close to the Seattle Benaroya Symphony Hall, Art Museum and great shopping. Take the Monorail to the Space Needle, scope out the original Starbucks or catch a flying fish at the Pike Place Market.

Inn At The Market | 86 Pine Street | 206 443 3600 | www.InnAtTheMarket.com | ~\$325

The Inn wins high praise from Condé Nast Traveler and other prestigious publications for its exceptional standards of personal attention and style. This hotel is centrally located and offers views of Elliot Bay, the Olympic Mountains and Mount Rainier.

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.*



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 1

Terrain | hilly

Average Daily Distance | 25 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. San Juan Islands is best suited for our Type 1 Riders. 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 2 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: Massage and full spa available at two of our hotels | Take a Catamaran cruise | Many museum options from the Whale Museum, to the art & history museums located on the islands | Enjoy sight seeing and the varied terrain of the San Juan Islands by horseback riding | Tour the Sehome Hill Arboretum which plays host to a diverse collection of native plants and animals | Scenic hiking all over the islands | Witness firsthand the awesome ocean ecosystem while sea kayaking

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 San Juan Islands biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 25 miles for several days in a row. The terrain is full of rolling hills, including some long, gradual grades and some short steep ones. There are times when we'll be starting at sea level and the only way to go is up! Of course, a shuttle is always available. 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 45 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)
- Shoes for sea kayaking (a fast-drying pair you don't mind getting wet)
- Wind jacket for ferry rides
- Quick-drying shirt and shorts for sea kayaking and hiking

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*

