



TUSCANY SAN NICCOLO'



2012 EXPLORER





The designs for the rides were a perfect mix linking all of the important points of interest with the countryside of Tuscany. The camaraderie and challenge all combined to create a close knit group of newly found friends.
—Tom

WELCOME TO YOUR TREK TRAVEL® TUSCANY SAN NICCOLO' ADVENTURE!

Believe the hype: Tuscany is more beautiful than what you expect it to be. Rolling hills to explore as you follow cypress-lined winding roads. Sleepy hilltop villages, hidden behind Medieval walls. Peaceful farmland with centuries-old vineyards. The flavors of a cuisine that is as simple as it is delicious. Remarkable wines made with pride, following centuries-old recipes. The colors of a landscape that changes with each season. The rhythm of a life, still tied to traditions. Tuscany has a magic that captures you and makes you slow down and enjoy the moment. Join us for a taste of this region, its wines, its food, and its people. Exceptional riding, beautiful landscape, delicious food, great wines and the locals' charm will all blend together to create a trip of a lifetime.

- Ride along quiet roads lined with cypress trees in the beautiful Tuscan landscape.
- Savor Tuscan cuisine and discover local specialties like sheep cheese and fresh bruschetta.
- Discover the tradition of Chianti Classico.
- Walk through the village of Volterra and marvel at its ancient Etruscan and Roman roots.
- Meet the locals and learn how to live "la dolce vita".



Ciao!

Monica Ercolessi

Tuscany San Niccolo' Trip Expert



ITINERARY



DAY 1:

Road Bike | *Greti to Radda in Chianti* | approximately 20 miles with 2,300 feet of climbing

Your Trek Travel guides will meet you at the Hotel Palazzo Vecchio (via Cennini 4, 50123, Florence, Italy) at 12:00 PM on the first day of the trip. After a one-hour shuttle, you and your new traveling companions arrive at the starting location of your first day's ride. After a short round of introductions, your Trek Travel guides will discuss the rules of bike safety and specific cycling tips for riding in Italy. They will spend some time familiarizing you with the Trek bicycle you'll be riding and will ensure that you and your bike are the perfect fit. Then you're off to discover the magic of Tuscany. A rolling, scenic ride will take you to Radda in Chianti, an ancient medieval city where you'll spend the next three nights in your hotel. Explore the cobblestone streets of this fascinating town. This evening, you and your newfound friends will gather for an informal wine tasting and a discussion of the week to come before enjoying your first dinner together at a local restaurant.

Hotel | *Hotel San Niccolo'* | + 39 0577 735 666 | www.HotelSanNiccolo.com

DAY 2:

Road Bike | *Radda in Chianti Loop* | approximately 40 miles with 3,500 feet of climbing

Short Option | *Radda to Castello di Brolio* | approximately 15 miles with 1,500 feet of climbing

Avid Option | *Lucarelli add-on* | approximately 10 miles with 1,000 feet of climbing

This morning, the route takes us high above the vineyards, where the vista is broken only by rolling hills, blanketed with vines and statuesque cypress trees. Cycle along a ridge providing 360-degree views of the Tuscan countryside. Stop long enough to enjoy the views and perhaps hear the distant music of the sheep bells. Relish a rewarding descent and cruise through tiny medieval hamlets, into the shadow of the imposing fortress of the grand Castello di Brolio. For lunch, enjoy an array of fresh Tuscan delights at the local's favorite bar. Savor the tasty flavors and Italian atmosphere during this midday break. Following lunch, continue your ride to the tiny Tuscan village of Lucarelli and mingle with the locals over a mid-afternoon espresso - or maintain your momentum and pedal up the hills, surrounded by vineyards. Or stay in Radda and perhaps enjoy the hotel's complete spa amenities. This evening is yours to discover on your own; enjoy a family-style dinner in town on the piazza, or perhaps something a little more romantic, drinking in the picturesque views.

Hotel | *Hotel San Niccolo'* | + 39 0577 735 666 | www.HotelSanNiccolo.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 | *Radda to Monteriggioni* | approximately 36 miles with 2,000 feet of climbing

Short Option | *Radda to Castellina* | approximately 10 miles with 500 feet of climbing

Avid Option | *Radda to Monteriggioni Loop* | approximately 50 miles with 2,800 feet of climbing

Today you'll descend into the valley, enjoying stunning views of Siena's towers amid the vine-covered hills along the way. Before long, sights of vines and olive trees give way to forested hills of chestnut trees and their cool shade. We seem to leave the 21st century behind, as all that surrounds us on this single quiet road are ancient stone walls, wildflowers, and the scent of the forest. We climb back into the sun, pausing to take in the sight of our mid-day destination, the hilltop walled town of Monteriggioni, complete with 14 dramatic towers. Choose among the many al fresco trattorias lining the piazza and enjoy lunch on your own today, before exploring this enchanting walled city. You can shuttle back to the hotel from here, or choose to get back on your bike and continue your ride through some of the most important wine-growing districts in Chianti today. This evening, we head out together to enjoy dinner at a local restaurant filled with Tuscan ambience.

Hotel | *Hotel San Niccolo'* | + 39 0577 735 666 | www.HotelSanNiccolo.com

DAY 4:

Road Bike | *Radda to Casole d'Elsa* | approximately 31 miles with 2,000 feet of climbing

Short Option | *Radda to Strove* | approximately 18 miles with 1,700 feet of climbing

Avid Option | *Radda to Volterra* | approximately 46 miles with 3,200 feet of climbing

The ride begins today by descending into the Elsa Valley and enjoying the quiet roads that border it. After a beautiful morning ride, you'll stop in Casole d'Elsa for an opportunity to explore its medieval streets in search of a great lunch. The village is characterized by ancient brick buildings, perched on a ridge from which you can enjoy gorgeous views of the surrounding countryside. Take the time to stroll the main square and to check out the imposing Rocca. When you've had your fill of both lunch and history, continue on your bike to challenge rolling hills and the final climb up to the town of Volterra, whose Etruscan roots and Roman influences are visible in the steep cobblestone streets that dominate the serene, picturesque countryside. Ride all the way into town or opt for a shuttle up the hill to the hotel, where you can take in the marvelous views, while enjoying the outdoor swimming pool. The group will meet this evening for a private walking tour of this historic town before you enjoy dinner at your leisure at one of Volterra's many trattoria. You may also wish to shop for rare, renowned alabaster at the many shops highlighting local products, or perhaps take some time to visit the well-known museums in town.

Hotel | *Park Hotel Le Fonti* | +39 0588 85219 | www.ParkHotelLeFonti.com

TUSCANY SAN NICCOLO' EXPLORER

Trip Length 6 days | 5 nights

Rider Level 3

Trip Start Florence, Italy

Trip End Florence, Italy



ITINERARY



DAY 5:

Road Bike | *Volterra to Montaione* | approximately 30 miles with 1,900 feet of climbing

Short Option | *Direct option to Villa da Filicaja* | approximately 20 miles with 1,900 feet of climbing

Avid Option | *Volterra to Montaione Loop* | approximately 49 miles with 3,500 feet of climbing

This morning, you'll begin with a descent from our hilltop town and meander through bucolic countryside on quiet back roads. Your first stop of the day? The ancient village of Montaione. Surrounded by vine-clad hills, Montaione is a remote village with winding narrow cobblestone streets and arguably the best view in all of Tuscany. Just outside town, you will stop at a farm for a picnic lunch a' la Trek Travel. Enjoy a tasting of the locally produced wine and olive oil, before hopping back on your bike to explore more of the countryside's forests and farms. Or, spend more time at the farm to learn more about its history, before shuttling back to the hotel to enjoy some time to relax by the pool or further discover Volterra. This evening, you will meet your traveling companions by the hotel's pool for an aperitif with a view over the Tuscan countryside. Dinner will be an intimate and exclusive affair, in a private room at Park Hotel delle Fonti. Raise your glass to a great week of riding, fellowship, and good food!

Hotel | *Park Hotel Le Fonti* | +39 0588 85219 | www.ParkHotelLeFonti.com

DAY 6:

Road Bike | *Volterra Loop* | approximately 15 miles with 1,400 feet of climbing

This morning's ride is a stunning early morning spin through the classic Tuscan countryside. Or, if you'd rather, linger over a hot cappuccino and enjoy a leisurely morning. You'll say farewell to your guides at 11:00 AM at the Park Hotel Le Fonti. You'll depart by private shuttle for Santa Maria Novella train station in Florence, arriving at close to 12:30 PM. Trains connect to many European cities. Please do not reserve a seat prior to 1:00 PM. The Amerigo Vespucci airport in Florence (FLR) is only 5 kilometers from the city. You can reach it by train, taxi or shuttle bus; please do not schedule a flight prior to 4:00 PM. Visit www.TrenItalia.com for bookings.

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, 1 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 restaurants, hotels, local guides and transportation
- Wine tasting
- Private walking tour of Volterra

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 Tuscany San Niccolo' trip, you will stay in an ancient palazzo in the heart of the village of Radda in Chianti and a gracious hotel nestled in a park with outstanding views of the countryside.

Hotel San Niccolo' | Radda in Chianti, Italy

Hotel San Niccolo' is located in the heart of Radda in Chianti, a medieval city and one of central Tuscany's most charming villages. This small hotel is housed in an ancient building, renovated and equipped with all modern comforts. Its unbeatable location, together with the original structure, provides visitors with the quintessential Tuscan experience.

Via Roma, 16 | +39 0577 735 666 | www.HotelSanNiccolo.com

Park Hotel Le Fonti | Volterra, Italy

Recently renovated, the Park Hotel Le Fonti is designed according to old Tuscan traditions, while at the same time offering all the comforts of a top modern hotel. The views of the surrounding hills from the swimming pool and terrace are unbeatable!

Via Di Fontecorrenti 5 | +39 0588 85219 | www.ParkHotelLeFonti.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 Tuscany San Niccolo' trip, the cuisine is characterized by fresh, seasonal ingredients, prepared in a simple style. Lunch provides bountiful selections of local goodies. Dinners range from local trattoria fare featuring hand-made pasta to fine dining, highlighting the best of the season's offerings. On other occasions, you'll be free to dine on your own, so that you can discover your own personal favorites.

This itinerary is an approximation of our Tuscany San Niccolo' 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 Florence's Amerigo Vespucci Airport (FLR). The Florence airport is about 5km from the town center. You can take a bus, which departs hourly, or a taxi (~20 euros) directly to the hotel.

Rome and Milan will also offer flight options. From Rome's Fiumicino Airport (FCO), you may take a direct train to Rome's central station, Roma Termini. Follow the "Stazione/Railway Station" signs. Trains depart twice hourly, and the cost per person is approximately 11 euros. Tickets can be purchased at a Biglietteria office or from ticket machines. All tickets must be validated before getting on the train; do this by stamping your ticket at the yellow boxes found on the walls near the platform. The ride takes 30 minutes. From Roma Termini, transfer to a train for Florence. The Eurostar trains depart frequently and are the quickest. The trip takes 1-1/2 hours and costs between 44-62 euros one way, per person. In Florence, taxis are available to take you to your hotel. Taxi service is available from Rome Fiumicino Airport to central Rome for ~50 euros; however, service tends to be slower.

MEETING TIME AND LOCATION

Hotel Palazzo Vecchio | Florence, Italy

Your Trek Travel guides will meet you at the Hotel Palazzo Vecchio (via Cennini 4, 50123, Florence, Italy) at 12:00 PM on the first day of the trip. We'll then shuttle one hour to the start location of your first day's ride. Please have your first day's cycling clothes and riding gear easily accessible, separate from your luggage. After changing into your cycling gear, we'll fit you to your bike before taking our first spin through the Tuscan countryside.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Hotel San Niccolo' (+ 39 0577 735 666), and leave a message with your expected arrival time and contact details. You may take a taxi to Hotel San Niccolo', our first night's hotel in Radda in Chianti, for approximately 150 euros.

DEPARTING TIME AND LOCATION

Santa Maria Novella Train Station | Florence, Italy

You will say farewell to your guides at 11:00 AM at the Park Hotel Le Fonti. You'll depart by private shuttle for Santa Maria Novella train station in Florence, arriving at close to 12:30 PM. Trains connect to many European cities. Please do not reserve a seat prior to 1:00 PM. The Amerigo Vespucci airport in Florence (FLR) is only 5 kilometers from the city. You can reach it by train, taxi or shuttle bus; please do not schedule a flight prior to 4:00 PM. Visit www.TrenItalia.com for bookings.

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



FLORENCE

Florence is the majestic heart of Renaissance art and intellect. Several days can be spent wandering the streets in the shadow of Brunelleschi's Duomo and alongside the famous Arno River. Along with the Duomo and Ponte Vecchio, the Uffizi is extremely worthwhile to visit as the pillar of the Renaissance and Medici era. Michelangelo's David in the Galleria dell'Arte is not to be missed. Keep in mind while exploring Florence that opening hours vary and are quite often inconsistent. Different museums are open on different days and lines can be very long. It's worthwhile to pay a few extra Euros and pre-book your tickets—this will enable you to pass all of the people waiting in line. We recommend the following accommodations for your pre-trip hotel.

Hotel Palazzo Vecchio | via Cennini 4, 50123 Firenze | 39 055 212182 | www.HotelPalazzoVecchio.it | ~\$130

This charming 3-star hotel boasts an ideal location in the heart of the historic center of the city, just steps away from Santa Maria Novella train station. Built in the early 20th century and recently renovated to provide modern amenities, the Palazzo Vecchio is the perfect choice for those seeking a comfortable and convenient option.

Hotel il Guelfo Bianco | via Cavour 29 | +39 055 288 330 | www.IlGuelfoBianco.it | ~\$190

This patrician home of the 16th century is close to the old market in the heart of downtown Florence, just a short walk to the Cathedral and principal museums. This 3-star hotel re-opened its doors to guests after having undergone a complete restoration. The Renaissance architecture and the refined furnishings reflect the Florentine character.

Hotel Albani | via Fiume, 12 50123 Firenze | +39 055 26030 | www.HotelAlbani.it | ~\$200

Hotel Albani is a stately and impeccably restored early 20th century townhouse. A serene atmosphere completes the setting—perfect for those wishing to find an exclusive hideaway within walking distance of Santa Maria Novella train station.

ROME

Rome is a powerhouse of stunning architecture and ancient history, beautifully told through its ruins and buildings. It seems that every street you walk down provides another unexpected glimpse of ancient times, yet modern bustle and energy abounds as well. The Coliseum, the Roman Forum, Vatican City and the Pantheon are some of the don't-miss attractions. Be sure to linger on the Spanish Steps one afternoon and take advantage of great shopping and fantastic cuisine. We recommend the following accommodations for your post-trip hotel.

Hotel Barocco | via della Purificazione, 4 00187 Roma | +39 06 487 2001 | www.HotelBarocco.com | ~\$285

This 37-room hotel is tucked away on central Piazza Barberini. It boasts a refined, simple style with all of the comforts and amenities needed for a relaxing Roman getaway.

Hotel Capo d'Africa | via Capo d'Africa, 54 00184 Roma | +39 06 772801 | www.HotelCapodAfrica.com | ~\$350

Located in the heart of Imperial Rome, between the Forum and the Domus Aurea, the Hotel Capo d'Africa boasts contemporary décor within a beautiful early 19th-century building. 64 rooms.

Mecenate Palace | via C. Alberto, 3 00185 Roma | +39 06 44702024 | www.MecenatePalace.com | ~\$260

In front of the Basilica of Santa Maria Maggiore, this hotel is within walking distance of most of the important monuments and shopping areas found in Rome. Guests can enjoy a panoramic view of the city from the hotel's roof garden. 62 rooms.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 3

Terrain | hilly

Average Daily Distance | 27 miles

Average Daily Climbing | 2,100 feet

On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. On most Trek Travel trips, you can ride as much or as little as you like. Tuscany San Niccolo' is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult www.trektravel.com/riderlevels.php.

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

Some non-riding options on this trip are: Explore the walled city of Castellina | Shop and explore the medieval villages of Radda, Lecchi, Montaione, Monteriggioni and San Gimignano | Take a side trip to Siena | Discover why Tuscan wines and olive oils are so renowned during our private wine-tasting | Opt to spend a half day at a local spa | Visit the museums of Volterra

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 Tuscany San Niccolo' biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 27 miles for several days in a row. The terrain is consistently rolling, with quiet, narrow, and winding roads. Many towns sit atop hills and, although the ascents are not exceptionally steep, they are often upwards of 5km long. 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 50 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)

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*

