

**TREK**  
TRAVEL

VIP OFFICIAL OPERATOR of **TOUR de FRANCE**

RACE FRANCE

2012 EPIC CLIMBS OF FRANCE—TRIP 4



## WELCOME TO YOUR TREK TRAVEL® RACE FRANCE ADVENTURE!

Cyclists have dreamt of riding the routes of their heroes since the first Tour De France in 1903. For 2012, Trek Travel proudly offers an epic trip featuring some of the most challenging climbs made famous by cycling's greatest race. Our expedition begins in the Alps riding classics including Col du Galibier and Alpe d'Huez then heads to Provence and Mont Ventoux, before advancing toward the Pyrenees where the Cols d'Aubisque, du Tourmalet, de Peyresourde and Port de Bales await. As Official Tour De France Tour Operators, with unrivaled local expertise and ten years of experience, we know the race routes inside out – with our Trek Madone carbon fiber bikes, expert guides, dedicated support and determination to make every day special, we guarantee you a trip to remember!

- Ride legendary climbs Alpe d'Huez, Galibier, Mont Ventoux, Tourmalet, Aubisque
- Enjoy first-class fully dedicated VIP support from the Trek Travel team
- Toast riders as they confront Col du Tourmalet from our exclusive roadside viewing venue
- Cheer the teams onward to the climax of stage 17 in Peyragudes
- Ride Trek's full carbon 5.2 Madone or upgrade to a 6.5 Madone for an even lighter ride.

*À bientôt!*

**Penny Gatward**  
Race France Trip Expert





## ITINERARY



## DAY 1: THURSDAY, JULY 12, 2012

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**Road Bike** | *Le Bourg d'Aroude to La Grave* | approximately 17 miles with 3,200 feet of climbing

Your Trek Travel guides will meet you at the Best Western Terminus (10 Place de la Gare, 38000 Grenoble, France) at 10:00 AM on the first day of the trip. After a 60 minute shuttle your guides will spend some time fitting you to your bike for the week. Savor a delicious Trek Travel picnic lunch before your first ride in the Alps. This ride promises to be memorable - iconic mountains towering overhead with jagged peaks, lush green pastures and foreboding climbs. Ride to Col du Lautaret with mountain creeks shadowing you on your journey. Our home for the next few nights is Hotel Bonnabel where you'll enjoy a warm family welcome, not to mention the incredible views of the mountains that surround you. This evening, savor a meal fit for cyclists at your hotel.

**Hotel** | *Hotel Bonnabel* | +33 (0)4 92 24 42 21 | [www.Hotel-Bonnabel.com](http://www.Hotel-Bonnabel.com)

## DAY 2: FRIDAY, JULY 13, 2012

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**Road Bike** | *Col du Lautaret to Col du Telegraph Return* | approximately 50 miles with 8,500 feet of climbing

**Avid Option** | *Col du Lautaret to St Michel du Maurienne Return* | approximately 55 miles with 8,900 feet of climbing

Last year's Tour de France celebrated the hundredth anniversary of the first crossing of the Galibier by the peloton, the mountain pass which has been visited most by the race. You now will have your chance to cycle up to the top of this mountain from both sides! After your fill of local cheese, pain au chocolat, eggs and fromage blanc flavored with local jams you'll be ready to attack Col du Galibier and Col du Telegraph. If you seek an even bigger challenge, ride beyond Col du Telegraph to St Michel du Maurienne and attack both climbs from the other side. This evening you'll be treated to a cycling-friendly buffet dinner so you can retreat to your bed in time to rest for tomorrow's epic day.

**Hotel** | *Hotel Bonnabel* | +33 (0)4 92 24 42 21 | [www.Hotel-Bonnabel.com](http://www.Hotel-Bonnabel.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: SATURDAY, JULY 14, 2012

**Road Bike** | *Bonnabel to Alpe d'Huez to le Freney D'oisans* | approximately 42 miles with 6,200 feet of climbing

**Avid Option** | *Bonnabel to Alpe d'Huez Loop* | approximately 70 miles with 10,900 feet of climbing

Today's ride is a cyclist's dream—ascending Alpe d'Huez, the most revered and famous mountaintop finish. The day begins with an easy 40km downhill warm-up to the base of Alpe d'Huez. After ascending the infamous 21-switchbacks to the summit of the imposing pass, fuel up with a lunch of your choice. Like a pro, linger at the top and bask in the afterglow of your conquest of this gruelling ascent—savor the astounding views, the support and good cheer of your Trek Travel guides, and the knowledge that you've just mastered one of cycling's most infamous climbs. If this isn't enough, follow the winding alpine balcony road back to Col du Lautaret and witness some of the most beautiful scenery you'll ever experience from the seat of a bicycle. Tonight, you'll gather for drinks at the hotel with your new found friends and raise a toast to the Alps, their epic ascents and the riders who challenge them!

**Hotel** | *Hotel Bonnabel* | +33 (0)4 92 24 42 21 | [www.Hotel-Bonnabel.com](http://www.Hotel-Bonnabel.com)

### DAY 4: SUNDAY, JULY 15, 2012

#### Shuttle to Provence

**Road Bike** | *La Barroux to La Roque-Arlic Loop* | approximately 15 miles with 1,000 feet of climbing

**Avid Option** | *La Barroux to Crillon to La Roque-Arlic Loop* | approximately 25 miles with 1,700 feet of climbing

This morning you'll rise early bidding 'adieu' to the mountains of the Alps to transfer to Provence and the region of Mont Ventoux. You'll be welcomed to Provence with an abundant Trek Travel picnic flowing over with meaty olives, fresh salads and local goat's cheese - a perfect light, yet substantial meal to prepare you for a spin in the countryside. With Ventoux as your backdrop, you'll ride through vineyard covered hillsides from one sleepy mountain village to the next. The ride takes you through the Dentelles range, famous for its Gigondas wines. If you'd rather take a day off the bike to linger in the warmth of a Provencal day, your guides are always there to accommodate. Tonight you'll be able to linger in one of Provence's quaint villages and enjoy your first Provencal meal.

**Hotel** | *Les Geraniums* | +33 (0)4 90 62 41 08 | [www.Hotel-LesGeraniums.com](http://www.Hotel-LesGeraniums.com)

#### RACE FRANCE EPIC CLIMBS OF FRANCE

**Trip Length** 10 days | 9 nights

**Rider Level** 4

**Trip Start** Grenoble, France

**Trip End** Pau, France



## ITINERARY



## DAY 5: MONDAY, JULY 16, 2012

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**Road Bike** | *Barroux to Mont Ventoux Loop* | approximately 39 miles with 6,100 feet of climbing

Today's ride, scenery and experience will be epic! The challenge is the mighty Mont Ventoux. It's 21.6km of climbing with no flat sections and an average grade of 10% through the middle 10km before you hit the moonscape. What makes this climb challenging is not just the ride itself, but the weather. Intense winds or scorching heat can make this climb seem a hundred times more difficult than those found in the Alps. Your day will start early to give you the best opportunity to have a stellar climb. After taking a picture at the top you'll descend to Malaucene and enjoy a bistro lunch of your choice. This afternoon spin back to the hotel and relax before this evening when you and your travel companions will enjoy another Trek Travel meal together.

**Hotel** | *Les Geraniums* | +33 (0)4 90 62 41 08 | [www.Hotel-LesGeraniums.com](http://www.Hotel-LesGeraniums.com)

## DAY 6: TUESDAY, JULY 17, 2012

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**Road Bike** | *Lourdes to Juncalas Loop* | approximately 32 miles with 2,000 feet of climbing

This morning you'll rise early as we depart Provence for our next destination - the Pyrenees! The transfer takes approximately 5 hours, after which you'll head out for a short loop ride to stretch your legs in the foothills of the Pyrenees where narrow, forested roads lead you from one ancient village to the next. Tonight, relax and discover the rich local fare as you try your first Pyrenean feast at your hotel.

**Hotel** | *Hotel Gallia & Londres* | +33 (0)5 62 94 35 44 | [www.HotelGalliaLondres.com](http://www.HotelGalliaLondres.com)

**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.*



## DAY 7: WEDNESDAY, JULY 18, 2012

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**Road Bike** | *Lourdes to Tourmalet Return* | approximately 60 miles with 6,500 feet of climbing

### **Trek Travel Exclusive Viewing on Col du Tourmalet**

Today you confront one of the Pyrenees' legendary mountain passes —the mighty Col du Tourmalet. You'll cruise 20km along the valley floor following the bike path to Pierrefitte-Nestalas before climbing gently through the Gorges de Luz. With dramatic jagged cliffs above and a lively bubbling stream below, this section of the ride is incredibly picturesque. You'll ascend Tourmalet from the Barèges side - the same side as the pros will ascend later today - and where Andy Schleck and Alberto Contador fought each other and the fog in 2010's deciding mountaintop finish. Your ride continues up the first part of the Tourmalet to our perfectly located race viewing in the midst of the action right on the race course from where you'll enjoy cheering on the riders as they ascend the col on their way to col d'Aspin and Peyresourde before the stage finish in Bagnères du Luchon. Once the frenzy of the Tour has subsided you'll hop back onto your bike to relish a spectacular descent. This evening is free for you to explore Lourdes and its many restaurants and bars.

**Hotel** | *Hotel Gallia & Londres* | +33 (0)5 62 94 35 44 | [www.HotelGalliaLondres.com](http://www.HotelGalliaLondres.com)

## DAY 8: THURSDAY, JULY 19, 2012

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**Road Bike** | *Arreau to Peyragudes to Bagnères du Luchon* | approximately 25 miles with 3,300 feet of climbing

**Avid Option** | *Arreau to Peyragudes to Bagnères du Luchon with col d'Azet* | approximately 40 miles with 5,300 feet of climbing

This morning we'll board a private shuttle to the small village of Arreau where you'll start the day's ride up to Peyragudes and today's stage finish. You'll climb today's race route over the Col de Peyresourde as well as the final climb up to Peyragudes to join our other Trek Travel comrades and cheer the pros on from our exclusive viewing location in the heart of the action. After changing into the clean dry clothes waiting for you, take advantage of our Trek Travel viewing venue which is the envy of all race fans - complete with live race TV broadcast, mouthwatering cuisine, overflowing beverages and the camaraderie of your Trek Travel companions. We take care of the details so you can focus on the fun and cheering on the oncoming riders. The winner of today's exhilarating final mountain top finish may well take the yellow jersey into the final time trial and along the Champs Elysee into Paris - so it's a crucial stage which will be watched with great anticipation! Tonight we'll transfer onto our hotel where we'll toast to the end of another day at Le Tour, before a memorable feast of hearty mountain food and a good night's rest.

**Hotel** | *Parador Vielha* | +34 973640100 | [www.Parador.es](http://www.Parador.es)



## ITINERARY



## DAY 9: FRIDAY, JULY 20, 2012

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**Road Bike** | *Vielha to Port de Bales return* | approximately 67 miles with 8,900 feet of climbing

**Avid Option** | *Vielha to Port de Bales to Siradan* | approximately 99 miles with 13,500 feet of climbing

After indulging in one of the delectable items available for breakfast, prepare yourself for another epic Pyrenees climb. Spin your legs up the Port de Bales - ridden by the pros yesterday - a formidable 20km climb, which, although it has an average grade of 4.7%, boasts early stretches of up to 11%! If the riding doesn't take your breath away - the spectacular views certainly will! The beauty of today's ride is that there are no time constraints and you are free to stop and enjoy lunch at the restaurant of your choice and then continue riding. The only traffic jams today will be caused by the herds of sheep that plant themselves in the middle of the road to lick the salt left on the tarmac! Choose to continue down the back side of Port de Bales to Siradan and climb back up this giant from both sides or those more focused on the race may elect to head back to the hotel to watch the stage finish on TV. This evening, you and your travel companions will toast to 10 days of exhilarating rides, spectacular race action and new found friends over a celebratory dinner. Vive le Tour!

**Hotel** | *Parador Vielha* | +34 973640100 | [www.Parador.es](http://www.Parador.es)

## DAY 10: SATURDAY, JULY 21, 2012

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### **Au Revoir**

You'll say farewell to your guides at 9:00 AM at the Parador de Vielha. Choose to sleep in today or enjoy a relaxed breakfast. After you say goodbye to your guides, a private shuttle will take you back to Pau TGV station. Trains run direct to Paris, see [www.sncf.fr](http://www.sncf.fr) for schedules. Please do not arrange any ongoing travel until after 12:00 PM.



## OPTIONAL ADD-ON



### PARIS ADD-ON PACKAGE: JULY 21ST - JULY 23RD

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If you'd like to complete your Tour de France journey and witness the grand finale in Paris we invite you to join us for an unforgettable experience. For an additional fee of \$1999.00 (Dbl occupancy), add our Paris Finishing Package to your Trek Travel tour.

This package includes:

- Train transportation from Pau to Paris
- 2 Nights Accommodation in Paris
- Stage 20:VIP Paris viewing location on the Place de la Concorde at the acclaimed Automobile Club; full open bar; catered hor d'ourves; access to the team buses area and riders as they return; excellent photo or autograph opportunities
- Final night dinner beneath the glow at the heart of the City of Lights. "C'est magnifique!"

Our Paris Add-On Package is the perfect way to end a trip of a lifetime. For more information, please contact a Trek Travel Trip Consultant at 866 464 8735.



## WHAT'S INCLUDED



### INCLUDED IN THE TRIP PRICE

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#### **Food & Lodging**

- Accommodations during the trip
- Daily breakfast, 4 lunches, social hour on some evenings, 7 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) (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 scheduled restaurants, hotels, local guides and transportation

### 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
- **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 Race France trip, you will stay in four well balanced hotels--a quaint mountain chalet surrounded by views of jagged peaks, a relaxing and charming Provencal hotel at the base of Ventoux and 2 family run hotels ideally located in the Pyrenees.

#### **Hotel Bonnabel** | Col du Lautaret

A welcoming property with an intimate feel, this hotel offers an attentive staff and fine dining at "Le Pere Benzol." Relax in this comfortable hotel while enjoying its many amenities including a sauna, spa, jacuzzi, fitness center and pool.

Col du Lautaret, Monetiers les Bains | +33 (0)4 92 24 42 21 | [www.Hotel-Bonnabel.com](http://www.Hotel-Bonnabel.com)

#### **Les Geraniums** | Barroux

This charming guest house is set in a small medieval village of Barroux. From this family run hotel enjoy the views of the surrounding vineyards, olive trees, orchards and the infamous Mount Ventoux. It is the ideal place to discover the delights of Provence.

Place de la Croix, Le Barroux | +33 (0)4 90 62 41 08 | [www.Hotel-LesGeraniums.com](http://www.Hotel-LesGeraniums.com)

#### **Hotel Gallia & Londres** | Lourdes, France

This 4 star, 17th century-style hotel is set right in the heart of Lourdes. Spectacular riding in to the Pyrenean mountains and the sights and sounds of this unique city are right outside your door.

26 Avenue Bernadette Soubirous | +33 (0)5 62 94 35 44 | [www.HotelGalliaLondres.com](http://www.HotelGalliaLondres.com)

#### **Parador Vielha** | Vielha, Spain

Located in the spectacular Arán valley, an area of green and white landscapes beneath the radiant light of the Pyrenees of Lleida, this charming hotel offers unbeatable views of the mountains, and is a favorite of ramblers and nature lovers alike.

Ctra. de Túnel | +34 973640100 | [www.Parador.es](http://www.Parador.es)

### 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 Race France trip, you'll be exploring a variety of regional specialties. The Savoie region is famous for cheese and is the home of fondue, raclette and tartiflette dishes. Provence is renowned for rich Mediterranean cuisine - olives, tapenades, fresh produce, and juicy fruits. The Pyrenees kitchen reflects the character and warmth of the local hospitality. 'Paysan' meals focus on pork and lamb, with rich vegetable and potato side dishes. We've made some adjustments to this traditional fare to ensure meals are appropriate for our riders - the food is presented over a number of courses and the portions are smaller to enable you to enjoy each course. Breakfast is always served at the hotel and is buffet style.

**This itinerary is an approximation of our Race France 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) or Lyon (LYS) and take a TGV to Grenoble. This journey is approx 3 hours from Paris and 1 hour from Lyon and costs approximately 70 euros. For tickets and schedules see [www.sncf.fr](http://www.sncf.fr). The Grenoble TGV station is in the city center and is connected to other parts of the city by bus, tram or taxi.

As the trip ends in Pau we recommend booking your return flight from Pau (PUF). Direct flights are available to Paris and Lyon. A bus service and taxis are available from Pau train station to Pau airport station.

### MEETING TIME AND LOCATION

**Best Western Terminus** | Grenoble, France

Your Trek Travel guides will meet you at the Best Western Terminus (10 Place de la Gare, 38000 Grenoble, France) at 10:00 AM on the first day of the trip. The group then takes a 45 minute shuttle to the trip start point to enjoy a gourmet lunch prepared by your Trek Travel guides. Please have your first day cycling clothes and riding gear easily accessible, and separated from your luggage. After lunch you'll be fit to your bike and begin the day's ride through the Alps.

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 Bonnabel (+33 (0)4 92 24 42 21), and leave a message with your expected arrival time and contact details. Depending on timing, you may take a taxi to catch up with the trip. The cost of the taxi will vary, but it will typically be in the 80-100 euro range.

### DEPARTING TIME AND LOCATION

**Pau, France** | Pau, France

You will say farewell to your guides at 9:00 AM at the Parador de Vielha. Choose to sleep in today or enjoy a relaxed breakfast. After you say goodbye to your guides, a private shuttle will take you back to Pau TGV station. Trains run direct to Paris, see [www.sncf.fr](http://www.sncf.fr) for schedules. Please do not arrange any ongoing travel until after 12:00 PM.

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



## BEFORE & AFTER YOUR TRIP



### GRENOBLE

If you have the time, you should consider staying in Grenoble before your trip to further explore the diverse activities this French town offers. Grenoble has numerous outdoor activities, including via ferrata, a mountain route equipped with fixed cables, ladders, and bridges providing access to otherwise isolated routes to climbers with a variety of skills. Not to be missed in this Rhone-Alpes town, is a ride up the téléphérique; egg-shaped cable cars, les bulles, take you across the Isère river to the bastille, a series of ancient fortifications. Enjoy the view from the summit, then wander the many trails leading down to the city. We recommend the following accommodations for your pre-trip hotel.

**Park Hotel** | 10 Place Paul Mistral | 33 (0) 4 76 85 81 23 | [www.Park-Hotel-Grenoble.fr](http://www.Park-Hotel-Grenoble.fr) | ~\$395

Situated adjacent to the Paul Mistral Park in the center of Grenoble, the city's only 4-star hotel is sure to win you over with its elegance and charm.

**Patrick Hotel** | 116, cours de la Libération | 33 (0) 4 76 21 26 63 | [www.PatrickHotel-Grenoble.com](http://www.PatrickHotel-Grenoble.com) | ~\$133

Located close to Grenoble's city center, this hotel offers you many of the modern comforts you enjoy.

**Best Western Terminus** | 10, place de la Gare | 33 (0) 4 76 87 24 33 | [www.Terminus-Hotel-Grenoble.fr](http://www.Terminus-Hotel-Grenoble.fr) | ~\$175

This Belle Epoque hotel (1906), with modern conveniences such as air-conditioning and WiFi Internet access, is conveniently located just across the street from the Grenoble train station.

### LOURDES

If you have the time, you should consider staying in Lourdes at the end of your trip to experience this unique town. As the second most visited destination in France after Paris, Lourdes attracts some 5 million people each year and is a place of mass pilgrimage from Europe and other parts of the world. Visit the famous grotto where apparitions of the Virgin Mary are reported to have occurred in 1858. It is a place of mass pilgrimage from Europe and other parts of the world. The spring water from the grotto is also believed by some to possess healing properties. We recommend the following accommodations for your post-trip hotel.

**Grand Hotel Moderne** | 21, avenue Bernadette Soubirous | +33 (0)5 62 94 12 32 | [www.GrandHotelModerne.com](http://www.GrandHotelModerne.com) | ~\$150

This stately and elegant hotel offers privileged access to the Sanctuaries. Rich in history, it was completely restored in 2008, and the new owners have taken great care to preserve the precious heritage and soul of this Baroque masterpiece.

**Mercure Lourdes Imperial** | 3 Avenue du Paradis | +33 (0)5 62 94 06 30 | [www.AccorHotels.com](http://www.AccorHotels.com) | ~\$115

Comfortably appointed rooms and an attentive staff will make your stay at this downtown property on the Gave River a pleasure. The hotel features two restaurants and a lounge bar.

**Hotel Eliseo** | 4-6 rue Reine Astrid BP 131 | +33 (0)5 62 41 41 41 | [www.HotelEliseoLourdes.fr](http://www.HotelEliseoLourdes.fr) | ~\$150

The most distinguished 4-star hotel in Lourdes, Eliseo is new, contemporary, and embodies the luxury and sophistication of a superior French establishment. The hotel is located in the heart of Lourdes within walking distance to the famous Grotto. The most distinguished 4-star hotel in Lourdes, Eliseo is new, contemporary, and embodies the luxury and sophistication of a superior French establishment. The hotel is located in the heart of Lourdes within walking distance to the famous Grotto.



## HOW TO PREPARE



### CYCLING & OTHER ACTIVITIES

**Rider Type** | 4

**Terrain** | mountainous

**Average Daily Distance** | 40 miles

**Average Daily Climbing** | 5,100 feet

Our Race France vacations are specifically designed to follow the exciting stages of the Tour de France. Although Trek Travel provides significant support throughout our rides with both riding guides and van support, due to the nature of the ‘Tour’ we can not guarantee that the van will be able to support riders all the way to each mountain viewing. Guests on this trip should be able to comfortably ride to each viewing and some viewings will not be accessible by non riders. As a result, our Race France is best suited for our Level 4 Riders. Our Trek Travel guides can also easily accommodate Level 3 Riders with a boost in the van on non race viewing days. This option can reduce some of the daily mileage and climbs, however guests should still be able to comfortably ride to our mountain viewings. Level 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 Levels, please consult [www.trektravel.com/riderlevels.php](http://www.trektravel.com/riderlevels.php).

This destination is best suited to guests who want to cycle every day. Because of the terrain and/or remoteness of the hotels and riding routes, there are few, if any, non-riding options available. If a non-rider wants to accompany a rider guest on this trip, they would need to spend many hours in the van and/or at the hotels on the trip. Due to this, we strongly discourage non-riders from this destination.

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: the Paris Finishing Package

### 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 Race France biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 40 miles for several days in a row. The terrain is stunning in France with views, quiet roads and challenging terrain. We will climb an average of 2-3 major climbs per day. You will be invigorated by the fresh mountain air and will take in wonderful vistas and the landmarks that dot the routes of France’s most famous races. 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 99 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

Once you have confirmed your Tour de France trip with the full \$2,000 trip deposit, if you cancel your trip 120 days or more from your trip start date the cancellation fee is your \$2,000 trip deposit. If you must cancel your trip from 91-119 days before the trip start there is a fee of 50% of the original trip price; 61-90 days before the trip start there is a fee of 75% of the original trip price and there is a 100% cancellation fee and no refund for changing or cancelling a trip 0-60 days before the trip start.

If you choose to change your trip more than 120 days before the trip start, you may do so with no fee. If you choose to change trips less than 120 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.

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.

**At the time of publication, final details concerning race specifics and team personnel had not been made public and/or confirmed by the associated organizations. Therefore, some aspects of the itinerary (including, but not limited to, hotels, ride routes, daily activities, and team personnel) may change once this information is known. Trek Travel will adjust the itinerary accordingly in order to provide the best possible trip experience. If you have any questions, please contact a Trek Travel Trip Consultant at 866 464 8735.**

**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

#### 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)
- Extra clothes and shoes to put into your viewing bag (please refer to the following page for details)

#### **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.*



## VIEWING TOTE BAGS



### VIEWING TOTE BAGS

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Trek Travel will provide a small tote bag for you to utilize at the live viewings. At the beginning of your trip, you can pack any items you may want available to you at the various viewings on the trip. Your Trek Travel guides will make these bags available to you when you arrive at the viewing, and then will collect them for transport to the next viewing after that day's viewing is over. These items are to make your viewing experience more comfortable in unpredictable weather conditions.

#### ***Recommended Items to Pack***

- Comfortable walking shoes/flip flops
- Sun lotion
- Extra cycling kit
- T-shirt
- Shorts
- Light trousers
- Jackets or extra layering pieces
- Hat
- Socks
- Whatever will make you feel comfortable after a ride.

#### ***Please Note***

These bags will only be available to you at the various viewings and NOT on a day to day basis at any other time on the trip until the trip end. Guests will not have access to these bags at their hotel in the mornings or in the evenings, nor will they be available along the route via the support van. We recommend packing extra items for these viewing only bags so you can have a set for the viewing bags and for the other times on the 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. 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 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 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*

