



## SANTOS TOUR DOWN UNDER



## 2012 LUXURY





## WELCOME TO YOUR TREK TRAVEL® SANTOS TOUR DOWN UNDER ADVENTURE!

The Santos Tour Down Under has become a favorite early season race for cycling's elite professionals. As the guest of an experienced STDU tour operator, you'll experience the best of this spectator-friendly event with unparalleled race viewings and exceptional food. Conveniently based entirely out of Adelaide, you'll stay at the official team hotel for the entire race along with some of the sport's biggest stars. Adelaide is a cosmopolitan city that boasts numerous international restaurants and world-class shopping.

- Experience exclusive access to the LEOPARD TREK Team and RadioShack riders and staff during a private Trek Travel gathering.
- Get close to the action with Club Tour Hospitality VIP access.
- Ride an entire stage of the tour just hours before the pro peloton in the Bupa Challenge Tour.
- Enjoy the Legends' Night Dinner, hosted by cycling sports announcers Phil Liggett and Paul Sherwen.
- Stay with the pros at the official race hotel for the entire trip and visit some of the famed wine regions of South Australia.



*See you Down Under!*

**Dave Edwards**

Santos Tour Down Under Trip Expert



## ITINERARY



### DAY 1: SUNDAY, JANUARY 15, 2012

#### **Adelaide City Council Tour Village Guided Tour Down Under Classic Circuit Race Viewing**

Your Trek Travel guides will meet you at the Hilton Adelaide (233 Victoria Square, Adelaide SA 5000, Australia) at 1:00 PM on the first day of the trip. You'll gather in the lobby to get acquainted with your new traveling companions. After some introductions, you'll jump right into all the action as you join Neil Stephens, an Australian former pro cyclist and Tour de France stage winner, on a guided behind-the-scenes look at the Tour Village - the 'hub' of the Santos Tour Down Under. This is an exclusive opportunity to catch a glimpse of the teams and their support crews, as they prepare for the Down Under Classic. Following the guided tour, you will walk down to Rymill Park for the official team presentation with legendary cycling sports announcers Phil Liggett and Paul Sherwen. This evening, enjoy drinks and dinner from the Club Tour Hospitality viewing platform as you watch the Down Under Classic, a 51-kilometer circuit race that kicks off the Santos Tour Down Under.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.com)

### DAY 2: MONDAY, JANUARY 16, 2012

**Road Bike** | *Adelaide to Carey Gully Loop* | approximately 36 miles with 4,200 feet of climbing

**Short Option** | *Adelaide to Mt Lofty Loop* | approximately 26 miles with 2,100 feet of climbing

**Avid Option** | *Adelaide to Lenswood Loop* | approximately 46 miles with 7,000 feet of climbing

This morning, following a hearty breakfast, you'll take some time to get acquainted with your bike, as the pros rest up for tomorrow's first official stage of the Santos Tour Down Under. Once your guides have completed the necessary bike adjustments and safety briefing, you'll take to the road for an inaugural ride. There are several options to choose from, depending on your ambitions, as you take to the Adelaide Hills, part of the Mt. Lofty Ranges. The Adelaide Hills were among the first area of South Australia to be settled by European settlers, predominately Germans. Enjoy lunch at your leisure, while taking in the breathtaking panoramic views of the city and beaches from the Mt. Lofty Observation Area (2,362 feet, or 720 meters) or head into Adelaide to sample one of the local area cafes. Tonight you are also free to explore the city to sample another restaurant of your choosing for dinner.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.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: TUESDAY, JANUARY 17, 2012

**Road Bike** | *Kapunda to Sevenhill* | approximately 48 miles with 1,200 feet of climbing

**Short Option** | *Tarlee to Sevenhill* | approximately 37 miles with 700 feet of climbing

**Avid Option** | *Freeling to Sevenhill* | approximately 64 miles with 1,900 feet of climbing

Today the first official stage of the Santos Tour Down Under gets underway as the pros make their way north, out of Adelaide to Clare Valley, an area renowned for the best Riesling in the world. Here the higher altitude (compared with other South Australian wine regions), cool-to-cold nights and warm-to-hot summer days create an ideal environment for some of the country's oldest vineyards. You'll enjoy the festival atmosphere, inspired by the race, as you cycle past these vineyards and several rural communities en route to the perfect viewing location. The group will enjoy lunch together along the course, before returning to the hotel for the rest of the afternoon. Check out some of the local eateries in Adelaide tonight, as you are on your own for dinner.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.com)

### DAY 4: WEDNESDAY, JANUARY 18, 2012

**Road Bike** | *Adelaide to Stirling Return* | approximately 25 miles with 2,900 feet of climbing

**Short Option** | *Adelaide to Stirling* | approximately 14 miles with 2,000 feet of climbing

**Avid Option** | *Adelaide to Stirling with Mylor Loop* | approximately 48 miles with 3700 feet of climbing

#### Club Tour Dinner

Stage 2 will begin from Lobethal, a town to the east of Adelaide. As the pro riders begin their day of racing, you will ride to the town of Stirling, in the heart of the Adelaide Hills, to pick up the live race action. The pros conclude the stage with a 20 km circuit which passes your viewing restaurant three times before finishing in the center of town. Ride or shuttle back to town after the race. This evening, you'll have an opportunity to meet with some of the pro riders from the LEOPARD TREK and RadioShack teams, as well as some of the teams' personnel. This is an exclusive opportunity for you to get the inside scoop, straight from the pro riders themselves, and get some autographs and photographs. Immediately following the private team access, you'll gather for the Club Tour Dinner at the Tour Village in Victoria Square, directly in front of your hotel. Legendary sports announcers Phil Liggett and Paul Sherwen will host the evening, sharing some of their unique perspectives and stories.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.com)

#### SANTOS TOUR DOWN UNDER LUXURY

**Trip Length** 9 days | 8 nights

**Rider Level** 3

**Trip Start** Adelaide, Australia

**Trip End** Adelaide, Australia



## ITINERARY



### DAY 5: THURSDAY, JANUARY 19, 2012

**Road Bike** | *Macclesfield to Goolwa* | approximately 40 miles with 1,200 feet of climbing

**Short Option** | *Ashbourne to Goolwa* | approximately 25 miles with 900 feet of climbing

**Avid Option** | *Macclesfield to Goolwa via Mt Compass* | approximately 54 miles with 1,700 feet of climbing

Today you'll again take to the hills of Adelaide, a popular training ground for local area pros, such as Stuart O'Grady. You'll cycle along the Fleurieu Peninsula, home to some of the best produce and vineyards in the country. The stage ends in the town of Goolwa, which is the word for "elbow" in Ngarrindjeri, the local Aboriginal language. Pick up the live race action along the course as you 'Feel the Rush' of the pro peloton roaring by and enjoy another lunch with the group along the course. Tonight enjoy dinner as a group at Restaurant Auge, voted the best Italian restaurant in Adelaide.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.com)

### DAY 6: FRIDAY, JANUARY 20, 2012

**Road Bike** | *Gumeracha to Tanunda* | approximately 63 miles with 4,000 feet of climbing

**Short Option** | *Mt Pleasant to Tanunda* | approximately 49 miles with 2,200 feet of climbing

**Avid Option** | *Norwood to Tanunda* | approximately 85 miles with 6,600 feet of climbing

Today is the Official Bupa Challenge Tour Ride, which gives you the opportunity to ride all - or a portion of - the 4th stage of the Santos Tour Down Under, including the challenging "King of the Mountain" climb up Mengler's Hill. Before the professional riders reach the start line of today's stage, thousands of recreational riders will participate in this annual pilgrimage to experience firsthand what physical condition is required to complete a full stage of a UCI event. You'll enjoy a post-ride lunch in Tanunda while you relish your accomplishment. Watch the pros finish in Tanunda from your preferred vantage point. Tonight you are free to check out some of the local eateries in Adelaide, as you are on your own for dinner.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.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.*



## ITINERARY



### DAY 7: SATURDAY, JANUARY 21, 2012

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**Road Bike** | *Willunga to Aldinga Beach Loop with Old Willunga Hill* | approximately 39 miles with 2000 feet of climbing

**Short Option** | *Willunga to Aldinga Beach Loop* | approximately 25 miles with 800 feet of climbing

**Avid Option** | *Willunga to Aldinga Beach Loop with Wickman's Hill* | approximately 55 miles with 3,200 feet of climbing

#### **Legends' Night Dinner**

Today you will have an exclusive viewing area, located on the start/finish line in Willunga, where you can be truly engrossed in the world of professional cycling. You will have the option to ride a complete circuit of this figure eight race course in the heart of the McLaren Vale, another famous wine region known for rich Shiraz and Cabernet Sauvignon. Along the way, you will ride alongside some of South Australia's most spectacular beaches. The biggest challenge of the day comes from Willunga Hill, where the pros will have two opportunities to vie for the Skoda "King of the Mountain" points. Whether you prefer to view the peloton while enjoying lunch and drinks from the viewing area, or from the side of the road on Willunga Hill, the action should be electric. Tonight's formal dinner will also be an experience to remember. The International Voices of Cycling, Phil Liggett and Paul Sherwen, along with other cycling greats, headline the Legends' Night Dinner where you can mingle and talk with the top riders in the sport. Seats are limited, demand is high, and we have a ticket for you.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.com)

### DAY 8: SUNDAY, JANUARY 22, 2012

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**Road Bike** | *Glenelg Beach Return* | approximately 14 miles with 300 feet of climbing

Today you'll take your final spin out to Glenelg Beach, a popular beachside suburb, located on the shore of Holdfast Bay in the Gulf of St. Vincent. Enjoy a coffee while taking in the fresh ocean breezes - or ride along the coast, taking in the sights and sounds. After the ride, you'll head over to the 6th and final stage of the Santos Tour Down Under. The pro field will race 20 laps of a 4.5-kilometer circuit in Adelaide City, for a total of 90 kilometers, to conclude this monumental event. Enjoy lunch and drinks from the Club Tour hospitality platform, located on the finishing straight. The rest of the afternoon is yours to relax and soak up all the excitement from this event. Tonight you will dine as a group for your final night's dinner at one of our favorite local eateries.

**Hotel** | *Hilton Adelaide* | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.com)



## ITINERARY



### DAY 9: MONDAY, JANUARY 23, 2012

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#### **Final Farewells**

After a relaxing morning breakfast, you'll say goodbye to your newfound friends. Make sure you take a moment to savor the adventure that you just had. You'll say farewell to your guides at 11:00 AM at the Hilton Adelaide. Please make your own arrangements according to your schedule. This allows you the flexibility to extend your stay for a longer vacation or leave directly for the airport if necessary. Check-out time is 11:00 AM.



## WHAT'S INCLUDED



### INCLUDED IN THE TRIP PRICE

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#### **Food & Lodging**

- Accommodations during the trip
- Daily breakfast, 6 lunches, social hour on some evenings, 5 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 restaurants, hotels, local guides and transportation
- Meet and greet with the riders and staff of the LEOPARD TREK and RadioShack Teams
- Guided Walk through the Tour Village hosted by a former Tour de France stage winner

### NOT INCLUDED

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- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- Some meals are not included in each destination, allowing you the opportunity to explore regional cuisine on your own
- Gratuities for your Trek Travel Guides may be given at your discretion in response to their professionalism and leadership. Industry standard is for each individual guest to tip the guide team 5-10% of the trip price.

### OPTIONAL EXTRAS

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- **Single Supplement** | For solo travelers who prefer a room to themselves (price varies by destination)
- **Bike Options** | Madone 6.5 - \$300 | Carbon Clincher Wheels - \$200 | Madone 6.5 & Wheel Combination - \$400  
FX+ Electric Hybrid - \$250 (on select trips)
- **Travel Agent** | Our agent will reserve your flights and book your pre- and post-trip hotels and activities
- **Trip Insurance** | Protect yourself in case of cancellation, travel interruptions and medical emergencies
- **Connections Club** | After two trips, you are invited to join and enjoy benefits both on and off our Trek Travel vacations



## WHERE WE STAY & EAT



### ACCOMMODATIONS

In every region we travel, we uncover the area's best, and most unique, accommodations. On our Santos Tour Down Under trip, you will stay in the Hilton Adelaide. Situated in the heart of Adelaide, on vibrant Victoria Square, this luxury hotel is directly in front of the Adelaide City Council Tour Village.

#### **Hilton Adelaide** | Adelaide, Australia (SA)

As the official hotel of the Santos Tour Down Under – housing all of the teams, race staff and officials – this is the epicenter of race activity. In fact, you're likely to share the elevator with one of cycling's biggest stars or pass a world-famous team director or television commentator in the hallway. You'll also enjoy being just a step away from the city's best entertainment, culture, and nightlife offerings.

233 Victoria Square | +61 8 8217 2000 | [www.Adelaide.Hilton.com](http://www.Adelaide.Hilton.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 Santos Tour Down Under trip, you'll enjoy a selection of Adelaide's specialties such as Salt & Pepper Squid & Barramundi (Asian Seabass), complemented by a glass of Shiraz from the famed Barossa Valley or McLaren Vale wine region. Several lunches will be served buffet-style, featuring a wide variety of local meats, cheeses, and salads. These lunches will be enjoyed from the comfort of your exclusive Club Tour Hospitality viewing platforms or Trek Travel viewing restaurants, perfectly situated along the pro race course. In the evenings, you'll dine at some of Adelaide's best Italian restaurants, where the atmosphere is always casual. One exception to the dress code is a formal event, the Legends' Night Dinner, during which you will enjoy an exquisite multi-course meal.

**This itinerary is an approximation of our Santos Tour Down Under 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 Adelaide (ADL). There are direct flights from Asia and North America on Cathay Pacific, Qantas, United Airlines, Singapore Air and Malaysian Air. From Sydney, there are daily connecting flights to Adelaide. Upon arriving in Adelaide, you can take a taxi to the city center for approximately \$15 AUD. The Skylink Shuttle also operates between the airport and city center.

### MEETING TIME AND LOCATION

**Hilton Adelaide** | Adelaide, Australia

Your Trek Travel guides will meet you at the Hilton Adelaide (233 Victoria Square, Adelaide SA 5000, Australia) at 1:00 PM on the first day of the trip. This will give you plenty of time to get acquainted with your traveling companions and start with the festivities. You'll be treated to a guided tour of the Tour Village, just across the street from your hotel. You will then take a short walk to South Australia Tourism's Club Tour Hospitality VIP area to enjoy drinks and dinner as you watch the Down Under Classic, an outstanding bike race that heralds the beginning of the Tour Down Under.

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, Hilton Adelaide (+61 8 8217 2000), and leave a message with your expected arrival time and contact details. If you arrive late at the hotel, please call the guides on their cell phone to arrange to meet the group.

### DEPARTING TIME AND LOCATION

**Hilton Adelaide** | Adelaide, Australia

You will say farewell to your guides at 11:00 AM at the Hilton Adelaide. Please make your own arrangements according to your schedule. This allows you the flexibility to extend your stay for a longer vacation or leave directly for the airport if necessary. Check-out time is 11:00 AM.

**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



### ADELAIDE

Explore the capital city of South Australia in the days before and after your cycling vacation. Take advantage of the free bike rentals to explore the miles of bike paths and bike lanes that wind along the river, through the city's endless park system, and out to some of the most beautiful beaches in Australia. Take in the cultural center of South Australia with a wide array of museums to visit, theater shows to see, and a restaurant selection as diverse as the cultures who have settled there. If there's time, visit the South Australian Wine Center to learn the intricacies of what makes South Australia an incredible wine region. We recommend the following accommodations for your pre-trip hotel.

**Medina Grand Adelaide Treasury** | 2 Flinders Street | +61 8 8112 0000 | [www.Medina.com](http://www.Medina.com) | ~\$300

Centrally located in picturesque Victoria Square, the Medina Grand is a heritage-listed site in the historic treasury building. It is a fully serviced hotel with small apartment units. Many of Adelaide's highlights are a short walk away and there is a gym, pool, and spa at the hotel.

**Sebel Playford Adelaide** | 120 North Terrace | +61 8 8213 8888 | [www.MirvacHotels.com](http://www.MirvacHotels.com) | ~\$400

The Sebel Playford Adelaide is a five-star boutique hotel in the heart of Adelaide, which offers a great balance of classical style and contemporary luxury. This property features beautifully appointed guest rooms and suites, luxurious amenities, and exquisite cuisine.

**Grand Chancellor** | 18 Currie Street | +61 8 8213 8888 | [www.GHIHotels.com](http://www.GHIHotels.com) | ~\$220

The Grand Chancellor boasts that it has the most central location in all of Adelaide. The 4-star boutique hotel has 60 rooms and a large array of amenities. The hotel also features a pool and spa.

### SYDNEY

Australia is such a huge place, it is difficult to recommend just one other place to visit, but Sydney really isn't to be missed. Take a few days to decompress after your trip, in a city that offers everything. Include a tour of the Blue Mountains and spend at least a few days exploring the cityscape and beaches of this city. We recommend the following accommodations for your post-trip hotel.

**Simpsons of Potts Point Hotel** | 8 Challis Avenue, Potts Point | +61 2 9356 2199 | [www.SimpsonsHotel.com](http://www.SimpsonsHotel.com) | ~\$350

This 12-room gem is among the finest luxury boutique hotels in Sydney. It is a small and exclusive bed and breakfast within walking distance of the Sydney Harbour. This is truly a special place to stay in Sydney and will be very memorable.

**Radisson Plaza Hotel Sydney** | 27 O'Connell Street | +61 2 8214 0000 | [www.Radisson.com](http://www.Radisson.com) | ~\$425

This hotel makes for a grand experience in Sydney. Perfectly located a few blocks from the Opera House, this hotel is not only stylish, but also offers superb service. The elaborate health club and pool is stunning and the chic rooms, all hosted in a historic building, make this a wonderful place to enjoy Sydney.

**The Russel** | 143a George Street, The Rocks | +61 2 9241 3543 | [www.TheRussell.com.au](http://www.TheRussell.com.au) | ~\$300

Located in the infamous The Rocks area of Sydney, this boutique hotel has a lot to offer. With only a 5-minute stroll to ferries, the Harbour Bridge, and The Opera House, the historic charm of the hotel will make it hard to leave. Enjoy a quiet moment on the rooftop garden and savor the unique style of this great hotel.



## HOW TO PREPARE



### CYCLING & OTHER ACTIVITIES

**Rider Type** | 3

**Terrain** | undulating

**Average Daily Distance** | 35 miles

**Average Daily Climbing** | 2,500 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. Santos Tour Down Under 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. Type 4 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult [www.trektravel.com/riderlevels.php](http://www.trektravel.com/riderlevels.php).

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: South Australia Luxury | New Zealand Multisport | Vietnam & Cambodia

### 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 Santos Tour Down Under biking vacation. You should feel comfortable getting back on a bike after having ridden an average of miles for several days in a row. The terrain is variable and is highlighted by rolling hills with occasional steep climbs and potential headwinds. However, the scenery is amazing and makes every climb worthwhile. 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 miles). If you ride in a flat area, a spinning class or trainer can provide some more resistance to build strength.

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



## THE UNEXPECTED



### CHANGING OR CANCELLING YOUR TRIP

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

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

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

### INSURANCE

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

### TRIP CHANGES

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

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



## CLOTHING & GEAR

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

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

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

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

### Evening Attire

#### North America | Asia Pacific | Latin America

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

#### Europe

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

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

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



## PACKING LIST



### PACKING LIST

#### **Luggage Recommendation**

- 1 suitcase and 1 carry-on per person

#### **Clothing & Gear**

- Hat
- Bathing suit
- Sweater/jacket for cool evenings
- Walking shorts
- Comfortable walking shoes/sandals
- Evening wear (consult your trip itinerary)
- Formal attire for the Legends' Night Dinner

#### **Don't Forget!**

- Required medications and their prescriptions
- Airline tickets
- Trek Travel Trip Itinerary

#### **International Travel**

- Passport/Visa
- International power adapter
- Power converter

#### **Cycling Clothing & Gear** *To purchase suggested items below, please visit a Trek dealer near you—[www.TrekBikes.com](http://www.TrekBikes.com)*

- Cycling shorts | *Bontrager RXL Bib | RXL Short | RXL WSD Short*
- Cycling jersey or synthetic top | *RXL SS Jersey | RXL WSD SS Jersey | Race LS Jersey | Race WSD LS Jersey*
- Cycling socks | *Bontrager RL Sock*
- Cycling shoes and pedals | *Bontrager RXL Road | RXL WSD Road; Street | Street WSD*  
(either clipless with your own pedals or firm-soled shoes suitable for cycling)
- Cycling gloves | *Bontrager Satellite Fusion GelFoam | Satellite Fusion GelFoam WSD*
- Helmet—if you prefer your own | *Trek Circuit | Circuit WSD*
- Saddle—if you prefer your own
- Wind jacket | *Bontrager Sport Packable Wind Jacket | Sport Packable WSD Wind Jacket*
- Fleece jacket or warm vest/jacket
- Rain jacket and pants
- Full-finger, wind-resistant gloves
- Shoe covers—toe or full foot | *Bontrager Sport Neoprene Toe Covers | Bontrager Race Waterproof Road Shoe Cover*
- Arm and leg warmers | *Bontrager Sport Arm Warmers | Sport Leg Warmers*

**Keeping your valuables safe...***Trek Travel will transport items such as mobile phones, cameras, jewelry and other valuables during the trip. However, Trek Travel is not responsible for any damage, malfunctioning, or loss of these or other valuable items brought from home or purchased on trip.*



## CYCLING SAFETY



On a Trek Travel vacation, understanding and abiding by the rules of bicycling safety are the most important part of each day. You are probably familiar with some common safety guidelines. Below are those that we follow at Trek Travel, and we ask that you follow them while traveling with us.

### ROAD CYCLING SAFETY

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- It is required that you wear a helmet at all times when on your bike.
- Obey all traffic signs.
- Always yield the right-of-way to pedestrians.
- Ride on the same side of the road as the direction of moving traffic.
- Use the appropriate hand signals when stopping, slowing down, and turning.
- Ride in a single-file line, leaving at least 2 bike lengths between you and the rider ahead of you.
- Maintain a safe distance between you and the edge of the road.
- Communicate with other riders—let them know when there are bumps, rocks, cars, or other hazards on the road.
- Be ready for vehicles to pass you on the left.
- Use both the rear and front brakes simultaneously—NEVER use the front brake alone.
- When going downhill, pump both the front and rear brakes simultaneously, and increase the distance between you and the rider ahead of you.
- Always maintain a speed that is comfortable for you.
- Use caution when crossing over railroad tracks, cattle crossings, gravel patches, slippery or sandy roads, descending steeply, or when encountering a situation that is potentially dangerous or uncomfortable for you.
- Always get off your bike and walk if you feel uncomfortable riding.
- Gear up and gear down appropriately to maintain a safe and comfortable riding speed.
- When admiring the view or taking a photo, always stop first and then look or snap.
- Above all, have fun and enjoy your ride!



## WHY TRAVEL WITH TREK TRAVEL



### VACATIONS OF A LIFETIME

Like a master chef, we can't give away all of our secrets but we'd like to give you a little insight into what makes us different:

***The Absolute Best Guides*** | Whether suggesting the perfect route to match your cycling ability, sharing their regional knowledge over dinner or anticipating your needs, our guides are consummate professionals. What sets them apart from the rest is their infinitely accommodating, fun and flexible attitude. They live by the motto *Your Day, You Decide* and will attempt anything to ensure that your trip is your trip of a lifetime.

***Ride the Best*** | We have the best bikes—period. Included in the price of your trip is the OCLV carbon fiber 5.2 Madone, the Women's Specific Design 5.2 Madone (limited sizes available), 7.7 FX hybrid or choose the Madone 6.5 or Electric Bike. With every pedal stroke, you'll benefit from Trek Bicycles' 30-year tradition of innovation, performance and quality.

***Your Day, You Decide*** | It's a simple philosophy, yet it influences everything we do. It's your vacation of a lifetime, so each and every day you should decide how you'd like it to unfold and with the help of your guides, each day is customized to you.

***Local Connections*** | Getting an insider's view is about being *in the know*. Whether it be exclusive Team Radio Shack access or weaving you into the local culture of a region, our cycling ties & local friends connect you to the soul of the region.

***We like to WOW You*** | We listen for subtle cues that help us make your vacation magical. Sometimes it's lifting you off Alpe d'Huez via helicopter at the Tour de France and other times it is organizing an impromptu cooking course; whatever it is, we strive to make the impossible possible!

***It's in the Design*** | Prior to your trip, we review every detail and take into account all the needs and desires of each guest. From the historian or wine connoisseurs to our leisurely or avid riders, no one is left behind and nothing is left to chance.

***The Details*** | Knowledgeable trip consultants, guest packets filled with regional information, complimentary clothing, 20-guest maximum capacity, luxury social hours and so many other fine details are included in your vacation. Excellence is the standard.





## WHY TRAVEL WITH TREK TRAVEL



### WHAT OUR GUESTS SAY

*You have THE BEST Active Travel Company in the world. There are dozens of them out there, but your quality, commitment and professionalism stand out far above the rest. If I never take another trip, I will always remember this as the best!*

—Brian

#### **The Absolute Best Guides**

*Your guides provided “seamless”, “no problem” service, & consistently went beyond expectations to provide a really wonderful experience. The guides did a fantastic job both in preparing the trip and customizing it to respond to our requests and suggestions.*

#### **Ride the Best**

*The quality of the bikes was way beyond my expectations and the level of daily care that our guides lavished on the group and our bikes bordered on superhuman.*

—Patrick & Jennifer

#### **Your Day, You Decide**

*They did cool things with the routes that gave you the option to take a shorter route back to the hotel if you chose. We rode the long route the first day or two, then took the shorter option...to get back into town to shop, relax, and send postcards.*

—Robin

#### **Local Connections**

*Philippe was simply awesome. His command of the Vietnamese language brought the experience to life. Several times throughout the day, something would catch the eye of one of the guests and rather than just becoming a photo opportunity, Philippe would stop and start a conversation.*

—John

#### **We Like to WOW You**

*Of all our vacations, this was our favorite. The fact that we were a part of the Tour [of California], in the VIP tent, mingling with pro riders—*

*WOW*

—Edward and Katherine

*To call the trip anything short of amazing is an understatement equivalent to calling Lance a pretty good bike rider. Everything was as promised and the surprises that were thrown in along the way put it right over the top.*

—Jim

#### **It's in the Design**

*My wife and I usually do trips on our own, but now realize that guided tours are the way to go! All the mistakes that you can make on your own were eliminated, and (our guides), Kevin and Laura, found some great attractions that we'd surely have missed on our own.—Jeff*





## THE ABSOLUTE BEST GUIDES

They are hand-picked for their natural charm and undergo extensive training to make them the best in the industry. They are teachers and scientists, writers and painters, all natural leaders who are passionate about biking, exploring and making sure our guests have the experience of a lifetime.

Whether it's having a warm exchange with the children of Vietnam with the help of Philippe, falling in love with Cendrine's French accent in Bordeaux, or learning how to frame the perfect memory with the help of Zack's professional photographic eye, you'll find our guides eager to share their endearing qualities. Along the way, they might just become the most memorable part of your vacation.

*I can't possibly say enough about our experience with the guides! From Katie's advice about my pedaling on the hills, to Bruno's patient translation of the menus, to Leanne's efforts in fitting and tuning my bike, to the attention they gave to even the tiniest details. They were delightful companions, and did so much more than I expected.*

—Lisa





## RIDE THE BEST



### STANDARD BIKES

It's simple really. We think the best should just be the standard. Trek Travel is a company born from Trek Bicycles—the world's leader in creating innovative cycling technologies—so when you ride with us, you experience the world from the seat of the **best bike**. You'll benefit from 30 years of cycling experience, a team of mechanics and guides that are the most skilled in the active travel industry and a bike that is professionally tailored to fit you at no extra charge.

We offer two completely different styles of bikes—the 5.2 Madone road bike and the 7.7 Hybrid—to ensure that you have the best geometry for your ride. We also offer Women's Specific Design in our smaller 5.2 Madone sizes (limited sizes available). Or if you do want to pay a little extra, you can upgrade to our Madone 6.5, Electric Bike or Bontrager's XXX Lite Carbon Clincher Wheelset. No matter which bike you select, you'll benefit from Trek's latest bike technology on every trip. For more information on the bikes we offer on our family multisport and mountain biking, visit us online at [www.trektravel.com/ridethebest.php](http://www.trektravel.com/ridethebest.php).



#### TREK MADONE 5.2 ROAD BIKE

The Trek Madone 5.2 is fast and responsive, perfect for the open road.

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive*
- *Bontrager Race X Lite carbon fork with an E2 steerer to provide amazing handling and steering accuracy*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *Bontrager Race Wheels are ultra smooth and light*



#### TREK 7.7 FX HYBRID BIKE

The Trek 7.7 FX Hybrid Bike is comfortable and smooth with components that are easy to understand.

- *Bontrager H2 Saddle features Flex Form so you can ride comfortably for longer*
- *FX Alpha Black Aluminum frame with IsoZone monostay to create a more compliant ride*
- *Shimano 105 Triple 10spd components with 12-27T cassettes for more gear ratios to conquer any climb*
- *Bontrager Race wheelset which provides better acceleration and more confident handling*



## RIDE THE BEST



### TREK MADONE 5.2 ROAD BIKE WOMEN SPECIFIC DESIGN (LIMITED SIZES AVAILABLE)

The WSD Madone was created with special features for women who like to ride.

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive with a shorter top tube to adjust for a woman's geometry*
- *Bontrager's Affinity WSD Saddle is designed to keep women comfortable for long days of cycling*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *Shimano Ultegra STI levers and ergonomic bend bring smaller hands closer to the brake levers and the narrower handle bars accommodate women's shoulders*



### OPTIONAL BIKES

### TREK MADONE 6.5 ROAD BIKE | \$300

You want to ride like a pro? This is the bike Team RadioShack 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*

