



BRYCE & ZION



2012 EXPLORER





WELCOME TO YOUR TREK TRAVEL® BRYCE & ZION ADVENTURE!

Southwestern Utah is an amazing place to explore by bike. Ride through scenic valleys with breathtaking views of rugged peaks and traverse narrow ridges with views that seem to go on forever. There are many opportunities to stop and explore each region's unique offerings—petrified sand dunes, crimson spires rising from a sea of red sand, and clear streams winding through narrow slot canyons. We'll experience the exhilaration of ascending to elevations over 9,000 feet, and will have a chance to spot a rare California condor. At the end of each day, we'll relax at a cozy Southwestern retreat.

- Marvel at the bulbous hoodoo spires of Bryce Canyon National Park, and the deep sandstone canyons of Zion National Park.
- Refuel with fantastic Southwestern cuisine, including local farm-fresh meats served with hearty combinations of corn, rice, and beans, spiced with chili peppers.
- Discover the homeland of Butch Cassidy, notorious American train and bank robber, and leader of the Wild Bunch Gang.
- Explore 240 million years of geologic history in the colorful sedimentary rock layers of the Colorado Plateau.
- Ponder the lives and the mysterious 1300 A.D. disappearance of the ancient Fremont and Anasazi people.



See you soon!

Rebecca Falls

Bryce & Zion Trip Expert



ITINERARY



DAY 1:

Road Bike | *Boulder to Burr Trail Return* | approximately 34 miles with 3,000 feet of climbing

Your Trek Travel guides will meet you at the Best Western Abbey Inn (1129 S Bluff Street, St. George, UT 84770) at 8:00 AM on the first day of the trip. Once everyone has arrived, you'll depart for an informative and scenic 4.5 hour shuttle to Boulder Mountain Lodge. Following a fresh, locally-made lunch, your Trek Travel guides will lead you in a short round of introductions and will discuss the rules of bike safety and specific cycling tips for riding in Utah and its national parks. They will spend some time familiarizing you with the Trek bicycle you'll be riding and will make sure it's a comfortable fit. Once these details have been taken care of, the rest of the day is yours to enjoy and explore. Get on your bike and ride the Burr Trail through the red Wingate sandstone walls of Long Canyon to a vista of Capitol Reef National Park's Waterpocket Fold. Tonight you and your new travel companions will meet at the award-winning Hell's Backbone Grill for a social hour and dinner, giving you the opportunity to get to know each other better over unique and inventive Southwestern-inspired cuisine.

Hotel | *Boulder Mountain Lodge* | 435 335 7460 | www.Boulder-Utah.com

DAY 2:

Road Bike | *Boulder to Powell Point with shuttle* | approximately 50 miles with 3,200 feet of climbing

Short Option | *Escalante Overlook to Powell Point with shuttle* | approximately 29 miles with 2,000 feet of climbing

Avid Option | *Boulder to Bryce Canyon* | approximately 78 miles with 5,900 feet of climbing

Today you'll ride among the ridges, mesas, and valleys of the Grand Staircase-Escalante National Monument, along one of the most scenic byways in the United States. Views abound as you cruise across the Hogsback Ridge and drop down to the green, shady Calf Creek drainage. From here, you'll ride into Escalante, the gateway to the National Monument. Stop for a quick stretch break or join your fellow riders and continue on to today's lunch spot at scenic Powell Point overlook. Following your meal, you can opt to continue riding or shuttle to this evening's hotel. Either way, you'll be welcomed by continued views of the Aquarius Plateau and the red, pink, and white sandstone chimneys of the Paunsaugunt Plateau. You can take on a series of climbs and descents, with the confidence of having Trek Travel's terrific on-the-road support and Trek's bicycle technology with you along the way. Today's ride ends inside the gates of Bryce Canyon National Park. Here you and your newfound friends will enjoy a hearty meal together in the cozy dining room of the Lodge at Bryce Canyon.

Hotel | *The Lodge at Bryce Canyon* | 435 834 8700 | www.BryceCanyonForever.com

Personal Cycling Gear... *Trek Travel provides everything you need to ride, however you may bring your own helmet, seat, pedals, shoes, hydration pack, or other gear from home. Please label and pack these items in a separate bag, easily accessible for the first day of the trip. If you bring clipless pedals, please also bring spare cleats as it can be hard to find replacements during the trip.*



ITINERARY



DAY 3:

Road Bike | *Bryce to Sunset Point Return* | approximately 33 miles with 2,400 feet of climbing

Short Option | *Bryce to Sunset Point* | approximately 16 miles with 1,700 feet of climbing

Avid Option | *Bryce to Sunset Point Return with Tropic Climb* | approximately 57 miles with 4,100 feet of climbing

Hike | *Bryce Canyon National Park*

Today is your day to unlock the treasures of Bryce Canyon National Park. In the morning, you'll enjoy an out-and-back route through the park, along the rim of Bryce Canyon. Pause to take pictures at the many scenic overlooks with spectacular views of the hoodoos, natural arches and pine forests. You'll be spoiled at lunchtime by a gourmet picnic, set up by your Trek Travel guides. After lunch, your guides will help you plan a free afternoon of exploring the canyon by foot. This is a great chance to get up close to the geologic wonders of Bryce Canyon and, of course, there's always the choice to take a nap or read that book tucked away in your bag, or you may choose to ride a bit more with an out-and-back ride to the town of Tropic. Whatever you choose, your Trek Travel guides are a great resource to make it happen. This evening the group will rejoin for another meal at the Lodge.

Hotel | *The Lodge at Bryce Canyon* | 435 834 8700 | www.BryceCanyonForever.com

DAY 4:

Road Bike | *Bryce to Zion with shuttle from Lunch to Park Entrance* | approximately 62 miles with 1,500 feet of climbing

Short Option | *Bryce to Zion with shuttle from Lunch to Majestic View Lodge* | approximately 48 miles with 1,100 feet of climbing

Avid Option | *Bryce to Zion* | approximately 85 miles with 3,600 feet of climbing

Today's route leaves behind the pink cliffs and spires of Bryce Canyon and takes you to the sheer rock faces of Zion National Park. You'll ride through the stunning landscape of Red Canyon on a bicycle path, so keep an eye out for deer, as wildlife are abundant. You'll stop for lunch in a shady spot near Glendale, before descending into Mt. Carmel Junction. Be sure to fill up with water and grab an extra snack before your climb to Zion National Park, southern Utah's most popular destination. Your guides will remind you to have your cameras ready upon your entrance to the park, where you'll catch your first view of Zion's sandstone summits and rugged peaks. Once inside, you'll follow the ribbon of road past Checkerboard Mesa to the Zion Tunnel. You'll descend switchbacks along the canyon wall to the Virgin River and step off your bike in the western town of Springdale. Your home for the night is the Majestic View Lodge, a quiet getaway near the gates of Zion. This evening, you're at your leisure to scout local dining establishments, such as Parallel 88 or the Spotted Dog Café, or feel free to branch out on your own and find a new spot.

Hotel | *Majestic View Lodge* | 866 772 0665 | www.MajesticViewLodge.com

BRYCE & ZION EXPLORER

Trip Length 6 days | 5 nights

Rider Level 3

Trip Start St. George, Utah

Trip End St. George, Utah



ITINERARY



DAY 5:

Hike | *Zion National Park*

Road Bike Option | *Springdale to Wildcat Trailhead Return* | approximately 54 miles with 4,000 feet of climbing

Short Option | *Springdale to Virgin Return* | approximately 22 miles with 600 feet of climbing

Avid Option | *Springdale to Kolob Reservoir Return* | approximately 70 miles with 5,800 feet of climbing

There's no better way to explore Zion than by hiking its diverse and expansive trail system. Today is your opportunity to hike the fabled Zion Canyon Narrows, if the water level permits. Or you may decide to tackle the incredible Angel's Landing trail (only if you're not afraid of heights!), the challenging Observation Point Trail, or take a shorter walk to view Weeping Rock or Emerald Pools. But if you prefer to keep riding, we have scenic and challenging ride options up the Kolob Terrace planned for you. Alternatively, do some last minute shopping among the galleries and boutiques in Springdale, enjoy a luxurious spa treatment, or relax poolside at the Majestic View Lodge. You'll spend your final evening together reminiscing over the week's events at the Bit 'n Spur restaurant, a local favorite. Challenge your Trek Travel guides to a game of pool over margaritas before a great Mexican-inspired dinner.

Hotel | *Majestic View Lodge* | 866 772 0665 | www.MajesticViewLodge.com

DAY 6:

Road Bike | *Springdale to Temple of Sinawava Return* | approximately 20 miles with 900 feet of climbing

On your last morning, you'll cycle past Zion's most notable monuments—The Watchman, Court of the Patriarchs, Angel's Landing and Weeping Rock—arriving at the Temple of Sinawava, where the canyon road gives way to the Virgin River. Enjoy the cool and quiet of the morning deep inside the canyon, while the sun is still high on the cliff walls. Upon your return to the hotel, you'll savor a final breakfast with your cycling companions before checking out. You'll say farewell to your guides at 11:00 AM at the Majestic View Lodge. You'll then shuttle 1 hour and 15 minutes to the St. George Airport (SGU), arriving at approximately 12:15 PM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.

Last minute question? *Your guides will be available 24 hours before the start of your trip. You'll receive their mobile numbers in an e-mail one week before the trip start date. In the event you don't receive this email, please contact our sales team at sales@trektravel.com or 866 464 8735.*



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 5 lunches, social hour on some evenings, 4 dinners, and all snacks and drinks for each day's ride

Support

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

Gear

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

Activities

- Gratuities for all scheduled restaurants, hotels, local guides and transportation
- "Warm Water Package" of Rental Gear from Zion Adventure Company for those who wish to hike the Virgin River Narrows (water level and weather permitting)

NOT INCLUDED

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

OPTIONAL EXTRAS

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



WHERE WE STAY & EAT



ACCOMMODATIONS

In every region we travel, we uncover the area's best, and most unique, accommodations. On our Bryce & Zion trip, you will stay in a cozy lodge just outside of the Grand Staircase-Escalante National Monument, a historic National Park lodge near the rim of the Bryce Canyon amphitheater, and a spacious southwestern-themed lodge in the desert town of Springdale.

Boulder Mountain Lodge | Boulder, UT

Situated in the heart of Utah's canyon country, the Boulder Mountain Lodge boasts an award-winning restaurant, outdoor hot tub, natural well water straight from the tap, and a fire pit from which to enjoy the amazing view of the desert night sky.
20 N Highway 12 | 435 335 7460 | www.Boulder-Utah.com

The Lodge at Bryce Canyon | Bryce Canyon National Park, UT

This National Historic Landmark is the only "in-park" lodging at Bryce Canyon and offers a rustic and relaxed 1920s style. The rooms at the lodge are located just a short walk from the rim of the Bryce Canyon amphitheater, so guests can be sure to catch a sunrise or sunset over the hoodoos during their visit.
Highway 63 | 435 834 8700 | www.BryceCanyonForever.com

Majestic View Lodge | Springdale, UT

This comfortable western retreat is surrounded by the majestic cliffs of Zion National Park. Located at the edge of town for peaceful surroundings but still a stop on the Springdale town shuttle route, the Lodge offers a beautiful outdoor pool and hot tub with unspoiled views of the canyon walls, along with easy access to all that Springdale has to offer.
2400 Zion Park Blvd | 866 772 0665 | www.MajesticViewLodge.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 Bryce & Zion trip, most meals are included, due to restaurants being few and far between in canyon country. However, you will have the opportunity to explore the Springdale restaurant scene on your own one night. All meals are casual dress and most dietary requirements can easily be met where we dine; however, please inform your Trip Consultant if you don't eat beef since it's such a prevalent dish here.

This itinerary is an approximation of our Bryce & Zion 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 St. George, Utah (SGU). If you are staying at the Best Western Abbey Inn (the pick-up hotel) you may contact the hotel directly to arrange a shuttle from the airport for \$10 (regardless of the number of people in your group). Alternatively, you can contact the St. George Shuttle (800 933 8320, www.StGShuttle.com) for a shuttle from the airport to downtown St. George for \$10 per person, one way. Or a taxi will cost approximately \$20 and can be called from the airport.

Alternatively, you may fly into Las Vegas, Nevada (LAS) and shuttle approximately 2 hours to St. George. The St. George Shuttle (800 933 8320, www.StGShuttle.com, \$30 per person) will drop you 300 yards from our meet location. Or you may contact the St. George Executive Shuttle (888 394 8002, www.StGShuttle.com, \$35 per person) to be dropped off directly at our meet location.

MEETING TIME AND LOCATION

Best Western Abbey Inn | St. George, Utah

Your Trek Travel guides will meet you at the Best Western Abbey Inn (1129 S Bluff Street, St. George, UT 84770) at 8:00 AM on the first day of the trip. Once the luggage has been loaded, you will shuttle 4.5 hours to Boulder Mountain Lodge. While on the shuttle, your guides will give you a preview of the day's ride, the week's itinerary, and of course, expert commentary on the area. Please have your first day's cycling clothes easily accessible, separate from your luggage. After enjoying a fresh, locally-made lunch, you will change into your biking clothes and begin the ride along the scenic Burr Trail.

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, Boulder Mountain Lodge (435 335 7460), and leave a message with your expected arrival time and contact details. It is highly recommended that you do everything within your power to make the scheduled pick-up time, as the group will be shuttling 4.5 hours to the first night's hotel and it is very difficult to get to Boulder on your own. If you are in need of transportation, try Southern Utah Scenic Tours (888 404 8687, www.UtahScenicTours.com) or a local car rental company to arrange transportation at your own expense.

DEPARTING TIME AND LOCATION

St. George Airport (SGU) | St. George, Utah

You will say farewell to your guides at 11:00 AM at the Majestic View Lodge. You'll then shuttle 1 hour and 15 minutes to the St. George Airport (SGU), arriving at approximately 12:15 PM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.

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



ST. GEORGE, UTAH

While in St. George, take advantage of the spa treatments at the Green Valley Spa or enjoy a few rounds of golf at one of the courses in the area. There are beautiful hiking options in the region close to St. George. We suggest visiting Snow Canyon, a state park located 11 miles northwest of town, in addition to Zion National Park which you'll visit on your trip. We recommend the following accommodations for your pre-trip hotel.

Green Valley Spa and Resort | 1999 W Canyon View Dr | 435 986 5000 | www.GreenValleySpa.com | ~\$225

A family-owned spa, Green Valley is a jewel in the desert and boasts the only four-diamond accommodations in southern Utah. Green Valley was founded in 1985 and has become an icon of spa luxury and innovation, earning distinctions such as “Best mid-sized spa in America” by Spa Finder and “Among the best spas in North America” by Condé Nast Traveler.

Green Gate Village | 76 W Tabernacle | 800 350 6999 | www.GreenGateVillage.com | ~\$200

The Green Gate Village is a unique collection of houses located on the “historic walk” in old-town St. George. Return to the 1800's in each of these uniquely decorated, fully restored, upscale pioneer homes offering 15 guest rooms in total. All rooms come with modern amenities and some have fireplaces and kitchenettes. The Green Gate Village also has its own restaurant and general store.

Best Western Abbey Inn | 1129 S Bluff St | 435 652 1234 | www.BWAbbeyInn.com | ~\$100

Conveniently located near downtown St. George, the Inn features a full breakfast, outdoor heated pool, exercise room and high speed internet. It is also the pick up point on the first day of your Utah cycling vacation.

LAS VEGAS, NEVADA

For another kind of vacation fun, we recommend spending some extra time in Las Vegas at the beginning or end of your trip to enjoy this iconic city of American decadence. It is approximately a two-hour drive from our trip start and finish in St. George, Utah to Las Vegas. There are numerous lodging options in Las Vegas from five-star resorts to small casinos. We recommend the following accommodations for your post-trip hotel.

Signature at MGM Grand | 145 East Harmon Avenue | 877 612 2121 | www.SignatureMGMGrand.com | ~\$240

These non-smoking and non-gaming suites are a secluded retreat from the Vegas casinos. Upscale linens, pillow-top beds, swimming pool, state-of-the-art fitness center, and 24-hour concierge denote the level of luxury and service.

Desert Rose Resort | 5051 Duke Ellington Way | 888 732 8099 | www.ShellHospitality.com | ~\$425

Contemporary one and two-bedroom condo suites with fully equipped kitchens, located one block east of the Las Vegas Strip. A sparkling resort pool and hot tub surrounded by lush foliage create a welcoming retreat within two miles of major attractions.

South Point Hotel, Casino & Spa | 9777 Las Vegas Blvd South | 866 796 7111 | www.SouthPointCasino.com | ~\$130

This 60-acre Mediterranean-style resort is a 10-minute drive to the Strip. But with a casino, 16-screen movie complex, 64-lane bowling center, equestrian center, and a handful of restaurants on site, you may never leave.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 3

Terrain | hilly

Average Daily Distance | 50 miles

Average Daily Climbing | 2,200 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. Bryce & Zion is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult www.trektravel.com/riderlevels.php.

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

Some non-riding options on this trip are: Enjoy the peaceful serenity of Boulder Mountain Lodge | Hike among the hoodoos of Bryce Canyon National Park | Numerous hiking options in the staggering beauty of Zion National Park | Shop in Springdale | Relax poolside with a view of red rock cliffs at Majestic View Lodge | Schedule a spa treatment in Springdale

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 Bryce & Zion biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 50 miles for several days in a row. The terrain is varied, from sustained climbing in often windy conditions, to more level riding in cool canyons. The scenery and splendid views make the climbs 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 85 miles). If you ride in a flat area, a spinning class or trainer can provide some more resistance to build strength.

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



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

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

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

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

INSURANCE

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

TRIP CHANGES

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

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



CLOTHING & GEAR



CLOTHING & GEAR

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

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

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

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

Evening Attire

North America | Asia Pacific | Latin America

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

Europe

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

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

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



PACKING LIST



PACKING LIST

Luggage Recommendation

- 1 suitcase and 1 carry-on per person

Clothing & Gear

- Hat
- Bathing suit
- Sweater/jacket for cool evenings
- Walking shorts
- Comfortable walking shoes/sandals
- Evening wear (consult your trip itinerary)
- Hiking shoes
- Hydration backpack for hiking
- Synthetic athletic shorts and shirt

Don't Forget!

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

International Travel

- Passport/Visa
- International power adapter
- Power converter

Cycling Clothing & Gear *To purchase suggested items below, please visit a Trek dealer near you—www.TrekBikes.com*

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

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



CYCLING SAFETY



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

ROAD CYCLING SAFETY

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



WHY TRAVEL WITH TREK TRAVEL



VACATIONS OF A LIFETIME

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

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

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

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

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

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

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

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





WHY TRAVEL WITH TREK TRAVEL



WHAT OUR GUESTS SAY

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

—Brian

The Absolute Best Guides

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

Ride the Best

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

—Patrick & Jennifer

Your Day, You Decide

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

—Robin

Local Connections

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

—John

We Like to WOW You

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

WOW

—Edward and Katherine

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

—Jim

It's in the Design

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





THE ABSOLUTE BEST GUIDES

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

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

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

—Lisa





RIDE THE BEST



STANDARD BIKES

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

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



TREK MADONE 5.2 ROAD BIKE

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

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



TREK 7.7 FX HYBRID BIKE

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

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



RIDE THE BEST



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

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

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



OPTIONAL BIKES

TREK MADONE 6.5 ROAD BIKE | \$300

You want to ride like a pro? This is the bike Team RadioShack will be riding in 2011! The Trek Madone 6.5 is fast, ultra light and engineered to win races.

- *OCLV Red Frame is extremely lightweight*
- *Shimano's Dura-Ace compact drivetrain gives you the elite performance with a gear ratio to conquer any climb*
- *Integrated headset and bottom bracket*
- *Bontrager Race X Lite wheels are as light as a feather*
- *With Trek's Red Carbon and tapered steerer tube the Bontrager's XXX E2 fork delivers exceptional handling while being extremely light*



TREK FX+ ELECTRIC BIKE | \$250 (LIMITED SIZES AVAILABLE)

With the Trek FX+ Electric Bike enjoy the same upright and comfortable ride.

- *FX Alpha Black Aluminum frame*
- *Trek Syn Drive power management system automatically adjusts power based on rider input, speed, and terrain*
- *Silent Drive motor provides up to 350 watts of assistance*
- *27 Speed Shimano Rapid Fire Shifting*

