



CROSS COUNTRY USA



2012 EXPLORER





WELCOME TO YOUR TREK TRAVEL® CROSS COUNTRY USA ADVENTURE!

The Cross Country trip is the ultimate experience for any avid cyclist. Your journey will bring you from the coastal Pacific shores of California, to the vast basins of the Mojave desert. You'll ride through the mystic canyons of Monument Valley, and traverse the endless rolling hills of Tennessee. You will experience the sun rise over the Grand Canyon, feed wild burros in the historic town of Oatman, and two-step the night away listening to Nashville's best country music. Considered the Mt. Everest of biking, this trip parallels no other. Over 41 days, you will ride approximately 3,400 miles, averaging 92 miles a day. This ride will be a challenge – perhaps your greatest – but the reward will be an accomplishment that only few can claim. You will forge friendships and create memories that will last a lifetime.

- Ride a high performance top of the line all carbon fiber Trek Madone road bike who mere few pounds will allow you to go further and faster each day of your trip.
- Savor the ceremonial tire dip in both oceans to begin and end your journey.
- Behold the surreal landscape of the Grand Canyon.
- Experience the scintillating nightlife of Nashville, listening to Country music at its best.
- Discover the mystic and legendary beauty of the Mojave desert.



Happy Trails

Zack Jones

Cross Country USA Trip Expert



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DAY 1: FRIDAY, SEPTEMBER 14, 2012

Road Bike | *Santa Barbara to East Mountain Drive Loop* | approximately 31 miles with 3,100 feet of climbing

Your Trek Travel guides will meet you at the Fess Parker's DoubleTree Hotel (633 East Cabrillo Boulevard, Santa Barbara, California) at 12:00 PM on the first day of the trip. Today is the day to get everything in order, before embarking on your ride across the West. After a hearty welcome picnic and brief introductions, your guides will take time to fit you to your bikes. It is recommended that you have a professional bike fit early in your training. Please bring all measurements from such bike fits, as well as saddle, pedals, GPS units, and any other equipment you would like affixed to your bike to this meeting, so that your guides can properly setup up your bikes. Following the bike fit and a few talks relevant to the trip, you will take a short scenic spin around Santa Barbara and the surrounding coastline and hills to get your legs warmed up and to work out any issues with the fit of your bike. Your warm-up ride will be followed by a social hour, where your guides will discuss your upcoming adventure in detail, before heading to one of Santa Barbara's most popular restaurants for dinner.

Hotel | *Fess Parker's DoubleTree Resort* | 805 564 4333 | www.FessParkerSantaBarbaraHotel.com

DAY 2: SATURDAY, SEPTEMBER 15, 2012

Road Bike | *Santa Barbara, CA to Valencia, CA* | approximately 79 miles with 2,500 feet of climbing

Your adventure begins oceanside, under the towering palms of Santa Barbara's harbor. Once familiarized with some route details and safety tips, ease into the first pedal strokes of your journey, as you cruise south along the gently rolling Pacific Coast Highway. Bid farewell to ocean breezes until the journey's end, as you turn east and head inland, gradually climbing through citrus, palm, and avocado orchards. One short, but stout, hill is the final challenge between you and a welcome reception at our hotel in Valencia.

Hotel | *Hyatt Valencia & Santa Clarita Conference Center* | 661 799 1234 | www.Valencia.Hyatt.com

DAY 3: SUNDAY, SEPTEMBER 16, 2012

Road Bike | *Valencia, CA to Victorville, CA* | approximately 90 miles with 3,700 feet of climbing

A 25-mile gradual climb leads you out of California's Mediterranean climate, over the Transverse ranges, and into the vast and sublime Mojave desert. After a brisk 12-mile descent, find yourself pedaling through the broad mountain-fringed Antelope Valley Basin, best known for wind farms, the California aqueduct, NASA Space Shuttle landings, and the symbolic Joshua tree.

Hotel | *Hilton Garden Inn* | 760 952 1200 | www.Victorville.StayHGI.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.*



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DAY 4: MONDAY, SEPTEMBER 17, 2012

Road Bike | *Victorville, CA to Twentynine Palms, CA* | approximately 90 miles with 2,200 feet of climbing

The heart of the California Mojave desert is your destination today. The breadth of the terrain may challenge you, yet you may also find yourself pleasantly surprised by the hospitality of the desert in fall. The military town of Twentynine Palms rests beneath the granite monoliths of Joshua Tree National Park.

Hotel | *29 Palms Inn* | 760 367 3505 | www.29PalmsInn.com

DAY 5: TUESDAY, SEPTEMBER 18, 2012

Road Bike | *Twentynine Palms, CA to Parker, AZ* | approximately 109 miles with 3,000 feet of climbing

Today you head due east, venturing through the most pristinely desolate ride of the whole trip. The seemingly barren and rugged landscape teems with life, including the desert tortoise, bighorn sheep, many species of cactus, and scattered relics of human attempts to tame this wild place. After this, your first century ride of your cross-country trip, you'll arrive at your own oasis near the banks of the Colorado River—Parker, Arizona!

Hotel | *Best Western Parker Inn* | 928 669 6060 | www.BestWesternArizona.com/Parker

DAY 6: WEDNESDAY, SEPTEMBER 19, 2012

Road Bike | *Parker, AZ to Lake Havasu City, AZ* | approximately 42 miles with 1,300 feet of climbing

Relish a later, more relaxed start today, as you and your new riding mates only have 45 miles to conquer! Today's active recovery ride takes you along the gently rolling banks of the Colorado River. After stopping for some photos as you cross over historic Parker Dam, climb along the edge of the Bill Williams Mountains, before descending into the resort town of Lake Havasu City. Check out the original London Bridge on your way in, brought over brick by brick and rebuilt here!

Hotel | *Hampton Inn Lake Havasu City* | 928 855 4071 | www.HamptonInn.com

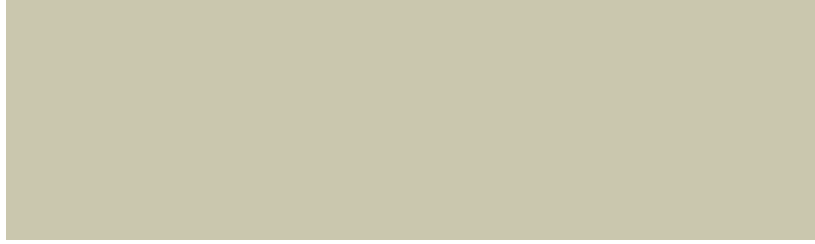
CROSS COUNTRY USA EXPLORER

Trip Length 41 days | 40 nights

Rider Level 4

Trip Start Santa Barbara, California

Trip End Charleston, South Carolina



DAY 7: THURSDAY, SEPTEMBER 20, 2012

Road Bike | *Lake Havasu City, AZ to Kingman, AZ* | approximately 85 miles with 5,600 feet of climbing

After heading north out of Lake Havasu City, you'll lay down some rubber on Historic Route 66! You'll gradually climb up to the historic ghost town of Oatman. Investigate the shops and marvel at the dozens of wild burros, amidst the remnants of this gold-rush boomtown. Finally, soak in the epic views as you tackle the serious Sitgreaves pass, before descending into Kingman.

Hotel | *Holiday Inn Express Hotel & Suites Kingman* | 928 718 4343 | www.HIExpress.com

DAY 8: FRIDAY, SEPTEMBER 21, 2012

Road Bike | *Kingman, AZ to Seligman, AZ* | approximately 83 miles with 2,800 feet of climbing

Riding the longest intact section of Historic Route 66, you'll make your way through Hualapai Indian lands and up onto the Colorado Plateau. Mesas with multi-colored badlands will characterize today's ride.

Hotel | *Original Historic Route 66 Motel* | 928 422 3204 | www.Route66SeligmanArizona.com

DAY 9: SATURDAY, SEPTEMBER 22, 2012

Road Bike | *Seligman, AZ to Grand Canyon* | approximately 105 miles with 5,100 feet of climbing

With the San Francisco Peaks—Arizona's highest mountains—as your backdrop, today's terrain will undulate through high desert landscapes - dappled by fragrant sage, piñon pines and juniper. Experience the serenity of the largely unpopulated landscape, as crisp desert air powers your lungs and legs to the edge of one of the world's most geologically revealing places. Relax on the canyon rim as you read the pages of time, written in stone on the 5,000-foot walls of the Grand Canyon.

Hotel | *National Park Lodges South Rim Grand Canyon* | 928 638 2631 | www.GrandCanyonLodges.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 or 866 464 8735.*



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DAY 10: SUNDAY, SEPTEMBER 23, 2012

Rest Day | *Grand Canyon, AZ*

Get up early and enjoy the spectacular sunrise on the Grand Canyon, or catch up on some sleep. Go for a light hike to flush out the legs, catch an IMAX film, or simply get some emailing and laundry done. Today is yours to explore, dine, and recover as you please.

Hotel | *National Park Lodges South Rim Grand Canyon* | 928 638 2631 | www.GrandCanyonLodges.com

DAY 11: MONDAY, SEPTEMBER 24, 2012

Road Bike | *Grand Canyon's South Rim Village to Tuba City, AZ* | approximately 82 miles with 3,000 feet of climbing

Take your time soaking in the great views one last time, as you head out along the rim. On the road, the haunting beauty of the variegated landscape is accentuated by legends of the Native American spirits, such as the infamous trickster known as the Kokopelli, that are said to inhabit the region. Your final destination for the day is a small tribal town, perched on the border of the Hopi and Navajo Nations.

Hotel | *Moenkopi Legacy Inn* | 928 283 4500 | www.ExperienceHopi.com

DAY 12: TUESDAY, SEPTEMBER 25, 2012

Road Bike | *Tuba City, AZ to Mexican Hat, UT* | approximately 116 miles with 3,400 feet of climbing

Today you will know you are in the Wild West, as your route skirts the iconic mesas, buttes, and pillars of Navajo National Monument, commonly referred to as Monument Valley. Every pedal stroke of your brief experience in Utah will be rewarded with the awe and amazement of a truly epic ride. Grab a drink, kick up your feet, and soak in the great views of the San Juan River from your hotel as you celebrate a great day's ride and another state conquered!

Hotel | *Hat Rock Inn* | 435 683 2221 | www.HatRockInn.com



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DAY 13: WEDNESDAY, SEPTEMBER 26, 2012

Road Bike | Mexican Hat, UT to Cortez CO | approximately 101 miles with 5,100 feet of climbing

Another big ride today takes you very near the Four Corners—Utah and Arizona to the west, Colorado and New Mexico to the east. Along the ride, hunt for ancient cliff dwellings left by the Anasazi, the ancestral Pueblo Indians, or add a few miles and stand in the only place on earth where you can be in four states at once.

Hotel | *Holiday Inn Express Mesa Verde* | 970 565 6000 | www.ColoradoHoliday.com

DAY 14: THURSDAY, SEPTEMBER 27, 2012

Road Bike | Cortez, CO to Durango, CO | approximately 43 miles with 2,900 feet of climbing

Today you'll bid farewell to the southwestern desert and enter the San Juan Range of the Rocky Mountains. After spinning your way up to 8500 ft (2590 m), you'll enjoy an epic descent into the "Wild West" outpost town of Durango. Enjoy some time off the bike as you explore this quintessential Colorado mountain town. Tonight's dinner is your choice so, armed with recommendations from your guides, you can find the perfect recovery meal.

Hotel | *Doubletree by Hilton Hotel Durango* | 970 259 6580 | http://doubletree1.hilton.com/en_US/dt/hotel/RLDU-DT-DoubleTree-by-Hilton-Hotel-Durango-Colorado/index.do

DAY 15: FRIDAY, SEPTEMBER 28, 2012

Road Bike | *Durango, CO to Pagosa Springs, CO* | approximately 70 miles with 3,600 feet of climbing

Today you'll continue your journey through the San Juans of southwestern Colorado. After conquering today's big climbs, you'll be duly rewarded with a soak in Pagosa's namesake natural hot springs! And to add to this personal pampering, enjoy 24-hour access to the Springs Resort in the epicenter of old-town Pagosa. Rest up and re-fuel for tomorrow's mammoth day!

Hotel | *Pagosa Springs Resort* | 970 264 4168 | www.PagosaHotSprings.com

DAY 16: SATURDAY, SEPTEMBER 29, 2012

Road Bike | *Pagosa Springs, CO to Taos, NM* | approximately 141 miles with 7,700 feet of climbing

Today will be memorable and momentous, as it is the longest day of your cross-country adventure. Aspen-cloaked mountain passes and sunflower-fringed valleys sugarcoat the challenge of this ride—the longest distance of your journey. Your well-seasoned legs and acclimated lungs have trained hard for today. Enjoy being in the best shape of your life!

Hotel | *El Monte Sagrado Living Resort* | 575 758 3502 | www.ElMonteSagrado.com



DAY 17: SUNDAY, SEPTEMBER 30, 2012

Rest Day | Taos, NM

This is your day to rest and recover. You have worked hard and have crossed 40% of the country. Activities abound to occupy your time in Taos. Visit the famous Taos Pueblo, peruse the many art galleries, enjoy fiery New Mexican cuisine, or have the miles massaged from your muscles. For those who simply cannot rest, take in a round of golf, a hot air balloon ride, or a white water trip down the Rio Grande. Of course, you can always log up to 85 more miles in the saddle on the well-known Enchanted Circle around Wheeler Peak - New Mexico's highest mountain - if you like. Culinary options abound in Taos, so take advantage of this night on your own to sample the best of New Mexican fare.

Hotel | *El Monte Sagrado Living Resort* | 575 758 3502 | www.ElMonteSagrado.com

DAY 18: MONDAY, OCTOBER 1, 2012

Road Bike | Taos, NM to Raton, NM | approximately 92 miles with 3,600 feet of climbing

Back in the saddle and well-rested, today will be your last day in the Rocky Mountains. Climbing out of Taos on a segment of the Enchanted Circle, you will pedal past Angel Fire and Wheeler Peak, ultimately traversing the Sangre de Cristo Mountains and descending onto the high plains.

Hotel | *Holiday Inn Express, Raton* | 575 445 1500 | www.HIExpress.com

DAY 19: TUESDAY, OCTOBER 2, 2012

Road Bike | Raton, NM to Clayton, NM | approximately 93 miles with 2,600 feet of climbing

Today you'll ride through the wind-swept, gently undulating plains, as we slowly drop in elevation out of the Rocky Mountain foothills. You'll ride past the ancient Capulin Volcanoes, which were active some 60,000 years ago, and into a region that has been at a crossroads for more than 100 million years, from fossilized dinosaur tracks dotting the countryside, to Native American and Spanish trading routes. Your final destination today is Clayton, a quiet agricultural town in eastern New Mexico, 130 miles (209 km) from the closest metropolitan area, Amarillo, TX.

Hotel | *Best Western Kokopelli Lodge* | 575 374 2589 | www.BestWesternNewMexico.com

DAY 20: WEDNESDAY, OCTOBER 3, 2012

Road Bike | Clayton, NM to Guymon, OK | approximately 106 miles with 300 feet of climbing

Today you'll be riding through the grasslands of the plains, retracing portions of the Santa Fe Trail—the main route once used by pioneers traveling from the west of Kansas City to Santa Fe. You'll enter the Panhandle of Oklahoma, or better known as “No Man's Land;” it's the final Wild West frontier. Your destination town, Guymon, OK, wasn't settled until 1901, but today it is the largest town in the panhandle.

Hotel | *Holiday Inn Express, Guymon* | 580 338 4208 | www.HIExpress.com



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DAY 21: THURSDAY, OCTOBER 4, 2012

Road Bike | *Guymon, OK to Woodward, OK* | approximately 126 miles with 2,500 feet of climbing

Keep your eyes open for wildlife today, as you enter a region filled with deer, coyotes, raptors, hawks, and eagles. Traveling further east and transitioning from the High Plains of the Great Plains to the Central Plains, you'll encounter the slightly rolling terrain, common to this area. Today's goal is Woodward, a one-time mecca for cattle herders heading back and forth through the plains; these days, this town is a major regional center.

Hotel | *Holiday Inn Express, Woodward* | 580 256 5200 | www.HIExpress.com

DAY 22: FRIDAY, OCTOBER 5, 2012

Road Bike | *Woodward, OK to Enid, OK* | approximately 112 miles with 3,000 feet of climbing

Begin your day by leaving town through Boiling Springs State Park, once a favorite campsite of the Plains Indians, but now a popular hang-out for deer! As you continue east, you'll traverse through a Cross Timbers eco-system. Unique to portions of Kansas, Oklahoma, and Central Texas, this semi-savanna terrain mixes oak forests with patches of tall-grass prairie, which formed virtually impenetrable growth for early settlers.

Hotel | *Holiday Inn Express, Enid* | 580 237 7722 | www.HIExpress.com

DAY 23: SATURDAY, OCTOBER 6, 2012

Road Bike | *Enid, OK to Ponca City, OK* | approximately 72 miles with 1,000 feet of climbing

Today's ride takes you into Oklahoma's oil country. The center of oil discovery and development in the U.S., this area was home to Phillips Oil until it merged with Conoco in 2001. The industry's impact is obvious as you ride by the many oil wells and refineries of the region. If you have spare time, check out the Marland Mansion, former home of E.W. Marland, the oil pioneer, senator, and governor of Oklahoma.

Hotel | *Holiday Inn Express, Ponca City* | 580 762 3700 | www.HIExpress.com

DAY 24: SUNDAY, OCTOBER 7, 2012

Road Bike | *Ponca City, OK to Bartlesville, OK* | approximately 82 miles with 2,600 feet of climbing

Today's ride takes you through the rolling hills and grasslands of the Osage Indian Reservation. After stopping for lunch in Pawhuska, you'll enjoy quiet back roads, before arriving in historic Bartlesville. If you get in early, check out the Price Tower downtown, the only skyscraper to be completed by Frank Lloyd Wright.

Hotel | *Hilton Garden Inn, Bartlesville* | 918 336 0808 | HiltonGardenInn.Hilton.com



DAY 25: MONDAY, OCTOBER 8, 2012

Road Bike | Bartlesville, OK to Neosho, MO | approximately 111 miles with 2,800 feet of climbing

Your last day in Oklahoma takes you through the gently rolling northeastern corner of the state, on your way to the Missouri border. Your destination is Neosho, MO, a name that pays tribute to the nine original springs in town and means “clear, cold water” in the native language of Osage. Today you’ll have great cause to celebrate, as you will have crossed two-thirds of the continent!

Hotel | *Best Western Big Springs Lodge* | 417 455 2300 | www.BestWestern.com

DAY 26: TUESDAY, OCTOBER 9, 2012

Road Bike | Neosho, MO to Branson, MO | approximately 90 miles with 4,000 feet of climbing

Today’s journey will take you through dramatically different landscapes, as you enter the brisk rolling hills and forests of the Ozark Plateau and Mark Twain National Forest. The Ozark Plateau of Missouri and surrounding states is the only highland area in the Midwest, often overshadowed by the more dramatic Appalachians to the east and the coastal and inland mountains of the west. With its numerous shows, theme parks, lake front fishing, and flashy nighttime “strip,” you’ll see first hand how Branson has been dubbed the “family-friendly Las Vegas of the Midwest!”

Hotel | *Hilton Promenade at Branson Landing* | 417 336 5500 | www.Hilton.com

DAY 27: WEDNESDAY, OCTOBER 10, 2012

Rest Day | Branson, MO

Enjoy your day off here at Branson Landing, a prime location along the banks of Lake Taneycomo. Shop at any of the renowned stores, catch a show—it’s what put Branson on the map—or rent a fishing pole and see what you can catch. You’ll have no problem finding plenty to eat at one of the many excellent downtown restaurants. Enjoy the relaxation and dinner on your own, because tomorrow’s “rollers” await!

Hotel | *Hilton Promenade at Branson Landing* | 417 336 5500 | www.Hilton.com

DAY 28: THURSDAY, OCTOBER 11, 2012

Road Bike | Branson, MO to West Plains, MO | approximately 102 miles with 6,700 feet of climbing

After a memorable day in Branson and a steep morning climb out of town, you’ll spend much of the day continuing to tackle the twisting, hilly roads of the 1.5-million acre Mark Twain National Forest. While the hills may not look tall, don’t be fooled – this is your third biggest day of climbing on the trip. You’ll stop for a well-deserved lunch break on the banks of Bull Shoals Lake, perhaps the perfect spot for an afternoon swim!

Hotel | *Holiday Inn Express, West Plains* | 417 257 3000 | www.BestWestern.com



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DAY 29: FRIDAY, OCTOBER 12, 2012

Road Bike | *West Plains, MO to Poplar Bluff, MO* | approximately 111 miles with 5,500 feet of climbing

As you enjoy your last day in the Ozarks, you'll continue the cultural transition from the Midwest to the South. Today's route will take you through a region that was deeply impacted by the Civil War. The town of Doniphan was completely destroyed during the war, but was revived with the emergence of logging and farming, which still drive this region's economy. Today's destination is Poplar Bluff, marking the end of the Ozarks and its hilly terrain.

Hotel | *Drury Inn, Poplar Bluff* | 573 686 2451 | www.DruryHotels.com

DAY 30: SATURDAY, OCTOBER 13, 2012

Road Bike | *Poplar Bluff, MO to Union City, TN* | approximately 102 miles with 600 feet of climbing

As you head east toward Kentucky and Tennessee, you'll be greeted with flat, straight roads - and if you're lucky, a tailwind! After pedaling the last 83 miles (134 km) through Missouri, you'll hop onboard a small riverboat ferry to shuttle for the mile, or so, across the mighty Mississippi. Following a quick eight miles (13 km) in Kentucky, you'll hit the Tennessee state line, heading for the hotel in Union City, TN. Enjoy classic soul food as you relish your first night in the South!

Hotel | *Hampton Inn, Union City* | 731 885 8850 | www.HamptonInn.com

DAY 31: SUNDAY, OCTOBER 14, 2012

Road Bike | *Union City, TN to Dover, TN* | approximately 78 miles with 2,600 feet of climbing

Get ready for another great day, as your ride takes you through the rolling farmland of eastern Tennessee, to the Tennessee River. After crossing, you'll wind your way through forest roads to the historic town of Dover.

Hotel | *Dover Inn Motel* | 931 232 5556 | www.DoverInnMotel.com

DAY 32: MONDAY, OCTOBER 15, 2012

Road Bike | *Dover, TN to Nashville, TN* | approximately 94 miles with 4,300 feet of climbing

The final stretch of your journey across the heartland is lush, hilly, and exceptionally scenic. Celebrate your completion of the third of four legs on this cross-country trek with a southern-style picnic feast, just outside of Nashville. You'll ride to your luxury hotel in the heart of the "Country Music Capital of the World." If you have time this afternoon, you may want to explore the sights and, more appropriately, the sounds of this vibrant city. Tonight celebrate your arrival in the South with a social hour and dinner at the celebrated Oak Bar and Capitol Grille.

Hotel | *The Hermitage* | 615 244 3121 | www.TheHermitageHotel.com



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DAY 33: TUESDAY, OCTOBER 16, 2012

Rest Day | *Nashville, TN*

Home to the Grand Ole Opry and the launching pad for music careers of legends like Johnny Cash, Elvis Presley and Patsy Cline. Nashville is the political and cultural capital city of Tennessee, but don't let the 10-gallon hats and Wranglers fool you. Nashville can be as hip as any east or west coast metropolis... just add a dash of Southern hospitality. Following 31 days on the secluded byways of small town America, today is your chance to recharge with the help of humming guitar strings, sassy Tennessee barbecue, or the healing restoration of a Shiatsu massage.

Hotel | *The Hermitage* | 615 244 3121 | www.TheHermitageHotel.com

DAY 34: WEDNESDAY, OCTOBER 17, 2012

Road Bike | *Nashville, TN to Crossville, TN* | approximately 126 miles with 6,800 feet of climbing

Leaving Nashville behind, you'll ascend into the geologically ancient and culturally rich Appalachian highlands. The sounds of folk music, recognizable in the modern Bluegrass revival, provide an audio backdrop for riding along the twisted undulating roads of this deeply forested region. Choose to shuttle or ride out of downtown Nashville, as you head into the rolling hills of Central Tennessee, seeing firsthand the transition from metropolitan to rural. Today's ride will prove to be challenging, as you'll end the day atop the Cumberland Plateau.

Hotel | *Holiday Inn Express* | 931 707 1035 | www.HIExpress.com

DAY 35: THURSDAY, OCTOBER 18, 2012

Road Bike | *Crossville, TN to Sevierville, TN* | approximately 107 miles with 5,300 feet of climbing

Winding your way out of Crossville, you'll once again cross the famous Tennessee River and tackle plenty of rolling hills. If luck is on your side today, cool air has snapped foliage into explosions of fall color. The valleys and ridges that you'll explore will introduce you to the geographic isolation that helped mold the traditions, cuisine, and pastoral country ethic of Southern Appalachia. Sitting on the western edge of Great Smoky Mountain National Park, the small town of Sevierville not only serves as a gateway to these majestic mountains, but is the proud birthplace of Dolly Parton.

Hotel | *The Fairfield Inn* | 865 429 8300 | www.FairFieldInnPigeonForge.com



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DAY 36: FRIDAY, OCTOBER 19, 2012

Road Bike | *Sevierville, TN to Asheville, NC* | approximately 89 miles with 5,600 feet of climbing

Begin today's ride gradually climbing and winding your way along the western slopes of the Smoky Mountains, through pine and oak forests. The French Broad River Valley provides both a scenic and relatively moderate route up into the Smokys, when compared with the few other roads over the mountains. A popular bike route with the locals, following the Dixie highway along the French Broad River takes you to your luxury hotel in the heart downtown Asheville. Check out any number of restaurants tonight on your own in this progressive college town.

Hotel | *Asheville Renaissance Hotel* | 800 359 7951 | www.HamptonInn.com

DAY 37: SATURDAY, OCTOBER 20, 2012

Road Bike | *Asheville, NC to Spartanburg, SC* | approximately 84 miles with 4,800 feet of climbing

Enjoy a long gradual climb out of Asheville, eventually crossing the Eastern Continental Divide; you'll leave the mountains behind and begin the descent into South Carolina. Don't go too fast, or you'll miss some spectacular scenery, including the famed Chimney Rock! If you're feeling ambitious, make the hike to the top and enjoy 75-mile views. As you cross into South Carolina, you'll be entering an area known as the Piedmont - literally meaning "foothills" in French - a rolling area of ancient mountains, serving as the last obstacle before the coastal plains homestretch.

Hotel | *Marriott at Renaissance Park* | 864 596 1211 | www.Marriott.com

DAY 38: SUNDAY, OCTOBER 21, 2012

Road Bike | *Spartanburg, SC to Columbia, SC* | approximately 103 miles with 3,800 feet of climbing

Southern hospitality, a rich history, cultural diversity, and a charming dialect make today's ride yet another highlight of your journey. You'll pass by historic Rose Hill Plantation. Enjoy the shade of Sumter National Forest and cruise through quaint southern towns, on your way to the state Capitol, Columbia, SC. Almost entirely founded on the cotton industry in the 1800's, Columbia was ground zero for the secession of the Confederacy in 1860.

Hotel | *Hilton Columbia Center* | 803 744 7800 | www.HiltonColumbia.com

This itinerary is an approximation of our Cross Country USA 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.*



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DAY 39: MONDAY, OCTOBER 22, 2012

Road Bike | *Columbia, SC to Summerville, SC* | approximately 112 miles with 1,100 feet of climbing

You will know you are getting close to your final stop, as you descend off the Carolina Piedmont and enter the palmetto-dappled coastal plains. On the last big day of your journey, you will cruise past Congaree National Park, which is home to the largest remnant old-growth floodplain forest remaining on the continent. As you pedal through charming antebellum towns, you may find yourself reflecting on the past 40 days and the amazing diversity you have experienced across this country. Tonight you will relax in style, in your modern wooded retreat just outside of Summerville.

Hotel | *The Inn at Middleton Place* | 843 556 0500 | www.TheInnatMiddletonPlace.com

DAY 40: TUESDAY, OCTOBER 23, 2012

Road Bike | *Summerville, SC to Isle of Palms, SC* | approximately 32 miles with 400 feet of climbing

Today is your victory lap... your Cross-Country “Champs Élysées”, where a short 35-mile spin allows you to celebrate your amazing accomplishment. As you approach the Atlantic, the familiarity of coastal breezes and swaying palms is reminiscent of 40 days earlier, when you set out from Santa Barbara to pedal your way across the U.S. Stately moss-cloaked oak trees line the streets of your final destination, Charleston, as if to cheer your last pedal strokes. After riding through the colorful and historic downtown, you’ll cross over the magnificent Cooper River Bridge, rising more than 200 ft (60 m) above Charleston Harbor. The final miles will wind you through the beach houses and palm-lined boulevards of Sullivan’s Island, to your last stop in a truly epic journey, the Isle of Palms. The Atlantic Ocean is the fitting backdrop to luxury accommodations, a gourmet feast, and a well-earned Trek Travel celebration.

Hotel | *The Boardwalk Inn at the Wild Dunes Resort* | 888 778 1867 | www.WildDunes.com

DAY 41: WEDNESDAY, OCTOBER 24, 2011

Road Bike | *Charleston, SC*

A celebratory farewell breakfast and a leisurely morning on Isle of Palms provides you with the opportunity to revisit the triumphs and challenges of the past 41 days. At the end of your trip, you will make your way to the Charleston International Airport, approximately 10 miles away to catch your departing flight. This ride-of-a-lifetime has come to a close, but the friendships and memories produced by this epic journey have just begun. You’ll say farewell to your guides at 10:00 AM at the Wild Dunes Resort, Isle of Palms, SC. You can then make your way to the Charleston International Airport (CHS), to depart to the destination of your choice.



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 35 lunches, social hour on some evenings, 32 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™ 5.1 Women's Specific Design carbon road bike (limited selection) (visit www.trektravel.com/ridethebest.php for more details)
- Complimentary Trek Travel merchandise
- Bike computer and a map case
- Two water bottles for you to keep
- A pump and seat pack stocked with all the necessary items to change a flat
- Multiple stem lengths and rises to alter the geometry and choice of saddles to cushion your ride

Activities

- Gratuities for all restaurants, hotels, local guides and transportation

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 - \$100 (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



ACCOMMODATIONS

In every region we travel we uncover the area's best, and most unique, accommodations. On our Cross Country USA trip, you will stay in a blend of high-end luxury hotels, resorts, and rustic lodges. Where accommodation is limited, lodging of the highest quality and comfort available are used. We stay at Holiday Inn Express in many towns because of their consistency of quality and service. We've designed the route to provide rest on days 17, 27, and 33, at luxurious, full-service hotels. Rest on day 10 is an exception to this, since only rustic accommodation is offered at the Grand Canyon (the location more than compensates for the lack of high thread-count and chocolates on the pillow). We've provided descriptions of the trip start, end, and rest day hotels below. ****PLEASE NOTE:** Every effort has been made to secure the best lodging and dining across the map, however, in many parts of the Western United States, our accommodations are limited to simple roadside motels and diners that are family-owned and operated and may not meet the quality standard of every guest. The nature of this tour, riding every mile from town to town, limits our lodging options. Please consider this in your decision to join the Trek Travel Cross-Country Tour.

Fess Parker's DoubleTree Resort | Santa Barbara, CA

Built in the popular Santa Barbara Mission style, Fess Parker's Doubletree is a beachfront resort, resting on 24 acres. Amenities abound at this full-service, four-star hotel, including pool, full-service spa, tennis courts, four restaurants, bar, concierge service, and close access to the Santa Barbara waterfront and downtown shopping, making it the perfect base to explore Santa Barbara. 633 East Cabrillo Boulevard | 805 564 4333 | www.FessParkerSantaBarbaraHotel.com

National Park Lodges South Rim Grand Canyon | Grand Canyon, AZ

Perched near the rim of the Grand Canyon, the comfortable park lodge is a gateway to one of the seven natural wonders of the world. Conveniently located on the shuttle route accessing many view points, trailheads, shops and restaurants of the National Park, you will find plenty of ways to explore and recover on your rest day. Nature is your television at all of the park lodges so be prepared to disconnect from the "real world" as you marvel at the enormity of this geologic wonder. PO Box 699, 10 Albright Street | 928 638 2631 | www.GrandCanyonLodges.com

El Monte Sagrado Living Resort | Taos, NM

Set near the historic Taos Plaza, yet surrounded by acres of natural space and sweeping mountain views, El Monte Sagrado Living Resort and Spa takes a sustainable approach to luxury accommodations and services. Experience the world-famous art collection, award-winning restaurant, and extensive spa facilities in this secluded sanctuary. 317 Kit Carson Road | 575 758 3502 | www.ElMonteSagrado.com

Hilton Promenade at Branson Landing | Branson, MO

Located on the banks of Lake Taneycomo, the Hilton Promenade is one of Branson's most luxurious and newest downtown hotels, first opened in February 2007 in the newly rejuvenated Branson Landing district. You will be in the center of the action for your two nights in town. Within walking distance of the historic downtown, you'll have no shortage of options on your day off. With great shopping, as well as nightly entertainment and a plethora of top-notch restaurants along the landing, the Hilton Promenade puts you in the front seat! 3 Branson Landing | 417 336 5500 | www.Hilton.com



WHERE WE STAY & EAT



ACCOMMODATIONS CONTINUED

The Hermitage | Nashville, TN

Opening its doors in 1910 – originally advertising “fireproof, noise-proof, and dust proof, for \$2.00 and up” – The Hermitage Hotel has since commanded such a presence in town, it stands as a testament to Nashville’s prominence in the South. Having hosted six presidents, a slew of dignitaries and celebrities, and Nashville’s elite, it is “the” choice for guests who wish to be delighted. The Hermitage truly is the perfect mixture of rich history, supreme luxury, and cutting-edge technology – making for the ultimate rest-day hotel.

231 Sixth Avenue North | 615 244 3121 | www.TheHermitageHotel.com

The Boardwalk Inn at the Wild Dunes Resort | Isle of Palms, SC

Nestled amidst the dunes and palm trees on the northern end of Isle of Palms, this full-service resort offers Southern hospitality and luxury accommodations in a truly relaxing atmosphere. World-class tennis and golf, including two 18-hole, championship golf courses designed by Tom Fazio, multiple pools, and private beaches await you at the end of your journey.

5757 Palm Boulevard | 888 778 1867 | www.WildDunes.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 Cross Country USA trip, you will encounter a broad array of regional cuisine. Following each day’s ride you will dine at the best restaurants the town has to offer—from simple, hearty dinners to downright decadent nouveau cuisine. Breakfast will almost always be a hot buffet or, on some occasions, from a menu. For lunches, we offer “feed zones” at designated spots along the route. These are quick lunch snack stops providing sandwich fixings, light salads, fresh fruits, sweet and savory snacks, energy products and beverages, designed for riders to maintain momentum. On big riding days, we may offer a second feed zone later in the day to keep you well fueled. Trek Travel will also have a range of performance snacks and drinks on hand. If you require a specific brand of performance product, we recommend bringing an adequate supply for your personal needs as there will be little opportunity to restock across the country. Dinners are a great time to refuel while exchanging tales from the day, but we also realize that after long days of riding, rest is best. Therefore, many dinners on long-mileage days will be simple and quick, maximizing your time to rest and recover. When possible, such as in larger towns or after shorter days of riding, you’ll dine at finer restaurants selected to accentuate the spice and flair of the region. On the four rest nights as well as four other nights throughout the trip, you are free to dine wherever you choose. Trek Travel does not provide alcohol with dinner, but we will offer some evening social hours where wine and beer will be provided. ***PLEASE NOTE that similar to our hotel options across the country there will be some meals that may not meet with every riders’ quality standards due to limited eatery options in small towns along the way.

This itinerary is an approximation of our Cross Country USA 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 the Santa Barbara Municipal Airport (SBA) in Goleta, approximately 8 miles from downtown Santa Barbara. Most major airlines serve this airport. From here, the Fess Parker Doubletree Resort offers a complimentary on-call shuttle to and from the Santa Barbara Municipal Airport. Please call 805 564 4333 to arrange for the service, upon arrival in Santa Barbara, and allow 20 to 30 minutes for pick up. Alternatively, you may fly into Los Angeles (LAX) and take one of the daily Amtrak trains to Santa Barbara. Visit www.Amtrak.com for more information.

At the completion of your trip, you will need to make travel arrangements from the Wild Dunes Resort to Charleston International Airport (CHS), approximately 10 miles from downtown Charleston. Most major airlines serve this airport. If you wish to extend your stay, your guides can help arrange for shuttle or taxi service to the airport.

MEETING TIME AND LOCATION

Fess Parker's DoubleTree Hotel | Santa Barbara, California

Your Trek Travel guides will meet you at the Fess Parker's DoubleTree Hotel (633 East Cabrillo Boulevard, Santa Barbara, California) at 12:00 PM on the first day of the trip. After a welcome picnic lunch, your guides will fit you to your bikes and answer any questions you have about your trip. Please come prepared with pedals, shoes, saddles, bike fit measurements, and anything else you may like affixed to your bike. Have your riding clothes packed in a small, easily accessible bag.

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, Fess Parker's DoubleTree Resort (805 564 4333), and leave a message with your expected arrival time and contact details. In the unfortunate event that you arrive late to the meeting point, please first contact your guides. If you are unable to reach them, please contact your first night's hotel, the Fess Parker's Double Tree Hotel (805 564 4333), and leave a message there for the guides. Your guides will be aware that you are late and will be in contact with the hotel.

DEPARTING TIME AND LOCATION

Wild Dunes Resort, Charleston, SC | Charleston, South Carolina

You will say farewell to your guides at 10:00 AM at the Wild Dunes Resort, Isle of Palms, SC. You can then make your way to the Charleston International Airport (CHS), to depart to the destination of your choice.

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.



SANTA BARBARA, CALIFORNIA

A near-perfect climate, natural beauty and a bustling downtown make a few extra days in Santa Barbara well worth it! Take a stroll by the many shops, boutiques, and restaurants on State Street. Spend a day exploring and hiking in the unique climate of Los Padres National Forest. For those looking to relax a little before this epic journey, check out East Beach to even out that “training tan.” There’s no better way to spend the evening than taking a stroll down Stearns Wharf, California’s oldest working wharf. Watch the fisherman unloading their catch and grab some great food. Searching for a little culture? Be sure to check out the 18th century Mission Santa Barbara, still keeping watch over the city, as well as the Santa Barbara Museum of Art. We recommend the following accommodations for your pre-trip hotel.

Fess Parkers Doubletree Resort Hotel | 633 East Cabrillo Boulevard
 | 805 564 4333 | www.FessParkerSantaBarbaraHotel.com | ~\$280

Fess Parker’s Doubletree Hotel is a 24-acre Spanish Mission-style resort, directly across from the beach and ½ mile from the shops on State Street in Santa Barbara. It is an ideal location for your visit to the charming coastal town. The resort features mountain, garden and ocean view rooms; all rooms come with balconies or patios. Amenities include a heated pool, wireless internet, restaurants, an ocean view bar, a spa, sports courts, and much more.

Harbor View Inn | 28 W. Cabrillo Blvd. | 800 755 0222 | www.HarborviewInnSB.com | ~\$425
 The Harbor View Inn is Santa Barbara’s premier beachfront hotel. The 4-Diamond resort provides all of the services you need to best experience your Santa Barbara vacation. The wide range of rooms and suites all have a personal patio or balcony, with the added touches you would come to expect of a 4-Diamond property.

The Inn at East Beach | 1029 Orilla Del Mar | 805 965 0546 | www.InnAtEastBeach.com | ~\$149
 A Santa Barbara hotel in California’s most exclusive beach resort neighborhood, the Inn at East Beach offers the style and personal service of a fine Bed & Breakfast, with the amenities and privacy of a boutique hotel.



AFTER YOUR TRIP



CHARLESTON, SOUTH CAROLINA

One of the best ways to see Charleston's pristine collection of historic houses and churches is by taking a carriage ride through the city's streets, many still paved with centuries-old cobblestone. While downtown, be sure to check out Calhoun Mansion and Battery Park, along the southern tip of the peninsula, for striking views of the bay. If shopping is more your style, take a stroll down King St. to check out its many shops and boutiques, or wander over to Old City Market, where handmade products and food are still being served in a 200-year old brick building. Take a boat ride out to Fort Sumter, over 175 years old and well-known for being the scene of the opening battle in the Civil War. Or drive out to one of the Charleston-area plantations, such as Drayton Hall or Magnolia, for a guided historical tour and stroll through extensive gardens. For those seeking more modern history, a trip out to Patriots Point to see the fully restored WWII-era aircraft carrier and submarine. Or just spend some days relaxing on the beach—Isle of Palms and Folley Beach are our favorites! We recommend the following accommodations for your post-trip hotel.

The French Quarter Inn | 166 Church Street | 866 812 1900 | www.FQCharleston.com | ~\$249
The French Quarter Inn is just steps from The Market and St. Phillip's Steeple. With champagne at check-in and afternoon wine and cheese, you'll bask in French luxury reminiscent of Charleston's early days.

HarbourView Inn | 2 Vendue Range | 888 853 8439 | www.HarbourviewCharleston.com | ~\$344
Built in a more modern style, the HarbourView is right in the middle of the action, only steps from the Market and has, as the name suggests, great views of Charleston Harbour.

Vendue Inn | 19 Vendue Range | 843 577 7970 | www.VendueInn.com | ~\$399
Amidst cobblestone streets, and wedged between the historic district and Waterfront Park, the Vendue Inn has long been known for excellent service, comfort, and convenience. The Vendue Inn has been pieced together from a chain of historical buildings, some of which date back to the 18th century.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 4

Terrain | mountainous

Average Daily Distance | 92 miles

Average Daily Climbing | 3,500 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. Cross Country USA is best suited for our Type 4 Riders. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult 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: Tour De France | Pyrenees to the Sea | Tour Down Under

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 Cross Country USA biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 85 miles for several days in a row. The terrain is extremely varied, including rolling coastal roads, long gradual climbs and descents across deserts, as well as long and steep climbing and descending in the Rockies. Roads are primarily two-lane secondary highways with good shoulders, but include some stretches of primary highways and interstates with wide, safe shoulders, and smaller local roads and surface streets with little or no shoulder. 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 116 miles). If you ride in a flat area, a spinning class or trainer can provide some more resistance to build strength.

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



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

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

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

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

INSURANCE

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

TRIP CHANGES

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

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



CLOTHING & GEAR

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

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

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

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

Evening Attire

North America

- *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*.

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

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



PACKING LIST



PACKING LIST

Luggage Recommendation

- 1 suitcase and 1 carry-on per person

Clothing & Gear

- Hat
- Bathing suit
- Sweater/jacket for cool evenings
- Walking shorts
- Comfortable walking shoes/sandals
- Evening wear (consult your trip itinerary)

Don't Forget!

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

International Travel

- Passport/Visa
- International power adapter
- Power converter

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

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

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



CYCLING SAFETY



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

ROAD CYCLING SAFETY

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



WHY TRAVEL WITH TREK TRAVEL



VACATIONS OF A LIFETIME

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

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

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

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

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

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

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

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





WHY TRAVEL WITH TREK TRAVEL



WHAT OUR GUESTS SAY

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

—Brian

The Absolute Best Guides

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

Ride the Best

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

—Patrick & Jennifer

Your Day, You Decide

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

—Robin

Local Connections

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

—John

We Like to WOW You

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

WOW

—Edward and Katherine

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

—Jim

It's in the Design

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





THE ABSOLUTE BEST GUIDES

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

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

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

—Lisa





RIDE THE BEST



STANDARD BIKES

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

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



TREK MADONE 5.2 ROAD BIKE

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

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



TREK 7.7 FX HYBRID BIKE

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

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



RIDE THE BEST



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

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

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



OPTIONAL BIKES

TREK MADONE 6.5 ROAD BIKE | \$300

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

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



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

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

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

