

Bicycle Tours in Portugal: Bike Across Portugal Plus! the Coast

OVERVIEW

Explore Portugal's south-central lands and west coast with undulating wheat fields, cork and eucalyptus trees, olive orchards and vineyards. As the western outpost of continental Europe, this region harmonizes centuries of ancient, Roman, Arabic, Medieval and Renaissance influences, delicately framed by stunning beaches and endless blue sky. Highlights include:



- Beautiful, serene historic hotels
- Roman ruins, rural paradise
- Alqueva reservoir, one of the world's best places for stargazing
- Artisan centers of pottery, winemaking and marble work
- Rugged coastline, surfing and the continent's most southwestern point


Sound like a great tour but you don't have enough time to do the entire ride? Check out [Bike Across Portugal](#) tour which includes the first 8-days of this itinerary.

HIGHLIGHTS

Roman cities, Undiscovered roads, A stay at one of Portugal's historic Pousada hotels, Active marble quarry, Star-gazing, The ceramics of São Pedro do Corval, Medieval town of Evora, Costa Vincentina National Park, Algarve, Bicycle to the "end of the world"

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	11 nights' accommodation; meals as noted in itinerary; shuttle from and back to Lisbon; 1 unique olive oil tasting; and the usual (see below).
Countries	Portugal
Begin/End	Elvas / Algarve
Arrive/Depart	Lisbon, Portugal - Lisbon Portela Airport (LIS)
Total Distance	573 km (356 miles)
Avg. Daily Distance	57 km (35 miles) per riding day
Tour Level	
Keep in Mind	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. This is a rural region and on some days there will be fewer towns throughout the ride than other regions in Europe.

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/portugal/bike-touring-actross-portugal-plus-the-coast>

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DATES & PRICES

Dates	Price	Single Supplement*
☞ Oct 9-20, 2021	☞ USD\$4945	☞ USD\$650
☞ Apr 16-27, 2022	☞ USD\$4995	☞ USD\$650
☞ May 21-Jun 1, 2022	☞ USD\$5195	☞ USD\$650
☞ Sep 10-21, 2022	☞ USD\$5195	☞ USD\$650
☞ Sep 24-Oct 5, 2022	☞ USD\$5195	☞ USD\$650
☞ Oct 8-19, 2022	☞ USD\$5195	☞ USD\$650

*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	32km / 419m (20mi / 1374ft)	Rolling hills	▶▶▶▶▶	Longer optional ride available
3	57km / 394m (36mi / 1292ft)	Rolling hills	▶▶▶▶▶	
4	62km / 467m (39mi / 1532ft)	Gentle	▶▶▶▶▶	
5	55km / 335m (34mi / 1099ft)	Gentle	▶▶▶▶▶	
6	91km / 424m (56mi / 1391ft)	Hilly	▶▶▶▶▶	
7	77km / 630m (48mi / 2066ft)	Rolling hills	▶▶▶▶▶	
8	35km / 409m (22mi / 1342ft)	Rolling hills	▶▶▶▶▶	Today's ride is an optional loop ride
9	48km / 255m (30mi / 836ft)	Gentle	▶▶▶▶▶	Today's ride is an optional loop ride
10	74km / 742m (46mi / 2434ft)	Rolling hills	▶▶▶▶▶	
11	43km / 412m (27mi / 1351ft)	Hilly	▶▶▶▶▶	
12	Last day			

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ARRIVAL INFO

Your tour starts with a shuttle pick-up on Day 1 (your spot is already reserved on this shuttle):

- Meeting Time: 9:15 am
- Meeting Hotel: [Hotel NH Collection Lisboa Liberdade](#)

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying into Lisbon Airport. (LIS)

Getting to the Meeting Hotel in Lisbon from the Lisbon Airport

- Taxi or Uber (25 min/EUR 15-20)
- or Aerobus (stop Tivoli Theater, right in front of the hotel) (50 min/EUR 3-4)

For more travel planning tips, including our packing lists, visit our [Travel Planning Pages](#).

DEPARTURE INFO

We spend our last night of the tour in Sagres, about 200 miles from Lisbon. If you wish to stay in Sagres, where the tour ends, or head to other locations, note that Sagres is poorly connected by public transportation. The best option is to rent a car and the hotel can assist with this option. Buses are available but seasonal schedules apply and most schedules are restricted to morning hours as opposed to the afternoon.

The tour ends on the final day with an ExperiencePlus! shuttle drop-off at either

- Lisbon airport (LIS); arrival at ***2 p.m.** (4-hour transfer)
- or [Hotel NH Collection Lisboa Liberdade](#) (same as meeting hotel); arrival at 2:30 p.m. (4.5-hour transfer)

Shuttle reservations 30 days prior to the tour start are required. Reserve by [emailing us](#). If you can't make the shuttle, you will be responsible for your own transportation.

***Note:** Book your flight out of LIS after 4:30 p.m.

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Meet in Lisbon, Shuttle to Elvas

Highlights Elvas and its medieval walls

After arriving in Lisbon, you'll take our morning shuttle east to Elvas, a fortified city just a stone's throw from the Spanish border. After a light lunch along the way, the tour leaders will fit bicycles, and lead a safety briefing, then it's off on a short loop ride around Elvas' impressive Roman Aqueduct, its well preserved 16th century walls, and its other fortifications. Tonight's hotel is built into the city's walls, and has a beautiful pool—a great spot to relax before or after your sumptuous welcome dinner.

DAY 1: Sat, Sep 11th

Distance 10 km (6 mi)**Meals** Lunch, Dinner**Lodging**  [Hotel São João de Deus](#)

Bicycle to Vila Vicosa

Highlights Historic hotel

Consider today's short ride down to the river a warm-up for the excitement of the days ahead! You'll pedal with views into Spain before turning west, riding toward Vila Vicosa through wheat fields and olive orchard dotted with cork-oak trees. This semi-arid region is one of the country's least populated, and is known for its agricultural production, though today's short climb ends at a town famed for its marble. The beautiful rose-colored Vila Vicosa marble can be seen everywhere in town—including the street pavers! This afternoon, you can log extra mileage, visit the marble museum where we learn about the history of production and extraction, or give yourself in to poolside relaxation at your historic Pousada hotel, once a 16th-century convent.

DAY 2: Sun, Sep 12th

Distance 32 km (20 mi)**Gain** 419 m (1374 ft)**Terrain** Rolling hills**Level** **Meals** Breakfast, Dinner**Lodging**  [Pousada de Vila Vicosa](#)

Bicycle to Monsaraz

Highlights Alqueva reservoir, castles and fortified town of Monsaraz, marble area

Departing the rose-colored city, we'll stop to visit an active marble quarry to learn more about its properties, history and extraction process. Our ride heads south to the castle town of Monsaraz, which overlooks the Alqueva reservoir. The largest reservoir in Europe, this body of water straddles the Spanish-Portuguese border, and was designated in 2012 as one of the first Starlight Tourism Destinations for its ideal star-gazing conditions and exceptionally low light pollution. Enjoy dinner together tonight, then bask in the inky night sky.

DAY 3: Mon, Sep 13th

Distance 57 km (36 mi)**Gain** 394 m (1292 ft)**Terrain** Rolling hills**Level** **Meals** Breakfast, Dinner**Lodging**  [Vila Planicie](#)

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Bicycle to Evora

Highlights Ceramic town, medieval Evora, wine tasting

Today's ride to Evora includes a pleasant stop in São Pedro do Corval, a well-known pottery town where you'll have the opportunity to browse several workshops and visit with the artists who run them. Upon your arrival in beautiful Evora, notice how its Roman aqueducts and ruins blend with the Medieval walls and Renaissance churches. Inhabited for more than 2000 years, Evora is on the roster of most ancient towns in Europe and a UNESCO World Heritage Site. You'll spend two-nights here which will allow you to take in some of its most notable sights.

DAY 4: Tue, Sep 14th

Distance 62 km (39 mi)

Gain 467 m (1532 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel Albergaria do Calvario

Evora - rest day or optional ride

Highlights Visit Evora, or take a loop ride to Azaruja

Today's optional ride leaves Evora along a towering aqueduct into the heart of the Portuguese cork industry. We'll visit the factory where cork is transformed beyond bottle stoppers; you'll see purses, dresses, and business cards created from this amazing bark. This evening you'll enjoy a guided walk through the old part of Evora.

DAY 5: Wed, Sep 15th

Distance 55 km (34 mi)

Gain 335 m (1099 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Hotel Albergaria do Calvario

Bicycle Evora to Central Alentejo

Highlights Rolling hills of the Alentejo, cheese tasting

As you leave the city you'll pass through several small towns and the ancient castles that safeguarded them during the 13th century. Your rural destination for tonight is an expansive farm, raising goats and cork. As we get closer to the coast, the wide-open spaces become dotted with sea pines revealing the varied character of the Alentejo. Get ready for a hearty Alentejo dinner.

DAY 6: Thu, Sep 16th

Distance 91 km (56 mi)

Gain 424 m (1391 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel Monte das Faias

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Bike to Vilanova de Milfontes

Highlights Coastal Alentejo

We leave rural Alentejo for coastal Alentejo today. As you get to the coast, you'll see signs of more recent Portuguese development including Sines and its modern harbor which was once famed as the birthplace of Portugal's most famous sailor - Vasco da Gama. A gentle sea breeze will be your first indicator that you are getting close to the beach and the Rio Mira confluence to the sea. The September 26, 2020 departure will stay at the HS Milfontes Beach.

DAY 7: Fri, Sep 17th


Distance 77 km (48 mi)
Gain 630 m (2066 ft)
Terrain Rolling hills
Level >>>>>>
Meals Breakfast, Dinner
Lodging  Quinta Do Moinho De Vento
 HS Milfontes Beach

Vilanova de Milfontes

Highlights Rest Day

Stroll, relax, cycle, or shop today – or all of the above. It's up to you! Those who want to get on the bike can enjoy an exhilarating loop ride towards tiny Sao Luis and Porto das Barcas. We'll recommend a spot for a delicious seafood lunch on the water. This evening we'll get together to learn more about this unique environment where the river meets the sea.

DAY 8: Sat, Sep 18th



Distance 35 km (22 mi)
Gain 409 m (1342 ft)
Terrain Rolling hills
Level >>>>>>
Meals Breakfast
Lodging  Quinta Do Moinho De Vento
 HS Milfontes Beach

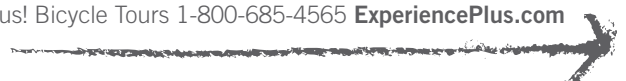
Bicycle the coast of Portugal

Highlights Costa Vicentina National Park

Coastal hills separate the central Alentejo from the North Atlantic Ocean, and you'll pedal through this rugged area today. A majority of this area, including its beautiful beaches and sheer cliffs, is designated as Costa Vicentina National Park, so there are just a few roads that take you to the coast. We'll loop towards secluded beaches so there are opportunities for picnics and swimming. Or wait and hit the hotel pool, or take the walk from the hotel to the ocean.

DAY 9: Sun, Sep 19th

Distance 48 km (30 mi)
Gain 255 m (836 ft)
Terrain Gentle
Level >>>>>>
Meals Breakfast, Dinner
Lodging  Herdade do Touril
 Monte da Galrixa



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Bicycle the Costa Vicentina National Park

Highlights Beaches, sand dunes, and surfers

Despite the attention given the Algarve in southern Portugal, many surfers would argue that the Costa Vicentina boasts some of the best surfing in Europe - and one of the most beautiful beaches on earth. Today you'll ride south, weaving across the main road, through little farm villages and larger towns. Our secluded hotel is surrounded by green hillsides and is located at the gateway of a serene valley. It's about a kilometer from the beach to the hotel and about 800 meters are unpaved so you might prefer to walk the last bit.

DAY 10: Mon, Sep 20th

Distance 74 km (46 mi)

Gain 742 m (2434 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  **Aldeia Pedralva**

Bicycle to the "end of the world"

Highlights Cabo San Vicente lighthouse, Sagres fortress, bicycle Algarve

A short ride today allows for plenty of time for one last walk on the beach, or an extra-leisurely ride to Cabo San Vicente - the famed "end of the world," when the world was thought to be flat. Europe's most southwestern point still features a lighthouse and a fortress. From there, it's just a few kilometers to the town of Sagres, the final destination of your cycling adventure in Portugal. Celebrate the spirit of the Alentejo and the Algarve with a lively group dinner and a restful night in another luxurious Pousada hotel, built on Sagres' promontory with a memorable view of the fortress and the beach.

DAY 11: Tue, Sep 21st

Distance 43 km (27 mi)

Gain 412 m (1351 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  **Baleeira Hotel**

Shuttle Back to Lisbon

Highlights Shuttle to Lisbon

Stick around and enjoy another day (or two) at the beach, or if you must head home we wish you boa viagem! We'll offer a shuttle to Lisbon this morning for anyone flying out or heading back to the capital.

DAY 12: Wed, Sep 22nd

Meals Breakfast

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling. More details on our [bikes page](#).
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our [Travel Planning Pages](#).
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Not included on Explorer Tours.)

ON TOUR

- See "What's Included" on your tour Itinerary for tour-specific inclusions.

BICYCLES

For a full list of what's included with your bike see [Our Bikes page](#). If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map and daysheet (print or digital) that includes information on the day's activities, meals and ride. Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information.

You'll receive a highlighted route map each day or a briefing with the GPS tracks. On Classic, Bike and Boat, Spotlight and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

Before each tour we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device or smartphone using RideWithGPS.com. We do not provide GPS tracks for tours in South America.

On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

TIPPING YOUR TOUR LEADER TEAM:

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform your tour leader in writing at the start of the tour.

STYLES **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Spotlight Tours: Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. We then look at the average day rating so you can select the perfect level of cycling you want for your trip. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

Level 1 - 1.5

This day will be mostly flat and the distance will rarely exceed 30 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 15-30km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

This day is ideal for riders newer to bicycle touring looking for a bit of a challenge, or for individuals who desire shorter days on the bike. On average, level 2 - 2.5 bike tours will ride 30-50 km per day on mostly rolling terrain.

- **Average daily mileage:** 30-50km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 tours are for active individuals (who run, bike, swim etc. on a regular basis) with the desire to cover longer daily distances on the bicycle. These tours are a great workout when you're riding as you will average 50-70 km daily with total gain of 2,000-2,800 ft. There will be multiple 4-6% climbs throughout the tour.

- **Average daily mileage:** 50-70km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 tours are for passionate cyclists or very active individuals. This level tour is great for cyclists looking to stay in shape and pedal hard as they travel across regions or countries. Level 4 - 4.5 tours cover 70-90km daily with 2,800-3,600 ft of gain. Cyclists on a level 4 - 4.5 bicycle tour can expect multiple climbs; some climbs might be short and steep (6-8% for 1-3 km) while others may be sustained (6+ km) at a 4-6% grade.

- **Average daily mileage:** 70-90km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 - 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITIONPLUS!)

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

You'll find all of the details including mileage, elevation gain, terrain and level for each day of the itinerary to help you better understand what to expect from your tour on each day's description.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation Email, it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form:
<https://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details
at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Download the bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Review the arrival and departure information under the "Travel Information" tab on the itinerary page of the website. You will find the meeting place and time, and other important information to help you plan.
- If your tour includes a complimentary ExperiencePlus! Shuttle make your reservations now.
- Reserve your flights. Only if you have confirmation that your trip is a guaranteed. (If you aren't sure check with our office to find out if your trip is guaranteed.)
- Book any extra hotel nights if you are arriving early or staying after the tour.
- Begin your bicycle training program.
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie List you'll find on the country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>.
- Review the Packing Lists on our website at: <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email your Hotel Itinerary, the Participant Roster, names and contact information of your Tour Leaders and other important departure information about 2 weeks prior to your tour start date.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!