

Bicycle Tours in Sweden: Cycling Copenhagen to Stockholm

OVERVIEW



A Northern European bicycling journey that takes you across borders as you pedal from one vibrant city to another, in regions renowned for their urban cycling culture. The journey kicks off in Copenhagen, dubbed the "most livable city and bike capital of the world" and takes you all the way to Stockholm, Sweden, known for its museums, and food scene. Enchanting forests and stunning coastlines will be your daily backdrop as you follow the Kattegattleden, Sweden's first national bicycle route. From the vibrant city of Gothenburg to a private tour of country's most beautiful castle (Läckö Castle), you will experience an unforgettable taste of culture and cuisine while cycling from Copenhagen to Stockholm.

If this sounds great but you prefer a shorter tour, check out our [Cycling Copenhagen to Gothenburg](#) or [Cycling Gothenburg to Stockholm](#) tours.

HIGHLIGHTS

Copenhagen, beautiful coastal riding, bike paths, breathtaking castles, Tylösand Beach, Gothenburg guided visit, Läckö Castle private visit, Kornettgarden Café Museum, Linköping guided walk, steamship into Stockholm, Göta Canal Locks

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	14 days, 13 nights accommodation; meals as noted in itinerary; Guided tour of Gothenburg; Private tour of Läckö Castle; Guided tour of Linköping, Guided tour of Stockholm, steamship into Stockholm
Countries	Denmark, Sweden
Begin/End	Copenhagen/ Stockholm
Arrive/Depart	Copenhagen (CPH) / Stockholm (ARN)
Total Distance	598 km (372 miles)
Avg. Daily Distance	54 km (34 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. We use charming and modern hotels but A/C or fans may not always be available since they haven't been needed traditionally. Read more on the use of air conditioning in Europe here. Sweden is entirely cashless. Read more here.

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/sweden/copenhagen-stockholm>

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DATES & PRICES

Dates	Price	Single Supplement*
☑ Jun 6-19, 2023	☑ USD\$7195	☑ USD\$750
☑ Jun 27-Jul 10, 2023	☑ USD\$7195	☑ USD\$750
☑ Jul 25-Aug 7, 2023	☑ USD\$7195	☑ USD\$750

*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	50km / 234m (31mi / 768ft)	Gentle	▶▶▶▶▶	
3	55km / 344m (34mi / 1128ft)	Rolling hills	▶▶▶▶▶	
4	45km / 216m (28mi / 708ft)	Gentle	▶▶▶▶▶	
5	66km / 390m (41mi / 1279ft)	Gentle	▶▶▶▶▶	
6	53km / 312m (33mi / 1023ft)	Gentle	▶▶▶▶▶	
7	Rest day			
8	45km / 222m (28mi / 728ft)	Gentle	▶▶▶▶▶	
9	56km / 424m (35mi / 1391ft)	Gentle	▶▶▶▶▶	
10	72km / 299m (45mi / 981ft)	Gentle	▶▶▶▶▶	
11	35km / 216m (22mi / 708ft)	Gentle	▶▶▶▶▶	Longer optional ride available
12	42km / 321m (26mi / 1053ft)	Gentle	▶▶▶▶▶	
13	40km / 272m (25mi / 892ft)	Gentle	▶▶▶▶▶	
14	Last day			

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ARRIVAL INFO

Meeting time 1:15 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.

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 the Copenhagen Airport (CPH).

From the Copenhagen Airport to the Day 1 Hotel

1. Metro to Norreport station (15 min/DKK 36; we recommend using the ticket machines, credit card only)
2. [Walk](#) from Norreport station Day 1 Hotel (7 mins)
3. Or Taxi from the airport to the hotel (20 min/DKK 250-300)

DEPARTURE INFO

The tour ends on the final day after a walking tour of Stockholm at 12:30 p.m. back at the hotel. If you would like to participate in the walking tour, schedule flights out of Stockholm Arlanda after 3 p.m.

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

We recommend flying out of the Stockholm Arlanda Airport (ARN).

Flying out of ARN

- Taxi from the Ending Hotel to the airport (25 min/SEK 575)

Or public transportation

1. [Walk](#) from Ending Hotel to Stockholm Central Station
2. Train from Stockholm Central Station to Arlanda Norra Station (20-40 min/fares vary)

Look up train schedules for Sweden and adjacent regions at [SJ.com](#) or [Trainline.com](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

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Welcome to Copenhagen

Highlights Copenhagen considered the "most livable city and bike capital of the world"

The Danes are known for their love of bicycling and Copenhagen is renowned for its cycling infrastructure that cities across the world are trying to emulate. With over 390 kilometers (241 miles) of designated bike lanes, it is truly a bicyclist's heaven. The world also looks to Copenhagen for the latest innovations in design, architecture, fashion and visitor's savor the extraordinary culinary revolution that has taken place here over the last decade. We'll meet for a bike fitting and then enjoy a unique Danish dinner to celebrate our Scandinavian adventure.

DAY 1: Tue, Jun 6th

Meals Dinner

Lodging  Hotel Kong Arthur

Copenhagen to Helsingor

Highlights Louisiana Art Museum, Kronborg Castle

Today you will join some of the most practiced bike commuters in the world as we cycle out of Copenhagen on some of Europe's oldest city bike paths. We will bike up the coast past the Louisiana Art Museum on our way to Kronborg Castle which is most famously known for being the setting of Shakespeare's Hamlet. Fall in love with the landscape today while cycling through enchanted forests and along prototypical Danish bike paths.

DAY 2: Wed, Jun 7th

Distance 50 km (31 mi)

Gain 234 m (768 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Hotel Skandia

Helsingor to Halmstad

Highlights Biking along the Kattegattleden Europe's Cycle Route of the Year in 2018

The day starts with a short ferry ride from Denmark to Sweden. From the ferry we will take a train a few kilometers up the coast where our bikes will be waiting for us. From here we will jump on our bikes and introduce our cycling legs to Sweden with a few rolling hills. Before too many miles we'll join the award-winning Kattegattleden bike route and follow it all the way into Halmstad.

DAY 3: Thu, Jun 8th

Distance 55 km (34 mi)

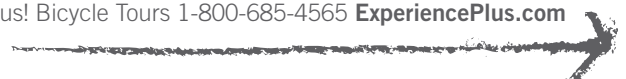
Gain 344 m (1128 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  Hotel Continental
 Best Western Plus
 Grand Hotel



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Halmstad – Loop Ride

Highlights Tylösand Beach

Today's loop ride takes us through quiet farmland on our way to Työsand Beach, one of Sweden's top resort towns. Don't be deceived by the moniker "resort", this tiny village is the perfect place to relax and enjoy the irresistible natural setting that surrounds it. Walk a few meters north of Työsand's famous sandy beach to enjoy the Nyrebäcken River estuary, or find a perch at the nearby sand dunes to sit and soak in your surroundings.

DAY 4: Fri, Jun 9th

Distance 45 km (28 mi)

Gain 216 m (708 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast

Lodging  Hotel Continental
 Best Western Plus
Grand Hotel

Halmstad to Gottskär

Highlights Kattegattleden Cycle Route, Gottskär's charming harbor

We start the day with a short train ride to Varberg. From there we'll rejoin the famous Kattegattleden bike route which covers 395 km (245 miles) from Helsingborg all the way to Göteborg. Today's journey on the path features beaches, tiny fishing villages, and gorgeous coastal views. We will finish in the charming harbor town of Gottskär.

DAY 5: Sat, Jun 10th

Distance 66 km (41 mi)

Gain 390 m (1279 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging  Gottskär Hotell

Gottskär to Gothenburg

Highlights Biking along the Kattegattleden into Gothenburg

Today's ride continues along the Kattegattleden bike path with views off the beautiful North Sea coastline as we pedal into the vibrant city of Gothenburg. You will follow bike paths right into the center of the city.

DAY 6: Sun, Jun 11th

Distance 53 km (33 mi)

Gain 312 m (1023 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging  Hotel Opera

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Gothenburg

Highlights Walking tour

We'll have a walking tour of "Stockholm's little sister," Gothenburg today. An important seaport, and unexpectedly energetic city, Gothenburg offers plenty to explore. Follow its 17-century canals winding through the lush King's Park or head to the city's chic Acenyn boulevard lined with bars and shops. Take this opportunity to stretch your legs and explore Gothenburg's many attractions: the museum of art, the fish market, the old district (Haga) and much more.

Gothenburg to Läckö Slott

Highlights Private tour of Läckö Castle, Lake Vänern, Picnic

We will start the day with a train ride out of Gothenburg to the small village of Lovene where our bikes will be waiting for us. From Lovene our ride takes us through picturesque Swedish farmland that gently transitions into beautiful shaded forests, ending on the shores of Lake Vänern, where we will enjoy a private tour of Läckö Castle, one of the country's most beautiful and interesting historic sites. With its well-preserved interior Läckö tells the intriguing story of a bishop's fort transformation into a baroque castle. After our tour we'll head to our tranquil nature hotel with views back to Läckö.

Läckö Slott to Vadstena

Highlights Riding through the Salstern Lake District, Vadstena Castle, Lake Vättern

We start today with a transfer from Lake Vänern to Lake Vättern. Our cycling route takes us through the Salstern Lake District. After a lunch stop in the town of Motala we will continue to Lake Vättern boasting Vadstena Castle, originally built in the 16th century as a fortress. We'll spend the night in charming Vadstena, which, in spite of its small population, is still referred to as a city due to its historic significance.

DAY 7: Mon, Jun 12th

Meals Breakfast, Dinner**Lodging**  Hotel Opera

DAY 8: Tue, Jun 13th

Distance 45 km (28 mi)**Gain** 222 m (728 ft)**Terrain** Gentle**Level** **Meals** Breakfast, Lunch, Dinner**Lodging**  Naturum Hotel

DAY 9: Wed, Jun 14th

Distance 56 km (35 mi)**Gain** 424 m (1391 ft)**Terrain** Gentle**Level** **Meals** Breakfast**Lodging**  Starby Hotel

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Vadstena to Linköping

Highlights Kornettgarden Café Museum, Boställets Farm and Bakery

We have a big day ahead of us today as we travel through time on our way to Linköping. We will leave the coast behind and cycle inland along quiet country roads through a landscape dotted with typical Swedish farms ending in Linköping, where the past meets the present merging the modern parts of the city into its historic center. Linköping is our home for the next two nights.

DAY 10: Thu, Jun 15th

Distance 72 km (45 mi)

Gain 299 m (981 ft)

Terrain Gentle

Level 

Meals Breakfast, Lunch

Lodging  Elite Stora Hotellet

Linköping – Loop Ride

Highlights Göta Canal Berg Lock, Guided walking tour of Linköping

Today's loop ride has a number of highlights and lets you take as long or as short of a ride as you wish. We cycle to the famous 11-step Berg Slussar Canal lock on the Göta Canal. The Göta Canal was built by some 600,000 soldiers between 1802 and 1832, and has provided a valuable transport and trade link between Sweden's east and west coasts. For anyone looking for a longer ride there is an optional out and back from the Slussar Canal.

DAY 11: Fri, Jun 16th

Distance 35 km (22 mi)

Gain 216 m (708 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Elite Stora Hotellet

Linköping to Mariefred

Highlights Steam Train, Gripsholms Slott (Castle)

We start the day with a train ride to Södertälje. From Södertälje we will cycle to Mariefred, nestled on the shores of Lake Mälaren. Mariefred is home to Gripsholms Castle that houses one of Europe's best-preserved 18th century theaters and the state's portrait collection. Make sure you get to town early enough to grab lunch, explore the castle, and take a ride on Sweden's oldest steam train dating from 1888.

DAY 12: Sat, Jun 17th

Distance 42 km (26 mi)

Gain 321 m (1053 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Gripsholms Vårdshus
Inn

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Mariefred - Loop Ride

Highlights Steamship to Stockholm on Lake Mälaren

Our last ride today takes us through some beautiful Swedish countryside. We'll be back in Mariefred in time for a quick shower and lunch before boarding the S.S Mariefred steam ship which has been making the same route to Stockholm since 1903. We will enjoy our final dinner together tonight as we steam our way towards Stockholm on the picturesque Lake Mälaren.

DAY 13: Sun, Jun 18th

Distance 40 km (25 mi)

Gain 272 m (892 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging 🏠 Haymarket by Scandic

Stockholm

Highlights Walking tour of Stockholm

Our tour ends after a fascinating guided walk of Stockholm. We highly recommend that you take a few days to enjoy all that the city has to offer. Whatever you decide, have a wonderful journey.

DAY 14: Mon, Jun 19th

Meals Breakfast

INCLUDED**BEFORE YOU LEAVE**

- Tour planning tips on what to bring, what to leave home, and what you might like to read before your trip.
- Bicycle Tour Training program designed specifically for your tour rating by renowned cycling coach, Joe Friel.
- Assistance with flights, trains and booking extra nights at your starting and ending tour hotels.
- A complimentary gift of your choice

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer. See specific tour information for details.
- On many tours we also have 1 or 2 lunches—see specific tour itineraries for details.
- Use of a high quality bike—a Titanium road bike, hybrid, or an aluminum tandem in Continental Europe. For tours in South America, Scotland and Ireland we have aluminum frames. All of our bikes are geared specifically to cruise the flats and help ease you over the mountain.
- Our bikes come with a computer so you can track your miles. They also have an expandable rear rack pack to carry your stuff, and a water bottle that's yours to keep.
- Full van support to carry luggage - and tired cyclists, too!

- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique routes, marked with our signature chalk dust arrows that ensure you won't get lost. They also give you the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and arrows that will lead you to hidden wonders on your bicycle ride.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel
- Helmets - we ask that you bring your own to ensure the best fit
- Meals not listed in the itinerary
- Tour Leader gratuity

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our "Re-Cycle Program." Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!

 LEVEL RATINGS

Our itinerary descriptions provide daily mileage to help you determine if a bicycle tour is suited to your physical capabilities and interest. You'll also find a note about the trip's terrain on the "Tour Facts" page of each tour. The purpose of this page is to offer a general explanation of our rating categories.

BIKE TOURS 101

Perfect for people looking for mostly flat terrain, or those newer to cycling. Also great for families traveling with younger children (8—14).

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 101 tours offer flat to gently rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 201

For riders who prefer a combination of flat and rolling terrain with moderate climbs on one or two days. An excellent compromise for friends who have diverse riding abilities.

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 201 tours feature mostly flat and rolling terrain with moderate climbs on one or two days where you might gain up to 2,000 feet. Some 201 tours may have some longer mileage days of up to 85 kms (50 miles) over fairly flat terrain. While others may have days of 30 - 45 kms (18—25 miles) with steeper climbs. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 301

For riders who enjoy some climbing every day. These tours are best suited to intermediate level recreational riders. Fit beginners will likely do well but may want to shuttle on days with steeper climbs.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** For 301 tours expect cumulative daily climbs of 1,500—2,000 feet and several days of climbing in excess of 3,000 feet. You might encounter some longer mileage 80—90 km (50-60 miles) days with rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 401

For cyclists who love to climb (and descend)! If you haven't trained or are an inexperienced rider you will find these trips very challenging and will very likely need to shuttle regularly.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 401 tours are challenging. Expect the possibility of longer mileage days of 80 - 120 kms (50 to 70 miles) with rolling terrain, or some sustained hills for considerable distances - think mountain passes, or steeper (+5%) climbs that come with regularity and could be as long as 10 km (6+ miles). You will have gains of 1000 meters (3000 feet) on a third of the days. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 501

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended 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

It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

Need More Miles? On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the 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.

Chalk Dust Arrows. Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

WHAT TO EXPECT

BICYCLES

Your bike comes with a pack for the rear rack, lock, cyclometer (bicycle computer), a spare tube and patch kit and pump. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages and straps available. For safety and hygiene reasons you are responsible for bringing a helmet.

Daily Routine (Procedures and Logistics)

DAYSHEETS

Each day you'll receive a daysheet with information on the day's activities, meals and ride. These also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR

At breakfast each day we will make the "Master Route Map" available so you can highlight your map for the day's ride. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

VAN SUPPORT

The van carries luggage and supports cyclists. It also has water, fruit and snacks. Though the van has snacks, we encourage you to stop and enjoy markets and find your own favorite local specialty.

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture.

We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be

exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS

Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

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 for the entire tour leader team, not each Tour Leader. If you'd like to show your gratitude for your Tour Leaders' excellent service 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, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

PHOTOS

We'll be taking photos throughout the tour and we encourage you to do the same. Please note that we may use these for promotional purposes. Please inform us if you prefer images of you not be used. We realize that many of our travelers are great photographers and often people want to share photos after the trip. We'd love to see and share your photos from the tour with the world so if you don't mind the possibility of being famous (at least in the ExperiencePlus! world) send us a link to your tour photo gallery, or upload your favorite 20 - 30 pictures to your tour departure gallery - we'll send you the link to that online photo gallery in your final email!

CHECKLIST

TO DO TODAY!

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 online at www.experienceplus.com/travelinfo/tourcif
- Apply for trip cancellation/interruption insurance within 21 days of booking your tour. Find details at <http://www.experienceplus.com/assets/files/packingbicycle.pdf>
- Download the bicycle training program found on the Training Program Blog Page at www.experienceplus.com/training

3—6 MONTHS PRIOR TO DEPARTURE

- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed. As you make your plans refer to the Getting To and Away sent to you in your booking confirmation email it provides meeting times and the starting and ending hotels and shuttle information when applicable.
- Book your pre and post-tour hotel nights. Please refer to the Getting To and Away sheet you received in your Reservation Confirmation Email.
- 12 weeks before your tour begin your training program www.experienceplus.com/training.
- Final payment is due 90 days 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 WEEKS—2 WEEKS PRIOR TO DEPARTURE

- Start reading one of the books or watching one of the movies from our Suggested Reading and Movie List which you'll find on the country page linked from the www.experienceplus.com/travelinfo page.
- Plan what you are going to pack and start packing! Refer to the Packing List on our website at www.experienceplus.com/assets/files/packingbicycle.pdf.
- We'll email your Hotel Itinerary information 30 days prior to departure.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack your Getting To and Away information and one day of cycling gear in your carry-on. See you soon!