

## Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

### OVERVIEW

Selected by [National Geographic Traveler](#) magazine as one of "50 Tours of a Lifetime, this is truly an experience not to miss.



"A pilgrimage to Santiago de Compostela is the finest journey in Spain," wrote James Michener in his book *Iberia*. Join our bicycle tour across northern Spain and you too will discover the magic of the Camino de Santiago. Though we use paved roads instead of the traditional dirt path our tour follows the original guide for the Camino written by a monk in the 12th century. Along the way you'll explore Gothic cathedrals, visit medieval monasteries, pedal through one of Spain's premier wine growing regions - the Rioja - and encounter adventurous travelers from around the world. More than just a bicycle tour, this is an adventure of a lifetime.


If this sounds great but you don't have time for the full 15 days, check out our shorter [Cycling the Camino de Santiago - León to Santiago](#) tour.

### HIGHLIGHTS

Follows the route of the Codex Calixtinus , 1000 years of history in along the Camino de Santiago, Coordination to obtain your Pilgrim's Passport, Guided tour of León, Option to hike one day, Burgos

### TOUR FACTS

|                            |   |
|----------------------------|---|
| <b>Tour Style</b>          |  Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/classic-tours">https://www.experienceplus.com/tours/bike-tour-styles/classic-tours</a>  |
| <b>Includes</b>            | 15 days, 14 nights accommodation; meals as noted in itinerary; winery visit and tasting; guided walk in León; group shuttle from Pamplona to Roncesvalles; and the usual (see below).   |
| <b>Countries</b>           | Spain   |
| <b>Begin/End</b>           | Pamplona/Santiago de Compostela   |
| <b>Arrive/Depart</b>       | Madrid-Barajas Airport (MAD) to Pamplona Airport (PNA) / Santiago de Compostela Airport (SCQ) to Madrid-Barajas Airport (MAD)   |
| <b>Total Distance</b>      | 875 km (544 miles)  |
| <b>Avg. Daily Distance</b> | 73 km (45 miles) per riding day   |
| <b>Tour Level</b>          |    |
| <b>Keep in Mind</b>        | 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.<br>Though we try and arrange dinners together as early as possible in Spain this means 8:00 to 8:30 p.m. There are times when we will divert from the traditional Camino route because it is gravel, or because we've chosen a more scenic way with less traffic. |

**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/spain/cycling-camino-de-santiago-roncesvalles-santiago>

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### DATES & PRICES

| Dates                | Price       | Single Supplement* |
|----------------------|-------------|--------------------|
| ☑ May 20-Jun 3, 2022 | ☑ USD\$5575 | ☑ USD\$650         |
| ☑ Jun 10-24, 2022    | ☑ USD\$5575 | ☑ USD\$650         |
| ☑ Aug 19-Sep 2, 2022 | ☑ USD\$5575 | ☑ 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   | 75km / 647m (47mi / 2122ft)  | Hilly         | ▶▶▶▶▶     |       |
| 3   | 85km / 1346m (53mi / 4415ft) | Hilly         | ▶▶▶▶▶     |       |
| 4   | 57km / 675m (36mi / 2214ft)  | Rolling hills | ▶▶▶▶▶     |       |
| 5   | 92km / 929m (57mi / 3047ft)  | Hilly         | ▶▶▶▶▶     |       |
| 6   | 98km / 682m (61mi / 2237ft)  | Rolling hills | ▶▶▶▶▶     |       |
| 7   | 108km / 550m (67mi / 1804ft) | Gentle        | ▶▶▶▶▶     |       |
| 8   | Rest day                     |               |           |       |
| 9   | 61km / 390m (38mi / 1279ft)  | Gentle        | ▶▶▶▶▶     |       |
| 10  | 76km / 880m (47mi / 2886ft)  | Very hilly    | ▶▶▶▶▶     |       |
| 11  | 60km / 1328m (38mi / 4356ft) | Mountainous   | ▶▶▶▶▶     |       |
| 12  | 51km / 729m (32mi / 2391ft)  | Mountainous   | ▶▶▶▶▶     |       |
| 13  | 77km / 1326m (48mi / 4349ft) | Very hilly    | ▶▶▶▶▶     |       |
| 14  | 40km / 759m (25mi / 2490ft)  | Hilly         | ▶▶▶▶▶     |       |
| 15  | Last day                     |               |           |       |

## Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

### ARRIVAL INFO

**On Day 1, meet the complimentary ExperiencePlus! Shuttle at the Meeting Hotel in Pamplona (your spot is already reserved on this shuttle):**

- Meeting Time: 2:00 p.m.
- Meeting Hotel: [Hotel Albret](#)

#### 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.

The closest airport to the tour start is Pamplona (PNA). Most flights to Pamplona connect through Madrid (MAD)

- You can also take a train or bus from Madrid to Pamplona (3-4 hours)
- You can also take a train from Barcelona - 3.5 to 4 hours by train

#### Getting to the Meeting Hotel in Pamplona:

- Taxi from airport or train station (20 min/EUR 15-20)

#### Spanish Train Schedules:

Look up Spanish train schedules at [Renfe.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

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

### DEPARTURE INFO

**The tour ends on the final day after a tour of the roof of the Santiago cathedral this morning. You may also want to stick around for the Pilgrim's Mass at noon. If you would like to participate in these activities, schedule flights after 3:30 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 Santiago de Compostela Airport (SCQ).

- A train or bus to Madrid or Barcelona is at least a 9-hour trip.
- Iberia airlines provides one-way flights to numerous destinations from Santiago.

#### Flying out of SQL

- Taxi from the Ending Hotel to the airport (20 min/EUR 21)

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Look up Spanish train schedules at [Renfe.com](http://Renfe.com) or [Trainline.eu](http://Trainline.eu). Questions? See our information on taking trains in Europe [here](#) or ask us.

## Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago

### Tour begins in Pamplona - Shuttle to Roncesvalles

**Highlights** Pilgrim's Passports, introductory dinner, bike fitting

Meet mid-afternoon today in Pamplona, then we'll shuttle as a group to Roncesvalles. There, we'll fit bicycles, visit the 13th-century monastery that is the traditional starting point for the Camino, and pick up our pilgrims' passports. This evening we'll celebrate with a welcome dinner at our hotel.

### DAY 1: Fri, Aug 20th

**Distance** 10 km (6 mi)

**Meals** Dinner

**Lodging**  Hotel Roncesvalles  
Casa de Beneficiados

### Roncesvalles to Puente la Reina

**Highlights** Church of Santa María Eunate, historic Puente la Reina

Our journey begins with a downhill ride from Roncesvalles following the Iratí River. Along the way, we'll visit the 12th-century Church of Santa María Eunate. Our hotel tonight is in Puente la Reina, where all the pilgrim's routes from France become one.

### DAY 2: Sat, Aug 21st

**Distance** 75 km (47 mi)

**Gain** 647 m (2122 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel Jakue

### Puente la Reina to Laguardia

**Highlights** Scenic cycling, winery visit, wine tasting

This morning we'll head across the Rio Salado before reaching medieval Estella. From there, we'll head through farmlands and vineyards on the way to our hotel in the walled town of Laguardia. There we'll visit one of the oldest and smallest wineries in Spain, where we'll enjoy a wine tasting, before dinner together.

### DAY 3: Sun, Aug 22nd

**Distance** 85 km (53 mi)

**Gain** 1346 m (4415 ft)

**Terrain** Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hospedería de los Parajes

**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago**

**Bicycle Laguardia to Santo Domingo**

**Highlights** Cycling in Rioja Alta wine region, winery visits

A short detour today leads us to one of Spain's most important wine-producing areas, the Rioja Alta. Along the way, our route passes through the 16th-century town of Haro. Then, it's back to the Camino and on to Santo Domingo de la Calzada, where we'll spend the night.

**DAY 4: Mon, Aug 23rd**

**Distance** 57 km (36 mi)  
**Gain** 675 m (2214 ft)  
**Terrain** Rolling hills  
**Level**   
**Meals** Breakfast  
**Lodging**  Hotel Parador de Santo Domingo Bernardo de Fresneda

**Santo Domingo to Burgos**

**Highlights** Ancient Burgos, Gothic cathedral

You will enjoy a beautiful ride today as we cross the Oca Hills to the ancient city of Burgos, home of Spain's favorite son, El Cid. Our hotel is in front of the city's famous cathedral - one of the most impressive in Europe - and the tomb of El Cid.

**DAY 5: Tue, Aug 24th**



**Distance** 92 km (57 mi)  
**Gain** 929 m (3047 ft)  
**Terrain** Hilly  
**Level**   
**Meals** Breakfast  
**Lodging**  Hotel Meson del Cid

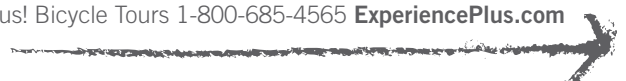
**Burgos to Carrión de los Condes**

**Highlights** Historic Church of St. Anton, overnight in refurbished monastery

This morning we head across the rolling plains of the meseta to Castrojeriz, where the Camino runs right through the ruins of the Church of St. Anton. We'll finish today's ride in Carri?n de los Condes where we'll spend the night in a refurbished monastery.

**DAY 6: Wed, Aug 25th**

**Distance** 98 km (61 mi)  
**Gain** 682 m (2237 ft)  
**Terrain** Rolling hills  
**Level**   
**Meals** Breakfast, Dinner  
**Lodging**  Hotel Monasterio San Zoilo



**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago****Sahagún to León**

**Highlights** Sahagún, Basílica de San Isidoro

Passing through one of the most famous stops on the Camino, in Sahagún, we'll pedal our way to León today. A former capital of Spain, León is famous for its cathedral and the Basílica de San Isidoro. Since we'll be spending the next two nights there, you'll have plenty of time to explore both.

**DAY 7: Thu, Aug 26th**

**Distance** 108 km (67 mi)

**Gain** 550 m (1804 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast

**Lodging**  Hotel NH Plaza Mayor

**Rest day in León**

**Highlights** Guided walking tour of León museums, shops

Sleep in this morning, as this is a rest day in León. A local historian will lead us on a guided walking tour of the city, then you're free to spend the day as you wish. Explore the local shops and museums. Catch up on your reading. Or just relax in one of the local cafés. It's your choice. Dinner together tonight, we'll meet anyone joining us on the last part of our trip.

**DAY 8: Fri, Aug 27th**

**Meals** Breakfast, Dinner

**Lodging**  Hotel NH Plaza Mayor

**León to Astorga**

**Highlights** Visit to cathedral and palace designed by Antonio Gaudí

On your way to Astorga you will cross the Puente de Orbigo, one of the oldest and longest bridges on the Camino. Astorga is home to the 15th-century cathedral and neo-Gothic palace designed by the famous Catalan architect Antonio Gaudí.

**DAY 9: Sat, Aug 28th**

**Distance** 61 km (38 mi)

**Gain** 390 m (1279 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Via de la Plata

**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago****Astorga to Cacabelos**

**Highlights** Scenic cycling through the Spanish countryside, Cruz de Ferro (don't forget to bring your pebble from home!)

Leaving Astorga today, we head toward the hills that separate the provinces of León and Galicia. As we pass through tiny hamlets and monuments untouched since early Christianity, it's easy to imagine the awe that original pilgrims making this trek must have felt. By mid-afternoon, we'll arrive at our destination in Cacabelos.

**DAY 10: Sun, Aug 29th**

**Distance** 76 km (47 mi)

**Gain** 880 m (2886 ft)

**Terrain** Very Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hotel Villa de Cacabelos

**Cacabelos to Tricastela**

**Highlights** Countryside of Galicia, historic Villafranca del Bierzo, optional hiking opportunity

We head into the green fields of Galicia today. On the way, you'll pass through the old Camino town of Villafranca del Bierzo, founded by French pilgrims as a place of absolution for those too weak to continue their pilgrimage. There is the opportunity to cut the ride short and do an optional 8km (5 miles) hike so be sure to pack sneakers or light hikers if you are interested as the trail is fairly steep.

**DAY 11: Mon, Aug 30th**

**Distance** 60 km (38 mi)

**Gain** 1328 m (4356 ft)

**Terrain** Mountainous

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Casa Pacios

**Tricastela to Portomarín**

**Highlights** Galician culture, visit Samos monastery

You will get a real taste of Galicia today - a region with a culture and musical style reminiscent of Ireland - as we pedal our way to Portomarín, where our hotel overlooks the Minho River.

**DAY 12: Tue, Aug 31st**

**Distance** 51 km (32 mi)

**Gain** 729 m (2391 ft)

**Terrain** Mountainous

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hotel Santa Marina



**Bicycle Tours in Spain: Cycling the Camino de Santiago - Roncesvalles to Santiago****Portomarín to Touro**

**Highlights** Quiet & scenic roads, stay in a country manor

One of the prettiest rides on the tour awaits you today as we meander along forgotten country roads through the beautiful Galician countryside. Rolling hills and green pastures lead us to our destination for the evening near Touro, where we'll stay in one of the traditional country houses (similar to B&Bs) that dot the landscape.

**DAY 13: Wed, Sep 1st**

**Distance** 77 km (48 mi)

**Gain** 1326 m (4349 ft)

**Terrain** Very Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hotel Pazo de Andeade

**Arrive in Santiago de Compostela**

**Highlights** Arrival in Santiago, Cathedral of St. James, farewell dinner

Today's ride is a fitting end to the Camino, as we pedal along rural roads through woodlands and pastures to Santiago. Once in town, you'll have plenty of time to look around the famous Cathedral of St. James that forms the city's heart. Tonight, we'll celebrate our journey's end with a great farewell dinner together.

**DAY 14: Thu, Sep 2nd**

**Distance** 40 km (25 mi)

**Gain** 759 m (2490 ft)

**Terrain** Hilly

**Level** >>>>>

**Meals** Breakfast, Dinner

**Lodging**  Hotel San Francisco

**Tour ends in Santiago de Compostela, Spain**

**Highlights** Pilgrim's Mass at Noon

Remember that we will offer a tour of the roof of the Santiago cathedral this morning. You will also want to stick around for the Pilgrim's Mass at noon because you may not arrive in time to take part on Day 14. If you would like to participate in these activities, schedule flights after 3:30 p.m. Buen viaje!

**DAY 15: Fri, Sep 3rd**

**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!