

Bicycle Tours in Italy: Grand Cycling Tour of Sicily

OVERVIEW

This bicycle tour of Sicily explores traditional southern Italy and the heart of ancient Magna Grecia. Beginning in Siracusa (Syracuse), a UNESCO World Heritage Site with over 3,000 years of Mediterranean history you'll discover the interior towns in the Valle di Noto. You'll visit four of them, Ragusa, Scicli, Modica and Valle di Noto. All four are listed on the UNESCO list of World Heritage Sites and each one is spectacularly beautiful. Your journey will continue to the coastal town of Trapani known for its seaport and tuna fishing. Explore the medieval village of Erice with its narrow stone alleyways, and the hilltop town of Caltabellotta. You'll also visit Marsala and sample its fortified wines, and discover some of the finest classical Greek temples still in existence at Selinunte and Agrigento. The diverse terrain offers a rewarding cycling journey through beautiful regions rich in vineyards and agriculture, and picture perfect coastal views.


If this sounds great but you don't have time for the full 14 days, check out either the 8-day [Bicycle the Baroque Towns of Southeastern Sicily](#), or the 7-day [Cycling Southwestern Sicily's Ancient Mediterranean Cities](#) tours.

HIGHLIGHTS

UNESCO World Heritage Sites in the valle di Noto, Syracuse, Rural countryside accommodations with pools, Olive oil tasting, Beaches and swimming opportunities, Agrigento, Lunch at Caltabellotta, Guided walk of Selinunte, Castelvetrano, Marsala wines, Erice, Trapani, Archaeological site of Cava d'Ispica.

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; cheese tasting; olive press visit and tasting; herbal farm; guided walk of Valle dei Templi and Selinunte; Marsala wine tasting; and the usual (see below).
Countries	Italy
Begin/End	Siracusa (Syracuse in English) / Trapani
Arrive/Depart	Catania Airport (CTA) / Palermo Falcone Borsellino Airport (PMO) or Vincenzo Florio Airport Trapani-Birgi (TPS)
Total Distance	709km (438 miles)
Avg. Daily Distance	64km (40 miles) per riding day
Tour Level	

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/italy/cycling-tour-sicily>

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DATES & PRICES

Dates	Price	Single Supplement*
☑ May 7-20, 2022	☑ USD\$5995	☑ USD\$650
☑ Sep 17-30, 2022	☑ USD\$5995	☑ USD\$650
☑ Oct 1-14, 2022	☑ USD\$5995	☑ 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	55km / 396m (34mi / 1299ft)	Gentle	▶▶▶▶▶	
3	61km / 457m (38mi / 1499ft)	Gentle	▶▶▶▶▶	
4	45km / 827m (28mi / 2713ft)	Very hilly	▶▶▶▶▶	
5	60km / 1002m (38mi / 3287ft)	Hilly	▶▶▶▶▶	
6	72km / 746m (45mi / 2447ft)	Rolling hills	▶▶▶▶▶	
7	60km / 932m (38mi / 3057ft)	Hilly	▶▶▶▶▶	Today's ride is an optional loop ride
8	Transfer day			
9	72km / 1016m (45mi / 3332ft)	Hilly	▶▶▶▶▶	
10	63km / 986m (39mi / 3234ft)	Very hilly	▶▶▶▶▶	
11	60km / 630m (38mi / 2066ft)	Rolling hills	▶▶▶▶▶	Today's ride is an optional loop ride
12	75km / 415m (47mi / 1361ft)	Rolling hills	▶▶▶▶▶	
13	79km / 1123m (49mi / 3683ft)	Mountainous	▶▶▶▶▶	Shorter optional ride available
14	Last day			

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ARRIVAL INFO

Meeting time 2 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 Catania Airport (CTA).

1. Interbus from Catania Airport to Siracusa Corso Umberto 196 Terminal Bus (the last stop) (1 hour 15 min/EUR 6.20)
 2. Taxi from the bus stop to the Day 1 hotel. If there is no taxi at the bus stop, **walk** to the central station square where you will find plenty of taxis (10 min/EUR 12-15)
- Or hotel transfer from the Catania Airport to the Day 1 Hotel (1 hour/fare varies by number of passengers and time of day)

Note: Sicily is not an entirely train-friendly region and on some routes train travel can take several hours with various changes. We recommend using the efficient bus network instead.

DEPARTURE INFO

Your trip ends on the final day after breakfast.

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

Flying out of the Trapani Airport (TPS):

- Taxi from the ending hotel to the Trapani Airport (30 min/EUR 30)
- Or AST Bus from Trapani Porto (Tour Leaders or hotel staff can assist) (40 min/EUR 5)

If you choose to fly out of Palermo (PMO):

- Taxi from the ending hotel to the Palermo Airport (1 hour/EUR 110 for 1 to max. 4 persons)
- Or [Segesta Autolinee Bus](#) from Trapani Porto to Palermo Airport (Tour Leaders or hotel staff can assist) (1 hour 10 min/EUR 9)

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Meet in Siracusa (Syracuse)

Highlights Ancient Siracusa, one of the oldest Greek settlements in Magna Grecia

Arrive today in Siracusa or "Syracuse" in English. The Greek "Syrakousai" was one of the first Greek colonies in the western Mediterranean, founded in 734 BC by colonists from Corinth. By the mid-5th century BC it rivaled Athens for supremacy with a population of a quarter of a million people. Home to Archimedes (of Archimedes Principle fame) Siracusa has a wealth of ancient Greek ruins and the largest Greek theater from the 5th Century BC. Our hotel is in the center of ancient Ortigia. Enjoy a test ride around the ramparts before our special welcome dinner tonight. The May 9 departure will be both at Henry's House and Italiana Resort Maniace /Luxury Apartments Palazzo Blanco, managed by Henry's House and check-in at Henry's House. All other departures will be at Henry's House.

DAY 1: Sat, May 7th

Meals Dinner

Lodging  Henry's House
 Italiana Resort Maniace
 Luxury Apartments
 Palazzo Blanco

Siracusa to Noto

Highlights UNESCO town of Noto, country resort near the world famous Vendicari nature reserve

Your first ride in Sicily has you pedaling through small beach and fishing towns, passing an abandoned "tonara" or tuna canning factory which was one of the biggest economic drivers of the island in the late 18th and 19th centuries. The route takes us inland to the imposing town of Noto, one of the many towns in this region rebuilt (in a new location) in the grand baroque style after the earthquake of 1693. The striking white town is perched above the valley and makes for an impressive destination as you pedal towards it. Enjoy a walk in Noto before heading to our destination tonight, a splendid old farmhouse renovated into lodging with a swimming pool and particularly lovely grounds.

DAY 2: Sun, May 8th

Distance 55 km (34 mi)

Gain 396 m (1299 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel Corte del Sole

Noto Loop to Marzamemi and Capo Passero

Highlights Fishing port of Marzamemi, coastal scenery and beaches, wine tasting

Take your swimming suit along today as there are plenty of opportunities to find an isolated beach to take a refreshing dip. You'll pass through the fishing village of Marzamemi, a village built up around the ancient tonara. The red tuna from this area are still prized in Japan for sushi. While the tonara here is no longer working, the quaint fishing village has maintained its charm with quaint buildings, restaurants, cafés and stores. From here you can opt to continue your ride along a quiet coastal road to Capo Passero, which is the furthest southeastern point in Sicily. This evening we'll enjoy a wine tasting before dinner together.

DAY 3: Mon, May 9th

Distance 61 km (38 mi)

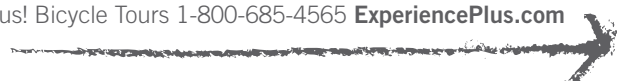
Gain 457 m (1499 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel Corte del Sole



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Spectacular climb to the high plains of the interior

Highlights Cavagrande del Cassibile, lunch together with pool and sea view, lovely farm hotel amid almond and olive groves

Your ride today takes you to the interior of the island through olive and almond groves. An impressive climb of approximately 400 meters (1,300 feet) up a narrow canyon that delivers stunning views into the deep canyon and far out to the sea as you summit on the plateau. Reward yourself with a pool side lunch (and perhaps a dip in the pool!) before continuing along the plateau to reach our quiet country lodge immersed in the hills and close to the expansive ruins of the old city of Noto destroyed in the earthquake of 1693. A brief stroll through Noto Antica's ruins allows you to travel back in time and imagine the large city that once dominated the area. All that remains today is scattered stones, crumbling buildings and tower ruins.

Ride from Noto Antica to Ragusa

Highlights Country roads, the new and old cities of Ragusa

You are primarily on country roads today as you pedal west to Ragusa. Stop and visit an olive oil press to learn about the local olives, the local farmers, and the business of making olive oil. From there you'll continue to Ragusa which, like Noto, was rebuilt in the 17th century after the massive earthquake. Uniquely though, Ragusa was not moved to a new site. The result is a new baroque town on a ridge top next to the ancient town clinging to a narrow ridge and the valley below.

Bicycle from Ragusa to Scicli

Highlights Lands once occupied by Greeks, Romans, Arabs, Normans and Italians; water mill; archaeological site of Cava d'Ispica; picnic

The timeless landscape of southeast Sicily comes to life today as you pedal ridges and hills toward the famous archaeological sites of Cava d'Ispica, a narrow gorge filled with grottoes which were used since Neolithic times for lodging. Enjoy a picnic lunch near a unique water mill built in a cave before continuing on to the delightful town of Scicli. Scicli is the set for the TV film series Inspector Montalbano, based on the fictional town of Vigáta. Tourism to the area has boomed thanks to this popular TV series although a walk through town will highlight much more than a mere TV set!

DAY 4: Tue, May 10th

Distance 45 km (28 mi)

Gain 827 m (2713 ft)

Terrain Very Hilly

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Borgo Alveria
 Masseria degli Ulivi

DAY 5: Wed, May 11th

Distance 60 km (38 mi)

Gain 1002 m (3287 ft)

Terrain Hilly

Level 

Meals Breakfast

Lodging  San Giorgio Palace Hotel

DAY 6: Thu, May 12th

Distance 72 km (45 mi)

Gain 746 m (2447 ft)

Terrain Rolling hills

Level 

Meals Breakfast

Lodging  Hotel Novecento



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Loop Rides from Scicli to Modica and/or Donnalucata

Highlights Famous chocolate town of Modica and to the seaside town of Donnalucata

We'll mark two loop rides today to nearby Modica and to the seaside at Donnalucata. Donnalucata is the site of a decisive battle in 1091 between the Normans and the moors. It was also central to the allied invasion of Sicily in July 1943. It also offers a chance for a little beach time for those so inclined. Modica is another town rebuilt after the earthquake of 1693 but, as it sits astride the Modica River, it also suffered from devastating floods at the beginning of the 19th century. Modica is also famous for retaining the original Aztec recipe for chocolate imported by the Spaniards in the 16th century. We'll enjoy a special visit and tasting at the Bonajuto chocolate shop which touts six generations of artisan confectioners.

DAY 7: Fri, May 13th

Distance 60 km (38 mi)

Gain 932 m (3057 ft)

Terrain Hilly

Level >>>>>

Meals Breakfast, Dinner

Lodging  [Hotel Novecento](#)

Shuttle to Agrigento

Highlights Agrigento, guided visit Valle dei Templi

Agrigento features one of the finest collections of ancient Greek temples anywhere in the Mediterranean basin. Our hotel is not far from the ruins and we'll take a guided visit at the Valle dei Templi as the setting sun turns the limestone columns a golden color. We will have dinner together this evening.

DAY 8: Sat, May 14th

Meals Breakfast, Dinner

Lodging  [Colleverde Park Hotel](#)

Agrigento to Sciacca

Highlights Sciacca

Your ride today offers a lovely combination of terrain as you head inland through wheat fields, and vineyards towards the village of Cattolica Eraclea. When the sweet scent of oranges envelopes you, you will know that you are approaching the town of Ribera famed for - you guessed it - orange (and olive) groves! The landscape changes again as you enter a magical area filled with whimsical geologic formations just before you enter Ribera. Our destination today is Sciacca.

DAY 9: Sun, May 15th

Distance 72 km (45 mi)

Gain 1016 m (3332 ft)

Terrain Hilly

Level >>>>>

Meals Breakfast

Lodging  [Locanda al Moro](#)

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Sciacca to Menfi

Highlights Extraordinary lunch at Caltabellotta, swimming pool

Today you'll enjoy a gorgeous and challenging ride (or shuttle in the van) to Caltabellotta where you'll feast on a lunch of Sicilian specialties. This hilltop village is nestled on a limestone perch three thousand feet above Sciacca. After lunch the rest of the ride is a feast for the senses as you spin through aromatic citrus and olive groves on your way to our elegant lodge tonight. Enjoy a refreshing dip in the swimming pool, and the spectacular views.

DAY 10: Mon, May 16th

Distance 63 km (39 mi)

Gain 986 m (3234 ft)

Terrain Very Hilly

Level >>>>>

Meals Breakfast, Lunch, Dinner

Lodging 🏠 Il Vigneto

Loop ride to Selinunte and the sea

Highlights Selinunte, optional ride to the beach

Enjoy a ride to Selinunte where we'll have a guided walk through some of the most spectacular ruins in Sicily. The Greek ruins are divided between two ridges, one features temples and the other the remnants of the ancient city. Take an optional ride to the beach at Porto Palo if you'd like a little extra mileage and the chance for a swim. Tonight we'll enjoy a special dinner in a local winery, wine tasting and visit.

DAY 11: Tue, May 17th

Distance 60 km (38 mi)

Gain 630 m (2066 ft)

Terrain Rolling hills

Level >>>>>

Meals Breakfast, Dinner

Lodging 🏠 Il Vigneto

Menfi to Marsala

Highlights Castelvetrano, vineyard landscapes, Marsala and its wines

A beautiful ride is on tap for today. Fall in love with typical Sicilian landscapes that feature rolling hills covered in vineyards. This spectacular ride leads you to Castelvetrano and stop to admire its beautiful square. Next up is Mazara del Vallo where you'll have the chance to explore examples of Muslim architecture and enjoy fresh fish from one of the largest fishing ports in Italy before riding back along the shore to Marsala. This afternoon we'll sample the famous, fortified Marsala wines.

DAY 12: Wed, May 18th

Distance 75 km (47 mi)

Gain 415 m (1361 ft)

Terrain Rolling hills

Level >>>>>

Meals Breakfast

Lodging 🏠 Hotel Carmine

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Marsala to Trapani

Highlights Bike to Erice and Trapani

You ride west today, partially along the coast and then up to the hilltop village of Erice. Erice was a Greek town and important medieval fortress that maintains its original ambiance. The end of the bike ride takes you to the coastal town of Trapani for a celebratory dinner together.

DAY 13: Thu, May 19th

Distance 79 km (49 mi)

Gain 1123 m (3683 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast, Dinner

Lodging 🏠 La Gancia

Cycling tour ends today in Trapani

Highlights Trapani

There is plenty of history in Trapani as its strategic position on a slip of land saw Carthaginians, Normans, Arabs, Spanish, and Bourbons walk its streets before the unified Republic of Italy was formed in 1861. If you spend a few days here we recommend a boat excursion and head off to the nearby island of Favignana. Join us again sometime soon!

DAY 14: Fri, May 20th

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!