

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, 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; olive press visit and tasting; guided walk of Valle dei Templi and Selinunte; wine tasting; 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*
☞ Sep 17-30, 2022	☞ USD\$5995	☞ USD\$650
☞ Oct 1-14, 2022	☞ USD\$5995	☞ USD\$650
☞ May 6-19, 2023	☞ USD\$5995	☞ USD\$650
☞ Sep 16-29, 2023	☞ USD\$5995	☞ USD\$650
☞ Sep 30-Oct 13, 2023	☞ 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.

DAY 1: Sat, Sep 30th

Meals Dinner

Lodging  Henry's House

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, Oct 1st

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, Oct 2nd

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, Oct 3rd

Distance 45 km (28 mi)

Gain 827 m (2713 ft)

Terrain Very Hilly

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Borgo Alveria

DAY 5: Wed, Oct 4th

Distance 60 km (38 mi)

Gain 1002 m (3287 ft)

Terrain Hilly

Level 

Meals Breakfast

Lodging  San Giorgio Palace Hotel

DAY 6: Thu, Oct 5th

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, Oct 6th

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, Oct 7th

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, Oct 8th

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, Oct 9th

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, Oct 10th

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, Oct 11th

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. Hotel San Michele for Sept. 17, 2022 departures (Grand Cycling Tour of Sicily and Baroque Towns of Southeastern Sicily) and Sept. 24, 2022 departure (Southwestern Sicily's Ancient Mediterranean Cities).

DAY 13: Thu, Oct 12th

Distance 79 km (49 mi)**Gain** 1123 m (3683 ft)**Terrain** Mountainous**Level** >>>>>**Meals** Breakfast, Dinner**Lodging**  La Gancia
 Hotel San Michele

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, Oct 13th

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!