

Bicycle Tours in Italy: Cycling Puglia's White Villages Plus! the Salento

OVERVIEW

Beautifully situated on the Adriatic Coast between the spur and heel of Italy's "boot" lies Puglia. Nestled against the brilliant blue of the Mediterranean ancient Greek and Italian cultures mingle among hillside vineyards, olive groves, and whitewashed villages. Join us as we begin our bicycling journey in Matera, a world renowned UNESCO World Heritage Site, where dwellings carved into limestone caves create an enchanted and ancient stone city. We'll pedal east toward Alberobello, another UNESCO World Heritage Site, through a landscape filled with unique conical shaped dwellings known as trulli. Continue to the striking "Città Bianca" or "White City" of Ostuni before heading south to Grottaglie, famed for its ceramics, and the important coastal towns of Gallipoli and Otranto where you'll revel in impromptu stops at some of the beautiful beaches that attract visitors from all over Italy. Our final stop brings us back inland to Lecce, the baroque Florence of Southern Italy where palatial streets welcome us. Along the way you'll enjoy meals prepared with Italian, Greek, and Middle Eastern influences and discover the warmth and hospitality of Southern Italy's friendliest people.


If this sounds great but you prefer a shorter ride check out the 7-day [Cycling Puglia's White Villages](#).

HIGHLIGHTS

UNESCO World Heritage Sites - Sassi of Matera and trulli of Alberobello, White city of Ostuni, Cheese tasting, Locorotondo, Ancient olive mill visit, Via Traiana, Otranto, Lecce - the baroque Florence of Southern Italy, The tip of the heel of Italy's boot, Grottaglie and its ceramics

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	11 days, 10 nights' accommodation; meals as noted in itinerary; guided visit of Matera; guided visit of Alberobello; 1 cheese tasting; and olive mill visit; and the usual (see below).
Countries	Italy
Begin/End	Matera / Lecce
Arrive/Depart	Bari (BRI), Naples (NAP) or Brindisi Airport (BDS)
Total Distance	422 km (260 miles)
Avg. Daily Distance	47 km (29 miles) per riding day
Tour Level	 Pavement may be rough or uneven in places.
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. There is a van shuttle on Day 3 and 7.

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/puglia-white-villages-salento>

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DATES & PRICES

Dates	Price	Single Supplement*
Apr 23-May 3, 2023	USD\$5500	USD\$650
May 7-17, 2023	USD\$5500	USD\$650
Sep 10-20, 2023	USD\$5500	USD\$650
Sep 24-Oct 4, 2023	USD\$5500	USD\$650
Oct 1-11, 2023	USD\$5500	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	41km / 315m (26mi / 1033ft)	Hilly	▶▶▶▶▶	
3	47km / 370m (29mi / 1214ft)	Gentle	▶▶▶▶▶	
4	45km / 435m (28mi / 1427ft)	Rolling hills	▶▶▶▶▶	
5	38km / 382m (24mi / 1253ft)	Hilly	▶▶▶▶▶	
6	42km / 361m (26mi / 1184ft)	Rolling hills	▶▶▶▶▶	Today's ride is an optional loop ride
7	38km / 374m (24mi / 1227ft)	Rolling hills	▶▶▶▶▶	
8	61km / 450m (38mi / 1476ft)	Gentle	▶▶▶▶▶	
9	56km / 582m (35mi / 1909ft)	Rolling hills	▶▶▶▶▶	
10	54km / 312m (34mi / 1023ft)	Gentle	▶▶▶▶▶	
11	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 suggest flying into the Bari's Karol Wojtyla Airport, also called Bari Palese (BRI).

1. Bus from Bari airport to Matera ([view PugliAirbus schedules here](#)). The result list will show "Bari Aeroporto" as the departure station and "Matera Piazzale Matteotti" as the arrival station (1 hour 15 min/EUR 3-6)
 2. *Taxi from Matera Bus Station to Day 1 Hotel (10 min/EUR 10-15).
- or private transfer from the Bari airport to the Day 1 Hotel - [contact us](#) (1 hour 15 min/EUR 70-100)

***Note:** There is a taxi operator on the square where the bus drops off but the office might not be attended on weekends. If you have a reliable arrival time, we will gladly have the hotel send you a taxi to pick you up.

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 Brindisi-Salento Airport (BDS):

- Taxi from the ending hotel to the Brindisi Airport (40 min/EUR 90); hotel can help arrange this.

Or public transportation

1. Taxi to the bus terminal (10 min/EUR 10)
2. Airport Bus to the Brindisi-Salento Airport (45 min/EUR 7.50)

Flying out of the Bari Airport (BRI):

- Taxi from the ending hotel to the Bari Airport (2 hours/EUR 160/2 persons); hotel can help arrange this.



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Welcome to Matera

Highlights Welcome drink, bike fitting, dinner in the “Sassi” of Matera

Arrive in Matera, unique in all of Italy for the cave dwellings that ring the central city. Inhabited by refugee clerics and monks from Greece and the Balkans during the 8th and 9th centuries, the cave churches and domestic dwellings carved into the town's calcarenite or semi-sandstone cliffs at one time housed as many as 25,000 people. Today, the churches and caves are preserved as a World Heritage Site as being the “most outstanding, intact example of a cave-dwelling settlement in the Mediterranean.” Settle into our hotel and enjoy our welcome dinner after fitting bikes.

DAY 1: Sun, Sep 10th



Level 
Meals Dinner
Lodging  Hotel San Domenico

Matera

Highlights Guided walk of the Matera's “sassi”, Appian Way

We'll start the morning with a loop ride exploring Matera's surroundings. Sights along the way include the fortified Massaria Jesce, which was an ancient Roman “post office” on the Appian Way - one of the most important Roman Roads. We'll also visit the cave crypt of San Michele Arcangelo with frescoes dating to the 14th century. This afternoon features a guided walk exploring Matera's history including a typical sassi, a cave dwelling house. Fodor's has described the sassi as “one of the most unique landscapes in Europe,” on this tour we'll gain a better understanding for the living conditions of what is believed to be one of the first human settlements in Italy.

DAY 2: Mon, Sep 11th



Distance 41 km (26 mi)
Gain 315 m (1033 ft)
Terrain Hilly
Level 
Meals Breakfast
Lodging  Hotel San Domenico

Locorotondo

Highlights Trulli, vineyards, Locorotondo

Enjoy this ride through olive groves and vineyards on the way to the “Valle d'Itria” which is the heart of Puglia's trulli region. Trulli are conical shaped dwellings unique to this part of Italy. Originally used as storage sheds for farmers, they quickly became popular as temporary shelters. Our destination is the small but vibrant town of Locorotondo which we'll call home for the next two nights. This afternoon get lost in the whitewashed maze of lanes and historic buildings towering over them.

DAY 3: Tue, Sep 12th

Distance 47 km (29 mi)
Gain 370 m (1214 ft)
Terrain Gentle
Level 
Meals Breakfast, Lunch
Lodging  Hotel Leonardo Trulli Resort


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Loop ride to Alberobello

Highlights Guided tour of Alberobello and trulli, cheese tasting

We'll pedal to the iconic "trulli" town of Alberobello where we'll have a guided tour to learn more about these conical shaped buildings and the people who built them. Take time to explore this unique town and have lunch on your own before getting back on the bike and heading back to Locorotondo. Before dinner together, we'll learn more about and sample the fresh mozzarella, burrata and stracciatella for which Puglia is renowned.

DAY 4: Wed, Sep 13th

Distance 45 km (28 mi)
Gain 435 m (1427 ft)
Terrain Rolling hills
Level 
Meals Breakfast, Dinner
Lodging  Hotel Leonardo Trulli Resort

Bicycle to Ostuni

Highlights Ostuni - La città bianca

Our ride today will take you first through vineyards and olive groves to the whitewashed town of Ostuni. Our hotel is located in the center of this amazing village which spans three hilltops and is crowned by a Gothic cathedral. Destroyed by Hannibal during the Punic Wars in 1st and 2nd Centuries BC, Ostuni was rebuilt by the Greeks and takes its name from them as "Astu néon or "new town". Rebuilt by the Normans in the 10th Century, Ostuni then flourished during the Italian Renaissance under Duchess Isabella of Bari. This is an imposing and beautiful city from afar and within.

DAY 5: Thu, Sep 14th

Distance 38 km (24 mi)
Gain 382 m (1253 ft)
Terrain Hilly
Level 
Meals Breakfast, Dinner
Lodging  Ostuni Palace

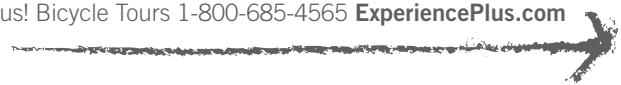
Loop ride through the Valle d'Itria

Highlights Ancient olive mill, the beach, Carovigno

We'll take a loop ride from our hotel today through the Valle d'Itria. The first stop will be to visit an underground olive press dating to pre-Roman times and used until the 19th C. Our ride continues on the Via Appia Traiana just before reaching the Adriatic Coast. Built by order of the Roman Emperor Traiano in the 2nd century A.D., the Via Traiana connected Rome to Brindisi, one of the most important ports for commerce with the Middle East. We'll parallel the coast today with a possible dip at a local beach before continuing to the medieval town of Carovigno and back to our hotel.

DAY 6: Fri, Sep 15th

Distance 42 km (26 mi)
Gain 361 m (1184 ft)
Terrain Rolling hills
Level 
Meals Breakfast, Dinner
Lodging  Ostuni Palace





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Gallipoli

Highlights Ceramics of Grottaglie, Ionian Coast, ancient Gallipoli

It's a relaxing and pleasant ride this morning to Grottaglie, Puglia's most famous pottery town. Be sure to visit one of the many local studios and learn about their painting and firing techniques. The abundant clay in this area, has long been an economic driver for the town. During the 18th century, there were over 42 ceramic related companies in Grottaglie which employed more than 5,000 people. Once your pottery curiosity has been satisfied, we'll have lunch together in a typical Masseria before shuttling to the coastal town of Gallipoli. Our hotel is located near the heart of old Gallipoli, a small island connected to the mainland by a bridge.

DAY 7: Sat, Sep 16th

Distance 38 km (24 mi)
Gain 374 m (1227 ft)
Terrain Rolling hills
Level 
Meals Breakfast, Lunch
Lodging  Hotel Palazzo del Corso

Santa Maria di Leuca

Highlights Scenic beaches, coastal towers

We'll leave the small island city of Gallipoli to pedal along the Gulf of Taranto, the largest gulf in the Ionian Sea. Our ride today explores the Salento, home to a wide variety of beautiful beaches including the "Salento Maldives" which resembles the tropical islands so much they've been named after them. We encourage you to stop and take a swim along the way! Our lodging tonight is in Santa Maria di Leuca, the town at the very bottom of the "heel" of Italy.

DAY 8: Sun, Sep 17th



Distance 61 km (38 mi)
Gain 450 m (1476 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  Hotel L'Approdo

Otranto

Highlights Riding along the Adriatic Coast, and between ancient fortresses and guard towers, Otranto

Upon leaving the small town of Leuca, you can continue south to land's end and the sanctuary Santa Maria di Leuca, or start your journey north. Our route to Otranto is along the jagged coast, dotted with karstic caves and ancient defense towers or castles. Arrive in Otranto, historically one of the most important trading cities in Puglia. Enjoy the seafront promenade and the city perched on the waterfront.

DAY 9: Mon, Sep 18th

Distance 56 km (35 mi)
Gain 582 m (1909 ft)
Terrain Rolling hills
Level 
Meals Breakfast
Lodging  Hotel Otranto Corte Di Nettuno

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Highlights Lecce, nature reserve

Continue pedaling north along the coast in between defense towers and scenic cliffs. Our route also includes a car-free section through a nature reserve before turning inland to reach our final destination, arguably Puglia's most beautiful city - Lecce. Also known as the baroque Florence of Southern Italy, Lecce's pink sandstone buildings and pedestrian city center make for an inviting afternoon of exploration. This evening, we'll celebrate the end of our journey with a farewell dinner.

DAY 10: Tue, Sep 19th

Distance 54 km (34 mi)

Gain 312 m (1023 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Suite Hotel Santa Chiara Lecce

Lecce

Highlights Buon viaggio!

We'll say good-bye after breakfast today. Spend an extra day exploring Lecce, or just enjoy some R&R back on the coast. Whatever you decide, thanks for cycling Puglia with us.

DAY 11: Wed, Sep 20th

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!