

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!

OVERVIEW

From Venice's 117 islands and 409 bridges at the head of the Adriatic Sea, we'll wind eastward along the coast toward the heart of Ancient Greece. En route, we'll explore:

- ...Wetlands and fisheries at the foot of the Alps
- ...The oft disputed border city of Trieste, and its unique blend of Latin, Slavic and Germanic cultures
- ...A sliver of Slovenia and the limestone islands of North Croatia and the Dalmatian coast
- ...Split, Croatia's cosmopolitan coastal city, which was at one time a Greek colony, a Roman capital, a Byzantine outpost, a Republic of Venice, a Hungarian protectorate, and an autonomous city
- ...The fortified sea commerce hub of Dubrovnik Montenegro, Albania and Macedonia
- ...Lake Ohrid, a UNESCO World Heritage site and World Network Biosphere Reserve
- ...Relics of the Roman, Byzantine and Ottoman Empires
- ...Greece's rural farms, crisp mountain ranges and other settings of mythical proportions

HIGHLIGHTS

- Venice
- Challenging cycling
- Trieste
- Islands of Dalmatia
- Split
- Dubrovnik
- Montenegro
- Albania
- Macedonia
- Peloponnese Peninsula

TOUR FACTS

Tour Style	■ Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	29 days, 28 nights accommodation with breakfast; use of a quality 30-spd Titanium road or hybrid bike; 3 to 4 tour leaders (depending upon group size); most dinners; several lunches.
Countries	Italy, Greece
Begin/End	Venice, Italy / Kalamata, Greece
Arrive/Depart	Venice / Kalamata or Athens
Total Distance	2305 km (1423 miles)
Avg. Daily Distance	Average per riding day 88 -90km (54 -55 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 will email you directly. However, you should always be considered expected to the ExpeditionPlus! tour with the stay of both the physical and digital trip. By participating in our trip, you agree to the daily protocols on an ExpeditionPlus! ride.

Keep in Mind We require that all participants complete the Expedition Acknowledgement form which emphasizes the daily protocols on an ExpeditionPlus! ride.

<https://www.experienceplus.com/bike-tours/italy/biking-venice-greece>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	0km / 0m (0mi / 0ft)			
2	0km / 0m (0mi / 0ft)			
3	0km / 0m (0mi / 0ft)			
4	0km / 0m (0mi / 0ft)			
5	0km / 0m (0mi / 0ft)			
6	0km / 0m (0mi / 0ft)			
7	0km / 0m (0mi / 0ft)			
8	0km / 0m (0mi / 0ft)			
9	0km / 0m (0mi / 0ft)			
10	0km / 0m (0mi / 0ft)			
11	0km / 0m (0mi / 0ft)			
12	0km / 0m (0mi / 0ft)			
13	0km / 0m (0mi / 0ft)			
14	0km / 0m (0mi / 0ft)			
15	0km / 0m (0mi / 0ft)			
16	0km / 0m (0mi / 0ft)			
17	0km / 0m (0mi / 0ft)			
18	0km / 0m (0mi / 0ft)			
19	0km / 0m (0mi / 0ft)			
20	0km / 0m (0mi / 0ft)			
21	0km / 0m (0mi / 0ft)			
22	0km / 0m (0mi / 0ft)			
23	0km / 0m (0mi / 0ft)			
24	0km / 0m (0mi / 0ft)			
25	0km / 0m (0mi / 0ft)			
26	0km / 0m (0mi / 0ft)			
27	0km / 0m (0mi / 0ft)			
28	0km / 0m (0mi / 0ft)			

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Just outside of Venice, Italy****DAY 1****Highlights** Lido di Jesolo**Meals** Dinner

Your Expedition begins just outside of Venice. We'll meet this afternoon for introductions and a brief safety talk, you'll get your bike fitted and be able to go out for a short warm-up ride. Tonight we'll celebrate the start of our journey with a special dinner together. If you decide to come a day or two early to explore Venice be sure to book your hotel as soon as possible -- the Venice Film Festival will be in town and hotels will fill-up quickly. Distance: Test ride, your choice up to 27 km (17 miles).

Lido di Jesolo to Grado**DAY 2****Highlights** The wetlands of the Northern Adriatic, Caorle**Meals** Breakfast

You'll begin your journey from the Lido di Jesolo, north of the Lido of Venice. The ride takes you through wetlands and small lagunal and fishing villages like Caorle. Though the ride is through the wetlands of the north Adriatic it is anything but straight as you cross a number of important rivers flowing out of the Alps including the Piave, Livenza and Tagliamento. We spend the night in Grado, once mainly a fishing center, today it is a popular tourist destination, known commonly as L'Isola del Sole ("The Sunny Island"). Distance: 102 km (64 miles).

Grado to Trieste**DAY 3****Highlights** Wine villages of Friuli and the historic town of Trieste

Our route is fairly short today so you will have time to explore the historic town of Trieste. Trieste, like many border cities, bounced between Italy and Austria from 1719 until after World War II when Yugoslavia made claim to it. It has been under Italian control since 1954 and is now the capital of the Friuli-Venezia-Giulia region. Distance: 71 km (44 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Trieste to Selce, Croatia****DAY 4**

Highlights A sliver of Slovenia, the region of Istria with its limestone coast

Our destination today takes us along the northern boundaries of Istria, like Trieste, a disputed border dominated by the Venetians, the Austrians, Marshall Tito's Yugoslavia and is now a part of Croatia. Tonight you'll be in the coastal village of Selce, where you can enjoy your first swim in the Adriatic, or relax at the hotel spa. Distance: 126 km (79 miles).

Selce to the island of Pag in Croatia**DAY 5**

Highlights Limestone islands of the North Croatia Coast

You'll spin along the coastline of the historic Roman "Dalmatia," before taking a ferry to the island of Pag. This area is known for its "Bura" winds which have created a unique vegetation and trees with remarkable shapes. This rocky limestone island is home to a surprising number of sheep who thrive because of their ability to find aromatic herbs, thin grass and sage tucked between the rocks. The result of this special diet is a unique and delicious sheep's cheese which you must try! Distance: 126 km (78 miles).

Pedaling the islands of Pag to Zadar**DAY 6**

Highlights Island of Pag and historical town of Zadar

Today you will discover Pag, before start riding on the mainland. A highlight of the day will be Zadar which was an ancient commercial capital of Dalmatia that competed with and was eventually taken over by Venice. Distance: 53 km (33 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Bicycle Zadar to Primosten****DAY 7****Highlights** The coast and interior of Dalmatia

Today you'll pedal south and east , partly along the coast and partly into the interior to Primosten, a lovely coastal village famous for its wines. Distance: 124 km (77 miles).

Bicycle Primosten to Split**DAY 8****Highlights** The Ancient City of Split

Split was one of the principal cities of Roman Dalmatia and site of the Roman emperor, Diocletian's magnificent palace in the 4th century AD. Over the centuries Split was Roman, Byzantine, an independent rival of Venice and eventually a Venetian subject. The ride today is purposely short today so you can enjoy this wonderful city. Distance: 70 km (43 miles).

Bicycle and Ferry from Split to Korçula**DAY 9****Highlights** Islands of Dalmatia

The ferry this morning takes you to Vela Luka on the island of Korçula. Take your time to explore this fascinating island once famous for its fine wines. The wine industry was devastated by the phylloxera root disease resulting in massive migration of Korçula residents to Australia during between World Wars I and II. Take time to explore this stunning island. Distance: 55 km (34 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Bicycle to Ston and on to Dubrovnik****DAY 10****Highlights** Fishing village of Ston and Magnificent Dubrovnik

The ride today takes you the length of the spectacular Peljesac peninsula to the small fishing villages of Ston and Mali Ston, famous in the past for their production of salt. Stop for lunch before heading on to Dubrovnik. Distance: 121 km (74 miles).

Rest day in Dubrovnik**DAY 11****Highlights** The City of Dubrovnik

If you prefer to avoid the hordes of tourist that descend from cruise ships take an early morning walk, and a late afternoon aperitif and dinner once the tourists have left. Otherwise jump in the mix and enjoy excellent opportunities to people watch. This fortified city once rivaled Venice for control of commerce throughout the Adriatic Sea. Distance: Relax! It is a rest day.

Dubrovnik to Kotor, Montenegro**DAY 12****Highlights** Coastal Croatia and Montenegro

Leave the hubbub of Dubrovnik behind and head down the coast to Montenegro. Your destination is Kotor, on a natural inlet from the Adriatic Sea. Kotor's natural harbor, surrounded by limestone mountains, made it an important Medieval trading center and seaport. Distance: 103 km (64 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Bicycle from Kotor to Virpazar, Montenegro****DAY 13**

Highlights Spectacular limestone mountains and views of the coast

A spectacular and well-deserved view of Kotor Bay awaits you on the Jezerski Vrh summit. Your destination is Virpazar, a tiny town on the shores of the biggest lake in the Balkans: Skadar Lake. Distance: 95 km (59 miles).

Bicycle from Virpazar, Montenegro to Shkodra, Albania**DAY 14**

Highlights Shkodra, farmlands and limestone mountain scenery

You'll bicycle into Albania today from Montenegro crossing a major historic boundary between 16th century Venice and the Ottoman empire. This boundary zone gave rise to the Albanian league under the rule of George Kastrioti Skanderbeg. Our destination is Shkodra, an ancient city that was once an Illyrian capital. Distance: 75 km (47 miles).

Shuttle this morning and boat ride on Lake Komani**DAY 15**

Highlights Boat ride on Fjord-like Lake Komani

Shuttle this morning to Komani at the head of the lake of the same name. The dam built here is a part of a series of dams built amid the limestone mountains of northern Albania. You'll board our private boat and cruise approximately 35 km (21 miles) with spectacular views of one of the most remote regions in Albania. Eventually docking in Fierze where you'll pedal past a second dam, "the Light of the Party," and continue to the hotel high above Fierze Lake. Distance: 42 km (26 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Lake Fierze to the new town of Kukesi****DAY 16**

Highlights Beautiful views, mountain riding and the town of Kukesi

Your destination today is Kukesi, which had to be rebuilt in 1976 when the town was flooded by the dam that we passed yesterday. Stroll through the alleys which separate five-story tall apartment buildings built at the height of Enver Hoxha's control over Albania. Broad boulevards, wide sidewalks and alleys with no parking characterize the city where few residents owned an automobile at the time. Distance: 83 km (51 miles).

Kukesi to Peshkopi, Albania**DAY 17**

Highlights Mountain riding on a newly paved road with little traffic

Today's ride is through a formerly remote mountain region now connected with a fine paved road. Enjoy the views, stop for photos and to rest as you'll climb over 6500 feet. Our destination is Peshkopi where local authorities have closed down one of the main streets in the center of town to favor the afternoon and evening "giro" or promenade. Distance: 74 km (46 miles).

Bicycle into Macedonia to Lake Ohrid**DAY 18**

Highlights Beautiful views of Lake Ohrid, the "Riviera" of Macedonia

The ride today takes you along the shores of Lake Ohrid, a UNESCO world heritage site and one of the World Network Biosphere Reserves. The lake is distinguished by its depth and tectonic origins which are similar to Lakes Baikal and Tanganyika. We'll spend this evening on the shore of Lake Ohrid. Distance: 92 km (57 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Rest Day on the Shores of Lake Ohrid****DAY 19**

Highlights Medieval churches and the pleasant village of Ohrid

Take a ride along the lake shore if you'd like today but we suggest making this a complete rest day as you prepare for the mountains of Greece! Distance: Your choice, but why not take it easy.

Bicycle from Lake Ohrid through Albania to Kastoria, Greece**DAY 20**

Highlights Two national parks, three countries, three lakes and great views

Your ride today takes you through two national parks and along Lake Ohrid and Prespa Lake, which is split among Greece, Albania and Macedonia. The ride is long but the views are spectacular and the grades are quite doable. Kastoria, Greece was a Byzantine city and an Ottoman stronghold under the Turks until 1912. It is located on a narrow isthmus on the lake of the same name. Kastoria has been a center for furriers long after the beaver once trapped here disappeared. Distance: 150 km (93 miles).

Kastoria to Metsovo, Greece**DAY 21**

Highlights The mountains of ancient Greek Macedonia and Epirus

A mountainous ride today takes you through ancient Greek Macedonia, an important border region between classical Greece and the central Balkans. Rome was able to bring peace to the region as it expanded the empire in the 2nd century BC. Over the centuries the Albanian, Macedonian and Bulgarian populations in the region have formed a real melting pot of historic cultures. You'll be in Metsovo this evening. Distance: 129 km (80 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Metsovo to Kalampaka****DAY 22**

Highlights A short ride to Kalampaka and a guided visit of Meteora monasteries

Enjoy a half rest day today and lunch together before visiting two of the famous monasteries perched on remnants of sandstone deposits dating to 60 million years ago. Our hope is to eat lunch in one of the monasteries. Stay tuned for news on that. After our visit you'll be free to relax and enjoy a rest this afternoon. Distance: 129 km (80 miles).

Kalampaka to Karditsa**DAY 23**

Highlights Traditional Greek villages

Today is a little respite from the mountains as you wind our way among Greek farm villages on your way to Karditsa. Take your time as we have several mountain days coming up. Distance: 70 km (44 miles).

Karditsa to Karpenisi**DAY 24**

Highlights Alpine scenery and mountain riding

The ride today takes you to the "Switzerland of Greece," in Karpenisi. The town and surrounding villages are famous for their alpine settings, clean air and great views. Enjoy a relaxing evening in the square or "plateia" this evening. Distance: 102 km (63 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Karpenisi to Nafpaktos****DAY 25**

Highlights Bicycling to the edge of the Gulf of Corinth

The route today takes you over one last mountain range before plummeting to sea level on the historic Gulf of Corinth. Your return to sea level, means you've left the ancient Ottoman Empire and Byzantium, and are back in Venetian territory. The Venetians consolidated their hold over this coast in the 16th century when they fortified Nafpaktos against the Ottomans. Distance: 113 km (70 miles).

Nafpaktos to Lambia**DAY 26**

Highlights Cross the world's longest suspension bridge to the Peloponnesian Peninsula

Just 15 kilometers from Nafpaktos this morning we pedal across the Rion-Antirion suspension bridge. We actually begin in Antirion and pedal the nearly 3 km bridge to Rion (about 1.8 miles). The bridge was inaugurated in 2004 for the Olympics in Athens. From here we pass around Patras and into the center of the Peloponnesian Peninsula. Distance: 103 km (64 miles).

Lambia to Ancient Olympia and Ampeliona**DAY 27**

Highlights Olympia, Site of the First Olympic Games

Our route takes us to the site of the ancient Olympic games that were first held in the 8th century BC. We'll stop for a brief guided visit together and we'll suggest lunch here before heading on to our lodge in Ampeliona. Distance: 107 km (66 miles).

Bicycle Tours in Italy: Bicycling Venice to the Heart of Ancient Greece ExpeditionPlus!**Ampeliona to Kalamata****DAY 28****Highlights** Frankish town of Kalamata

Kalamata, famous for its olives, and the remote capital of an even more remote southern Peloponnesian peninsula. The founders of ExperiencePlus! Bicycle Tours, Rick and Paola Malpezzi Price began their walk with Benjamin the donkey here in the spring of 1974. That walk eventually gave rise to bicycle and walking adventures throughout Europe and South America. Enjoy Kalamata's mosaic of history, take a walk to the beach and we'll have a final dinner together this evening to celebrate our journey. Distance: 80 km 49 miles).

End of the journey in Kalamata**DAY 29****Highlights** Congratulations

Congratulations on your successful journey! Wherever your future travels may take you, enjoy them and thanks for joining us to bicycle from Venice to Kalamata!

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 what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect 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 personal bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations. Plus, all the logistics are taken care of.

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: <https://www.experienceplus.com/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Gravel Explorer and Self-Guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" on the tour itinerary.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Gravel Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will email you an access code for a RideWithGPS Experience.

RideWithGPS Experiences, is the platform we use to distribute information on each tour day's activities, meals and ride.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat 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 Gravel Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we ride as a group or you can navigate on your own with the GPS tracks.

On a guided 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. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

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. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler for the entire tour leader team. 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 and not expected on self-guided tours.

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 that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or 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.

Classic Tours: Dream of traveling through a region by bike? 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.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Gravel 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
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- 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 except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and 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
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

**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. Our Tour Level's are an average of the day rating on tour. 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

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 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:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **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

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **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 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition 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.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), 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/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and 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.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date 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 Lists: <https://www.experienceplus.com/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

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!