Welcome to our brand new Cycling Adventures brochure – filled with ideas, inspiration and advice. And, of course, our very latest hand-picked selection of cycling holidays.

They say there’s no better way to see the world than from the saddle. We don’t disagree. For over 40 years Exodus has built its reputation on taking our cycling adventurers to places other tours rarely reach. For me, it’s the best way to explore. See more, get closer to the action, and leave no trace other than a cycle track or two. That’s how we do it – low impact riding, covering more distance than you would on foot with plenty of chances to stop; whether to chat to welcoming locals, sip on a fresh roadside refreshment or to take a photo of that perfect view you could only have seen when travelling on two wheels.

We believe the beauty of cycle holidays is that they’re for everyone. That’s why we create adventures with lots of different grades to suit all types of cycling enthusiasts – whether a club cyclist with a need for speed or a more casual rider who prefers to slow down and soak up the surroundings. Our rides can amble or race through some of the world’s most amazing locations, and at day’s end, all that fresh air and pedal power is rewarded with yet another delicious dinner and an ice-cold drink.

So what are you waiting for? There’s a whole world out there, waiting for you to see from your saddle…

Andy Ross, Head of Product
YOUR ADVENTURE, YOUR WAY

We know how difficult it can be to find your next adventure. That’s why, here at Exodus we offer a range of different ways to travel dependent on what suits you. We’re flexible on how and when you travel, and even who you travel with – whether that’s with the like-minded travellers of a group trip, or friends and family on a self-guided or private tour.

Guided Groups

Our guided group trips are our most popular type of holiday. Guided exploration, with small like-minded groups is how we began, and we’ve been doing it for over 40 years now. Our groups average 10-12 people. This means our trips aren’t disruptive to the places we visit, and having a smaller number of guests creates a good group dynamic too. You’ll get to know a range of people who come from different backgrounds but have a shared interest in travel. And with a local expert on every adventure, you’ll experience the true nature of your chosen destination. Our passionate and knowledgeable guides are famous for going the extra mile and their invaluable knowledge of your destination. And, of course, you still have all the same benefits of a guided group trip, including the all-important local guide and their invaluable knowledge of your destination.

Going Solo

SUE CLARKE, EXODUS TRAVELLER

Sue Clarke has taken at least six trips with us now to destinations as diverse as Croatia and Tanzania. “There have been times when I’ve only been able to take a holiday at short notice, making it easier to jump onto a group trip than arrange anything with friends or family. Apart from once, I didn’t know anyone else on the trip before the last 24 hours. I’m a huge believer in going the extra mile to see varied and interesting places in great company, with a really good combination of solo travellers, couples and friends.

“Apart from once, I didn’t know anyone else on the trip before the starting point. But I’ve kept in touch with people from them all…”

And I’ve kept in touch with people from all of them, mainly through Facebook. It’s always been good to see what trips they go on, and add them to the wish list! It’s also meant I’ve visited some amazing locations that I hadn’t been planning to see, and places that I wouldn’t have come across without local knowledge – beautiful views, or unusual restaurants and bars. On my trip to Petra, our brilliant guide took us on a back route over lots of rocks past Berber caves so that we came out on an outcrop of rocks overlooking the famous Treasury, rather than at ground level – giving us some great photo opportunities.

Private Adventures

The idea is simple: have your adventure tailored to suit you. We can offer most of our holidays as private adventures, perfect if you’d like to travel with a group of friends or family, or fellow cycling club members. We can run these trips with a minimum of just two people travelling, but the more people who travel, the less it costs per person. All you need to do is let us know which trip you fancy, how many people are travelling, and when you’d like to go. And, of course, you still have all the same benefits of a guided group trip, including the all-important local guide and their invaluable knowledge of your destination.

Self-Guided Adventures

Rather than following a guide who points you in the right direction, the decisions are yours to make, based on personal interests and preferences and detailed route notes that offer you all the information you’ll need for your destination. Prefer to spend a lazy afternoon picnicking by a riverbank? With self-guided travel you set your own pace, which means there’s always time for that paddle in the sea, the detour to visit the nearby chateaux, that extra piece of cake at lunchtime! For those looking for a little more independence, self-guided travel provides the opportunity for you to explore things in your own way. And of course, we take care of your luggage making sure it’s transferred and ready for you at your next accommodation. Perfect for that anniversary or birthday celebration!

Cycling India’s Hill Stations

CHRIS BATTEN, EXODUS TRAVELLER

For Exodus customer Chris Batten it was a case of no compromise. “We’d set his heart on an itinerary that we’d temporarily rested, and contacted us to see if we could make it happen. The answer? Of course we could. ‘We’re a group of eight friends who had undertaken our own trips before, and we really liked the look of the Cycling India’s Hill Stations tour. It had the look and feel of a ’backroads trip’ which, in our experience of Exodus trips such as Vietnam and Sri Lanka, means meeting and interacting with local people just going about their everyday lives,’” he says. “The trip, book-ended by two great highlights – the Golden Temple at Amritsar and the colonial hill station of Shimla, really does dig deep to reveal the wonders of this magical corner of India.

“Having done several Exodus group trips before it was interesting to reflect on the differences to a private group of friends. We basically had a party for two weeks running! We knew each other’s foibles and strengths, we were able to look out for each other during the day and then we’d arrive at a new destination each night and have a great evening. The Exodus driver had an uncanny ability to deliver a case of cold beer to our destination each day just as we arrived (officially known as a landing beer) which somehow makes the aches of the day’s ride mellow,” Chris laughs.

But asked what really made the trip live long in their memories, Chris had no hesitation. “Our trip leader, Sanjay,” he says. “He was engaging, warm-hearted and generous – he made it a special trip for us. One example of many was when we were huddled around an open fire generous – he made it a special trip for us. One example of many was when we were huddled around an open fire outside a guest house most of the way up the Jalori Pass and Sanjay started singing a traditional Hindi song.”

Accord half of our customers travel solo, looking onto small group trips with a mixture of couples, solo travellers and groups of friends. It’s a great way to meet like-minded people who share the same passion for travel. And on Exodus guided groups you’ll never have to pay more because you’re looking by yourself.
What’s New?
New season, new adventures. Where will your next cycling trip take you? From fine wine to fat bikes, we’ve created some of our most exciting routes yet...

1 BEST FOR COASTAL RIDES
From Puglia to Sorrento

“There are so many highlights on this trip it’s hard to pick one,” says Product Manager Marta Marinelli of our new Italian feast of a trip - Italy Coast to Coast Ride: Puglia to Sorrento.

“It’s a journey through the country’s less-travelled regions and routes. You can expect a rewarding point-to-point ride every day, into the heart of southern Italy,” Marta says of a route which takes in UNESCO World Heritage sites, Greek and Roman ruins, wildflower-carpeted olive groves and stunning mountain scenery. From Puglia’s ‘heel’ to Amalfi’s blissful coastal resorts, this trip reveals just why Puglia's considered Italy’s ‘rising star’, and why we’ll never tire of Amalfi.

Heritage sites, Greek and Roman ruins, wildflower-carpeted olive groves and stunning mountain scenery. From Puglia’s ‘heel’ to Amalfi’s blissful coastal resorts, this trip reveals just why Puglia's considered Italy’s ‘rising star’, and why we’ll never tire of Amalfi.

“Perhaps one of the most beautiful and unexpected highlights will be that Puglia's rising star is well-earned, but also discover an entirely new and little-known, but equally beautiful part of Italy: Basilicata and the Cilento National Park. As cyclists to this undiscovered region of Italy, you’ll enjoy it all – and Puglia’s rising star is well-earned, but also discover an entirely new and little-known, but equally beautiful part of Italy: Basilicata and the Cilento National Park.

With hilly routes and daily distances between 60-100 km this is a moderate - but the climbs take you to the Cilento National Park, an area of stunning natural beauty free from the throngs of tourists.

1 One of the highlights of this trip is the stunning accommodation, from a traditional olive oil estate to a Douro manor where you can help out in the kitchen!” says Product Manager Gina Eckersley. Of course, there’s no obligation to help out in the kitchen at all.

“The route loosely follows the Douro river as the terrain changes from highland plateau, almand and olive groves, and becomes lush terraced vineyards.”

2 BEST FOR FOOD AND DRINK
Self-guided Portugal

“Of course, this being Italy, food features strongly too. Think typical local trattorias, heritage vineyards and great fish restaurants. “Your accommodation is a great agriturismo, so the food will be truly wonderful.”

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Spending a night here will be magical.”

3 BEST FOR SOMETHING DIFFERENT
Try fat biking in Finland

“Just when you thought cycling couldn’t get any more interesting - welcome to the winter world of fat bikes… “A holiday with fat bikes is an exciting new way to enjoy the Arctic’s true nature in winter,” says Product Manager Paolo Bonato. At heart, they’re mountain bikes with very wide tyres that will take you through freshly-fallen snow with ease. “You’ll ride through forests, over frozen lakes following the Keloharju route to the Russian border on specially made tracks, and spend two nights in a remote wilderness cabin with a wood fired sauna.” Evening entertainment? It’s entirely possible that will be provided by the Northern Lights.

4 BEST FOR ADVENTURE
Cycle Bhutan

The tiny, mythical (but very real) Kingdom of Bhutan is just made for cycling. And if you’re itching to explore one of the world’s most spiritually rewarding destinations, we think we’ve found the trip for you. This spectacular Himalayan country is a land of lofty mountain passes, flower-strewn valleys and ancient, colourful festivals. You’ll see smiles everywhere too - Bhutan famously is a country united under its love of GNH: Gross National Happiness. It’s an emotion deeply woven into every mile.

“This new trip takes us from Paro in the west to Bumthang in central Bhutan,” says Product Manager Gina Eckersley. “We visit the remote Ha Valley and the busy little capital, Thimpu - the world’s third highest capital.”

This is cycling that’s at once challenging and deeply rewarding. We’ll cross several passes over 3000 metres. But the payoff - those wonderful views of the Himalaya - will be worth every mile.

“Bicycles and Bhutan are a perfect fit,” Gina says. “It really is a land of superlatives. A side trip to the beautiful Gangtey Valley, and a visit to the Tiger’s Nest monastery, perched - seemingly improbably - on a cliff edge, are just some of the stand-out sights, but really it’s the long mountain climbs and exhilarating descents that will linger longest in the memory.”

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Exodus Travel’s Cycling in Bhutan

For more new trips... look out for the flag from p35.

For full holiday listings see from p35.

For more information visit exodustravels.com/trip/MIB
**ASK THE EXPERTS**

Everyone at Exodus HQ is passionate about travel and adventure. Between us, our experts have visited more than 131 countries and come from a diverse range of backgrounds including archaeology and mountain rescue, to tour leading. This means they have the hands-on experience to answer any questions you may have and can help you when you need it. Here they answer your cycling adventure questions…

### I’m all booked and looking forward to my first cycling trip. I’m excited, but a little nervous! What can I expect?

**Andy Ross, Head of Product, says...**

Lots of fun! On the first day it’s normal to feel a little nervous. You’ll be wondering where you’ll fit in terms of speed and fitness, or how steep the climbs are. Remember that it isn’t a race – there are no prizes for being the fastest. The idea is to relax and enjoy the country you’re exploring, rather than just rushing through it.

Our itineraries are designed with plenty of time for visiting the sights, enjoying the views and taking photos so don’t miss the opportunity to do so. The group will be on average 10-12 clients with a real mix of ages and backgrounds.

Hopefully a sense of adventure and an enjoyment of cycling will be shared by all. And we take care to do so. The group will be on average 10-12 clients with a real mix of ages and backgrounds. Hopefully a sense of adventure and an enjoyment of cycling will be shared by all. And we take care to do so. The group will be on average 10-12 clients with a real mix of ages and backgrounds.

If you are in any way concerned about your fitness level please give us a call to discuss this – we’re here to make sure you choose the trip that’s right for you.

Another option is to consider one of our trips where electric e-bikes are available, helping you power up those steeper gradients! For more information on these take a look at the ‘What’s different with a guided group cycling and self-guided cycling?’ section.

### What happens to my luggage when I’m cycling?

**Dave Sear, Product Manager, says...**

We’ve thought about this too, so most of our trips feature a support vehicle that accompanies the group. This leaves you to simply jump on your bike and enjoy the ride. And you can leave us to carry your luggage, tools and spares, snacks, water, and should you feel tired – you too! Most people surprise themselves by managing to ride the full route, but it should offer reassurance, particularly if you are a first-timer on a cycling holiday. And, of course, at day’s end, your finish pint, and evening clothes, will be waiting for you at your accommodation.

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### What’s the difference between guided group cycling and self-guided cycling?

**Gina Eckersley, Product Manager, says...**

The beauty of Exodus’ self-guided trips is that you’re fully-supported: your luggage is transferred between hotels, and high-quality, fully serviced bike is provided at the start of the holiday and picked up at the end. We’ll send you detailed trip notes prior to joining, and routes can be downloaded as GPX files for many of our trips. You’ll get a puncture repair kit, lock and a pump and fitted panniers for your journey to carry what you need for the days ride. And you’ll be given an emergency contact number to reach us whenever you need to.

Our guided groups have the camaraderie of a group of fellow cyclists and, again, that all-important local knowledge: but this time, the guide is with you every mile, helping you to really get the most out of your time away. Groups are made up of like-minded travellers - with cyclists of similar levels of experience on the same departures: and we usually have many younger and older clients in every group. For those not travelling with a partner or friend, departures are available to solo travellers. Travelling on your own is not only possible, it’s encouraged and very much part of our guided group holidays. They’re a fantastic opportunity to meet people to share your travel experiences with.

### What’s the best way to prepare for multiple days of cycling?

**Dave Sear, Product Manager, says...**

On all our self-guided trips we provide comprehensive route notes, tested by a member of the Exodus team, with a detailed km by km description, advice of excursions en route and recommended restaurants for lunch and dinner.

### Do you have any advice for fuelling my rides?

**Andy Ross, Head of Product Andy Ross.**

It’s about getting time spent in the saddle ahead of your holiday so that your time away is memorable for all the right reasons…

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### Is there any clothing that would help my training?

A decent pair of padded cycling shorts should be the first thing on your shopping list and will make a huge difference to how comfortable you’ll be in the saddle. And remember to leave your underwear in your suitcase on the cycling days. Padded是指sionless, cotton, or nets, will also help you to grip the handlebars and increase comfort levels.

**Andy Ross, Head of Product Andy Ross.**

Our cycling experts have put together a comprehensive ‘Bike guide’ so you can be sure you’re ready for your upcoming adventure.

### WHAT BIKE?

This leaves you to simply jump on your bike and enjoy the ride. And you can leave us to carry your luggage, tools and spares, snacks, water, and should you feel tired – you too! Most people surprise themselves by managing to ride the full route, but it should offer reassurance, particularly if you are a first-timer on a cycling holiday. And, of course, at day’s end, your finish pint, and evening clothes, will be waiting for you at your accommodation.

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Like a full-on sensory overload, Southeast Asia offers more sights, sounds and saddle-friendly experiences than any other region on earth. Prepare to meet your new favourite destination.

Your guide: Exodus Southeast Asia expert Megan Devenish.
The mighty landmass of Asia meets the Indian Ocean in a series of verdant peninsulas and beach-fringed promontories. Off shore, island nations harbour vivid and captivating cultures, unique ecosystems and a welcome as warm as the thermal breezes that rise above the jungle canopy.

Hardly surprising, then, that the region’s laid-back fishing villages and bustling cities are firmly on the tourist trail. But Southeast Asia dearies, and rewards, a deeper exploration. The best way to explore more? By bike, of course.

“Southeast Asia really is the land of the bicycle,” says Exodus’ resident expert, Megan Devenish. “Over here, they’re used for everything from carting goods to the market to ferrying children to school.”

“The joy of a Southeast Asia cycling holiday is all about the sense of place – getting a waft of herbs being prepared for lunch in a village, hearing chanting from the nearby monastery, or waving at groups of children on their way to school – cycling gets you closer, offering experiences you couldn’t find any other way.”

Selfies from the Saddle

As tourism is now fairly well established in the region, groups of cyclists aren’t as surprising as they perhaps once were. But on a recent trip to Myanmar, our group was regularly stopped throughout the day so that the locals could take a selfie with us!

What most definitely is different though, is the weather: “Yes, Southeast Asia can be hot and humid,” Megan acknowledges. “However if you pick the right time of the year to travel, cycling can be the perfect antidote to the heat due to the breeze you generate while riding along. The days are also paced so that we avoid cycling in the hottest part of the day and the refreshments are pitched just right so that you remain hydrated all the way – homemade fresh lemonade in Vietnam anyone?”

What about the benefit of cycling over other forms of transport? “Sitting on a saddle and pedalling alongside the locals can reward you with truly indelible experiences,” Megan says. “There is no better way to get under the skin of the country you’ve chosen to visit.”

“I think lots of people are surprised about how achievable a cycling holiday can be – most of the Southeast Asia trips are designed to be a cultural exploration on a bike so that many highlights are seen but are joined together by cycling rather than sitting on a bus.”

If you’ve a reasonable level of fitness, want to bite off more Asian culture per mile than any other form of transport offers, cycling in this kaleidoscopic corner of the globe offers so much that, for many Exodus customers, one trip is just the beginning.

“They are very much holidays, not boot camps, so it’s all about the leisurely pace of the day. Come ready to ride a bike but with an open mind, and set for an adventure!”

Did you know?

If you’ve chosen to visit.

Getting a waft of herbs being prepared for lunch in a village, hearing chanting from the nearby monastery, or waving at groups of children on their way to school – cycling gets you closer, offering experiences you couldn’t find any other way.”

Cycling Indonesia’s Islands

Bali is a wildlife lover’s paradise. Dark jungles? Check. The lush interior of the volcano-studded island of Java. Deep, inspiring. Volcanoes? Check. We explore Indonesia doesn’t do things by halves. This is Asia at its most dramatic and most awe-inspiring, volcanoes? Check. We explore the volcano-studded island of Java. Deep, dark, lush green forest. And don’t forget the sublime Mount Rinjani, the highest peak in Indonesia.

DID YOU KNOW?

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“You’ve got a friend…”

A real highlight of our Cycle Indochina & Angkor (MOC) and Cycling Vietnam (MOV) trips is a visit to the Friends restaurant in Vietnam. This inspiring social enterprise helps feed us, and cares for over 2,000 of Phnom Penh’s homeless, abandoned and vulnerable children too.

FIVE AMAZING ASIAN EXPERIENCES

1. INDOCHINA & ANGKOR

Best for crossing borders

A rolling meander through three distinctively different countries each with their own specialty specialties to sample along the way and fuel your multi-country adventure. Cycle Indochina & Angkor

exodustravels.com/trip/MOC

2. LAOS

Best for adventure

Experience rural sleepy Laos at its best, passing through traditional villages and along empty roads flanked by stunning limestone cliffs, this really is a trip to get under the skin of this little-known country.

Cycling Laos

exodustravels.com/trip/MOL

3. VIETNAM

Best for foodies

Journey the length of this fascinating country experiencing frenetic towns and vast coastline as you make your way from south to north, ending with a night on a traditional boat cruising the waters of Halong Bay.

Cycling Vietnam

exodustravels.com/trip/MOV

4. MYANMAR, (BURMA)

Best for temples

A journey like no other – a country on the brink of huge change, but still very new to tourism, awaits you. Expect a consistently warm and friendly welcome and marvel at the multitude of gold glistening temples, floating markets and colonial remains.

Cycling Myanmar (Burma)

exodustravels.com/trip/MOB

5. INDONESIA

Best for volcanoes

Indonesia doesn’t do things by halves. This is Asia at its most dramatic and most awe-inspiring, volcanoes? Check. We explore the volcano-studded island of Java. Deep, dark, lush green forest. And don’t forget the sublime Mount Rinjani, the highest peak in Indonesia.
Enjoy the fruits
OF YOUR LABOUR

SPAIN
Rich Red Rioja

Flavours: Made by one of the most historic wineries in Spain. Think rich, stewed brambles and spice.

Try it: Uncover the hundred-year old secrets of the Rioja Alta Winery.

Ride it: Tucked into its broad valleys, the craggy hills and undulating vineyards of La Rioja hide wineries and eateries bursting with flavour, and villages rich in wine-making tradition. From the long-established La Rioja villages rich in wine-making tradition.

Tasting it: Enjoy a glass whilst taking in the stunning Stellenbosch scenery.

Ride it: Surely one of the most beautiful places on Earth, the best way to understand the Cape's spectacular patchwork of vineyards, passes and dramatic coastlines is to dive in and taste it. The wine making estates of this area are famous so we explore the wines of the renowned Boschkendal vineyards.

Chenin Grape on the Cape

Flavours: Tropical fruit and citrus lead on to vanilla and honeyed. A South African powerhouse, Chenin thrives in the high-altitude, maritime vineyards. It's - by some distance - the country's most widely planted grape.

Try it: Savour a stunning steak and glass of red in one of Puno's highly rated restaurants.

Ride it: The Andean Lake District is a magical landscape where you'll encounter active volcanoes, gigantic lakes and ancient native forests. But it's the cuisine that will immerse you fully in the culture. Sample wild boar, ceviche and steaks grilled over coals and in truly generous portions - served with this delicious red.

Chianti and Coffee

Flavours: Rich, dry and distinctive, with dark cherry and even darker chocolate.

Try it: Stop for a leisurely lunch in the wonderfully scenic 'Le Certe' region.

Ride it: What could be more Italian than watching the world go by with a glass of wine or a coffee in your hand? That's why there are plentiful opportunities provided on this trip to stop, savour and experience the best food and wine this evocative and romantic region has to offer.

Upper Loire Sauvignon

Flavours: This is a wonderfully crisp and grassily-fresh Sauvignon as good as any Sancerre.

Try it: Lunch on the terrace of the Orangerie restaurant at the Chateau de Chenonceau.

Ride it: Food and wine meets culture and cycling in this relaxed self-guided trip of culinary indulgence.

Mighty Meaty Malbec

Flavours: High altitude vineyards create this rich, perfumed, plummy wine - showcasing Argentina's resurgent wine industry at its best.

Try it: Stop for a leisurely lunch in the wine centre of Montepulciano.

Ride it: What is a magical combination of soil, sun and gradient isn't just the alchemy responsible for creating the world's greatest wines, it combines to make for delicious rides through the best wine-growing regions as well. Come with us and savour the best routes, the best reds and a few decent whites too!

Savour a stunning steak and chocolate.

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You can also try the famous Vino Nobile at the wine centre of Montepulciano.

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Dine at a riverside hotel run by a professional sommelier and an artistic chef de cuisine in the beautiful St Chateau de Chenonceau.

The Orangerie restaurant at the Chateau de Chenonceau

Food and wine meets culture and cycling in this relaxed self-guided trip of culinary indulgence.

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Sleep Beneath the Stars

On an Exodus cycling holiday, we make it possible to travel further, and deeper into your destination. When going ‘off road’ means heading into a hinterland where lofty plateaus recede to a vanishing point where sky meets steppe. A land where ‘gravel track’ means more ‘gravel’ than ‘track’. Our sort of place. And yours too. This is cycling at its most elemental. Add a night or two under the Stars beneath the Canvas and the great outdoors never felt so close.

“Combining this with an activity like cycling, and it just seemed perfect for me,” Natasha, who describes herself as a ‘competent, but not frequent’ cyclist, explains, “travelling solo with Exodus is fantastic. We were lucky enough to have one of the Jordanian national cycling teams taking us around! What a great guy!”

When the day's cycling was over... What did Natasha make of bedding down in a makeshift camp for one of the trip’s evenings? “I’m not a natural camper, it’s true,” she laughs, “but the option of sleeping in a purpose built tent or outside in the open in the desert really intrigued me. The idea of sleeping under the stars was something I was really looking forward to. And it lived up to my expectations – it’s fair to say it’s an experience I’ll remember forever. The traditional Bedouin camp was fantastic – such a privilege to experience. I didn’t want to spoil it for future trip goers by revealing all the details, but our Bedouin hosts treated us so well it was a wonderfully unique evening. We were given blankets and slept on mattresses. I vividly remember falling asleep to the magnificent sight of the canopy of stars above my head.”

And when the day’s cycling was over... "I vividly remember falling asleep to the magnificent sight of the canopy of stars above my head."

For Exodus customer Natasha, Templeton, our Petra & Wadi Rum by Bike trip opened up new horizons, in more ways than one...

“When I woke during the night I loved looking up. To be honest, I was quite sad when dawn broke and the stars were no more. More camping is definitely on my trip wish list from now on! Not only did this trip represent a first taste of desert camping – there was another first Natasha was keen to experience too...

“This was the first trip I’ve ever taken by myself. Travelling solo with Exodus is fantastic, everything is organised, down to the last detail and I met all of the other people on the trip as company so I never felt alone, yet equally I could have time by myself on the coach journeys and by giving a little extra to have my own room. The set up gave me as much confidence to just take off and go anywhere without needing to depend on friends or family being available. As a solo female traveller I always felt safe, I’d highly recommend it to others.”

Your words...

Exode Travels

Natasha Templeton

I’d highly recommend it to others.”

Petra & Wadi Rum by Bike trip opened up new horizons, in more ways than one. "I’ve never been to the Middle East before and Petra particularly looked like it would be a magical place to visit," Natasha says. “Combine this with an activity like cycling, and it just seemed perfect for me.”

Riding gravel tracks is more fun than ‘track’. Our sort of place. And yours too. This is cycling at its most elemental. Add a night or two under the Stars beneath the Canvas and the great outdoors never felt so close.
COASTING ALONG

The wind in your hair. The sun at your back. The road winding ahead all that stitches land and sea together. Yes, there’s something very special about coastal routes. Discover our fantastic long-distance coastal rides and free-wheeling descents - charming fishing villages and blissful beaches come as standard.

01 Cycling Coastal Croatia

This narrow belt of Croatia offers a jagged coastline, an archipelago of islands and historic towns. It makes for a heady mix: especially when you know your journey finds time to enjoy the clearest waters in the Mediterranean, as you continue your tour towards dramatic Dubrovnik.

02 Cycling in Greece

It really doesn’t get better than this. Cycle the coastline of the Peloponnese and you’re, literally, taking a journey that snakes its way back to the 12th Century BC – to the time of ‘Troy of Jason and the Argonauts, and Hercules’ and boat trips and and ‘boult that El-fated ion. A land where myth and history collide head on. But there’s nothing mythological about the region’s azure bays, the archaeological treasures of Mycenae and the vineyards that are giving the Greek wine making industry its verve. And cycling around Athens – that’s something you won’t forget in a hurry!

We love: The amazing views over the island of Feroe, from the lofty temple of Poseidon.

exodustravels.com/trip/MWH

03 Cycle Cilento & the Amalfi Coast

It’s hard not to fall for Amalfi. The coastal corniche is a switch-back route along the coast, south of Naples, past some of Italy’s finest coastal scenery, and most enchanting villages. The Cilento National Park is southern Italy at its most untouched and alluring – all Greco-Roman remains and densely-forested headlands. Below, pocket sized beaches washed by the Tyrrhenian Sea lie in wait for a post lunch dip. Then it’s back on the saddle for another afternoon’s cycle past olive groves and lemon-scented cliffs of villages. It’s a tough life.

We love: The ride through the coastal villages of Maiori and Minori – one of the world’s most scenic.

exodustravels.com/trip/MWO

04 Cycling the Cape & Winelands

Mountain, sea, rugged headlands and fertile valleys. Some regions on earth really do seem to be more blessed than most. And, in South Africa’s verdant Cape Peninsula they know how to take full advantage of their natural bounty. Surely Cape Town is one of the world’s most beautifully situated cities: sparkling beneath the iconic silhouette of Table Mountain. But, as this enchanting tour proves, the city is only the start of the story. We’ll cycle from here to Houtkloof (Heifers Heights) and freewheel the rest of the way to Franschhoek stopping at the famous Boschendal vineyards along the way for a well-earned drink, as we begin our odyssey into the rich cultural history, and fantastic wine-making estates that punctuate the landscape, here at the southernmost tip of the African landmass. Elsewhere, the trip offers a procession of coastal treats: from the inquisitive penguins of Boulders Beach, and the wild and remote section of the annual Cape Argus race, one of the most scenic routes that South Africa has to offer.

We love: Sampling the stunning wines at Stellenbosch.

exodustravels.com/trip/MZC

05 Cycling the Adriatic: Venice to Porec (LSP)

Italian, Slovenian and Croatian coastal treats • Puglia: Cycle the Heel of Italy (LSI) Self-Guided Cycling in the Heel of Italy, Deep south treasures and archaeological wonders • Cycling in Portugal: Mountains to the Sea (LRB) Atlantic ocean villages and wonderful seafood.

Go Self-Guided...

Cycle the Adriatic: Venice to Porec (LSP) Italian, Slovenian and Croatian coastal treats • Puglia: Cycle the Heel of Italy (LSI) Self-Guided Cycling in the Heel of Italy, Deep south treasures and archaeological wonders • Cycling in Portugal: Mountains to the Sea (LRB) Atlantic ocean villages and wonderful seafood.

exodustravels.com/trip/LSI

With its island-scattered bays and pine-clad hillsides, the Dalmatian Coast offers mile after mile of quiet coastal routes, captivating villages and temptingly clear waters to cool down in. Exodus customer Chris-Sy-Yan shares a snapshot of his journey with us:

“We enjoyed a boat trip to Mijet National Park, where cars are banished and a 12th Century Benedictine monastery seems to float on a saltwater lake. And we conquered Korčula’s ancient city walls, which protected the port from pirates for centuries. We saw so much more of the country than if we’d been restricted to coach and car - packing in cycling and boat trips, vineyards and olive groves.”

We love: Stylish Hvar town, its winding marble streets leading to a 13th Century harbour.

exodustravels.com/trip/MVJ

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Cuba has never felt more alive. From the all-night salsa bars of Havana - the city you simply couldn’t invent, to the faded colonial allure of Trinidad, via the crashing waves and cool sands of the Caribbean coastline, this country offers an abundance of wonder, colour and history. Get closer to it all. Cycle through Cuba and you’re heading into the heart of this kaleidoscopic and captivating island nation.
CUBA

After 50 years of sanctions, the recent entente cordiale with the US is set to subtly nudge the nation’s DNA, but Cuba’s top proud, too confident and too protective of its hard-won national spirit to ever be in danger of changing too much. Yes, the island will welcome the economic injection trade with its super-sized neighbour will bring. No, the island won’t become an offshore Miami. Those gas-hungry 1950’s Chevys might run a little smoother, though: no more elastic bands and superglue welding the engine together.

And when the food’s the good? Sorry, Mr McDonald, your burgers have nothing on the soft-top Chevy.” We’re there.

Havana Charming Old town and fortified port. People watching, baseball, rum, Buena Vista Social Club, and home of the Castro brothers. • Chue Guevera (Santa Clara) resting place of iconic revolutionary figure. Visit the mausoleum. • Homestead & Sabia (Trinidad and Cienfuegos) stay with locals in Casas Particulares and soak up the ever-present music in these colourful coastal towns. We do a salsa class in Trinidad and people love the night life here. • Bay of Pigs (Playa Larga) Site of the failed CIA-backed invasion of Cuba in 1961. Snorkelling and swimming opportunities here. • Beeches & Majipes (Maria La Gorda & Cayo Levantado) kick back and relax. We offer trip extensions to Cayo Levantado, and MLP features on the mixed activity and family itineraries.

A Cuban take on homestays, Casas Particulares are as authentic as it gets. If getting close to the real Cuba is on your wishlist – welcome home. More memorable and homely than a hotel, with the personal attention of your host, they make for a refreshing, and authentic insight into the real Cuba.

“Accommodation is, naturally, as varied as Cuban homes are,” says Cuba Product Manager, Adam Roberts. So expect idiosyncratic touches, heaps of character, simple but homely furnishings and hearty fare. Cleanliness is a given – and all rooms have en suite facilities and either a fan or air conditioning. This is Cuba at its most relaxed and welcoming.

“Instead of just scratching the surface of a destination, you get a real insight into the local culture, and the chance to share customs and stories with your host,” says Adam. “You could stay with a doctor, a waiter, a mechanic, or a retired professor – local people are proud to welcome adventure travellers. So one person’s experience will never be the same as another’s. It’s most definitely one of the unmissable Cuban experiences.”

“And if you can brush up on your Spanish, why not try...”

Why Not Try...

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“And if you can brush up on your Spanish, you’ll enjoy your stay even more – you’ll be able to tell your hosts just how you like your eggs in the morning!” Adam laughs. “Actually, our custumars tell us that breakfast is usually a real highlight...”
Wild things

How close can you get to the natural world when you take to the saddle? Here’s a clue if you know the right route to take, you won’t be needing your zoom.

**01 BEST FOR Cheetahs**
— Namibia

Seeing wildlife icons is always possible in Etosha National Park, says Exodus’ Andy Gibbins, of Namibia’s legendary reserve. “But there are also griffons, hyena, jackals, springbok and zebra. Oh, and ostrich too…”

Want more? How about a visit to the Cheetah Conservation Project – a world-leading research centre, allowing you to get close (ish) to the most enigmatic of big cats. “The trip’s not point to point cycling,” Andy says, “the distances are too far. So it’s up early, on the bike, finishing the ride around lunchtime. Then a vehicle transfer to the finishing point for the day.”

The cycling distances are manageable, with a few unpaved and often sandy roads en route to ensure it’s either up or down,” says Exodus’ Head of Product Andy Ross. Visit in summer and you’ll have the option to go whale watching on the coast. If you know the right route to take, you won’t be needing your zoom.

**02 BEST FOR Lemurs**
— Madagascar

It’s not all about the lemur’s in Madagascar. But we have to admit, they are a bit of a favourite of ours. We’ll head to Lemurs’ Park to encounter this island-endemic species living freely in a densely forested area.

What you might not be expecting is just how dramatic this country is – we’ll explore the steamy rainforests of Ranomafana National Park on a fascinating walk with a park ranger, and – everywhere – witness the island’s intense, captivating beauty. Rare orchids, steamy mangrove swamps, lush forests and volcanic peaks.

“The diversity of scenery was quite incredible, changing dramatically from day to day,” says Exodus Head of Product Andy Ross. Visit in summer and you’ll have the option to go whale watching on the coast. Or maybe snorkelling where the Pacific meets the Indian Ocean for a step back in time as you watch the light dance across the lizard screens.”

**03 BEST FOR BIRDlife**
— Costa Rica

If ever a nation smartly embraced the wonders of its natural bounty, it’s Costa Rica. And with good reason. Within its relatively compact borders, this Central American country is blessed with legendary wildlife, perfectly-preserved ecosystems and carefully-managed national parks.

Cycling along a coastal highway is so spectacular we think it should be obligatory for every visitor to this richly rewarding place. “You free a variety of birds that you could never name,” says Exodus’ Sales Manager Am Corder.

“The Toucans were fun. Not to forget the monkeys…”

“The howler monkeys are well named,” adds Exodus’ Will Shoudridge. “They sound like dogs in trees.”

Sometimes cliches are true: Costa Rica really is like nowhere else on earth. You don’t have to take our word for it. Experience this life-affirming country for yourself.

**04 BEST FOR Lions**
— Tanzania

Visit East Africa and you’re taking a cycle safari back to the very beginning. We explore on two wheels, steaking our way through small valleys and Mauai homesteads, watching as the migration of humpback whales changes dramatically from day to day,” says Exodus’ Sales Manager Am Corder. “The diversity of scenery was quite incredible, changing dramatically from day to day.”

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**05 BEST FOR RHino**
— South Africa

“Having three safari days in Kruger National Park is the best way to experience this incredible spot,” says Product Manager David Sear, of the drives – in a vehicle that offers panoramic views of the park’s residents – elephant, rhino, giraffe, crocodiles and leopards to name a few.

Then it’s time to climb on the saddle for a ride through the Golden Gate National Park. “We spotted whitebeast, mountain zebra and lots of antelope from the bike. Throughout the trip you are almost guaranteed to see baboons and vervet monkeys while riding too,” David says, of the forests and plantations these inquisitive creatures call home.

“The sound of the baboons in the forests certainly made you pedal a little faster,” he laughs.

And what about that cycling? How’s the terrain? “It’s either up or down,” David says. “Yes, there are some long climbs, but you’re rewarded with 20km of freewheeling as you coast down the hills on the other side, accompanied by huge birds gliding overhead. It’s amazing.”

Cycling the Drakensberg & Kruger

© Rob Sheppard / Exodus

© Exodus Travel

© Exodus Travel
Descend a thrilling 2000m from the world’s highest road. In this epic journey, you’ll tackle the passes around the famous Italian Dolomites, covering over 600km through flower-filled valleys and towering stone landscapes complete with lingering glaciers. Your reward? Panoramic views of the Karakorum mountain range, and an exhilarating, adrenaline-fueled 2000m downhill ride back to Leh for some well-earned down time.

Four routes where hard-won peaks lead to some truly exhilarating downhill rides. Because uphill is even better.

**Great Descents**

- **Manali to Leh Ride**
  - 5602m
- **Cycle the Backroads of Sri Lanka**
  - 2000m
- **Mont Ventoux Cycling Weekend**
  - 1912m
- **Atlas Descent**
  - 1600m
- **Cycling in Albania**
  - 1000m

*5 Great Descents*
IT’S NOT ALL ABOUT THE BIKE

From al fresco spas to barge voyages, serene temples to ancient wonders - take a journey by bike, and it’s often the time off the saddle that lingers longest in the memory.

The best reward after a long day’s ride? Has to be one of our cycle trips with rest and relaxation built in. “Personally I can never get enough of riding my bike. There’s no better antidote to an office-based job than logging some overseas miles,” says Exodus Head of Product, Andy Ross. “That said, a cycling holiday should still be a ‘holiday’ so it’s equally important that you make the most of some downtime out of the saddle too.”

Fortunately, at Exodus, we’re past-masters at making every mile count; especially those hard won final yards. The rewards seem all the sweeter when you know you’ve really earned them. And what rewards. We’ve worked hard to bring you end-of-day treats to soothe even the most saddle-sore of legs. From reviving geothermal pools at the top of the world, to a deep and reviving massage at the hands of a hammam master in Morocco. Here are a few of our favourite places to relax, recover and get ready for the following day’s adventure!

TAKE AN ISLAND CRUISE
Sleep in Vietnam’s bay of dreams

It’s otherworldly and ethereal - and the only way to experience Halong Bay is to park up your bike, and take a cruise around its forest-topped, sheer-sided islands. It’s a suitably soporific reward after a week spent cycling from Saigon in the south. And it’s a cruise that will revive and exchange your spirits - as will your kayak expedition into the bay’s hidden coves and anchorages before spending a night aboard your boat.

Cycling Vietnam
exodustravels.com/trip/MOV

CAST OFF IN A CATAMARAN
Island-living, Cuban style

Tiny Cayo Macho is where Cuba meets the Caribbean: an idyllic offshore island fringed by soft sands. Take a day off, jump onboard a catamaran and enjoy a day spent snorkelling the clear, emerald seas, and a beach barbeque lunch of the freshest seafood you’ll ever eat. This is Cuba at its most laid-back and lovely - just the ticket after soaking up the island’s dizzying history and culture. And relax...

Cuban Highlights Ride
exodustravels.com/trip/MAC

EXPERIENCE A HAMMAM
Moroccan massage hits the spot!

Cycling in the foothills of Morocco’s fabled Atlas Mountains is its own reward - it’s a magnificent experience. But give your tired muscles a treat, and submit them to the tough love of a traditional hammam. Steamy relaxation suites offer the ultimate top-to-toe MOT, perfected over many centuries.Sit, soak, let your masseur soothe your saddle-sore body, and emerge ready to cycle another day!

Cycle Morocco’s Great South
exodustravels.com/trip/MMI

FEAST ON THE FINEST
Gastronomy in the heart of France

If France is a magnet for food lovers, then surely the Dordogne is the main course. Eating (and drinking) in this rural, farm-studded region is all about terroir - that authentic sense of place you only get from passionate local producers. And you can sample the best of it at day’s end: the rich, earthy flavours of the Dordogne showcased in the region’s bistros, farmer’s markets and vineyards. This self-guided tour takes in gastronomic hot spots such as Les Eyzies - try the ‘canard confits’ – sautéed duck on a warm salad, drizzled with walnut oil. Delicious.

Dordogne Gastronomic Self-Guided Cycling
exodustravels.com/trip/LHD

02
01
03
04
05
ACROSS THE BORDER

Why explore the highlights of one country on a cycling trip when you could wheel through two, or three. No, wait, make that four...

Its recent, turbulent history is never far from the surface, but Bosnia and Montenegro rewards the curious traveler with natural wonders to spare too.

In Bosnia, we’ll explore the ancient Ottoman trading centre of Trebinje, take in the vineyards of Popovo Polje, and catch magnificent views from the Herzegovinian limestone mountains, the Dinaric Alps—one of Europe’s most rugged and unspoiled terrains.

Then it’s over the silent Orijen mountains to Montenegro, to greet the tranquil Luštica Peninsula—a headland of hidden beaches and remote villages wrapped by olive groves. The Old Town of Kotor, heart of the country’s wine-growing region, will enchant you. Its sheltered bay attracts the yachting set, but it’s a refreshingly un-glitzy place. Then it’s time to head for the border, to experience a fast and beautiful descent along the old postal service route to Mostar—kept open in the darkest days of the Balkan war.

You’ll get to witness the turbulent waters of the Buna Spring in Blagaj (one of the largest natural springs in Europe) before arriving in stately Dubrovnik, where a dip in the Adriatic is a well-earned finale to this excursion through history both ancient and modern.

Our Highlight: Trying our hand at honey farming in the Orijen mountains is a life-skill we never thought we’d need to brush up on. But the results—like the cool, fresh mountain air itself—are sweetly satisfying.

Cycling Bosnia & Montenegro
exodustravels.com/trip/MVH

01 GREAT FOR MOUNTAINS
CROATIA, BOSNIA AND HERZOGOVINA, MONTENEGRO

For full holiday listings see from p35
Across The Border

03 GREAT FOR BEACHES
NICARAGUA, COSTA RICA, PANAMA

This tour takes you from the graceful colonial city of Granada to the bustling Panama City. In Nicaragua, we visit the Masaya Volcano – steam from its caldera rising in the haze of the midday sun. In Costa Rica you’ll travel down the Tenorio River, cycle through rainforests and have the opportunity to get up close with monkeys, iguanas as well as seeing crocodiles too, before taking a dip in La Fortuna’s Hot Springs. In Panama, be captivated by the Bocas del Toro Islands, with their blissful palm-shaded white sands and crystal waters, then top off your trip with a tour highlight – riding a stretch of the Panama Canal.

Our Highlight:
Cycle Nicaragua, Costa Rica & Panama
exodustravels.com/trip/MUC

You Say:
“A superb “snapshot” of three beautiful countries – think wildlife, beautiful beaches, a laid-back atmosphere, tropical forest greenery, colourful towns, lakes, volcanoes, mountains and colonial architecture. A good mix of biking and down-time!” says Exodus customer Yasmin Sethna.

04 GREAT FOR CULTURE
THAILAND, CAMBODIA, VIETNAM

Two full days at the incredible Angkor Wat complex is just one highlight in a string of superlative Southeast Asian highlights explored on this three-country adventure.

In heady Thailand, we ride through small villages, past monasteries and paddy fields, visiting Pang Sida National Park for a swim in the reservoir and a memorable view through the deep, dense jungle canopies. Cambodia offers an abundance of serenely beautiful temples. Here, you’ll also be moved by the powerful history of the region as you learn about the impact of the Khmer Rouge with a visit to the ‘Killing Fields’. It’s powerful stuff – as is the pride and dignity of this nation’s welcoming and graceful people.

In Vietnam, we encounter the dizzying sights, smells and tastes of the Cai Be floating market, and dive into Ho Chi Minh City, once known as Saigon – a bustling characterful metropolis that blends the ancient and modern, and will bring your adventure to a sensory, colourful finale.

Our Highlight:
The awe-inspiring temple of Angkor Wat never fails to amaze. We visit early in the morning, to escape the crowds – which only adds to the wonder.

Cycle Indochina & Angkor
exodustravels.com/trip/MOC

You Say:
“An excellent cycling trip, with plenty of time to appreciate the endless countryside (as well as the cities) of the Baltic States.” Exodus customer Rosemary Hyde says.

05 GREAT FOR HISTORY
ESTONIA, LATVIA, LITHUANIA

Cycle across three countries in this journey of historic cities, untouched wilderness and captivating coastline.

In Estonia, discover the fairytale island castle of Trakai, enjoy the onshore breeze blowing in from the Baltic Sea as you cycle through maritime pine forests and deeply indented coastline. We’ll explore Lahemaa National Park’s hinterland of huge lakes and visit ‘Estonian Switzerland’, with its steep sided valleys and lofty plateaus. The reserve is home to some of Europe’s last populations of predators – grey wolf, Eurasian lynx and brown bear.

Enjoy Latvia’s vibrant capital, Riga – its Old Town a warren of bars and restaurants each more tempting than the last. Then head to the white sandy beaches of Jūrmala for a refreshing dip in the sea. Look out for chunks of Baltic amber – often washed ashore after a storm.

And in Lithuania, cycle along the Baltic Coast and encounter the breathtaking dunes dubbed the ‘Lithuanian Sahara’, stopping off at the artists’ retreat of Nida to complete your tri-country cycling odyssey.

Our Highlight:
Cycle The Baltics
exodustravels.com/trip/MVB

You Say:
“An excellent cycling trip, with plenty of time to appreciate the endless countryside (as well as the cities) of the Baltic States.” Exodus customer Rosemary Hyde says.
The culmination of his crossing of the subcontinent, Darrell enjoyed a sightseeing ride—a night on a traditional Keralan houseboat for a blissful backwater cruise. 

"Just like every Exodus trip, the Coast to Coast gave a really good flavour, and feel, of the country. Lots of rural life, mountains, temples and, of course, the famous backwaters," Darrell says. But Kerala, for Darrell, offered the most intense, most vivid palette of all: "Keralan people seemed gentler and more serene," he says. And his houseboat—part of a small flotilla of three houseboats travelling in tandem— "was a wonderful starry night, and after a few drinks, Darrell explains. "Most of the boat is a spacious sitting room with open sides to enable maximum visibility," Darrell explains. "Crew members kept us supplied with fresh fruit, salads and tea."

While supping, Darrell enjoyed an uninterrupted view across lakes and rivers, waterside villages and the region's colourful roll-call of birdlife—including sea eagles, egrets, kingfishers and herons.

"We moored up along the bank as the sun set and walked along as the locals came out to talk to us. We were evidently in luck, as it was The Festival of Light and all the way along the river bank were waterlilies. We were evidently in luck, as it was The Festival of Light and all the way along the river bank were waterlilies. We were evidently in luck, as it was The Festival of Light and all the way along the river bank were waterlilies."

Throughout their holiday listings, Exodus offers handy tips and information for your next adventure.

**OUR CYCLING HOLIDAY LISTINGS**

The next section features all of our amazing cycling adventures. Within, you’ll find everything you need: the highlights each trip features, the activity level they’ll require, the times of the year we depart—and, of course, an idea of their price.

If a trip catches your eye, you’ll find a full itinerary, complete pricing information and a comprehensive list of departure dates on our website. Simply visit the specific tour’s unique page—look for the three letter trip code:

<exodustravels.com/trip/MIT>

Online, you’ll also have access to maps, detailed trip notes, reviews and photos. And if you have any questions, you can have a ‘live chat’ session with one of our sales experts.

**Look out for...**

**NEW**

We have an extensive range of premium adventures at Exodus. Look out for the premium flag on the top of the trip listing.

**Look out for...**

"For supper that night we all ate together on the main boat by candlelight," he says. "It was a wonderful starry night, and after a few refreshing beers we all slept well."

Support when you need it

On the majority of our cycling trips, a support vehicle accompanies the riders. These carry tools, refreshments, and even (if you’re tired) you! This vehicle accompanies the riders. These carry tools, refreshments, and even (if you’re tired) you! This vehicle carries tools, refreshments, and even (if you’re tired) you! This vehicle carries tools, refreshments, and even (if you’re tired) you! This vehicle carries tools, refreshments, and even (if you’re tired) you! This vehicle carries tools, refreshments, and even (if you’re tired) you! This vehicle carries tools, refreshments, and even (if you’re tired) you! This vehicle carries tools, refreshments, and even (if you’re tired) you!

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"Miles and miles of unpolluted vistas, sometimes without a sign of mankind in sight..."

Shirley Vauvelle
**SPAIN**

**Cycle Mallorca**

**Trip Code**

**Months of departure**

Choose your own date for a private departure, or join our guided groups in the following months:

- JAN 27
- FEB 3
- MAR 3
- APR 7
- MAY 1
- JUN 5
- JUL 3
- AUG 7
- SEP 2
- OCT 6

**Did you know?**

The Coves of Campanet were discovered in 1945 by a former prospector for watre. This chambers covers an area of 3200m² with 400m of pathways to explore.

**Trip highlights**

- Discover Mallorca’s hidden caves and coves
- Indulge in delicious food and wine

**At a glance**

- 8 days land only
- 6 days cycling with vehicle support
- 100% tarmac roads with some climbs
- 7 nights hotels all en suite
- All breakfasts included
- Local bike hire included
- Optional single supplement - please enquire

**Itinerary & daily cycling distance**

1. Start Montuiri.
2. Cycle to the medieval town of Alaro; visit to the stunning hilltop Monastery of San Salvador.
3. Cycle to the hilltop Monastery of Santa Maria de Alaro.
4. Cycle to the walled town of Alcudia.
5. Cycle along the coast to the quaint stone town of Pollença.

**Trip Code**

**Leisurely/Moderate**

**Trip highlights**

- Spectacular mountain scenery
- World renowned Dolomiti course
- Flat leisurely cycling routes

**At a glance**

- 8 days land only
- 6 days cycling with 85% tarmac roads and 15% gravel tracks
- 7 nights hotels all en suite
- All breakfasts included
- Local bike hire included
- Optional single supplement - please enquire

**Itinerary & daily cycling distance**

1. Start Vialbisossu.
2. Cycle along the Renon River to Brunico; visit the mighty fortress of Castelrotto.
3. Transfer to the Selva Valley; ride via San Cassiano below stunning peaks to Vialbisossu.
4. Follow the Drau cycle path, crossing the border at Landeck; transfer to Vialbisossu.
5. Start today’s ride; enjoy a break on top of Rolle Pass.
6. Cycle to the village of Sesto in the Sexten Valley; ride via San Nicolo di Mela.
7. Cycle to the medieval town of Colfosco via Nozole.
8. End today’s ride in Udine; free time to explore.

**Trip Code**

**Moderate**

**Trip highlights**

- Stunning Dolomites scenery
- Veneto, Verona, Padua and Venice
- Boat trip across Lake Garda

**At a glance**

- 8 days land only
- 6 days cycling with 100% vehicle support (limited seats); 100% tarmac roads
- 7 nights hotels all en suite
- All breakfasts included
- Local bike hire included
- Optional single supplement - please enquire

**Itinerary & daily cycling distance**

2. Cycle through olive groves and the rugged town of Merano to Santa Maria di Coste.
3. Cycle to Vicenza; riding through vineyards and the south shore of the lake.
4. Cycle to Padua; visit the famous site of the Basilica di San Giustina and the ruins of the Scaliger Castle.
5. Cycle to Sesto, passing through vineyards and the rolling hills of the Veneto
6. Ride to Treviso, passing through the Veneto and back to Venice.
7. Finish in San Quirico.

**Trip Code**

**Leisurely/Moderate**

**Trip highlights**

- Spectacular mountain scenery
- Beautiful Pisa and Lucca
- Ride quiet roads
- Ride up to take in the views over Florence

**At a glance**

- 8 days land only
- 6 days cycling, with vehicle support (limited seats); 100% tarmac roads
- 7 nights hotels all en suite
- All breakfasts included
- Local bike hire included
- Optional single supplement - please enquire

**Itinerary & daily cycling distance**

1. Start Florence.
2. Cycle alongside the Arno River to Tenero, capital of the Tuscany region.
3. Transfer to the Serchio river, taking in Pisa.
4. Cycle to Gaiole and Radda to Castellina in Chianti.
5. Ride to San Gimignano and Monteriggioni.
6. Cycle to Lucca; ride via Panzano and Greve in Chianti.
7. Enjoy one last circular ride on the banks of the Arno River, taking in Pisa.
8. End Lucca.

**Trip Code**

**Easy**

**Trip highlights**

- Discover the two main cities of Portugal
- Explore hilltop monasteries
- Ride quiet roads

**At a glance**

- 8 days land only
- 6 days cycling with 85% tarmac roads and 15% gravel tracks
- 7 nights hotels all en suite
- All breakfasts included
- Local bike hire included
- Optional single supplement - please enquire

**Itinerary & daily cycling distance**

1. Start Porto; orientation tour and wine tasting.
2. Cycle to the hilltop Monastery of San Salvador.
4. Coastal ride to the seaside town of Furadouro.
5. Coastal ride through the foot hills of the Tremontana Mountains.
6. Cycle to the inlet of the Coves of Campanet.
7. Visit the Covas of Campanet on the way to the walled town of Alcobaça.
8. Cycle along the coast to the quaint stone town of Pollença.

Please contact your agent for more information and latest prices.
ITALY

**Cycle Cilento & the Amalfi Coast**

**Trip Code**: MWO

**Trip highlights**
- Cycle along unspoilt coastline to Salerno
- Visit UNESCO Matera and the Amalfi Coast

**At a glance**
- 8 days land only
- 6 days cycling with vehicle support, 100% tarmac roads
- Mostly undulating routes and a few climbs
- 6 nights 3 and 4-star hotels and 1 night farmhouse
- All breakfasts and 1 dinner included
- Local bike hire included

**Itinerary & daily cycling distance**
- **Start** in Salerno, on the southern coast of Cilento
- Cycle along unspoilt coastline to Salerno via the Amalfi Coast to Praiano
- Cycle along the Amalfi Coast to Positano
- Train to Salerno; scenic ride to Minori, our base in Paestum
- Cycle to village of Corleto; overnight in farmhouse
- Cycle to the beautiful Baroque city of Lecce
- **End** in Lecce

**Months of departure**
Choose your own date for a private departure, or join our guided groups in the following months:
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

Please contact your agent for more information and latest prices.

“Exhilarating descents, sweeping bends, beautiful coastal views and very few cars.”
Katherine Criswick

**ITALY**

**Cycling Puglia & Matera**

**Trip Code**: MWY

**Trip highlights**
- Cycle through olive groves and past white-coned trulli
- Rugged nature
- Delicious cuisine and wines
- Scenic coastal cycling

**At a glance**
- 8 days land only
- 6 days cycling with vehicle support, 100% tarmac roads
- Undulating roads with a few short climbs and descents
- 6 nights 3-star hotels, 1 night converted farmhouse, all en suite
- 90% tarmac, 10% easy gravel roads
- All breakfasts and 2 dinners included
- Local bike hire included

**Itinerary & daily cycling distance**
- **Start** in the coastal town of Polignano a Mare, Puglia
- Cycle through olive groves and past white-coned trulli
- Cycle to village of Corleto; overnight in farmhouse
- Cycle to Scicli, film set of Inspector Morse
- Cycle to Scicli, film set of Inspector Morse
- Cycle to Scicli, film set of Inspector Morse
- Cycle back across the island of Sardinia
- Cycle to the beautiful Baroque city of Lecce
- **End** in Lecce

**Months of departure**
Choose your own date for a private departure, or join our guided groups in the following months:
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

Please contact your agent for more information and latest prices.

**ITALY**

**Cycling in Sardinia**

**Trip Code**: MWK

**Trip highlights**
- Cycle across Italy from the Adriatic to the Tyrrhenian Sea
- Visit UNESCO Matera and the Amalfi Coast
- Charming accommodation bustling with character

**At a glance**
- 8 days land only
- 6 days cycling with vehicle support, 100% tarmac roads
- Undulating roads with a few short climbs and descents
- 6 nights 3-star hotels and 1 night farmhouse
- All breakfasts and 2 dinners included
- Local bike hire included

**Itinerary & daily cycling distance**
- **Start** in the coastal town of Polignano a Mare, Puglia
- Cycle through olive groves and past white-coned trulli
- Cycle to village of Corleto; overnight in farmhouse
- Cycle to Scicli, film set of Inspector Morse
- Cycle to Scicli, film set of Inspector Morse
- Cycle to Scicli, film set of Inspector Morse
- Cycle back across the island of Sardinia
- Cycle to the beautiful Baroque city of Lecce
- **End** in Lecce

**Months of departure**
Choose your own date for a private departure, or join our guided groups in the following months:
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

Please contact your agent for more information and latest prices.

**ITALY**

**Cycling in Sicily**

**Trip Code**: MWV

**Trip highlights**
- Visit UNESCO Noto Valley
- Sample superb regional cuisine
- Ride the stunning UNESCO Noto Valley

**At a glance**
- 8 days land only
- 6 days cycling with vehicle support, 100% tarmac roads
- Undulating roads with a few short climbs and descents
- 7 nights comfortable 3-star hotels and agriturismos, all en suite
- All breakfasts and 1 dinner included
- Local bike hire included

**Itinerary & daily cycling distance**
- **Start** in the coastal town of Polignano a Mare, Puglia
- Cycle through olive groves and past white-coned trulli
- Cycle to village of Corleto; overnight in farmhouse
- Cycle to Scicli, film set of Inspector Morse
- Cycle to Scicli, film set of Inspector Morse
- Cycle to Scicli, film set of Inspector Morse
- Cycle back across the island of Sardinia
- Cycle to the beautiful Baroque city of Lecce
- **End** in Lecce

**Months of departure**
Choose your own date for a private departure, or join our guided groups in the following months:
- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

Please contact your agent for more information and latest prices.
At a glance
• Optional single supplement - please enquire
• E-bikes hire available on request
• Local bike hire included
• All breakfasts included
• 10 nights hotels all en suite

Trip highlights
• Discover four European capitals steeped in history
• Experience a wide range of cuisines, wines and beers

At a glance
• 11 days land only
• 8 days cycling with 90% support vehicle, 10% terrain and some gravel paths
• Mix of quiet country roads and some busier sections
• 10 nights comfortable 3 and 4-star hotels, all en suite
• All breakfasts included
• Local bike hire included
• Essential items available on request

Optional single supplement - please enquire

Itinerary & daily cycling distance

1
Start Tallinn.

2
Explore Tallinn; transfer to the Lahemaa N.P. for a scenic ride.

3
Explore Lahemaa National Park.

4
Ferry to Saaremaa Island for a circular ride.

5
Transfer to Tartu; cycle through the beautiful region of the Hobbi Hills.

6
Transfer to Narva;

7
Cycling through the forests and hills to Trebon.

8
Ride over the Orjen mountain range into the Dinaric Alps.

9
From Kotor climb Lovcen Mountain and descend into Mostar.

10
Free day in Lumbarda; optional visit (with bikes) to the hot springs of Blagaj and Stolac; afternoon free to explore.

11
End Dubrovnik.

Czech Republic, Austria, Slovakia, Hungary

Cycle the Baltics

Trip Code
MVZ

Leisurely/Moderate

Trip highlights
• Cycle along rivers, through forests and national parks
• Discover four European capitals steeped in history
• Experience a wide range of cuisines, wines and beers

At a glance
• 11 days land only
• 8 days cycling with 100% support vehicle, 90% terrain, 10% gravel roads
• 8 nights hotels all en suite
• All breakfasts, 6 lunches and 3 dinners included
• Local bike hire included
• Optional single supplement - please enquire

Itinerary & daily cycling distance

1
Start Prague.

2
Cycling through the centre of Prague, cycle towards Brno.

3
Transfer to Bratislava.

4
Transfer to Bratislava and cycle through the valley of the Danube to Vienna.

5
Transfer to Vienna;

6
Cycle along Greenways Trail to UNESCO World Heritage site of Vgtrenica Cave.

7
Visit to the Vjetrenica Cave.

8
Ride through the forests and hills to Trebon.

9
Ride to Jurmala; transfer to Riga for the night.

10
Cycle through ‘Estonian Switzerland’ to Otepaa; visit the fairytale Trakai castle.

11
Visit the fairytale Trakai castle.

Croatia, Bosnia and Herzegovina, Montenegro

Cycling Bosnia & Montenegro

Trip Code
MVZ

Moderate

Trip highlights
• Discover the UNESCO city of Dubrovnik
• Island hop by boat and bike
• Discover the UNESCO city of Dubrovnik
• Spectacular coastal routes

At a glance
• 8 days land only
• 6 days cycling with 100% vehicle support, 90% terrain and 10% gravel roads
• 7 nights hotels all en suite
• All breakfasts included
• Local bike hire included
• Optional single supplement - please enquire

Itinerary & daily cycling distance

1
Start Dubrovnik airport.

2
Ferry transfer to Hvar.

3
Ride through the vineyards of Peljesac Peninsula.

4
Ride over the Dinaric Alps to the Adriatic.

5
Ride through the forests and hills to Trebon.

6
Transfer to the Listica Peninsula; ride along the coast of the bay.

7
Ride through the forests and hills to Trebon.

8
Ride through the Dinaric Alps to the Adriatic.

9
Ride through the forests and hills to Trebon.

10
End Budapest.

Croatia, Bosnia and Herzegovina

Cycling the Dalmatian Coast

Trip Code
MVJ

Moderate

Trip highlights
• Spectacular coastal route
• Island hop by boat and bike
• Discover the UNESCO city of Dubrovnik

At a glance
• 8 days land only
• 6 days cycling with support vehicle, 90% terrain and 10% gravel roads

Itinerary & daily cycling distance

1
Start Split.

2
Ferry transfer to Hvar.

3
Ride east along the island to the port of Sucidadi.

4
Free day in Lumbarda; optional visit (with bikes) to picturesque island of Mljet.

5
Ride through the vineyards of Peljesac Peninsula.

6
Drive to Dubrovnik via the traditional towns of Blagaj and Stolac; afternoon free to explore.

Croatia, Bosnia and Herzegovina, Montenegro

Cycling the Dalmatian Coast

Trip Code
MVJ

Moderate

Trip highlights
• Spectacular coastal route
• Island hop by boat and bike
• Discover the UNESCO city of Dubrovnik

At a glance
• 8 days land only
• 6 days cycling with support vehicle, 90% terrain and 10% gravel roads

Itinerary & daily cycling distance

1
Start Dubrovnik airport.

2
Ferry transfer to Hvar.

3
Ride through the vineyards of Peljesac Peninsula.

4
Ride over the Dinaric Alps to the Adriatic.

5
Ride through the forests and hills to Trebon.

6
Transfer to the Listica Peninsula; ride along the coast of the bay.

7
Ride through the forests and hills to Trebon.

8
Ride through the Dinaric Alps to the Adriatic.

9
Ride through the forests and hills to Trebon.

10
End Budapest.
**ALBANIA**

**Cycling in Albania**

**Trip Code** MVA

**Moderate/Cycling**

**Trip highlights**
- Ancient villages and walled towns
- UNESCO sites and fortified churches
- Explore hills and olive groves
- Cycle through gorges and mountains

**At a glance**
- 8 days land only
- 6 days cycling with vehicle support
- 60% tarmac and some sections in poor condition
- Undulating route with some steep climbs
- 5 nights hotels, 2 nights guesthouses
- All breakfasts, 6 lunches and 6 dinners included
- Local bike hire included
- Optional single supplement - please enquire

**Exodus**

**Itinerary & daily cycling distance**

- **Day 1** 54 km, **Day 2** 59 km, **Day 3** 40 km, **Day 4** 73 km, **Day 5** 48 km, **Day 6** 40 km, **Day 7** 37 km

**Months of departure**
- Choose your own date for a **private departure**, or join our guided groups in the following months:
  - **Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec**

**“Stunning scenery, beautiful lakes and very comfortable accommodation...”**

Elspeth Barley

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**GREECE**

**Cycling in Greece**

**Trip Code** MVO

**Moderate/Cycling**

**Trip highlights**
- Ride along tranquil coastline
- Explore Athens
- UNESCO site of Petra
- Cycle through vast desert landscapes

**At a glance**
- 9 days land only
- 6 days cycling with vehicle support
- 90% tarmac, 10% crossroads, undulating route with some climbs
- 6 nights hotels all en suite
- All breakfasts included
- Local bike hire included
- Optional single supplement - please enquire

**Exodus**

**Itinerary & daily cycling distance**

- **Day 1** 25 km, **Day 2** 42 km, **Day 3** 20 km, **Day 4** 51 km, **Day 5** 20 km, **Day 6** 10 km, **Day 7** 20 km

**Months of departure**
- Choose your own date for a **private departure**, or join our guided groups in the following months:
  - **Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec**

**“Challenging cycling in stunning landscapes...”**

Julia Mason

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**MOROCCO**

**Cycle Morocco’s Great South**

**Trip Code** MXW

**Moderate/Cycling**

**Trip highlights**
- Cycle through vast desert scenery
- **UNESCO site of Petra**
- Camp under the stars in Wadi Rum

**At a glance**
- 9 days land only
- 9 days cycling with vehicle support
- 100% tarmac roads
- Mainly flat route with a few climbs
- 7 nights hotels, 1 night permanent tent camp
- All breakfasts, 2 lunches and 1 dinner included
- Local bike hire included
- Optional single supplement - please enquire

**Exodus**

**Itinerary & daily cycling distance**

- **Day 1** 0 km, **Day 2** 73 km, **Day 3** 65 km, **Day 4** 8 km, **Day 5** 1 km, **Day 6** 6 km, **Day 7** 0 km

**Months of departure**
- Choose your own date for a **private departure**, or join our guided groups in the following months:
  - **Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec**

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**JORDAN**

**Petra & Wadi Rum by Bike**

**Trip Code** MWA

**Moderate/Cycling**

**Trip highlights**
- Cycle through vast desert scenery
- Explore Petra
- Explore Wadi Rum

**At a glance**
- 9 days land only
- 6 days cycling with vehicle support
- 100% tarmac roads
- Mainly flat route with a few climbs
- 6 nights hotels, 1 night permanent tent camp
- All breakfasts, 2 lunches and 1 dinner included
- Local bike hire included
- Optional single supplement - please enquire

**Exodus**

**Itinerary & daily cycling distance**

- **Day 1** 0 km, **Day 2** 60 km, **Day 3** 20 km, **Day 4** 40 km, **Day 5** 70 km, **Day 6** 25 km, **Day 7** 0 km

**Months of departure**
- Choose your own date for a **private departure**, or join our guided groups in the following months:
  - **Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec**

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**Please note**, for guidance prices please see inside rear cover.
Itinerary & daily cycling distance

At a glance
• 10 days land only
• 8 days cycling with 100% vehicle support, 90% tarmac roads, 10% unpaved tracks
• 7 nights lodges, 3 nights camping, all en suite
• All breakfasts, 4 lunches and 3 dinners included
• Beach extensions available
• Local bike hire included
• Optional single supplement – please enquire

At a glance
• 13 days land only
• 8 days cycling with 100% vehicle support, 90% tarmac roads, 10% unpaved tracks
• 7 nights hotels, 3 nights camping, all en suite
• All breakfasts, 4 lunches and 3 dinners included
• Beach extensions available
• Local bike hire included
• Optional single supplement – please enquire

At a glance
• 15 days land only
• 10 days cycling with 100% vehicle support, 90% tarmac roads, 10% unpaved tracks
• 10 nights hotels, 4 nights camping, all en suite
• All breakfasts, 11 lunches and 4 dinners included
• Beach extensions available
• Local bike hire included
• Optional single supplement – please enquire

Trip highlights
• Discover vast mountains, forests and canyons
• Experience diverse culture, religion and people
• Cycle the Panorama Route

Trip highlights
• Explore rainforest and beaches
• Experience diverse culture, religion and people
• Cycle the Panorama Route

Trip highlights
• Cycle through scenic countryside
• Discover revolution history
• Enjoy salsa rhythms and mojitos

To Havana via Remedios and Santa Clara.
14
13
Transfer to Cienfuegos.
12
11
City tour; transfer to Gibara.
10
9
Free day in Trinidad; optional catamaran trip.
8
7
Coastal ride to Trinidad.
6
5
Coastal cycling; transfer to Cienfuegos.
4
3
Rural cycling; transfer to Cienfuegos.
2
1
Start Havana.
0
0
Leisurely/Moderate

Months of departure
Choose your own date for a private departure, or join our guided groups in the following months:
JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

Please contact your agent for more information and latest prices.
For guide prices please see inside rear cover.
COSTA RICA
Costa Rica Coast to Coast Ride

Trip Code: COT

Trip highlights:
• Cycle the Pacific coastline
• Encounter Tortugueros’ wildlife
• Descend through the Osa Valley

At a glance:
• 14 nights hotels all en suite
• 15 days land only
• Relax in Bocas del Toro
• Cycle through three countries

Trip highlights:
• Local bike hire included
• Optional single supplement - please enquire

Itinerary & daily cycling distance

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1</td>
<td>Bocas del Toro</td>
</tr>
<tr>
<td>2</td>
<td>Cycle towards Sirena Wildlife Refuge</td>
</tr>
<tr>
<td>3</td>
<td>Visit Corcovado National Park</td>
</tr>
<tr>
<td>4</td>
<td>Cycle through Osa Valley</td>
</tr>
<tr>
<td>5</td>
<td>Relax in Puerto Jimenez</td>
</tr>
<tr>
<td>6</td>
<td>Transfer to Bahia Chiriqui</td>
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<td>7</td>
<td>Cycle to Bajo Rodriguez</td>
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<tr>
<td>8</td>
<td>Cycle to Panama City</td>
</tr>
<tr>
<td>9</td>
<td>Relax in Bocas del Toro</td>
</tr>
<tr>
<td>10</td>
<td>Cycle to San Juan de la Sierra</td>
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<tr>
<td>11</td>
<td>Relax in Bocas del Toro</td>
</tr>
<tr>
<td>12</td>
<td>Cycle to San Juan de la Sierra</td>
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<tr>
<td>13</td>
<td>Relax in Bocas del Toro</td>
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Months of departure

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MEXICO
Cycling in Mexico

Trip Code: MEX

Trip highlights:
• Visit Mayan communities
• Discover colonial cities

At a glance:
• 13 nights hotels, 2 nights in a finca
• 14 days land only
• Visit Mayan communities
• Hike in Cocora Valley

Trip highlights:
• Optional single supplement - please enquire

Itinerary & daily cycling distance

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<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1</td>
<td>Start Cancun</td>
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<tr>
<td>2</td>
<td>Boat to Isla Mujeres and cycle around the island</td>
</tr>
<tr>
<td>3</td>
<td>Drive to Merida, city tour and free time</td>
</tr>
<tr>
<td>4</td>
<td>Cycle from Merida to Izamal</td>
</tr>
<tr>
<td>5</td>
<td>Start Cancun</td>
</tr>
<tr>
<td>6</td>
<td>Cycle to Chichen Itza; tour of the archaeological site</td>
</tr>
<tr>
<td>7</td>
<td>Cycle to colonial town of Valladolid</td>
</tr>
<tr>
<td>8</td>
<td>Rider to Yucatan; tour of Izamal and other World Heritage Sites</td>
</tr>
<tr>
<td>9</td>
<td>Drive to San Juan de los Lagos</td>
</tr>
<tr>
<td>10</td>
<td>Cycle to Lake Izamal</td>
</tr>
<tr>
<td>11</td>
<td>Drive to Valladolid</td>
</tr>
<tr>
<td>12</td>
<td>Cycle to Valladolid</td>
</tr>
<tr>
<td>13</td>
<td>Relax in Cancun</td>
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COLOMBIA
Cycling in Colombia

Trip Code: COL

Trip highlights:
• Hike in Cocora Valley
• Rural Colombian culture

At a glance:
• 10 nights hotels, 2 nights in a finca
• Andes Lake Crossing
• Visit Zipaquira Salt Cathedral
• Fly to Cali and transfer to Buga

Trip highlights:
• Optional single supplement - please enquire

Itinerary & daily cycling distance

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>1</td>
<td>Start Bogota</td>
</tr>
<tr>
<td>2</td>
<td>Bike fitting followed by Bogota’s ‘Cultural’ city ride and welcome dinner</td>
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<tr>
<td>3</td>
<td>Visit Hispanic Salt Cathedral; fly to Cali and transfer to Buga</td>
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<tr>
<td>4</td>
<td>Mostly flat ride following the Cowra River to Roldanillo</td>
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<td>5</td>
<td>Another flat ride passing fields of sugar cane and orchards towards Zipaquira</td>
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<tr>
<td>6</td>
<td>Final mountain ride into the coffee country and up to the town of Pablo Tapia</td>
</tr>
<tr>
<td>7</td>
<td>Some challenging climbs with rewarding views and coffee tasting on the way to Barcelona via Rio Verde</td>
</tr>
<tr>
<td>8</td>
<td>A day of steady climbing through typical natural scenery to Buga, included coffee tour and botanical gardens</td>
</tr>
<tr>
<td>9</td>
<td>A day of relatively轻松 climbing through typical natural scenery to Buga, included coffee tour and botanical gardens</td>
</tr>
<tr>
<td>10</td>
<td>Relax in Cali, bike ride and visit to Santo Domingo</td>
</tr>
<tr>
<td>11</td>
<td>Drive to Popayan and transfer to Buga</td>
</tr>
<tr>
<td>12</td>
<td>Relax in Cali</td>
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Months of departure

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**THAILAND, LAOS**

**Cycling in Laos**

**Trip Code** MOC

**Trip highlights**
- Explore Bagan temple complex by bike.
- Visit Ta Peng hill tribe village.
- Cycle through Inle Lake.
- Discover Inle Lake.
- Explore Bagan temple complex by bike.
- Visit Ta Peng hill tribe village.
- Cycle through Inle Lake.
- Discover Inle Lake.

**Route**
- 10 days cycling with 95% vehicle support, mostly backroads and a few main roads with minimal traffic.
- 13 nights hotels all en suite.
- All bedbreakfasts included.
- Local bike hire included.
- Optional single supplement - please enquire

**Itinerary & daily cycling distance**

1. **Start Yangon.**
   - Yangon city tour.
   - Flight to Bagan.
   - Cycle to Mt Popa; option to cycle or drive back to Bagan.
2. **Ride to Mingun; boat ride back to Mandalay.**
   - Drive/cycle to Mandalay.
   - Drive/cycle to Pakkoku; boat ride on Irrawaddy river to Bagan.
3. **Second day at Ayeyarwady temple complex.**
   - Visit Shwesandaw Pagoda and Tamon Temple.
4. **Ride to Aranyaprathet.**
   - Transfer to Nakorn Pathom.
   - Cycle to Sisaket.
   - Transfer to Sisaket.
5. **Route through Si Saket and Nakhon Phanom.**
   - Start Yangon.
   - Yangon city tour.
   - Flight to Bagan.
   - Cycle to Mt Popa; option to cycle or drive back to Bagan.

**Trip Code** MOL

**Cycling in Laos**

**Trip highlights**
- Explore Bagan temple complex by bike.
- Visit Ta Peng hill tribe village.
- Cycle through Inle Lake.
- Discover Inle Lake.

**Route**
- 10 days cycling with 95% vehicle support, mostly backroads and a few main roads with minimal traffic.
- 13 nights hotels all en suite.
- All bedbreakfasts included.
- Local bike hire included.
- Optional single supplement - please enquire

**Itinerary & daily cycling distance**

1. **Start Yangon.**
   - Yangon city tour.
   - Flight to Bagan.
   - Cycle to Mt Popa; option to cycle or drive back to Bagan.
2. **Ride to Mingun; boat ride back to Mandalay.**
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4. **Ride to Aranyaprathet.**
   - Transfer to Nakorn Pathom.
   - Cycle to Sisaket.
   - Transfer to Sisaket.
5. **Route through Si Saket and Nakhon Phanom.**
   - Start Yangon.
   - Yangon city tour.
   - Flight to Bagan.
   - Cycle to Mt Popa; option to cycle or drive back to Bagan.

**MYANMAR (BURMA)**

**Cycle Myanmar (Burma)**

**Trip Code** MLC

**Trip highlights**
- Discover the 1,000 temples of Bagan.
- Explore Bagan temple complex by bike.
- Visit Ta Peng hill tribe village.
- Cycle through Inle Lake.
- Discover Inle Lake.

**Route**
- 14 days land only.
- 6 days cycling with 95% vehicle support, most good roads.
- 6 nights hotels, 1 night guesthouse.
- All bedbreakfasts and 1 dinner included.
- Premium departures available.

**Itinerary & daily cycling distance**

1. **Start Bagan.**
   - Bagan city tour.
   - Flight to Yangon.
   - Cycling in Yangon.
2. **Ride to minority villages around Inle lake.**
   - Cycle to Inthein pagodas; cruise on Inle Lake.
3. **Explore Bagan temple complex by bike.**
   - Start Yangon.
   - Yangon city tour.
   - Flight to Bagan.
   - Cycle to Mt Popa; option to cycle or drive back to Bagan.

**Trip Code** MLC

**Cycle Myanmar (Burma)**

**Trip highlights**
- Discover the 1,000 temples of Bagan.
- Explore Bagan temple complex by bike.
- Visit Ta Peng hill tribe village.
- Cycle through Inle Lake.
- Discover Inle Lake.

**Route**
- 14 days land only.
- 6 days cycling with 95% vehicle support, most good roads.
- 6 nights hotels, 1 night guesthouse.
- All bedbreakfasts and 1 dinner included.
- Premium departures available.

**Itinerary & daily cycling distance**

1. **Start Bagan.**
   - Bagan city tour.
   - Flight to Yangon.
   - Cycling in Yangon.
2. **Ride to minority villages around Inle lake.**
   - Cycle to Inthein pagodas; cruise on Inle Lake.
3. **Explore Bagan temple complex by bike.**
   - Start Yangon.
   - Yangon city tour.
   - Flight to Bagan.
   - Cycle to Mt Popa; option to cycle or drive back to Bagan.

Please contact your agent for more information and latest prices.

For guide prices please see inside rear cover.
Cycling Indonesia’s Islands

Trip Code: MIS

Top highlights:
- Bali, Lombok, and Nusa Lembongan
- Cycling through rice paddies, jungles and plantations
- Explore the island’s natural beauty and cultural heritage

At a glance:
- 13 days
- 11 nights accommodated
- All breakfasts and 6 lunches included

Trip highlights:
- Two distinctively different islands
- Enjoy the local culture and cuisine
- Stay in unique traditional accommodations

Itinerary & daily cycling distance

Day 1: Arrival
Day 2: Bali
Day 3: Lombok
Day 4: Lombok
Day 5: Nusa Lembongan
Day 6: Nusa Lembongan
Day 7: Nusa Lembongan
Day 8: Lombok
Day 9: Lombok
Day 10: Nusa Lembongan
Day 11: Nusa Lembongan
Day 12: Bali
Day 13: Departure

INDIA

Cycling through Rajasthan

Trip Code: MJG

Top highlights:
- Palace, temples and wildlife
- Ride on rural backroads
- Stay at opulent palaces

At a glance:
- 14 days
- 10 days cycling with vehicle support, 100% tarmac, 10% dirt tracks
- Ride door-to-door on most days

Trip highlights:
- Two distinctly different states
- Explore the rich culture and history
- Stay in luxurious accommodations

Itinerary & daily cycling distance

Day 1: Arrival
Day 2: Agra
Day 3: Fatehpur Sikri
Day 4: Delhi
Day 5: Agra
Day 6: Jodhpur
Day 7: Udaipur
Day 8: Jodhpur
Day 9: Udaipur
Day 10: Jodhpur
Day 11: Udaipur
Day 12: Jaipur
Day 13: Delhi
Day 14: Departure

INDIA

Cycling India’s Hill Stations

Trip Code: MJG

Top highlights:
- Ride the backroads of the mythical Hindu 
- Stay at the Taj Mahal
- Cycle across the Jalori Pass

At a glance:
- 16 days
- 10 days cycling with vehicle support, 100% tarmac, 10% dirt tracks
- Ride door-to-door on most days

Trip highlights:
- Two distinctively different states
- Explore the local culture and customs
- Stay in luxurious accommodations

Itinerary & daily cycling distance

Day 1: Arrival
Day 2: Delhi
Day 3: Agra
Day 4: Fatehpur Sikri
Day 5: Jodhpur
Day 6: Udaipur
Day 7: Jodhpur
Day 8: Udaipur
Day 9: Jodhpur
Day 10: Udaipur
Day 11: Jodhpur
Day 12: Udaipur
Day 13: Jodhpur
Day 14: Jaipur
Day 15: Delhi
Day 16: Departure

INDIA

Southern India Coast to Coast Ride

Trip Code: MK

Top highlights:
- Cyclists, temples and wildlife
- Stay on rural backroads
- Cycle across the Jalori Pass

At a glance:
- 21 days
- 11 days cycling with vehicle support, 100% tarmac, 10% dirt tracks
- Ride door-to-door on most days

Trip highlights:
- Two distinctly different states
- Explore the local culture and customs
- Stay in luxurious accommodations

Itinerary & daily cycling distance

Day 1: Arrival
Day 2: Chennai
Day 3: Pondicherry
Day 4: Chennai
Day 5: Pondicherry
Day 6: Pondicherry
Day 7: Pondicherry
Day 8: Pondicherry
Day 9: Pondicherry
Day 10: Pondicherry
Day 11: Pondicherry
Day 12: Pondicherry
Day 13: Pondicherry
Day 14: Pondicherry
Day 15: Pondicherry
Day 16: Pondicherry
Day 17: Pondicherry
Day 18: Pondicherry
Day 19: Pondicherry
Day 20: Pondicherry
Day 21: Pondicherry

Additional highlights:
- Visit Monkey Temple
- Explore the backwaters of Kollam
- Enjoy the scenery of the Western Ghats

INDIA

Cycle Kerala & Tropical India

Trip Code: MK

Top highlights:
- Coastal cycling through tea plantations
- Explore the backwaters
- Cycle across the Jalori Pass

At a glance:
- 21 days
- 11 days cycling with vehicle support, 100% tarmac, 10% dirt tracks
- Ride door-to-door on most days

Trip highlights:
- Two distinctly different states
- Explore the local culture and customs
- Stay in luxurious accommodations

Itinerary & daily cycling distance

Day 1: Arrival
Day 2: Chennai
Day 3: Pondicherry
Day 4: Chennai
Day 5: Pondicherry
Day 6: Pondicherry
Day 7: Pondicherry
Day 8: Pondicherry
Day 9: Pondicherry
Day 10: Pondicherry
Day 11: Pondicherry
Day 12: Pondicherry
Day 13: Pondicherry
Day 14: Pondicherry
Day 15: Pondicherry
Day 16: Pondicherry
Day 17: Pondicherry
Day 18: Pondicherry
Day 19: Pondicherry
Day 20: Pondicherry
Day 21: Pondicherry

Additional highlights:
- Visit the Backwaters
- Explore the Arabian Sea
- Enjoy the scenic beauty of the Western Ghats

Please contact your agent for more information and latest prices.

For guide prices please see inside rear cover.

Want to add a little luxury to your trip? On Premium departures we stay in a range of excellent hotels with swimming pools, ranging from comfortable modern properties to older properties bursting with character. See website for details.
Itinerary & daily cycling distance
At a glance
• 17 days land only
• 11 days cycling with vehicle support, 75% tarmac, 25% unpaved roads (in a poor condition)
• Spectacular route with long climbs and descents
• 8 night hotels, 8 nights full service camping
• 17 days land only

Trip highlights
• Six spectacular Himalayan passes
• Fantastic 2000m descent to Leh
• Ancient monasteries and culture

Itinerary & daily cycling distance
1. Start Delhi.
2. Train to Chandigarh; drive to Mandi.
3. Landscaped valley between Mandi and Naggar;...
Itinerary & daily cycling distance
At a glance
• Optional single supplement - please enquire
• Bike hire not included - hire details available on request

• 7 nights hotels with en suite facilities
• 6 days cycling with vehicle support, 100% tarmac roads, hilly routes with mountain passes
• 7 nights hotels with en suite facilities
• All breakfasts included
• Bike hire not included - hire details available on request
• Optional single supplement - please enquire

Trip highlights
• Conquer the highest col in Europe
• Historic routes of the Tour de France

Trip Code
MWU
Challenging/Tough

ITALY, FRANCE
Alpine Cols of the Tour de France

Trip Code
MSP
Challenging

Trip highlights
• The world’s largest cyclosportive event
• Cycle winelands, passes and coastal roads
• Explore Cape Town and its surroundings

Trip Code
MSH
Challenging

Trip highlights
• Cycle the world’s most famous cobble climbs

Trip Code
MSP
Challenging

Trip highlights
• Cycle the world’s most famous cobble climbs

Trip Code
MSP
Challenging

Trip highlights
• Conquer the highest col in Europe
• Historic routes of the Tour de France

Trip Code
MWU
Challenging/Tough

Trip highlights
• Conquer the highest col in Europe
• Historic routes of the Tour de France

Trip Code
MWU
Challenging/Tough

ITINERARY

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

8
7
6
5
4
3
2
1

88
75
110
125
70
64
54
58

FRANCE, ITALY
San Remo-Nice Ride

Trip Code
MWU
Challenging/Tough

Trip highlights
• Enjoy the sunshine on the French Riviera
• Cycle the Col de la Madone and the Poggio

Event Code
MWU

Trip highlights
• Ride famous Pyrenean cols
• Cycle from the Atlantic to the Med

Event Code
MSP
Challenging

Event Code
MSP
Challenging

Event Code
MSH
Challenging

Event Code
MSH
Challenging

FRANCE
Raid Pyrenean Coast to Coast Ride

Trip Code
MSH
Challenging

Trip highlights
• Cycle the world’s most famous cobble climbs

Trip Code
MSP
Challenging

Trip highlights
• Conquer the highest col in Europe
• Historic routes of the Tour de France

Trip Code
MWU
Challenging/Tough

FRANCE
Cape Argus Cycle Tour

Trip Code
MSH
Challenging

Trip highlights
• Conquer the highest col in Europe
• Historic routes of the Tour de France

Trip Code
MWU
Challenging/Tough

"If you want to do a cycling sportive abroad, that will in all likelihood be one of the best things that you will ever do, then book this trip. Absolutely amazing!"

Claire Mills
Off Road

FINLAND
Fat Biking in Finland

Trip Code: MFE

Top highlights:
- Cycle through Finnic Wilderness
- Cross snow-laden forests and fells
- Chance to see Northern Lights

At a glance:
- 8 days land only
- 6 days guided for biking
- Prepared trails in Oulanka National Park
- 5 nights wilderness lodge, 2 nights simple lodge
- All breakfasts, 7 lunches and 7 dinners included
- Local bike hire included
- Optional single supplement – please enquire

Itinerary & daily cycling distance
1. Start Kuusamo, transfer to the logging lodge. 85
2. Introduction to fat biking with easy ride in the national park. 90
3. Ride west to the border with Russia. 79
4. Return trip to Oulanka visitor centre, farewell dinner by open fire. 74
5. End Kuusamo. 88

Months of departure
Choose your own date for a private departure, or join our guided groups in the following months:
JAN FEB MAR APR MAY JUN JUL AUG SEP OCT
8 7 6 5 4 3 2 1

OR

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
8 7 6 5 4 3 2 1 0

FREE day: Optional activities at Basecamp

Return trip to Lake Paanajärvi’s viewpoint.

Translation: A fat bike is an off road machine built around oversized tyres. It can be ridden with only 10-15psi on the tyres, smoothing out unstable ground such as snow or sand. They are seriously fun to ride!

MOROCCO
Atlas Descent

Trip Code: MNA

Top highlights:
- Spectacular mountain biking track
- Dramatic mountain scenery
- Local Berber hospitality

At a glance:
- 13 days land only
- 9 days cycling with vehicle support, 65% off road with a mixture of tarmac and gravel roads
- 5 nights full service camping and 3 nights hotels/lodges
- All breakfasts, 3 lunches and 5 dinners included
- Local bike hire included
- Optional single supplement – please enquire

Itinerary & daily cycling distance
1. Start Agadir. 93
2. Transfer to Tizi Mlil Pass for an exhilarating tarmac climb towards the end. 40
3. Rock ride to Agadir. 35
4. The ultimate off road finale through remote mountainous landscape is very different; ride through pine forests and villages. 45
5. Spectacular ride down to Lake Paanajärvi’s viewpoint. 70

Transfer to Arusha.

Translation: It is an off road machine built around oversized tyres. It can be ridden with only 10-15psi on the tyres, smoothing out unstable ground such as snow or sand. They are seriously fun to ride!

TANZANIA
Tanzania Cycle Safari

Trip Code: MYB

Top highlights:
- Cycle the Great Rift Valley
- Visit the Ngorongoro Crater
- Explore Lake Natron

At a glance:
- 13 days land only
- 5 days cycling with vehicle support, 90% off road, 10% tarmac, riding dirt roads with some sandy and more technical sections
- 10 nights full service camping, 2 nights hotels
- All breakfasts, 11 lunches and 12 dinners included
- Local bike hire included
- Optional single supplement – please enquire

Itinerary & daily cycling distance
1. Start Arusha. 139
2. Cycle west across the Monduli mountain range, 75% off road, 25% paved roads, mountainous terrain with some climbs. 27
3. One of the most beautiful rides of the whole trip. 40
4. Ngorongoro Lady; game drive, camp on crater rim. 50
5. Transfer to Doinyo Lengai. 70
6. Spectacular ride down to Lake Natron and Ol Doinyo Lengai. 50
7. Transfer to Arusha. 50

Translation: It is an off road machine built around oversized tyres. It can be ridden with only 10-15psi on the tyres, smoothing out unstable ground such as snow or sand. They are seriously fun to ride!

NAMIBIA
Cycle Namibia

Trip Code: MZN

Top highlights:
- Magnificent and diverse landscapes
- The world’s highest sand dunes
- Wildlife of Etosha National Park

At a glance:
- 13 days land only
- 9 days of cycling with vehicle support, 65% off road with a mixture of tarmac and gravel roads
- 7 nights full service camping and 3 nights hotels/lodges
- All breakfasts, 3 lunches and 5 dinners included
- Local bike hire included
- Optional single supplement – please enquire

Itinerary & daily cycling distance
1. Start Windhoek. 69
2. Cycle from Hallsberg Pass to Grassberg Pass and Ross-Brand. 20
3. Cycle towards Sossusvlei, transfer to Sesriem. 20
4. Climb Dune 40 and cycle back to Sesriem. 20
5. Cycle the Namib Desert cycle transfer to Luderitz via Walvis Bay. 20
6. Free day to enjoy a range of activities. 20
7. Skeleton Coast and Brandberg ride. 20
8. Ride past Herero and Hmib villages. 20
9. Cycle towards Opuwo, transfer to Etosha N.P. for safari. 20
10. Search for iconic wildlife on safari in Etosha N.P. for safari. 20
11. Cycle out from Opuwo, transfer to Etosha N.P. for safari. 20
12. Cycle to Waterberg Plateau; optional game walk. 20
13. Transfer to Winlkhooairport, trip ends here.

Translation: It is an off road machine built around oversized tyres. It can be ridden with only 10-15psi on the tyres, smoothing out unstable ground such as snow or sand. They are seriously fun to ride!
“Unforgettable blend of landscapes, cycling, camping and wildlife in a country which has masses to offer…”

Paul Masters
France: Gastronomic Cycling in the Loire Valley

**Trip Code**: LGR

**Lodality**: Leisurely

**Trip highlights**
- Gastronomic cuisine
- Scenic roads
- Local bars and bistros

**Trip summary**
- 5 days cycling with luggage transfers
- 90% tarmac, 10% cycle paths
- Gently undulating landscape
- Local bike hire included
- Compulsory single supplement

**Itinerary & daily cycling distance**

<table>
<thead>
<tr>
<th>Day</th>
<th>Distance (km)</th>
<th>Route Description</th>
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<tbody>
<tr>
<td>1</td>
<td>85</td>
<td>Start Chissay. Cycle to La Roque St Christophe and St Leon; route alternates via Carlux, to Sarlat.</td>
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<tr>
<td>2</td>
<td>85</td>
<td>Ride through the forested uplands to the hilltop village of Chateauneuf en Auxois.</td>
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<tr>
<td>3</td>
<td>26</td>
<td>Ride through rolling hills and lavender fields to Forcalquier.</td>
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<tr>
<td>4</td>
<td>46</td>
<td>Cycle south across the Vaucluse Plateau, then beautiful Nesque Gorges or climb the mighty Montagne de Lure.</td>
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<tr>
<td>5</td>
<td>41</td>
<td>Cycle along the coast to admire the Santa Luzia Church overlooking the City of Porto. End Porto.</td>
</tr>
</tbody>
</table>

**Trip Code**: LGR

**Trip highlights**
- Compulsory single supplement – please enquire
- 5 days cycling with luggage transfers, 85% tarmac, 15% cycle paths
- Gently undulating route with short distances
- Local bike hire included
- Compulsory single supplement

**Trip Code**: LGR

**Trip highlights**
- Charming Dijon and Beaune
- World famous vineyards
- Stunning French architecture

**Trip highlights**
- Enjoyable cycling trip with some superb food.

Mark Robertson

**Trip highlights**
- One of the unexplored gems of southern Europe.

Olivier Mills

**Trip highlights**
- Unique, handcrafted accommodation
- Cycle through terraced vineyards
- Taste world-class wines

**Trip Code**: LGR
ITALY
Bolzano, Verona & Venice Ride

Trip Code
LUX

Moderate

Top highlights
• Spectacular scenery
• Delicious cuisine and wine
• Verona, Vicenza and Venice

At a glance
• 8 days land only
• 8 days cycling with luggage transfers, 99% tarmac, 3% gravel tracks
• Gentle undulating cycling, perfect for first-timers
• 7 nights hotels all en suite
• All breakfasts included
• E-bike hire available on request
• Compulsory single supplement – please enquire

Itinerary & daily cycling distance
• Start Bolzano
• Cycle on quiet roads following the Adige River to Trento, capital of the Trentino region
• Continue cycling along the river to the magnificent Lake Garda; four hour leisurely ride to the south shores of the lake
• Leaving the shores of Lake Garda, head to the beautiful city of Verona, made famous by Shakespeare’s Romeo and Juliet
• Pedal on quiet roads and cycle paths towards the legendary city of Venice, arguably the most beautiful city in Venice.
• Pass the wonderful Palladian Villa Rotonda; cycle to Padua where Giotto’s Chapel and other marvels await.
• Return to Padua where Giotto’s Chapel and other marvels await.
• Cycle to Padua where Giotto’s Chapel and other marvels await.
• Saddle up and cycle to Padua where Giotto’s Chapel and other marvels await.
• Explore the伟大的哥特式大教堂
• Return to Padua where Giotto’s Chapel and other marvels await.
• Explore Pinocchio’s Park; spend the night in Montecatini...
• Cycle to Lucca, famous for its well-preserved...
Itinerary & daily cycling distance

**Trip highlights**
- Spectacular countryside and coastline
- Two centre trip with unique Sardinian hospitality
- Superb area for bird watching

At a glance
- 8 days land only
- 6 days two-centre cycling with luggage transfers between hotels, 100% tarmac
- Undulating terrain
- 2 nights train, both en suite and with pools
- All breakfasts, 6 lunches and 7 dinners with wine included
- Local bike hire included
- Compulsory single supplement – please enquire

**Leisurely/Moderate**

**Trip Code**
- LSL

**Months of departure**
- JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

**Aspects of Assisi Cycling**

- Start Spello.
- Cycle along the Rea Valley; continue to Monforte.
- Continue through scenic countryside to Monforte.
- Reach the most southerly point of Salento at the ancient town of Otranto.
- Cycle through Valle d’Itria, past the picturesque fairy-tale Trulli houses to hilltop-town of Ostuni.
- Continue to Palmanova and the ancient city of Carnuntum.
- Option of a beautiful ride to the lagoon port of Duino, Sistiana and Miramare; arrive at Trieste.
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- Leave Venice by bike and vaporetto towards the lagoon port of Duino, Sistiana and Miramare; arrive at Trieste.
- Cycle past the salt mines of Secovljie; enter area known for its lagoons to reach the beautiful little town of Portoroz.
- Cycle along the seafront of Izola; enter area known for its lagoons to reach the beautiful little town of Portoroz.
- Continue to Piran.
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At a glance
• Compulsory single supplement – please enquire
• All breakfasts and 1 brunch included
• Superb scenery and cuisine

Trip highlights

- Discover Vienna
- Peaceful cycle paths
- Explore castles and palaces

At a glance
• 8 days land only
• 6 days cycling with luggage transfers, 9/3 cycle path, 1/3 road
• Mainly flat cycle paths with some gentle hills
• 7 nights hotels all en suite, option to upgrade on 1 night
• All breakfasts and 1 wine tasting included
• Local bike hire included
• Enquire for available on request
• Compulsory single supplement – please enquire

Itinerary & daily cycling distance

- Start Vienna
- Cycle to the Austrian version of Petrali Comune; stay in Baden
- Cross the Hungarian border; cycle through charming villages to Messegasse
- Cycle to the Danube Bend, onwards towards the pretty town of Győr
- Cycle towards Komorom, option to stop at the National Park in Balaton
- Follow the riverside path along the River Danube, towards Eger (known as ‘Hungarian Rome’), stay in Eger
- Ride north to Zalec and back into Slovenia; bike or boat to Budapest
- End Budapest

Months of departure
JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
Start Vienna
1 2 3 4 5 6 7 8 9 10 11 12
End Budapest
1 2 3 4 5 6 7 8 9 10 11 12

For guide prices please see inside rear cover
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**ESSENTIAL INFORMATION**

- **Trips on offer**
  - Headwater Trips from page 39
  - Heart of the Veneto Cycling
  - Alsace’s Route du Vin Cycling
  - Austrian Lakes Cycling
  - Cycling around the River Ebro
  - A Taste of Sicily Cycling
  - Venetian Villas and Vineyards Cycling

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  - Henley-on-Thames
  - OX9 2AX
  - Telephone: 0871 200 2960
  - Email: info@headwater.com
  - Website: www.headwater.com

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Plus local taxes - see Trip Notes for details
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