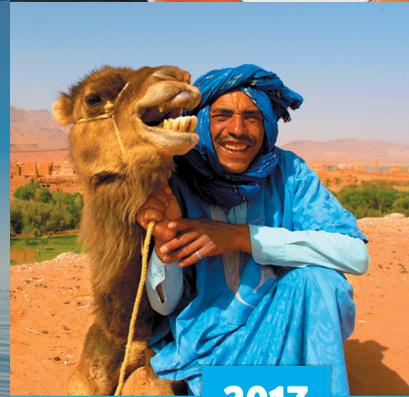
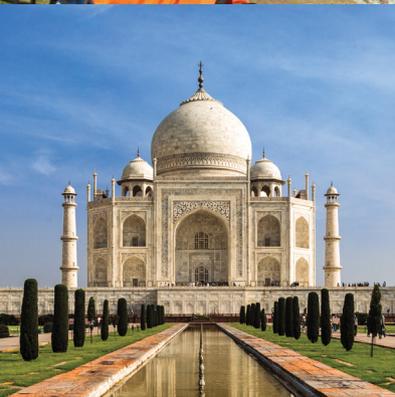




# CYCLING

## WORLDWIDE ADVENTURES



2017

# Contents

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**PICKING THE RIGHT CYCLING TRIP**

**SYMBOLS GUIDE**

**SAFETY AND FITNESS**

**A TYPICAL DAY**

**WHAT TO PACK**

**RESPONSIBLE CYCLING**

**EUROPE**

**ASIA**

**CENTRAL AMERICA**

**AFRICA**



# Welcome

## to the Intrepid way of travel

Like for many of you, travel means more to me than just a holiday. It's introduced me to some wonderful people, taken me around the world and saved me from a finance job I didn't enjoy.

Travel is more than just the where. It's also about the how. That's why our commitment to responsible travel is so important to me. I like coming to work every day knowing that I'm doing my bit to deliver the best travel experience ever for our customers, and at the same time our business is giving back to the places we visit and the locals we meet along the way.

We're now the world's largest provider of adventure travel experiences, and that means it's our responsibility to be a leader in sustainable tourism. We're always looking for ways to improve, from carbon-offsetting our trips and putting a stop to elephant rides to recycling around the office.

We've run individual cycling trips for a while now, but 2017 marks the start of something totally new. This year we're launching a dedicated range of cycling tours all over the world – designed specifically for riders of all levels, and run by top-notch cycling guides. We've got new pedal-powered tours running through the lavender fields of Provence, Morocco's epic mountain passes, and sun-dappled orchards in Croatia and Andalucia. Some of these are classic cycling destinations, others are a little off-road, so to speak. Cycling and adventure are my two big loves, so I'm pretty excited to give these trips a try.

*James*

**James Thornton**  
Managing Director



# Small wheels, big adventures

We think the world's at its best when there's nothing between it and you. No big bus window. No iPhone screen. No maps or walls or guidebooks. Just the wind and the open road.

That's the thinking behind our brand new cycling trips. There's a nice simplicity to cycling. You start at A and slowly ride your way to B, powered by nothing but your own legs...and maybe a Provencal orange cake and a couple of glasses of vino. This is cycling Intrepid-style. Which means it's not the Tour de France. You don't get prizes for coming in first, and the lycra bodysuits are definitely optional. These trips are for people who really want to see a place. Not just travel it. Ride on.

## Life cycle

Although your transport is mostly of the two-wheeled variety, these trips are still classic Intrepid. And that means plenty of real life experiences. It may be pulling over for an impromptu game of soccer in Panama, or drinking chai with friendly locals under a roadside tree in Rajasthan. Maybe even spotting an elusive cheetah in Sri Lanka's Yala National Park. They're the moments that you can't really plan for. The little details you won't find in any travel brochure.

## The bikes

On most of our cycling trips we'll be using hardtail mountain bikes, armed with front suspension. Depending on the country, we'll use a mix of makes and models, like Giant Talon and Trek X Caliber 5, but they're all pretty similar when it comes to form and function. Our bikes are serviced regularly in-country, by local experts who know their stuff. We've also got a support vehicle that travels around with the group, so any pesky broken chains or flat tyres can be fixed in a jiffy.

## Small groups...

Riding in groups of about 10 people (on average) means we can reach places other cycling tours can't: think a hole-in-the-wall restaurant in Cuba's Las Terrazas, a stilt-house homestay in Mai Chau, Vietnam, or maybe an afternoon picnic on the ancient Tuscan ramparts of Lucca (try getting that from your big bus tours). A smaller group also means you get more one-on-one attention and support. If you're tiring after a long day in the saddle, or you'd like a bit more time at a little Provençal market, just mention it to your leader. They'll do all they can to help.

## ...with local leaders

Our local leaders are all cycling junkies, as you'd expect, but they go through some pretty rigorous training before being allowed behind the handlebars on an Intrepid tour. Each one has undergone on-road supervision and knows how to do safety checks, basic repairs and emergency first-aid. And at the end of the day they're still regular Intrepid leaders, which means they know the best local bars, cafes and hidden spots (not to mention handling all the boring logistical stuff). You just focus on the ride.



**Justaz, Tanzania**

I could not have wished for a better head guide. Justaz kept us safe and in good spirits throughout the trip. He was also fun to be around.

~ Eliza Korzeniewska, Tanzania



**Is, Thailand**

The best tour guide I have ever had. She was always looking after our needs and nothing was too much trouble for her. Thank you, Is!

~ Pretesh Mistry, Thailand

# On your bike!

To take the hassle out of preparing for your trip, we've included bike hire on all our dedicated cycling tours. Alternatively, you can bring your trusty bike from home.

**Hiring a bike** – The bikes we use are from proven brands, very well maintained, typically less than 3 years old (most are newer) and specifically chosen to suit the terrain you'll be cycling on the trip. They come in the full range of sizes from extra small to extra large and usually have front suspension, flat bars, and 27 gears. The only thing you need to do is advise us of your height at the time of booking. We'll handle the rest. If you'd like, you can always take your own saddle (seat) or gel over-cover for comfort sake, and if you want to use cleats, bring your pedals and shoes too.

**The bikes we use** – On most of our cycling trips we'll be using hardtail mountain bikes, armed with front suspension. Depending on the country, we'll use a mix of makes and models, like Giant Talon and Trek X Caliber 5, but they're all pretty similar when it comes to form and function. Our bikes are serviced regularly in-country, by local experts who know their stuff. We've also got a support vehicle that travels around with the group, so any pesky broken chains or flat tyres can be fixed in a jiffy.

**Bringing your own bike** – If you are a dedicated cyclist or just want to take your bike on a holiday, you can usually bring it along for the ride. Just make sure you let us know at time of booking, so we can make sure your bike is appropriate for that particular tour – some of our trips may not be able to accommodate you bringing your own bike.

**Flying with your own bike** – All airlines will have their own rules and fees when transporting bikes. You'll need to box it up for transport on the plane – the easiest way to do this is to go to your local bike shop and ask if they will do it for you (a fee may apply). They often have boxes on hand from old stock, and have the tools to remove the pedals and secure your handlebars. Airline fees will also apply, so contact the airline before you pay for your flights to see what charges and requirements they have.



# Look out for these symbols



We have no minimum numbers on most of our trips. Once you've booked, your trip will run as scheduled.

## PHYSICAL RATING

Each of our trips has a physical rating, so you can tell how physically exerting a trip is and how fit you'll need to be to enjoy it. As a guide:

- Easy and relaxing
- Bring your walking shoes
- An average level of fitness required
- Action packed, physically demanding
- Full-on active adventure for the more agile traveller



We offset our emissions each year by investing in highly accredited renewable energy products.



Exciting new additions to our current range of itineraries.



## COMBO

Highlights an adventure combining two or more trips.

## Picking the right cycling trip

Picking the right cycling trip is the difference between breeze-in-your-face, carefree adventure and feeling like your legs might drop off. All of our trips are designed for a basic level of cycling fitness, but some do climb a little higher, cycle a bit further, have less rest days, or have more challenging weather than others.

To help you out, we've ranked the trips here, from the easiest to the most challenging.

Challenging



**Croatia** (page 21)

**Morocco** (page 15)

**Andalucia** (page 16)

**Central America** (page 33)

**Cuba** (page 35)

**Sri Lanka** (page 29)

**Tanzania** (page 37)

**Tuscany** (page 17)

Moderate



**Rajasthan** (page 27)

**South Africa** (page 39)

**Southern Thailand** (page 25)

**Myanmar** (page 30)

**South India** (page 28)

**Indochina** (page 24)

**Japan** (page 31)

Leisurely



**Provence** (page 19)

**Vietnam** (page 23)

**Danube** (page 20)





## Safety

We take safety seriously on all our trips, but cycling tours deserve a few special considerations. For one thing, helmets are compulsory (apologies to your hairdo). You can bring your own, or purchase one on the ground.

Our leaders go through special on-the-road cycling assessments and training, and we've usually got a support vehicle following us if first-aid (or a well-earned break from cycling) is ever necessary.

Our bikes are serviced regularly, and we get them checked by experts before each and every trip

## Fitness

**Do you need to be a lycra-clad Road Warrior to enjoy these trips?**

Definitely not.

**Do you need a basic level of fitness?**

It's probably a good idea.

These are cycling trips, emphasis on the cycling. So you should come prepared to spend 3-4 hours a day in the saddle. Our leaders will often let the faster riders set their own pace, but if you're struggling (or if you'd just like to cruise and enjoy the scenery) there's no pressure to lead the peloton up the mountain.

You can go at your own speed.



## Join us on Strava

Strava lets you track your rides via your phone or GPS device and is an excellent way to keep track of where you've ridden, your own progress and improvements you're making.

It's simple to use and totally free so sign up and join us at the Intrepid Cycling Club to share your rides and offer encouragement with kudos and comments to our leaders and fellow cyclists alike.

Find the Intrepid Cycling Club at:

[www.strava.com/clubs/Intrepid\\_Cycling\\_Club](http://www.strava.com/clubs/Intrepid_Cycling_Club)

**STRAVA™**



# A typical day

## Cycle Provence - Day 2, Avignon to Orange

**7:30**

Wake up, shower and change into your riding gear.  
Peek out the window and check the weather.

**8:00**

Buffet breakfast the hotel. Stock up on croissants and fresh Provençal OJ.

**10:30**

Helmets on. A quick bike fit and safety check to make sure everything's working.

**11:00**

The ride begins! Follow the banks of the Rhone and cycle along quiet country lanes.

**12:00**

Stop for a cheeky Chateauneuf du Pape vineyard visit and wine tasting.

**13:00**

Ride past the ancient Palace of the Popes and grab lunch in a little roadside café.

**15:30**

Arrive at Orange. Cycle through the city centre and check-in to your hotel.

**17:00**

Follow your leader on a walk through the cobbled lanes of Orange. Check out the Arc de Triumph and the old Roman Amphitheatre.

**18:30**

Find a cute hole-in-the-wall for dinner with the group. Tuck into a piping hot Ratatouille.



# What to pack

Don't worry, you can leave the skin-tight bodysuit and cycling cleats at home. Packing for a cycling tour isn't that different from any other adventure. But if you want to be comfy and warm, here are a few bike-specific tips.

- 1 Helmet** – these are compulsory, but if you don't have your own you can always purchase an approved and well-fitted one at the start of the trip (our leaders can assist you with this).
- 2 Sunglasses** – well fitted sports sunglasses help protect against dust, insects and (of course) the sun.
- 3 Day pack** – our support vehicle will carry your main bag, but a day pack for snacks and clothes is a good idea.
- 4 Light breathable waterproof/windproof jacket** – especially useful for those early mornings or downhill sections when the wind-chill becomes a factor.
- 5 Suncream** – please bring a high protection factor (e.g. SPF 50) sunscreen as long days in the saddle can really expose you to the sun (and give you rather unsightly cyclist's tan lines!).
- 6 Quick-dry jerseys** – you can definitely get away with a few cotton t-shirts but having a few light and breathable jerseys will make your cycling a lot more comfortable, especially in warmer/humid climates.
- 7 Cycling gloves** – we recommend padded cycle gloves as they will make your riding more comfortable and can help protect you in case of a fall.
- 8 Padded bike shorts** – sure they're not the most flattering pieces of clothing, but your bum will thank you after four days in the saddle.
- 9 Water bottle** – we don't provide bottles but all our bikes have one bottle holder fitted (and second one fitted if required). A regular bottle is fine, but a Camelbak will make drinking on the go easier.
- 10 Quick-dry socks** – bring a few pairs of something strong and breathable, like a nylon/cotton blend.
- 11 Shoes** – normal sports shoes can be worn on all of our trips however you may want to consider a flat shoe with a relatively stiff sole as it makes pedalling a lot more efficient. Regular cyclists are welcome to bring their own cycling-specific shoes.

## OPTIONAL

**Saddles** – our saddles are standard, unisex models – less experienced cyclists may choose to bring your own gel seat cover for added comfort. Regular cyclists are welcome to bring your own saddle – our leader will assist in fitting it to your bike.

**Pedals** – all bikes come with flat pedals. Regular cyclists are welcome to bring their own pedals – our leader will assist in fitting them to your bike.







# Responsible cycling



## BEING A RESPONSIBLE BUSINESS

Being a responsible business is ingrained in who we are and what we do. As part of our commitment to the United Nations Global Compact ([www.unglobalcompact.org](http://www.unglobalcompact.org)), we report every year on our pledge to tackle global sustainability issues like climate change, labour standards, human rights and corruption.



## INTREPID AND CARBON EMISSIONS

When you travel with us, you can relax in the knowledge that the main carbon emissions your trip generates, such as your transport, accommodation and waste, have been offset. We offset our emissions each year by investing in highly accredited renewable energy projects, such as energy-efficient cookstoves and water filters for households.



## BICYCLES FOR HUMANITY

Bicycles For Humanity is a volunteer run, grass roots charity organisation focused on recycling used and abandoned bikes and putting them to work in some of the poorest countries in the world, including Africa. For every Intrepid Cycling tour booked, a portion of the trip cost will go toward supporting the work of Bicycles for Humanity.

## THE INTREPID FOUNDATION

We created The Intrepid Foundation in 2002 with a simple mission: to invest in grassroots projects in the regions we operate. In 14 years we've raised over \$4 million for more than 75 not-for-profit organisations in over 25 countries. 100% of your donation will go to your chosen recipient (we cover all the admin fees) and Intrepid will match your donation dollar for dollar\*.

## HOW TO DONATE

You can donate to The Intrepid Foundation anytime: through your travel agent or Intrepid specialist, on The Intrepid Foundation homepage or during the online booking process. Learn more at [theintrepidfoundation.org](http://theintrepidfoundation.org)

\*up to AUD 1,000 per donor and a total of AUD 400,000 for all donors each financial year (excludes emergency appeals).



## Photo competition

Like what you see in this brochure? We're always on the lookout for great shots from our travellers. Enter our monthly photo competition for the chance to be featured in our brochures and social media, plus you'll go in the draw to win a swag of travel prizes.\*

To enter, visit [intrepidtravel.com/photo-competition](http://intrepidtravel.com/photo-competition)

\* Terms & conditions apply

## Intrepid loyalty

Loyalty should be rewarded don't you think? And a reward should be a bit better than a hug coupon or a free cup of coffee. If you suffer from incurable wanderlust and end up taking nine Intrepid trips, we'll give you the tenth for FREE^, plus the coveted title of Intrepid Legend. We'll even throw in that hug coupon for good measure (you deserve it). It's just our little way of saying thanks.

Find out more at [intrepidtravel.com/loyalty](http://intrepidtravel.com/loyalty)

^See website for terms & conditions

## Private groups

If you'd like to adventure with your best buddies, your sports team or even a school group, most of our trips are also available as private departures. They come with all the excitement and inclusions of a regular departure, but we can tweak and adjust the details until they fit you just right.

Contact our team at [groups@intrepidtravel.com](mailto:groups@intrepidtravel.com) for more details.



## URBAN ADVENTURES

So you've just arrived in the Big City. You step outside the hotel, take a deep breath and... then what? Wouldn't it be great to have a local on-tap to show you all their favourite spots – the little bars, best cafes and cool underground galleries the tourists never find? Enter Urban Adventures, our day tours with a difference.



BIKE TOURS



DRINK TOURS



FOOD TOURS



HIKING TOURS



KAYAKING TOURS



CULTURAL TOURS



## KEEP AN EYE OUT

We've scattered Urban Adventures throughout this brochure in boxes just like this one. They're like little red Easter eggs, only way more delicious.



**URBAN ADVENTURES**

BEST. DAY. EVER.



## CUBA

Cuba ticks all the culture boxes and it's a rider's paradise too with a big variety of landscapes. Think rural villages, mountain peaks and sugar-cane plantations. **Page 35**



## TUSCANY

Start on the cobbled lanes of Florence and work our way (in no particular hurry) through the rolling hills of Garfagnana and Barga's sun-dappled vineyards and olive groves. **Page 17**



## SOUTH AFRICA

You're zooming down a coastal road, with the green cliffs of the Cape on one side and the endless blue of the South Atlantic on the other. Yep, that's cycling in South Africa for you. **Page 39**



## VIETNAM

More than 30 million Vietnamese can't be wrong – this country looks better from handlebar height. We'll set off from Hanoi, riding along cliff top passes and down quiet rice paddy roads. **Page 23**



# Cycle the Globe

There's a lot to cover in this brochure, so here's a taste of what we're most excited about for 2017. We've got shiny new trips and beloved classics, city escapes and wilderness adventures, in-depth regional tours and epic road trips spanning across Europe, Asia, Africa and Central America. Want stunning mountain vistas and challenging uphill climbs? Check out our trips in Tanzania and Cuba. After something a bit more leisurely and with more wine? Why not join our ride through Provence! No matter what you're looking for you'll find all our regional trips peeled off into handy sections. Now comes the hard part, deciding where to go!



 South Africa



# Europe



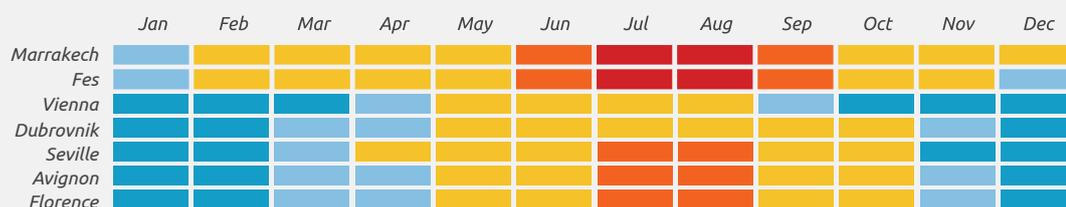
It's no coincidence the bicycle was a European invention: conditions here couldn't be better suited to outings by pedal-power. Temperate weather. Well-maintained trails. Terrain as rolling or radical as you like. Some of the world's tastiest food for fuel... Choose between leisurely rides through the hills of Andalucia, vineyards of Provence and olive groves of Tuscany or, for something completely different, take off on a high country adventure across Morocco's Atlas Mountains.

-  From Croatia's Dalmatian coast, cruise across the glittering Adriatic and into the island environs of fishing villages, cosy seaside taverns and aromatic cypress forests (page 21).
-  Follow the length of Europe's second longest river, the mighty Danube, on a cycling odyssey through three different countries – Austria, Slovakia and Hungary (page 20).
-  Pedal past medieval castles, Roman theatres, van Gogh's favourite landscapes and fields streaked purple with lavender on a leisurely ride from Avignon to Arles (page 19).

## WHERE IN THE WORLD

- Morocco
- Spain
- Italy
- France
- Austria
- Slovakia
- Hungary
- Croatia

## Weather



-  Monsoon 25-35°C
-  Very hot & dry 35°C+
-  Hot & dry 25-35°C
-  Hot & wet 25-35°C
-  Pleasantly warm 20-30°C
-  Warm & wet 20-25°C
-  Cool 15-20°C
-  Cold & dry 0-15°C
-  Cold & wet 0-15°C
-  Below freezing -0°C



Morocco - Oliver Townsend



Dades Gorge, Morocco

# Cycle Morocco

14 DAYS, MARRAKECH TO MARRAKECH



Cycling allows you to get closer to the real Morocco – from bicycles to Berbers, bustling souks to the High Atlas Mountains, this classic adventure has it all.

End rewarding days in the saddle with Moroccan feasts in Djemma el-Fna, a traditional dinner in the mountains, or a Berber banquet.

Ride both bikes and camels in the Sahara to a starlit nomad camp - the ultimate desert experience.

**Days 1-2 Marrakech** Get acquainted with your bike pedalling through the frenetic streets and past the medieval minarets of Marrakech. **Day 3 Tangier** Ride out to the legendary Cave of Hercules and peer through a curiously Africa-shaped rock window. **Days 4-5 Chefchaouen** Cycle the steep hills to the 'Blue City of Chefchaouen'. Keep the energy levels up on a hike in the soaring Rif Mountains, or take things really easy with a visit to a traditional Moroccan hammam. **Days 6-7 Fes** Ride through the Rif to the living museum that is Fes. Walk through secret shortcuts and twisting alleyways, passing donkeys piled high with goods and artisans plying their trade. **Day 8 Midelt** Visit the city of Ifrane and see why it's called 'the Switzerland of Morocco'. Enjoy a picnic beside the placid waters of Aguelmame Sidi Ali Lake. **Day 9 Merzouga/Desert Camp** Swap

snow-dappled mountains for the mighty Sahara desert. Pass the harsh but beautiful sand dunes of Erg Chebbi on the back of a camel before spending a night with Berber nomads beneath starry desert skies. **Day 10 Todra Gorge** Ride beside the Todgha River, snaking into the dramatic canyon, then dismount for a trek along limestone stacks into the heart of the chasm. **Day 11 Dades Gorge & Mountain Gite** Conquer the fabulous hairpin turns of the Dades Gorge on one of the journey's most memorable rides. Refuel with a traditional Moroccan dinner during an overnight homestay in a mountain gite. **Day 12 Ait Benhaddou** Ride past Kasbah ruins, military outposts, and palm-treed valleys to the mystical city of Ait Benhaddou. **Days 13-14 Marrakech** Conquer the spectacular Tizi n'Tichka Pass high up in the Atlas Mountains and finish up in atmospheric Marrakech.



STYLE <b>ORIGINAL</b>	TRIP CODE <b>XMXC</b>	PHYSICAL ●●●●○
Maximum group size 12	Hotel (10 nts), overnight train (1 nt), desert camp (1 nt), gite (1 nt)	12 Breakfasts, 2 Lunches, 3 Dinners
Bicycle, support vehicle, train, camel		



[VIEW DATES AND PRICES](#)



Breakfast in Granada, Spain



Seville, Spain

# Cycle Andalucia

9 DAYS, SEVILLE TO GRANADA



From fiestas to Flamenco, Manzanilla to tapas, alcazars to bullrings – the very essence of Spain is found in Andalucia.

Enjoy traditional pork sausages stuffed with eggs and chunky La Porra stew after a rewarding day in the saddle.

Savour the stunning sunset views of Iznajar, an eye-catching town perched dramatically at the top of an imposing rocky outcrop.

**Days 1-2 Seville** Dive right into the sights, sounds and tastes of Spain on the vibrant streets of Seville. Get fitted to your bike before commencing a cycling historical tour that covers such places as Triana, the Maria Luisa Park, Plaza de Espana, and the legendary Alcazar. **Day 3 Zahara de la Sierra** Follow Spain's famous Via Verde de la Sierra through lush valleys and meadows to the spectacular white villages of Zahara de la Sierra. Soak up the ambience of this peaceful hamlet. **Day 4 Ronda** Ride along the flat shores of the sparkling Zahara-el Gastor reservoir before turning uphill to enjoy the spectacular views of the Andalusian hills. Visit the birthplace of Spanish bullfighting in Ronda, a city set along the sheer cliffs of El Tajo Gorge. **Day 5 Antequera** Cycle beside the beautiful turquoise waters to the ever-popular El Chorro. Witness the incredible 300 metre drop at The King's

Pathway. Explore the heart of Andalucia in Antequera, a fortified city marked by centuries of Roman, Moorish and Castilian rule. **Day 6 El Torcal Nature Reserve/ Antequera** Picnic among the impressive karst rocks of the Sierra del Torcal mountain range. Mix up the pace by swapping pedals for boots and going on a hike. **Day 7 Iznajar** Join the locals for a swim at Valdearenas Beach. Wander the white-washed streets and pay a visit to the 1,200-year-old Iznájar castle. Time it right and watch the sun set over the beautiful hilltop village from this stunning viewpoint. **Days 8-9 Granada** Soak up the resplendent atmosphere and history of Granada. Bask amid the grand rooms, towering domes and glorious gardens of Alhambra Palace. Your cycling adventure comes to an end in Granada. Stay a while to explore the Arab quarter of Albayzin, a maze of alleyways with sweeping views of the Sierra Nevada.



STYLE <b>ORIGINAL</b>	TRIP CODE <b>ZMXA</b>	PHYSICAL ●●●●○
Maximum group size 12	Hotels (8 nts)	8 Breakfasts, 1 Lunch
Bicycle, support vehicle		



**VIEW DATES AND PRICES**



## The Best of Both Worlds

Can't decide between the manicured vineyards of Tuscany or the perfumed lavender fields of Provence? Barolo red or white Bourboulenc? Tortellini or ratatouille? Why not have both and join our combined French and Italian cycling tour.

For more info enter **AMXCC** on [intrepidtravel.com](http://intrepidtravel.com)



Tuscany, Italy

## Cycle Tuscany

8 DAYS, FLORENCE TO PISA



Pedal through the rolling green hills, vineyards and olive groves of Tuscany on this classic journey from Florence to Pisa.

From Lucca's tree-lined city walls, follow the gentle Serchio River to the world-famous Leaning Tower of Pisa.

Sample the local Tuscan delicacies and a glass (or two!) of vino after a rewarding day in the saddle.

**Day 1 Florence** Arrive in Florence and be captivated by the city's culture-rich atmosphere. Marvel at the art in the various galleries or climb uphill to Piazzale Michelangelo and be rewarded with a golden sunset across the city. **Day 2 Vinci** Follow the Arno River out of Florence and ride the mostly flat trails to Empoli. Ride through gentle Tuscan hills and olive groves on the way to the delightful town of Vinci, birthplace of the legendary Leonardo da Vinci. **Day 3 Barga** Pedal through quaint villages and over calm rivers to the medieval hilltop town of Barga and its inspiring mountain views. **Day 4 Garfagnana** Wander the ramparts of the imposing Verrucole Castle and admire the view across Garfagnana. After a picnic lunch, descend back down the valley to the 13th century town of Castelnuovo di Garfagnana, which sits at the confluence of the Serchio and the Turrite Secca

rivers. Indulge your sweet tooth at one of the village's historic cake shops. **Days 5-6 Lucca** Drive over the Apuan Alps, enjoying spectacular views down to the Tyrrhenian Sea, to the popular seaside resort of Viareggio. Pedal through the wide leafy streets of Lucca, marvelling at the centuries-old churches and ancient ramparts. Enjoy a free day seeking out this historic city's attractions. Stroll to the former Roman amphitheatre found off Via Fillungo. Perhaps enjoy a cappuccino in one of Piazza dell'Anfiteatro's many outdoor cafes. Visit the intricate, art-work rich halls of Lucca's cathedrals. **Days 7-8 Pisa** Follow the flat leafy bike paths along the banks of the Serchio River to Pisa. After marvelling at the Leaning Tower of Pisa, pay a visit to Pisa's frenetic shopping streets. Visit the impressive Duomo or sample some local gelato before this adventure winds up.

STYLE  
**ORIGINAL**

TRIP CODE  
**ZMXT**

PHYSICAL  
●●●○○



Maximum group size 12



Hotels (7 nts)



7 Breakfasts, 2 Lunches, 1 Dinner



Bicycle, support vehicle, local bus



**VIEW DATES AND PRICES**





Pont du Gard, France

# Cycle Provence

8 DAYS, AVIGNON TO ARLES



STYLE	TRIP CODE	PHYSICAL
<b>ORIGINAL</b>	<b>AMXC</b>	●●●○
	Maximum group size 12	
	Hotel (7 nts)	
	7 Breakfasts	
	Bicycle, support vehicle	



**VIEW DATES AND PRICES**

Cycle through the same landscapes that inspired some of Vincent van Gogh's greatest masterpieces.

Encounter rich Roman history and architecture in the historic towns of Arles and Orange.

Pass by fragrant fields of lavender en route to the spectacular Pont du Gard, a three-tiered Roman aqueduct crossing the Gardon River.

**Day 1 Avignon** Arrive in charming Avignon, the former seat of the Roman Catholic world. Wander the city's leafy streets or explore the fortress-like Palais des Papes. **Day 2 Orange** Pedal past rows of vineyards on a leisurely ride to Orange, stopping en route for a taste of Provence's famous red wines. Head out on an orientation walk of this compact town, visiting the Arc de Triomphe d'Orange and one of the best preserved Roman theatres in Europe. **Day 3 Uzès & Optional Mont Ventoux** Cross the mighty Rhone river and cycle through glorious wine country, passing the favoured vineyards of historic kings, and the fabled Pont du Gard. Enjoy an optional challenge cycling up the mighty Mont Ventoux **Days 4-5 Saint Remy** Winding back across the Rhone, travel beneath the old city gate and into the small town of Tarascon. Learn about the mythological beast that once haunted the city.

Later, ride to Saint Remy and visit the serene gardens where van Gogh painted his famous works. Visit Les Baux, declared "One of the Most Beautiful Villages in France" thanks to its narrow cobbled streets and jaw dropping views of the surrounding countryside. **Days 6-8 Arles** Cycle past the ancient Barbegal aqueduct and mill, then follow the peaceful Canal de la Vallee des Baux all the way into Arles. Feel like you've stepped into a van Gogh painting on a wander through the city's streets. Visit the ancient Arles Amphitheatre, a rival to Rome's colosseum, and check out museums dedicated to the city's most famous artist. Swap vineyards for the sea on a ride south to Saintes-Maries-de-la-Mer, the capital of Camargue. Keep a lookout for the famous white horses that roam the area. This great cycling adventure comes to an end on Day 8.



Budapest, Hungary



# Cycle the Danube

8 DAYS, VIENNA TO BUDAPEST



Follow the Danube downstream, passing romantic castles, picturesque villages and lowland forests.

Experience one of Austria's most important archaeological sites, the Roman remains at Carnuntum.

Marvel at the domed Basilica of Esztergom, reflected in the still waters of the Danube Bend, and visit some of Hungary's architectural gems.

**Days 1-2 Vienna** Welcome to Vienna, a vibrant city with an artistic soul. Following the group meeting, perhaps head out for a welcome dinner at a Viennese Heurigen (wine tavern). Heuriger means "this year's wine", and the Heurigen originated as a way for winemakers to offer samples of their new wine with a few snacks. During free time, why not get a hit of all things baroque and high culture on a visit to stunning Schonbrunn Palace. **Day 3 Bratislava** Stopping off along the way at Carnuntum, one of Austria's most important archaeological sites, ride along the mighty Danube to the Slovak capital of Bratislava, a city that sits on the border of two countries. **Day 4 Hedervar/Lipot** Pass by picturesque villages, lush farmland and lowland forests to the tiny village of Hedervar, home of the charming 13th century Renaissance and Baroque style Hedervary Castle. Relax with a glass of

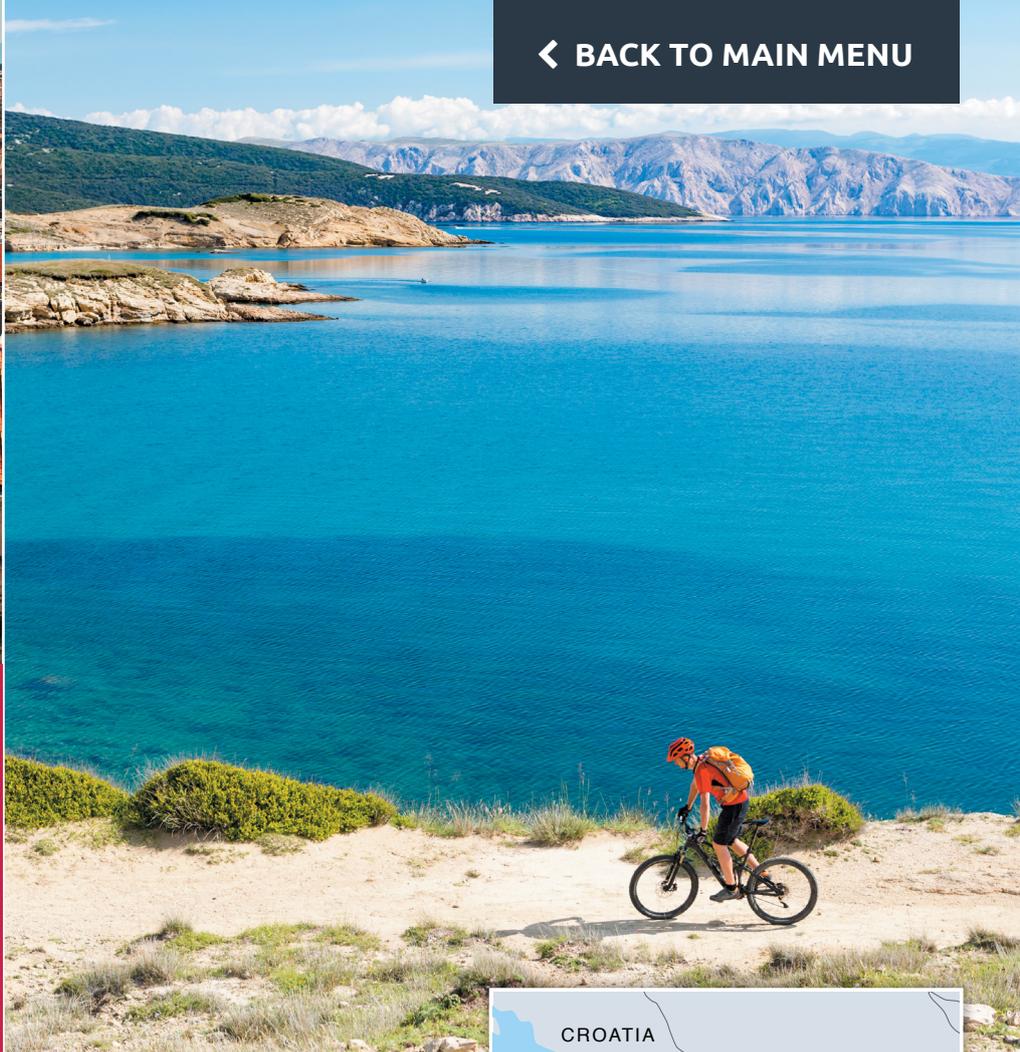
unicum and put your feet up in the laidback village of Lipot after a long ride. **Day 5 Komarom** Visit the border-straddling city of Komarom, which sits with one foot in Hungary and the other in Slovakia. Take a stroll through colourful downtown or soothe your muscles at a spa. **Day 6 Esztergom** The former capital city of Hungary, Esztergom is the seat of the Hungarian Catholic Church and boasts an amazing array of architectural gems such as the Royal Palace, Vizivaros, and Watertown. Marvel at the Esztergom Basilica and its reflection on the Danube River. **Days 7-8 Budapest** Enjoy a relaxed day with a picnic lunch and spa visit en route to Budapest. A spectacular combination of high-culture heritage and good-time vibes, Budapest makes for a great European finale. Take one last spin around the city, stopping in at local markets for food tastings, before this adventure ends.



STYLE <b>ORIGINAL</b>	TRIP CODE <b>ZMXD</b>	PHYSICAL ●●●○○
Maximum group size 12	Hotel (6 nts), pension (1 nt)	7 Breakfasts, 1 Lunch
Bicycle, support vehicle		



**VIEW DATES AND PRICES**



## SPOILER ALERTS ARE COMING

Let us transport you out of modern-day Split and into Westeros. This impressively preserved Roman camp will bring Game of Thrones to life as you walk in the footsteps of the TV show's characters in its narrow streets, and dine on a feast fit for Tyrion.

For more info head to [urbanadventures.com](http://urbanadventures.com)



# Cycle Croatia

7 DAYS, SPLIT TO DUBROVNIK



STYLE <b>ORIGINAL</b>	TRIP CODE <b>ZMXB</b>	PHYSICAL ●●●○○
Maximum group size 12	Hotel (3 nts), apartment (3 nts)	6 Breakfasts, 1 Lunch
Bicycle, support vehicle, ferry		



[VIEW DATES AND PRICES](#)

Cycle through whitewashed villages and marvel at the sublime sapphire waters of the Adriatic Sea.

Visit Brac, the largest island of Dalmatia, with its cypress forests, orange and olive trees, and glowing white pebble beaches.

Filled with fragrant lavender, pines, fruit orchards and a towering limestone ridge, Hvar is truly stunning.

**Day 1 Split** Welcome to the charming seaside city of Split. Grab a drink in one of the city's tiny bars or enjoy the sunset by the harbour. **Day 2 Brac Island** Pedal past olive groves, cypress forests, and timeless drystone walls on Brac, the largest island in Dalmatia. Ride downhill to the popular town of Bol, one of the most beautiful beaches on the Adriatic Sea and an excellent place to relax after a hard day's cycling. **Day 3 Hvar Island** Ride through the heart of the island to the vibrant charm of Hvar, then wander the narrow streets and squares of Stari Grad, one of the oldest towns in Europe. Today the old stone houses, narrow streets and small squares still retain a cultured and historic feel. Climb the hill to Tvrđalj Fortress and enjoy the sweeping views across Stari Grad's harbour. **Day 4 Korcula Island** Soak up the Dalmatian vibes around Stari Grad before cruising to Korcula and its

vibrant nightlife. Arrive into Vela Luka, a charming former fishermen's village, then continue to Korcula town. **Day 5 Korcula Island** Stop off at Pupnatska Luka, a beautiful bay with a clean pebble beach, before tackling the final climb to Pupnat. Visit a local family-run tavern and sample some of the family wines while enjoying an al fresco lunch, prepared using only local ingredients. Return to town and perhaps catch a performance of Korcula's traditional Moreska Sword Dance. **Days 6-7 Dubrovnik** Walk across the ramparts of Dubrovnik's ancient city walls. Enjoy a refreshing drink and a swim at one of the city's hidden cliffside bars. Perhaps catch the cable car to the top of Srđ Hill and enjoy the magnificent views over Old Town. With the sparkling water of the Adriatic in the background, Dubrovnik is picturesque, full of character and can easily be covered on foot.



# Asia

In Asia, cycling is much more than a pastime or excuse to wear lycra. From the buzzing backstreets of Hanoi to tropical Thai beaches, Bagan's pagoda-studded landscape to Sri Lanka's hill country, the humble bicycle is how millions in Asia get around. If you want to experience Asia at a local level, there's no better way. Be it wheeling along the packed streets of Old Delhi or weaving between the Wats of Angkor, hitting Asia by bike opens the continent up like few ever see it.

-  With the Arabian Sea on one side and palm-shaded fishing villages on the other, cycle along the coast to Varkala for a night drifting through the Kerala backwaters (page 28).
-  Ride through idyllic village scenes and towering palm groves to Mount Popa's Taungkalat Monastery, the revered home of Myanmar's 37 spirits (page 30).
-  Take a guided cycling tour of Anuradhapura, an ancient city once the centre of Theravada Buddhism and now a UNESCO World Heritage site (page 29).

## WHERE IN THE WORLD

- Vietnam
- Cambodia
- Thailand
- India
- Sri Lanka
- Myanmar
- Japan

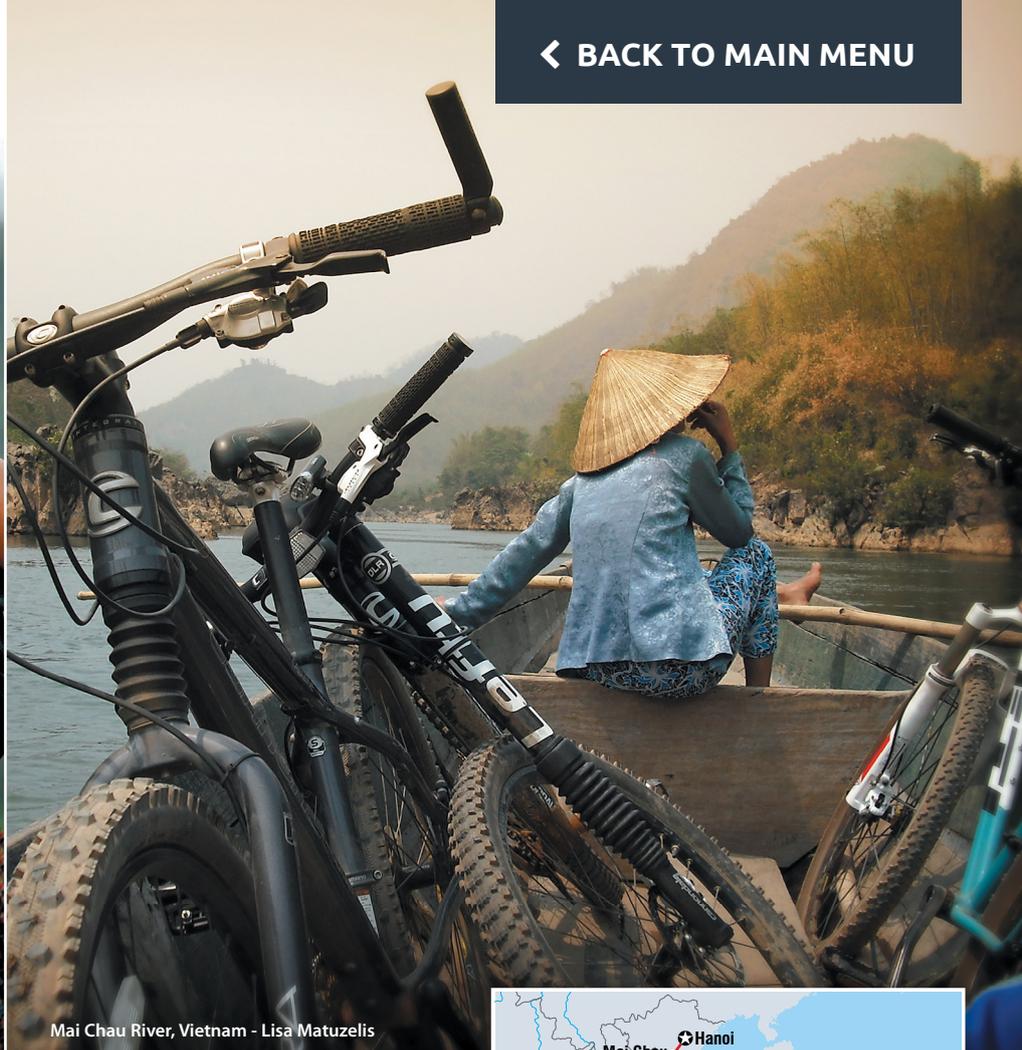
## Weather

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Hanoi	Yellow	Yellow	Yellow	Yellow	Orange	Red	Red	Red	Red	Red	Yellow	Yellow
Ho Chi Minh City	Yellow	Yellow	Yellow	Yellow	Orange	Red	Red	Red	Red	Red	Yellow	Yellow
Delhi	Yellow	Yellow	Yellow	Yellow	Orange	Red	Red	Red	Red	Red	Yellow	Yellow
Colombo	Orange	Orange	Orange	Orange	Orange	Red	Red	Red	Red	Red	Orange	Orange
Yangon	Orange	Orange	Orange	Orange	Orange	Red	Red	Red	Red	Red	Orange	Orange
Mandalay	Orange	Orange	Orange	Orange	Orange	Red	Red	Red	Red	Red	Orange	Orange

-  Monsoon 25-35°C
-  Very hot & dry 35°C+
-  Hot & dry 25-35°C
-  Hot & wet 25-35°C
-  Pleasantly warm 20-30°C
-  Warm & wet 20-25°C
-  Cool 15-20°C
-  Cold & dry 0-15°C
-  Cold & wet 0-15°C
-  Below freezing -0°C



Local children, Vietnam - Rachel Lewis



Mai Chau River, Vietnam - Lisa Matuzelis

# Cycle Vietnam

15 DAYS, HANOI TO HO CHI MINH CITY



STYLE	TRIP CODE	PHYSICAL
ORIGINAL	TVXB	●●●○○
	Maximum group size 12	
	Hotel (9 nts), homestay (1 nt), overnight sleeper train (1 nt)	
	13 Breakfasts, 11 Lunches, 2 Dinners	
	Bicycle, boat, overnight sleeper train, support vehicle, taxi	

A bike lets you see Vietnam like never before – you'll go from road to beaten track to something way beyond.

Think of all the calories you'll burn and the appetite you'll work up cycling around Vietnam's incredible landscape – all the more reason to indulge in the local food.

This two-wheeled adventure will show you all the different sides of this country – from small villages and ancient ruins to the region's liveliest cities.

**Days 1-2 Hanoi** Visit the Ho Chi Minh Mausoleum complex and perhaps enjoy a coffee by the lake.

**Day 3 Mai Chau** Cycle past spectacular karst cliffs and admire the lush Mai Chau valley en route to Cun Pass. Enjoy a homestay in a small rural village.

**Day 4 Ninh Binh** Pass pineapple farms, lush green fields, towering limestone mountains, tranquil waterways and charming historic sites to Mai Ha and on to Co Luong. **Day 5 Ninh Binh/Overnight train** Explore Tam Coc and ancient Hoa Lu, then settle in on an overnight train to Hue. **Day 6 Hue** Hop back into the saddle and explore the magnificent tombs, temples, palaces and pagodas of this former imperial capital. **Days 7-8 Hoi An** Conquer the Hai Van Pass and be rewarded with stunning coastal views. Continue working those legs cycling to Cua Dai Beach. Join a boat tour on Thu Bon River or simply enjoy some rest

in historic Hoi An. **Day 9 Quy Nhon** Cycle the road less travelled all the way to Quy Nhon. A city of long beaches and relaxed boulevards, this is a great place to get an authentic slice of coastal life. **Days 10-11 Nha Trang** Relax on a boat tour of the many nearby islands and, in free time, perhaps let a masseur soothe away sore muscles. **Day 12 Dalat** Tackle challenging mountain roads or choose to flag down the bus en route to Dalat. Visit the striking Cham Tower. **Day 13 Ke Ga** Make the journey to Bao Dai's regal summer palace before discovering the wacky and weird architecture of Hang Nga Crazy House. Pedal to Ke Ga, a delightful seaside village. **Days 14-15 Ho Chi Minh City** After a final two-wheeled stint, arrive in exciting Ho Chi Minh City and take a cyclo tour around some of the city's famous attractions.

[VIEW DATES AND PRICES](#)



Siem Reap, Cambodia - Sok Kim



Angkor Wat, Cambodia - Katharina Maldmann

## Cycle Indochina

13 DAYS, HO CHI MINH CITY TO BANGKOK



Explore Vietnam, Cambodia and Thailand in just 13 days on this comprehensive south-east Asian adventure.

Fuel up on some of south-east Asia's famously delicious regional foods, including banh mi, pad Thai, and steamed custard.

Get among nature, wildlife, small villages and ancient ruins, as well as the region's most lively cities.

**Day 1 Ho Chi Minh City** Stretch out your hamstrings on a walk through the city's maze of alleyways.

**Day 2 Mekong Delta** Ride past farms, through rural villages and along narrow paths, then travel by boat to an island homestay on the Mekong Delta.

**Day 3 Chau Doc** Shake out your sea legs and pedal through bustling settlements along the river before heading to Chau Doc. **Days 4-6 Phnom Penh** Cycle to the Cambodian border and then transfer to Phnom Penh. Enjoy a leisurely ride around Mekong Island. Visit local artisans selling quality silks, and stop for a refreshing drink at a roadside food stall. **Days 7-9 Siem Reap** Head out on a two-wheeled temple tour of Ta Prohm and Angkor Wat. Trees and creepers are now slowly overrunning the ancient ruins, which were once residential palaces and government buildings. The temples were rediscovered in 1914 and restored

several years later using traditional techniques.

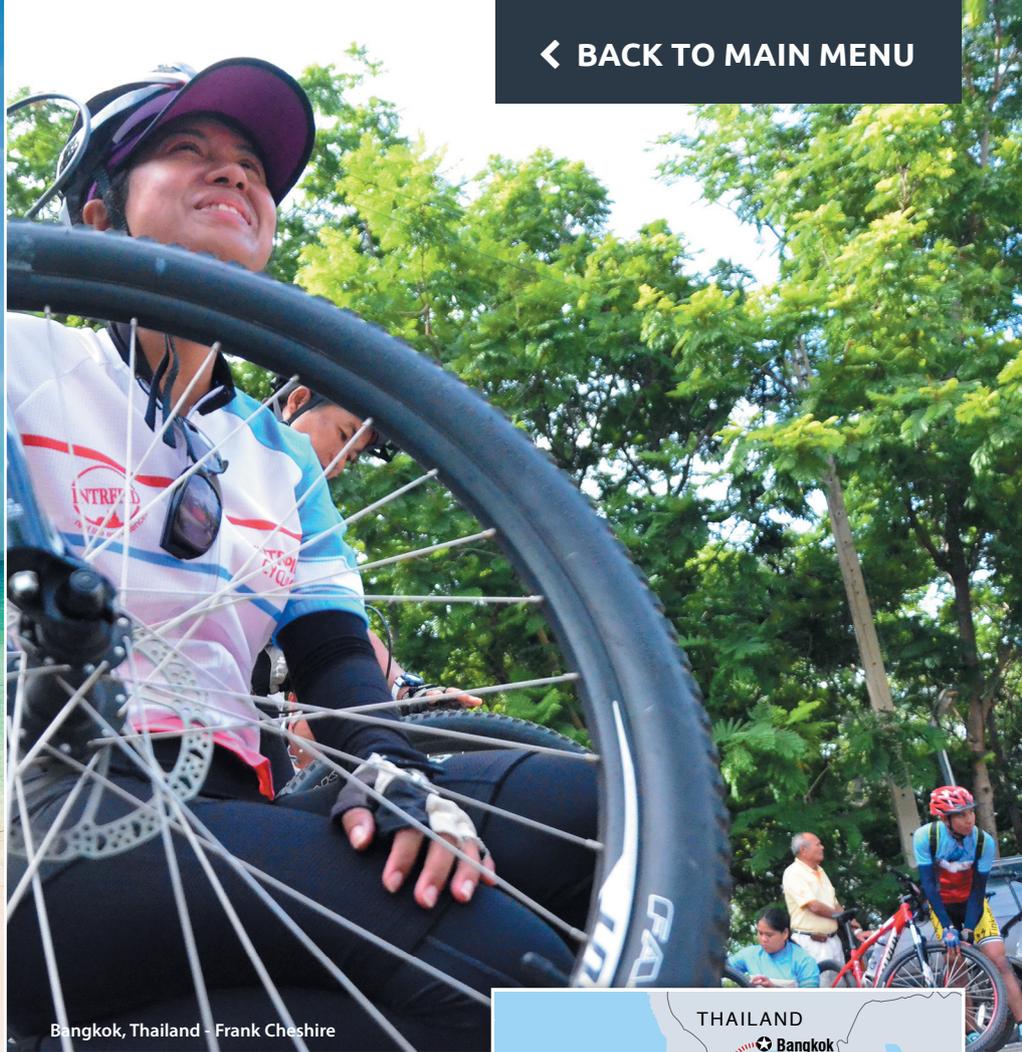
**Day 10 Sa Kaew** Cross the border into Thailand. Visit a wildlife sanctuary and enjoy a lunch stop before heading to the Tha Krabak dam for a refreshing dip. Ride to Sa Kaew for the night. **Day 11 Kabinburi** Rise with the sun and give alms to the monks at the morning market. Spend the day cycling mostly flat terrain, passing rubber trees, tapioca and rice fields en route to the small district of Kabinburi. **Days 12-13 Bangkok** The last full day of riding cycles past small villages, paddy fields, farms and shops as we make our way to the Khun Dan Dam, the largest dam in Thailand. Stop for lunch along the way, then enjoy a quick swim. Cap off your active cycling adventure with a stroll through the tiny lanes of Chinatown, a trip to the Temple of the Reclining Buddha, or head to the Or Tor Kor market for a spicy lunch.



STYLE	TRIP CODE	PHYSICAL
ORIGINAL	TTXC	●●●○○
Maximum group size 12	Hotel (10 nts), homestay (1 nt), resort (1 nt)	
11 Breakfasts, 1 Dinner	Bicycle, support vehicle, public bus, public boat	



[VIEW DATES AND PRICES](#)



Bangkok, Thailand - Frank Cheshire

## Cycle Southern Thailand

9 DAYS, BANGKOK TO AO NANG



Escape the chaotic Bangkok traffic with a cycling tour that get away from the tourist traps and into the heart and soul of Thailand's south.

Ride through a sea of greenery on the way to Thailand's West Coast, then wind down on the famous white sand shores.

There's no need for artificial sports drinks here – rehydrate with fresh coconut water and fruit juices straight from the plant.

**Day 1 Bangkok** Tuk tuks, khlong boats, the Grand Palace, Khao San Road, endless stalls of street food – there's plenty of entertainment on offer in Thailand's frenetic capital. **Day 2 Bangkok/Surat Thani** See the daily lives of those who call Bangkok home on a ride around the city's backstreets, then board an overnight train south to Surat Thani. **Days 3-4 Khao Sok National Park** Ride west from Surat Thani to Ratchaphracha Dam, where hundreds of tiny islands jut out from emerald waters, and then on to Khao Sok. Enjoy free time to explore one of the oldest rainforests in the world, looking out for wildlife and taking cooling dips in the river. **Days 5-6 Khao Lak** Leaving the verdant forests and hills behind, drive west to the nearby town of Takua Pa. Jump on the bike and pass numerous flowing rivers, palm-fringed roads and smiling local children on a ride down the Andaman

Coast. Arrive in the laid-back beach town of Khao Lak and relax after a day in the saddle. Take a free day to enjoy this beautiful town on the Andaman Coast. There are waterfalls to swim in, bike trails to ride, and underwater worlds to explore by scuba or snorkel. Maybe taste the local delights with a Thai cooking class. **Day 7 Phang Nga** Passing through forests, orchards, and rubber plantations, cycle inland through rolling hills to Phang Nga. Cruise out onto the bay and visit the famous islands, including 'James Bond Island' and the extraordinary floating village of Koh Panyee. **Days 8-9 Krabi/Ao Nang** Ride through beautiful inland landscapes to the classic Thai beachside town of Ao Nang. After the slow pace of the last few days, Ao Nang has a lively main street with many open-air restaurants, shops that light up the sidewalk and bars for kicking back with a beer.



STYLE	TRIP CODE	PHYSICAL
ORIGINAL	TTXB	●●●○○
Maximum group size 12	Hotel (4 nts), overnight train (1 nt), guesthouse (3 nts)	
6 Breakfasts	Bicycle, support vehicle, train, boat	



[VIEW DATES AND PRICES](#)



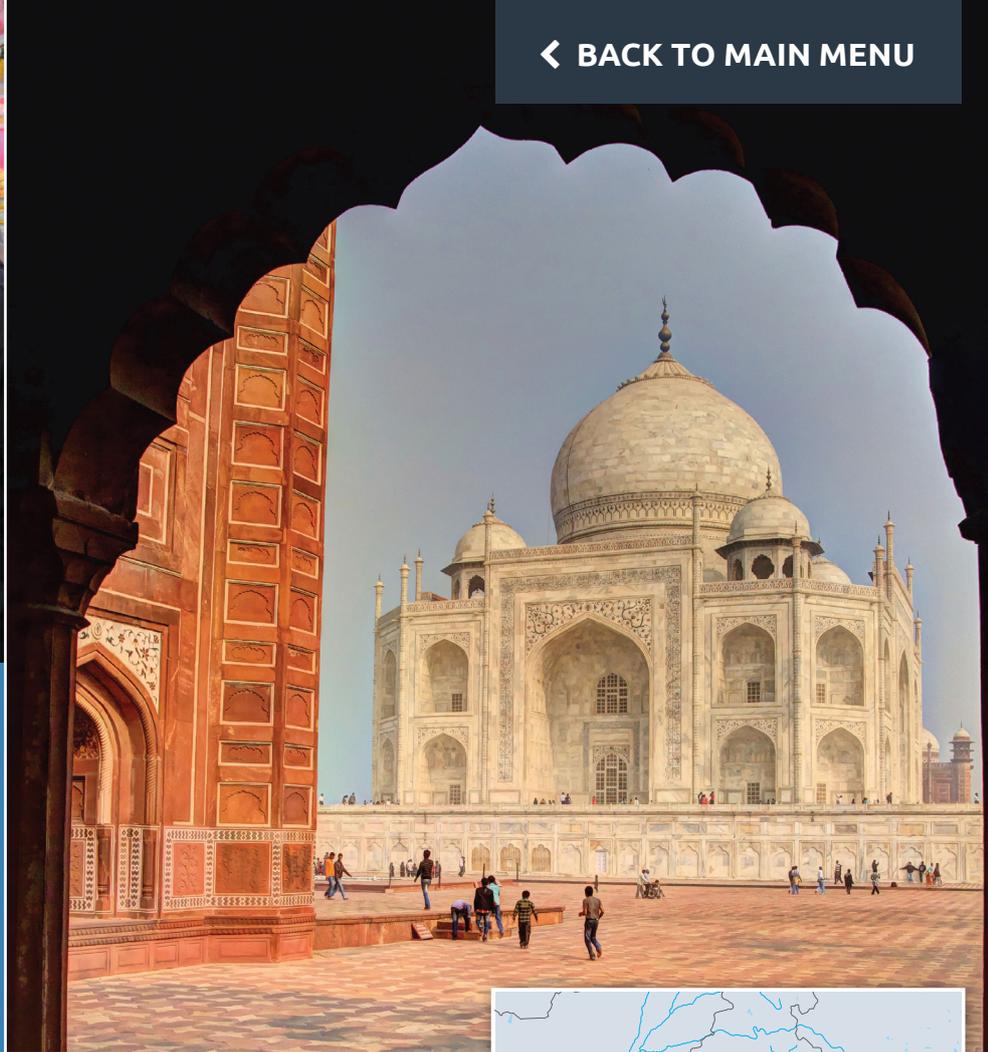


India - Gemma Sherwood

## North Meets South

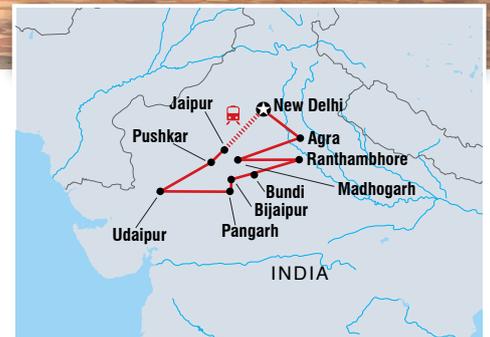
Despite belonging to the same country, Rajasthan and Southern India feel like they're worlds apart. Rajasthan, with its many architectural marvels and crowded city streets, is a joy to explore, while leafy Kerala is all about nature and relaxation.

For more info enter **HHXC** on [intrepidtravel.com](http://intrepidtravel.com)



## Cycle Rajasthan

15 DAYS, NEW DELHI TO NEW DELHI



STYLE  
**ORIGINAL**

TRIP CODE  
**HHXC**

PHYSICAL  
●●●○○



Maximum group size 12



Hotel (9 nts), heritage property (3 nts), deluxe permanent tent (1 nt), resort (1 nt)



14 Breakfasts, 1 Lunch



Bicycle, cycle rickshaw, metro, support vehicle, shuttle bus, train

**Day 1 New Delhi** Take a cycle rickshaw tour through Old Delhi and see one of its most impressive buildings, the Jama Masjid. **Days 2-3 Jaipur** Climb to the hilltop Amber Fort before making tracks to Jaipur, the 'Pink City' of Rajasthan. Bursting at the seams with jewellery, textiles and folk-based arts markets, Jaipur is the perfect place to spend some time bargaining for souvenirs. **Day 4 Pushkar** Passing several old forts and the holy Pushkar Lake, cycle to sacred Pushkar. **Days 5-6 Udaipur** See Udaipur's rolling hills, white marble palaces and blue lakes combine to form the most romantic city in Rajasthan. Visit the City Palace, one of the largest royal palaces in India. **Day 7 Pangarh** Cycle through the Chittorgarh countryside to Pangarh Lake. **Day 8 Bijaipur** Stay in the 16th-century Castle Bijaipur, which is now a heritage hotel within the original fortified walls.

**Day 9 Bundi** Admire stunning murals at the palace that presides over the town's Brahmin-blue rooftops, explore the enchanting alleyways and experience life in remote India. **Days 10-11 Ranthambhore National Park** Safari into the heart of the Indian bush to discover tranquil lakes and ruined palaces, while keeping eyes peeled for deer, monkeys and the elusive Bengal tigers. **Day 12 Madhogarh** Journey to rural Rajasthan and stay at a former royal residence. Explore the village, meet the locals and chat with traditional craftspeople for a unique insight into Indian life. **Day 13 Agra** Board a private vehicle bound for the Mughal city of Agra. Be amazed by the iconic Taj Mahal, a monolithic marvel constructed from sparkling marble and set with jades, crystals and sapphires. **Days 14-15 New Delhi** Pay a visit to the Red Fort in Agra before returning to the hum of New Delhi.

**VIEW DATES AND PRICES**



The road to Goa, India - Madan Singh

# Cycle South India

15 DAYS, TRIVANDRUM TO GOA



Spend a night on a houseboat cruising through the backwaters of Kerala, where children often learn to row boats before they ride a bike.

Encounter life along the west coast of India with a ride through four different states: Kerala, an enclave of Pondicherry, Karnataka and Goa.

Explore Kochi, a fascinating blend of Chinese, Portuguese, Dutch and English influences, and witness the peak of local culture in an incredible Kathakali dance.

**Day 1 Trivandrum** In free time, explore the British colonial architecture and previously off-limits Puthenmalika Palace. **Day 2 Varkala** Take a straight coastal road to Varkala, a town of laid-back bars, restaurants and accommodation set along a cliff edge. **Day 3 Kerala Houseboat** Board a typical Keralan houseboat and cruise through the complex system of beautiful lagoons and canals. **Days 4-5 Kochi** Spread over several islands, Kochi is a fascinating place full of Chinese, Portuguese, Dutch and English influences. Taking a break from the bike, head to the Mattancherry part of Fort Kochi for a guided walking tour. **Day 6 Trissur** Head up the west coast to Trissur, a city with a history deeply rooted in the spice trade. Discover the city's many religious sites, including a 1,300 year old Hindu Temple, and perhaps head out to see Athirappilly Waterfalls, "The Niagara of

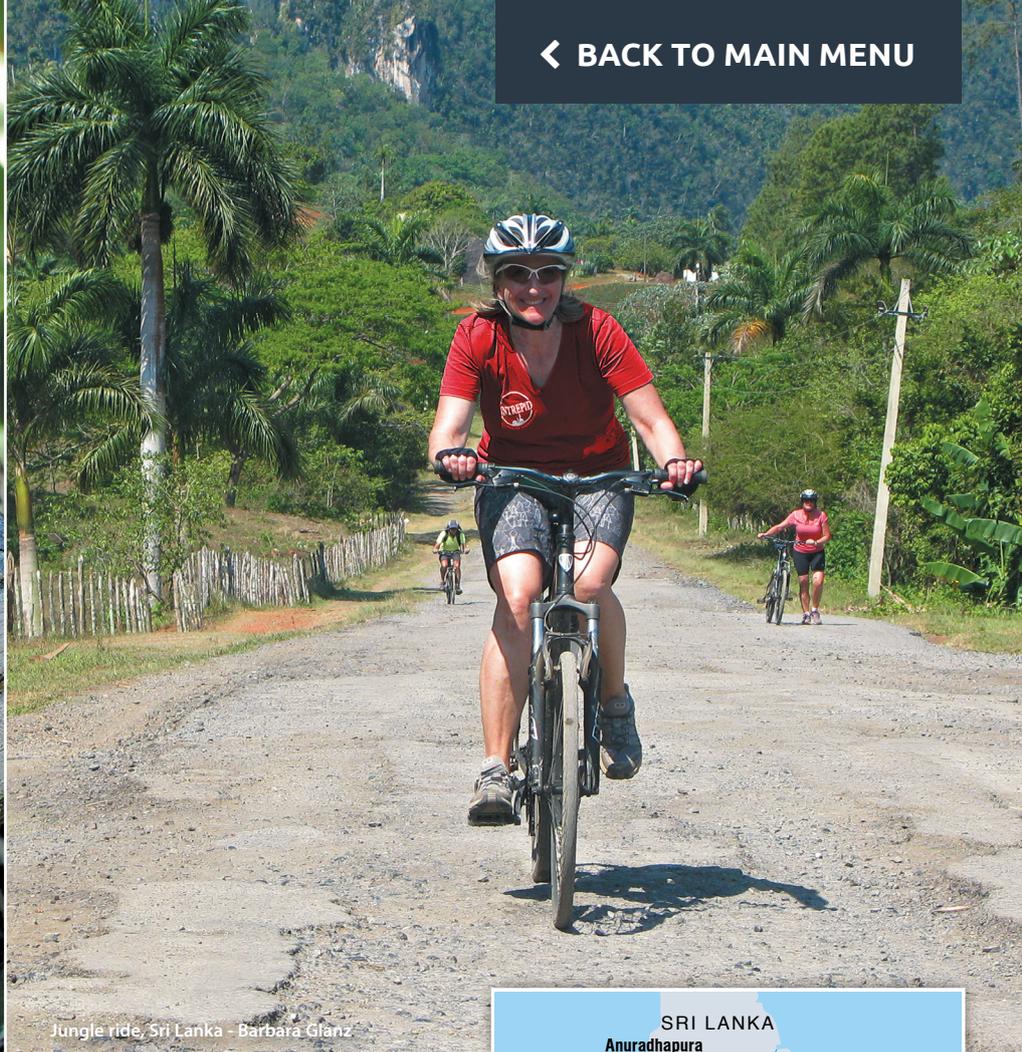
India". **Day 7 Kozhikode** Journey up the coast to the former capital of the Zamorin dynasty – Kozhikode. Explore the serene Mananchira Lake and Square on a walk through the city. **Day 8 Mahe** Stroll through the manicured streets of this sleepy seaside town and watch the sun set over the Arabian Sea from 'the Hillock'. **Day 9 Bhatkal** Shake off the sleep with a morning ride along the seaboard, heading north to the small but prosperous port town of Bhatkal. **Days 10-11 Gokarna** End the day in Gokarna, where holy temples, excellent beaches, lively bars and fantastic food await. **Day 12 Agonda** Take in the lush scenery on a ride to the waterside town of Agonda. **Day 13 Panjim** Enjoy a final ride to laidback Panjim, a city famous for its legendary sandy beaches and Portuguese old quarter. **Days 14-15 Goa** Head to 18th June Road for some last minute gift-shopping.

STYLE <b>ORIGINAL</b>	TRIP CODE <b>HHXB</b>	PHYSICAL ●●●●○
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- Maximum group size 12
- Hotel (12 nts), guesthouse (1 nt), houseboat (1 nt)
- 13 Breakfasts, 1 Lunch, 1 Dinner
- Bicycle, support vehicle



**VIEW DATES AND PRICES**



Jungle ride, Sri Lanka - Barbara Glanz

# Cycle Sri Lanka

14 DAYS, NEGOMBO TO COLOMBO



STYLE	TRIP CODE	PHYSICAL
ORIGINAL	HPXC	●●●●○
	Maximum group size 12	
	Hotels (12 nts), guesthouse (1 nt)	
	12 Breakfasts, 9 Lunches	
	Bicycle, support vehicle, train, jeep	



[VIEW DATES AND PRICES](#)

Cycling allows you to get closer to the real Sri Lanka, with a leopard-spotting safari and scenic train trip taking the sightseeing to the next level.

From the sensational seafood of Negombo to the pulsing night markets of Colombo, Sri Lanka is a feast for the senses.

Step back in time as you explore Sri Lanka's most important religious and heritage sites, including the Temple of the Sacred Tooth Relic and Kataragama.

**Day 1 Negombo** Ayu-bowan! Welcome to Sri Lanka! **Days 2-3 Anuradhapura** Kick things off with a test-ride through the city streets, from the hotel to the busy fish market. Cycle on to Chilaw, past gorgeous fishing villages, the scenic Dutch canal, and coconut plantations. The next day, ride to the UNESCO World Heritage site of Anuradhapura. **Day 4 Polonnaruwa** Cycle through paddy fields and patches of vivid green jungles to Polonnaruwa, stopping en route at Ritigala Monastery. **Day 5 Dambulla** Explore the Vihara temple, Parakrama statue and Siva temple. Transfer to Dambulla and perhaps browse the colourful wholesale vegetable market. **Days 6-7 Kandy** Perched among lush greenery, Sigiriya's ancient rock fortress strikes an awesome pose against the skyline. Hard-core cyclists can venture out to Knuckles

Conservation Forest before re-joining the group and heading to Giragama for a tea factory tour. Visit the Temple of the Sacred Tooth, an impressive Buddhist site. **Day 8 Hatton** Saddle up for a day-trip through leafy tea plantations en route to Maskeliya. **Day 9 Tissamaharama** Cycle along one of the most beautiful stretches of road in Sri Lanka, passing lush pine forest on the way to Balangoda. Visit an elephant sanctuary. **Day 10 Yala National Park** Colourful and vibrant, the holy city of Kataragama rivals Adam's Peak in terms of national importance. After some exploring, take a jeep safari through Yala National Park. **Day 11 Mirissa** Catch an amazing sunset from this lovely long curve of coastline. **Day 12 Mirissa & Galle** Stroll around the ramparts of Galle's Dutch fort. **Days 13-14 Colombo** Celebrate the end of your adventure with a final food crawl in the capital.



Inle Lake, Myanmar - Rong Jin



Bagan, Myanmar

## Cycle Myanmar

13 DAYS, YANGON TO YANGON



STYLE  
**ORIGINAL**

TRIP CODE  
**TTXM**

PHYSICAL  
●●●○○



Maximum group size 12



Hotel (11 nts), guesthouse (1 nt)



12 Breakfasts, 1 Dinner



Bicycle, support vehicle, plane, boat



**VIEW DATES AND PRICES**

Get off the beaten track and discover Myanmar's past by cycling around Bagan's temple-strewn landscape.

Ride through toddy forests towards Mount Popa, a volcano in the Pegu Range that's revered as the spiritual home of Myanmar's 37 nat spirits.

Cruise along the Ayeyarwady River to Mingun, a small riverside town situated at the base of an enormous temple.

**Days 1-2 Yangon** With its charmingly colonial-era architecture and pagoda-etched skyline, Yangon bristles with activities and attractions.

**Day 3 Bagan** Catch a flight north to Bagan, an ancient city home to the world's largest collection of Buddhist temples, pagodas and stupas. Spend a day exploring Bagan's major sites.

**Day 4 Mount Popa** Cycle past small villages and through groves of towering palm trees to Mount Popa. Sitting 1,518 metres above sea-level, Mount Popa is actually a volcano in the Pegu Range (and the mythical home of nats, Myanmar's 37 spirits).

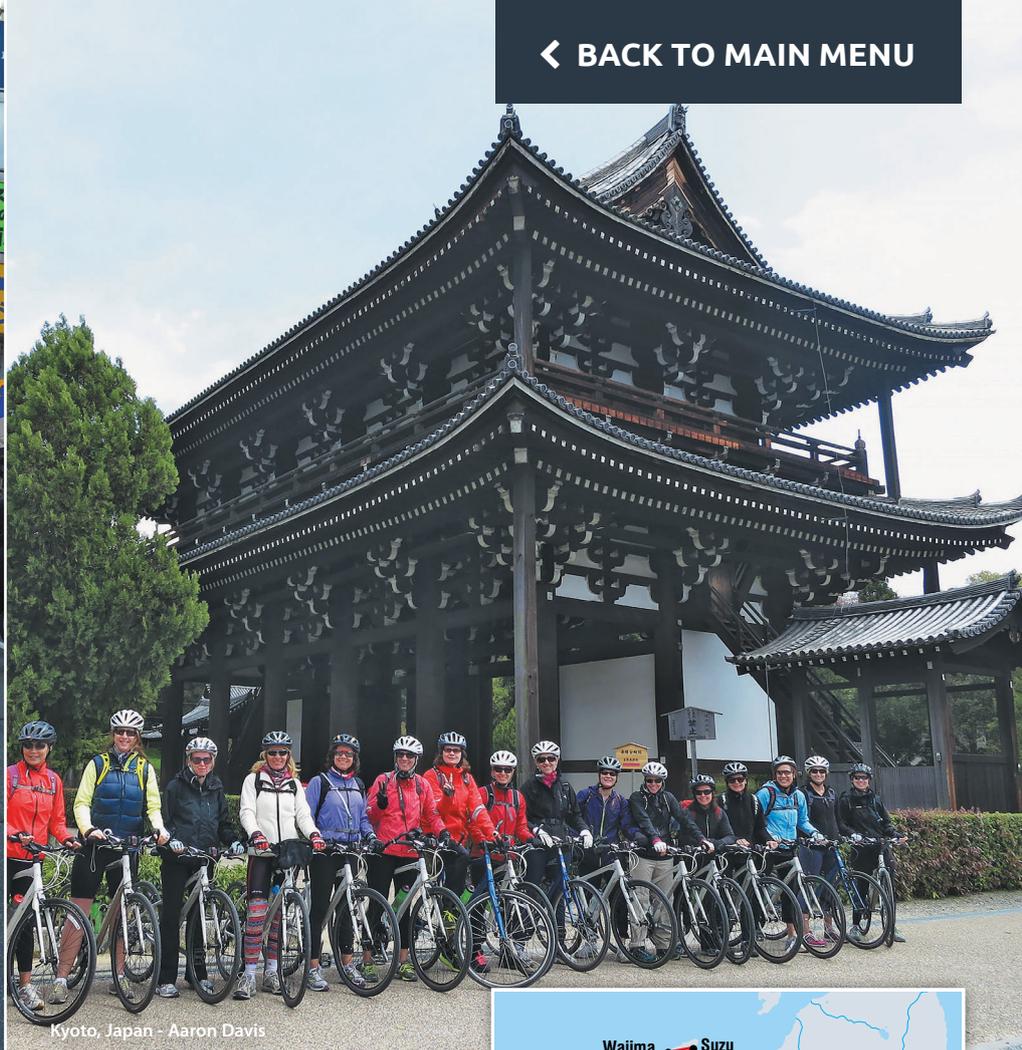
**Day 5 Myingyan** Today's scenic ride to Myingyan follows narrow, quiet roads typical of Myanmar's central dry zone. Though mostly flat, the route passes many unbridged sand creeks that wind through toddy forests. **Day 6 Mandalay** After cycling through several small villages to Myitthar,

take the highway north to Mandalay. **Day 7 Mingun/Mandalay** Board a boat for a cruise along the Ayeyarwady River to Mingun, a small riverside town situated at the base of a temple that, had it been completed, would have been the world's largest.

**Day 8 Pindaya** Drive on to Pindaya, a town famous for the thousands of Buddha effigies stocked inside its limestone caves. **Days 9-11 Inle Lake** Cycle over the rolling hills of the Shan plateau to Nyaung Shwe, the gateway to Inle Lake. Cruising around Inle Lake by boat offers a chance to see local life from a different angle. Pass cottage industries, see the lake's iconic leg-rowing fishermen, and perhaps visit some floating markets. **Day 12 Inle Lake/Yangon** Enjoy a morning soaking up the serenity of Inle Lake before transferring to Heho for the flight to Yangon. **Day 13 Yangon** This cycling adventure concludes today in Yangon.



Tokyo, Japan - Ivan Paestka



Kyoto, Japan - Aaron Davis

## Cycle Japan

14 DAYS, OSAKA TO TOKYO



Cycling allows you to get closer to the real Japan – from bicycles to Pokemon, serene temples to the organised chaos of the big cities, this classic adventure has it all.

End rewarding days in the saddle with amazing Japanese feasts of sushi, unagi, tempura or even fugu, all washed down with a traditional sake or Sapporo beer.

Leave the neon buzz of Tokyo and Osaka behind and experience the peaceful landscapes and coastal scenery of the Noto Peninsula.

**Day 1 Osaka** Fuel up for this cycling adventure by mingling with the locals eating street food and perhaps try some raw squid. If you're arriving early, catch a baseball game or visit the exquisite Osaka castle. **Days 2-3 Kyoto** See the temples and shrines of Kyoto's lively Gion district, which is also well-known for its Geisha and Maiko (apprentice Geisha). Cycle to the famous bamboo forests of Tenryuji Temple and Ryoanji Temple, with its calming white Zen rock garden, before completing a scenic loop back to Kyoto. **Day 4 Nara/Kyoto** Enjoy a beautiful riverside ride to the ancient capital of Nara and see the city's Giant Buddha housed in the largest wooden structure on Earth. **Days 5-6 Kanazawa** Ride past the Kenrokuen Gardens, one of Japan's greatest gardens, and explore the old Geisha and Samurai districts. **Days 7-10 Noto Peninsula** Over the next three days, discover the

heart of the rustic Noto Peninsula and its rugged coastlines, rice paddies, and endless farmland. Visit asaichi (morning markets) housing everything from lacquerware and sake to fresh fish and vegetables, and ride along the scenic coast to Sojiji Temple. Stop for a local lunch, head to the hot spring town of Wakura Onsen, and dine on traditional Japanese meals along the way. **Days 11-14 Tokyo** No trip to Japan is complete without experiencing the country's legendary train system. See it for yourself with a train journey from Shinkansen to Tokyo. Watch the scenic landscape fly by and remember to keep an eye out for Mt Fuji. After exploring the city by bike, literally eat and drink your way across Tokyo sampling food in Ginza and seeing the latest tech at the Sony building. Cycle along the city's river and coastline waterways, encountering a blend of modern and ancient architecture along the way.

STYLE <b>ORIGINAL</b>	TRIP CODE <b>CJXC</b>	PHYSICAL ●●●○○
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- Maximum group size 12
- Hotel (9 nts), ryoken (4 nts)
- 13 Breakfasts, 6 Lunch, 5 Dinners
- Bicycle, support vehicle, train



[VIEW DATES AND PRICES](#)



# Central America

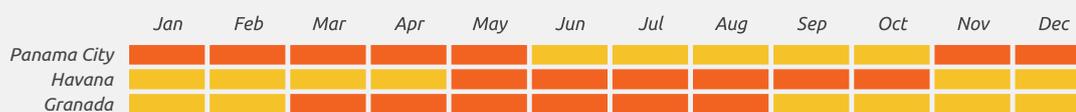
Balmy climes, ubiquitous hip-shaking rhythms and delicious food – this region simply invites immersion on every level. While there are gorgeous colonial cities and dazzling white sand beaches to be discovered, Central America rewards travelling al fresco and is truly in its element while riding, which brings all your senses into play. Feel Caribbean breezes drifting in from the coast, smell the aroma of fresh coffee on a ride through a plantation and hear monkeys chattering in the jungle canopies.

-  Catch a public ferry across Lake Nicaragua to Isla de Ometepe, an island enclave of volcanic peaks, verdant forest and tranquil swimming holes (page 33).
-  Share your trail with oxen and Cuban cowboys while pedalling through the pink-hued hills and misted tobacco fields of the Vinales Valley (page 35).
-  Indulge in some tropical Caribbean splendour in Panama's Bocas del Toro. With a full day here at your leisure, splay out on white sand beaches, head out snorkelling, or perhaps opt for some surf lessons (page 33).

## WHERE IN THE WORLD

Nicaragua  
Costa Rica  
Panama  
Cuba

## Weather



-  Monsoon 25-35°C
-  Very hot & dry 35°C+
-  Hot & dry 25-35°C
-  Hot & wet 25-35°C
-  Pleasantly warm 20-30°C
-  Warm & wet 20-25°C
-  Cool 15-20°C
-  Cold & dry 0-15°C
-  Cold & wet 0-15°C
-  Below freezing -0°C



Wildlife watching in Costa Rica



Arenal, Costa Rica - Beat Brunschwiler

# Cycle Central America

16 DAYS, GRANADA TO PANAMA CITY



STYLE  
**ORIGINAL**

TRIP CODE  
**QZXB**

PHYSICAL  
●●●●○



Maximum group size 12



Hotel (10 nts), guesthouse (4 nts), homestay (1 nt)



14 Breakfasts, 6 Lunches, 6 Dinners



Bicycle, support vehicle, boat



**VIEW DATES AND PRICES**

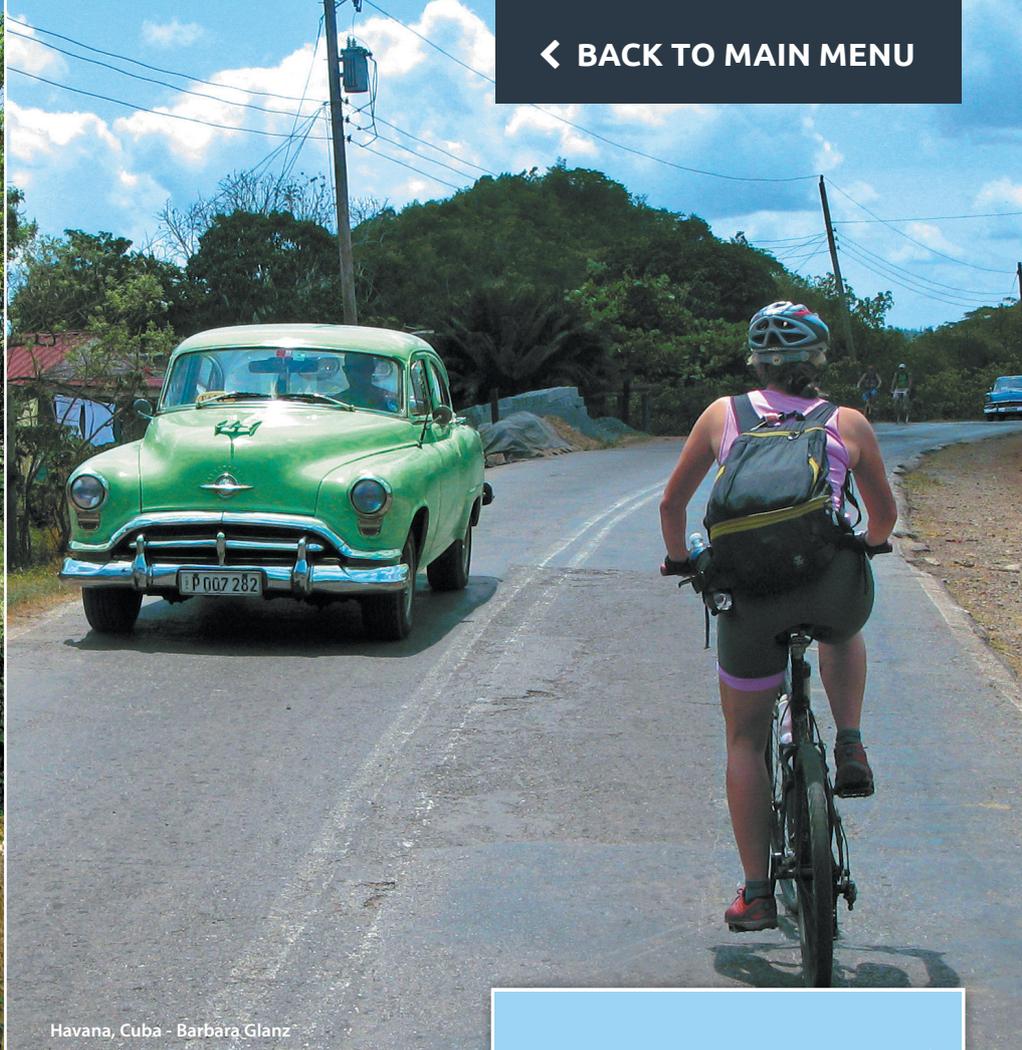
**Day 1 Granada** Arrive in Granada, a destination that oozes colonial charm and is one of the oldest cities in the 'New World'. **Day 2 Masaya/Granada** Beat the heat with an early ride to the deep blue waters of Apoyo Lagoon. **Day 3 Ometepe Island** Cruise over to Ometepe Island, a magical place created by its two parent volcanoes. **Day 4 Maderas Volcano/San Juan del Sur** Ride around the secluded rural areas of the Madera Volcano, keeping an eye out for monkeys and birdlife. Cap off the day with a sunset on the beach at San Juan del Sur. **Day 5 Arenal** Ford rivers and climb hills to arrive at Lake Fortuna, a wide blue lake at the foot of the country's most active volcano. **Day 6 El Castillo Area** Explore the El Castillo area around Lake Arenal, a region famous for its rich bounty of orange groves, banana plantations and sugar cane. **Day 7 Santa Rosa Pocosol** Journey deep inside

the Cano Negro Wildlife Reserve and see monkeys, sloths, turtles and "Jesus Christ" lizards. **Day 8 La Fortuna** Unwind with a visit to a local thermal spring and enjoy a luxurious hydro massage. **Day 9 Puerto Viejo** Ride into Puerto Viejo, a lively Caribbean village with great food and music. **Days 10-11 Bocas del Toro** A Caribbean playground of white sandy beaches and crystal clear waters, Bocas is yours to explore. **Days 12-13 Boquete** Head out to a local coffee plantation for an insight into coffee production, or get active with some hiking or biking. **Day 14 Baru Volcano/Panama City** Cruise down the slopes of Baru Volcano before catching a ride to Panama City. **Days 15-16 Panama Canal/Gamboia Rainforest** Enjoy one final day in the saddle, riding along the Panama Canal and deep into the jungle of the Soberania National Park.





Soroa, Cuba



Havana, Cuba - Barbara Glanz

# Cycle Cuba

7 DAYS, HAVANA TO HAVANA



STYLE <b>ORIGINAL</b>	TRIP CODE <b>QBXC</b>	PHYSICAL ●●●○○
Maximum group size 12	Guesthouse (6 nts)	6 Breakfasts, 3 Lunches, 1 Dinner
Bicycle, support vehicle		

NEW TRIP

[VIEW DATES AND PRICES](#)

See animals in their natural habitat, including the Cuban crocodile, an abundance of marine life and the world's smallest bird, the bee hummingbird.

Cycle through the lush valley of Soroa en route to San Diego de los Banos. Known as Cuba's Rainbow, the valley is rich in plant and wildlife.

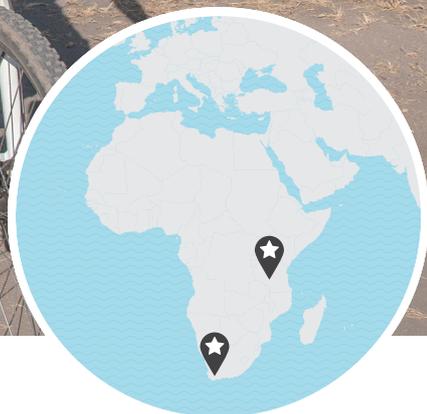
Cuba is recognised as the world's finest cigar manufacturer. Learn how to roll a cigar with a local tobacco farmer in the small town of Vinales.

**Day 1 Havana** Enjoy a stroll around the city at your own pace, taking in lolly-coloured Art Deco buildings, crumbling neoclassical mansions, and busking musicians. **Day 2 Soroa** Get fitted to your bike and then head out for an easy day's cycling. Share the road with vintage American cars, old Ladas and horse drawn carriages on way to colourful Soroa, also known as the 'Rainbow of Cuba'. **Day 3 Las Terrazas/Soroa** Cycle to the cascading waterfalls of the San Juan River and take a refreshing swim in the same waters that irrigate the local coffee plantations. Continue to the renowned eco-village of Las Terrazas, a lively art community set in beautiful green surrounds. **Day 4 Vinales** Tackle the hilly trails to Vinales and ride to a tobacco farm in the afternoon, where a local farmer will show how tobacco is grown, dried and rolled into cigars. At sunset, visit a hillside

organic farm for dinner. **Day 5 Cayo Jutias/Vinales** With its surreal white beaches and pale blue waters, Cayo Jutias is one of those Caribbean beaches you only dream about. After your ride stretch out on the sands and enjoy a packed lunch away from the usual tourist crowds, with plenty of time to do some swimming in the warm waters. After some time to snooze and splash about, catch a bus back to Vinales. **Days 7 Havana** Take a final spin from Vinales to Consolacion del Sur, stopping to admire the colourful Mural de la Prehistoria along the way. Painted on a cliff at the foot of the Sierra de Vinales, the huge eye-catching mural took 18 people four years to finish! Return to Havana and acquaint yourself with Cuba's charming capital. Perhaps visit the Jose Marti Memorial Tower or enjoy a final group dinner in one of Old Havana's many paladars.



# Africa



Hardy safari vehicles and overburdened buses are what people usually picture when it comes to African road travel, but cycling here is fast gaining popularity and for good reason. From the soft rolling hill-country of the Stellenbosch wine region to the hairpin turns of the Rift Valley, and the scenic coastal routes that run the Cape of Good Hope, this is one continent that definitely deserves front-seat views. Africa, as always, is the next frontier for the newest trend in adventure travel.

-  Leaving the traffic in your dust, veer off-road for some rough riding across Tanzania's volcano-peaked plains to the bright pink shores of Lake Natron (page 37).
-  After setting eyes on Table Mountain and tackling the Bain's Kloof Pass, unwind with a few wines in the vineyards around Stellenbosch and Paarl (page 39).
-  What would a trip to Africa be without a safari? Spend a night camped out in the Serengeti, then set out on game drives across its grasslands and down into the Ngorongoro Crater in search of the Big Five (page 37).

## WHERE IN THE WORLD

Tanzania  
South Africa

## Weather

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tanzania	Dark Brown	Dark Brown	Dark Brown	Dark Brown	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Dark Brown	Dark Brown
South Africa	Yellow	Yellow	Yellow	Green	Blue	Blue	Blue	Blue	Yellow	Yellow	Yellow	Yellow

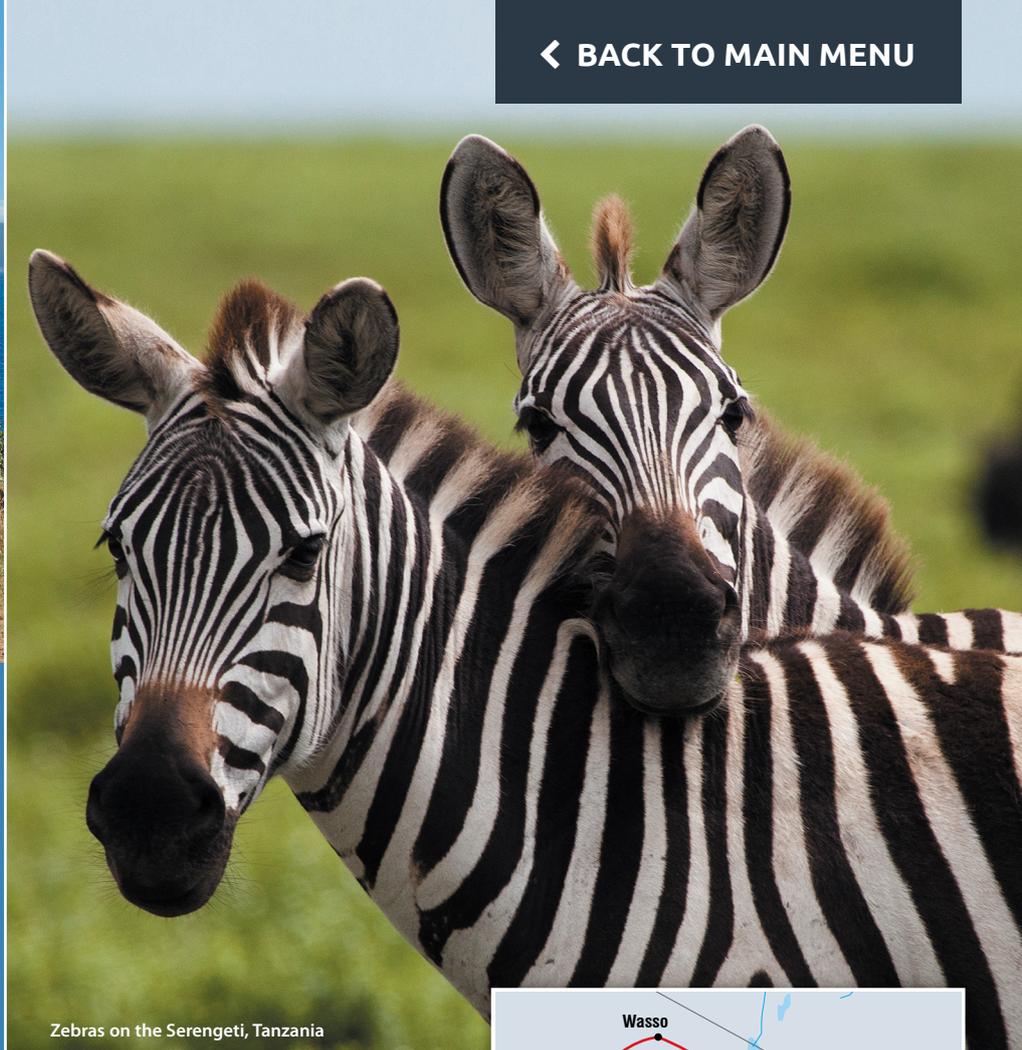
-  Monsoon 25-35°C
-  Very hot & dry 35°C+
-  Hot & dry 25-35°C
-  Hot & wet 25-35°C
-  Pleasantly warm 20-30°C
-  Warm & wet 20-25°C
-  Cool 15-20°C
-  Cold & dry 0-15°C
-  Cold & wet 0-15°C
-  Below freezing -0°C



## Tanzania and South Africa

Sign up for double the thrills on our new combo cycling trip showcasing the highlights of Tanzania and South Africa. Experience the rugged Great Rift Valley and the stunning coastlines of Cape Peninsula on a unique African adventure.

For more info enter **YTXCC** on [intrepidtravel.com](http://intrepidtravel.com)



Zebras on the Serengeti, Tanzania

## Cycle Tanzania

13 DAYS, ARUSHA TO ARUSHA

- Set out on safari in search of black rhinos in two of Africa's best wildlife reserves – Ngorongoro and the Serengeti – then fall asleep to the nocturnal cries of the Savannah.
- Kick off your adventure with that cornerstone of all cycling adventures – coffee. Roast, grind and taste your own in the village of Tengeru.
- Enjoy not one but two long descents in the stunning Great Rift Valley, barely pedalling a single stroke.

**Day 1 Arusha** Arrive in Arusha, Tanzania's safari gateway. At 1,300 metres above sea level, it's located not too far from the foothills of Mt Meru. **Day 2 Mkuru** Head to Tengeru, where a walking tour introduces you to local farm life up close, before cycling through Arusha National Park. **Day 3 Longido** On the outskirts of Longido Forest Reserve, meet the colourful and charismatic Maasai people **Day 4 Lake Natron/Ol Doiyo Lengai** Prepare for a special day of riding along rugged roads with the volcanic peaks of Kerimasi, Gelai and Kitumbeine stabbing the skyline. Spot flamingos near your campsite at the salt-water Lake Natron. **Day 5 Lake Natron/Ol Doiyo Lengai** With free time, perhaps cycle to Saitoti River to cool off in the natural plunge pools. Serious adventurers can choose to tackle Ol Doiyo Lengai volcano (2,878 metres) for incredible

sunrise views. **Day 6 Wasso** Cycle a long, flattish section across the shores of Lake Natron itself, then climb the valley walls to the Rift Valley escarpment. **Days 7-8 Serengeti** Swapping bicycles for jeeps, enter the famous Serengeti where mighty predators roam. Camp out on the famous plains and then get up early for a sunrise game drive in search for the 'Big Five' **Days 9-10 Ngorongoro Crater** Head on to the Ngorongoro Crater, one of Africa's most amazing wildlife arenas. Cycle a thrilling descent down the scenic Rift Valley escarpment to Mto wa Mbu. **Day 11 Rift Valley/Magara** Visit Lake Manyara, a lake that Ernest Hemingway once described as 'the loveliest in Africa'. **Day 12 Lake Manyara/Arusha** Take a game drive around Lake Manyara, watching out for eagles, flamingos and kingfishers. **Day 13 Arusha** Your adventure comes to an end after breakfast.



STYLE <b>ORIGINAL</b>	TRIP CODE <b>YTXC</b>	PHYSICAL ●●●●○
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- Maximum group size 12
- Hotel (3 nts), guesthouse (3 nts), camping (6 nts)
- 12 Breakfasts, 11 Lunches, 10 Dinners
- Bicycle, support vehicle, jeep

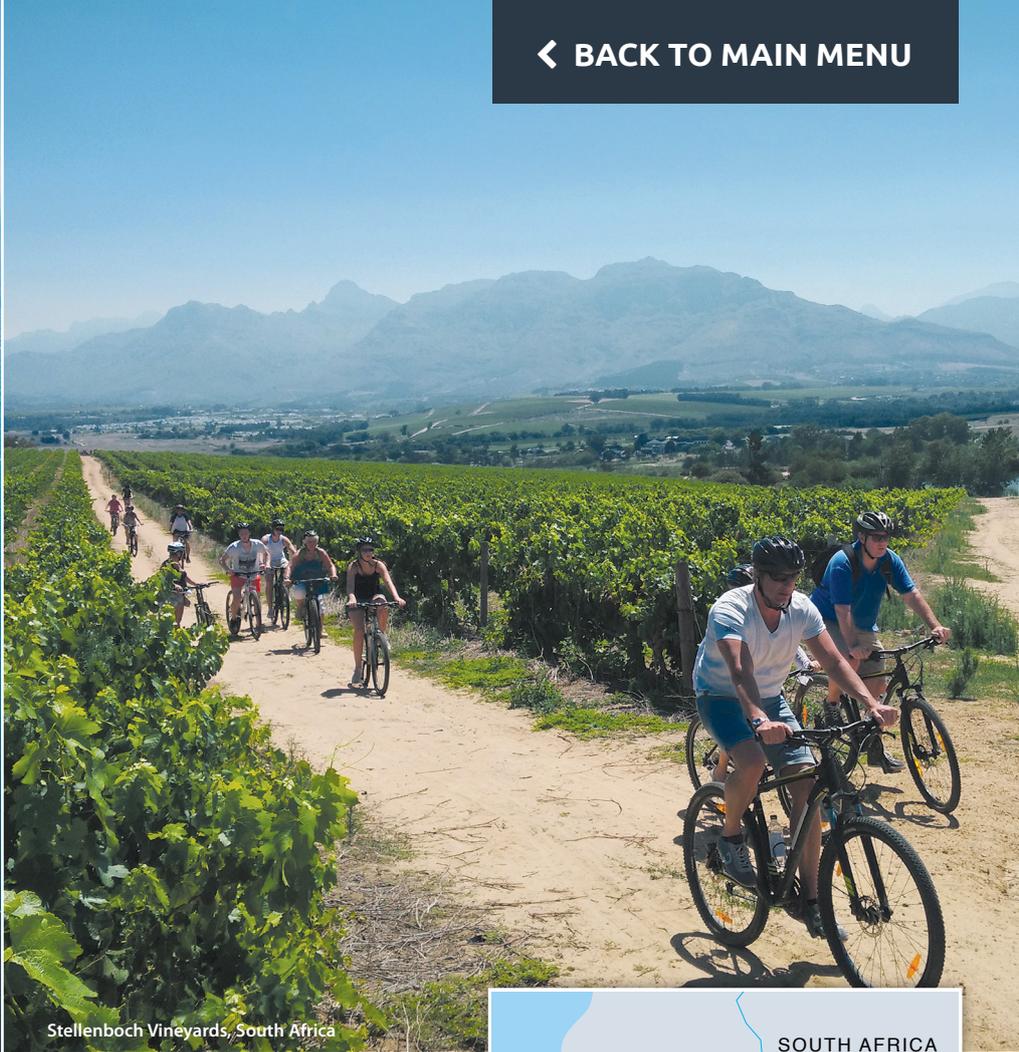


[VIEW DATES AND PRICES](#)





Cape Town, South Africa



Stellenbosch Vineyards, South Africa

# Cycle South Africa

12 DAYS, CAPE TOWN TO CAPE TOWN



Cycle in the shadow of the majestic Table Mountain, with the blue waters of the Atlantic Ocean a constant companion by your side.

Swap water bottles for wine bottles at the famous vineyards of Stellenbosch and refuel with South African delicacies.

Stand on Cape Agulhas – the southernmost point of Africa, where the Indian and Atlantic Oceans meet, and enjoy unobstructed views towards Antarctica.

**Day 1 Cape Town** Meet your group and leader, then perhaps head to nearby Long and Kloof streets for great nightlife. **Days 2-3 Stellenbosch** Drive to Blouberg for a glimpse of the iconic Table Mountain. Cycle up the hairpin turns of Bain's Kloof Pass and freewheel it down through stunning mountain scenery to the Breede River. **Day 4 Little Karoo** Stretch the legs on a gradual uphill cycle that skirts the Marloth Nature Reserve. **Day 5 Bontebok National Park** Saddle up for one of the best rides of the trip – the twisting climb through the rugged Cape Folded Mountains. Crossing Langeberg Mountain, travel down the reverse side of Zuurburg Nature Reserve to Swellendam and Bontebok National Park. **Day 6 Cape Agulhas/Arniston** Drive towards Cape Agulhas, the southernmost point in Africa. Hugging the rugged coastline, cycle along flat rural roads to the

small seaside town of Arniston. **Days 7-8 Hermanus** Cycle up one of the country's oldest passes, then be rewarded with a thrilling downhill ride to Stanford. During free time, keep your eyes on the water – this is one of the world's best locations for land-based whale-watching. **Day 9 Gordon's Bay/Simon's Town** The stunning views keep coming and today's ride is no exception – a cycle along the coastal route that winds through Betty's Bay to Gordon's Bay. **Day 10 Cape Peninsula** Drive along the dramatic coast road through Table Mountain National Park to Cape Peninsula, then zip downhill to Simon's Town. **Days 11-12 Cape Town** The very best ride has been saved for today. Cycle part of the prestigious Cape Argus cycle route, past beautiful beaches and seaside towns sitting in the shadow of Table Mountain, ending at the iconic Green Point Lighthouse.

STYLE	TRIP CODE	PHYSICAL
ORIGINAL	UBXC	●●●○○
Maximum group size 12	Hotel (7 nts), apartment (2 nts), chalet (1 nt), cottage (1 nt)	
9 Breakfasts, 8 Lunches, 2 Dinners	Bicycle, support vehicle	



[VIEW DATES AND PRICES](#)