

# Bike Ecuador & Colombia

Andes to the Caribbean



**Guayaquil– Quito  
or  
Bogota to Bucamaranga or Cartagena**

**12 Days Ecuador only Departs 11 May 2025  
18 Days Colombia only Departs 22 May 2025  
Optional Extension to Cartagena 3 days**

- **Cuenca - stunning colonial vistas**
- **Ecuador's dramatic Avenue of the Volcanoes**
- **Mt Cotopaxi & Banos**
- **Quito & Indian Markets -Otavalo**
- **Stunning country haciendas**
- **Medellin -city of eternal spring**
- **Colombia's Coffee Country**
- **Bogota -city of contrasts ,vibrant**
- **Ride the Chichamocha Canyon**
- **Discover South America's best kept secret "Colombia"**
- **Cartagena on the Caribbean coast**

**Latin Link Adventure  
The South American Specialists**

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**Bonded Member of Travel Agents Association of New Zealand**

## **Information Sheet –**

### **Bike Ecuador 12 Days** 11-22 May 2025

NZ\$3400 share twin/double per person, NZ\$1050 single room supplement

### **Bike Colombia 18 Days** 22May-8 June 2025

Bogota back to Bogota

NZ\$6795 share twin/double per person NZ\$950single room supplement

**Cartagena Extension** 3 Days NZ\$550 share twin/double pp single room supplement NZ\$320

*NB Costs based on a minimum of 6 participants*

The largest mega-diversity on the planet makes it home in Ecuador, the center of the world. With a privileged climate and the most breathtaking landscapes, the essence of Latin America merge to create a unique and unforgettable destination. The Andes in Ecuador has an area of approximately 600 km in length; it has elevations ranging from the 1500m in the subtropical valleys to elevations that exceed the 5000m at the summits of the highest volcano

From Guayaquil on the coast to Cuenca in the highlands Cuenca fuses culture, nature and tradition.

For an unforgettable active holiday in the Andes, bike along Ecuador's Avenue of the Volcanoes, ride the Devils Nose Railway, bike around Banos and Mt Cotopaxi. Then to its capital Quito. We bike through the land of the Otavaleños. The indigenous Otavaleños are famous for weaving textiles, usually made of wool which are sold at the famous Saturday market. Stay in beautiful country haciendas

The colourful diversity of Ecuador is simply "stunning"

Colombia -"South America's best kept secret", has undergone many changes in the last 10 years and is now the continent's 3rd biggest economy. A tropical country of incredible diversity and charm. Its ever-changing geography, a history loaded with mystery and adventure, its people and cultures, have fascinated the world for centuries. Friendly people, diverse landscapes, great music make this an ideal place to travel through.

Our journey takes us through the colonial white city of Popayan, the coffee region of Armenia to fashionable Medellin. Then to its capital Bogota, one of the world's leading cycling cities. Through the breathtaking Boyaca & Santander regions with lovely colonial towns, big canyons (Chichamocha 2nd largest in world) and great biking trails. Option to end the tour in lovely Cartagena de Indias, rated one of the top cities in the world to visit. So no unpleasant surprises once you are in South America - you know before you leave exactly what this trip will cost and it is a bonus not having to dip into your money belt all the time to pay for 'EXTRAS'. We pride ourselves on being totally up front before you leave. Compare our inclusions for yourself, detailed on our Trip Dossier. We want your adventure to be as hassle-free as possible, so you can expect the following whilst planning to explore the "Bike Ecuador & Colombia"

#### **Cost Includes:**

ALL transport (boats, buses, taxis, trains etc)	ALL accommodation 3 star hotels/lodges (twin/double share)
ALL entrance fees as per itinerary	ALL support vehicles
ALL national park entrance fees	
ALL sightseeing as per itinerary	ALL transfers as per itinerary
Services of experienced local guides	Breakfasts daily, 8 lunches in Ecuador & 14 lunches Colombia
Services of experienced Tour Leader	

Airfares Bogota-Pereira, Medellin-Bogota & Bucaramanga-Bogota or Cartagena on Bike Colombia Tour

#### **Does not include:**

Standard Bike -allow NZ\$450 for Ecuador & NZ\$850 for Colombia

E Bike Option -allow NZ\$850 for Ecuador & NZ\$1700 for Colombia

Tips (allow US\$200 for Ecuador & US\$200 for Colombia), Insurance, Laundry, Personal Spending, Medical Expenses, airfares Quito-Bogota (this can be included in your international ticket)

#### **NOTE ON FLIGHTS**

**\*\*International flights on LATAM Airlines Auckland – Guayaquil or Bogota or Cartagena – Auckland are in addition to costs stated above. As there can be seasonal specials on airfares these can vary between NZ\$2500 and \$3300 depending on when they are purchased.**

*Comments from those who went on our 2024 Bike Colombia tour*

*"What an awesome trip and I say this for everything about it. The varied scenery, the flora, the colourful small villages with their courtyards and the excellent accommodation and bikes. Even experiencing the larger cities of Medellin and Bogota was a plus. But that is just the start as the Colombians are so hospitable, friendly and considerate to bikers. Our driver and guide (as well as the local guides) were excellent value and most supportive. What does a Colombian bike tour involve? Firstly, the regions we visited are safe and we saw less police and road cones than in NZ. Secondly, the terrain is hilly being in the lower Andes, so either be fit or hire an electric mountain bike as I did. Thirdly, Colombians like their cafes, smooth coffee and Club Colombia beer so be prepared to enjoy that part of the trip! Fourth, the climate is sublime at the mid altitude we mostly kept to. So, if you are a biker who enjoys all of the above do put this visit to Colombia on your bucket list!" Pauline*

*"Just had an amazing cycle trip through Colombia.*

*One word to describe it. "MAGICAL" From the accommodation, food, friendliness, scenery, organisation, .... you name it. Would I do it again...YES" Barry*

Day	Date	Program	Overnight
1	Sun 11	<b>Guayaquil</b> For those travelling from NZ you can travel on LATAM Airlines direct to Santiago with a connection to Guayaquil, arriving there late evening. On arrival you will be transferred to your hotel. Accommodation: Grand Hotel <a href="http://www.grandhotelguayaquil.com">www.grandhotelguayaquil.com</a> <i>Guayaquil is Ecuador's major commercial city, quite tropical, situated on the coast</i>	Guayaquil
2	Mon 12	<b>Guayaquil- Cuenca</b> Later this morning transfer to the bus station and travel by bus from the tropical lowlands through banana plantations and into the Andes climbing to 2500m to the lovely colonial city of Cuenca Accommodation: Hotel Victoria <a href="http://hotelvictoriaecuador.com/en/">http://hotelvictoriaecuador.com/en/</a>	Cuenca (B)
3	Tues 13	<b>Cuenca</b> Cuenca – Macas – first you have an hour and a half drive out of Cuenca through Gualaquiza to the Virgin – start again at 4000m – it is a really interesting ride – mainly downhill (with some up and downs) from paramo to rainforest – so spectacular scenery changes. From the Virgin through Paute to Macas. Road is mostly paved and has much less traffic. <i>(5km uphill, then 30km descent , 1-2km up)</i>	Cuenca(B,L)
4	Wed 14	<b>Cuenca-Riobamba</b> <i>Cuenca through to Quito is known as the Avenue of the Volcanoes - spectacular scenery</i> Travel from Cuenca to Alausi – bike in the morning from Alausi towards Huigra – you drive about 15 minutes up out of Alausi – mountain bike along a paved road – little traffic – very scenic (farmland) – first 4km uphill then downhill – around 2 hours. Then we ride the Devils Nose Railway – a series of spectacular switchbacks on and travel onto Riobamba for the night. Accommodation: Hacienda Abraspungo <a href="http://www.haciendaabrapungo.com">www.haciendaabrapungo.com</a> <i>4km uphill, then 30km descent , 1-2km up)</i>	Riobamba (B,L)
5	Thurs 15	<b>Riobamba- Patate</b> Drive up towards the Chimborazo Volcano ( 4600m)and mountain bike down to 2500m - again it is a paved road but there is little traffic – paramo, farmland and volcano scenery - then you ride along a river canyon before arriving in the town of Ambato . Continue to our hacienda near Patate Accommodation: Hacienda Leito  <i>46km mainly downhill</i>	Banos (B,L)

6	Fri 16	<p><b><u>Patate -Banos -Cotopaxi</u></b></p> <p>This morning you mountain bike from Mantales region into Banos – around 2 hours – paved road with little traffic. Great views including Tungurahua Volcano. In the afternoon visit the waterfalls by bike ..</p> <p>A fun time is certain to be had with this tour of the incredible Route of the Waterfalls! It begins with a 20 minute bike ride to the first waterfall, Agoyan, where we will stop to rest and take photos. The next stop is the spectacular Manto de la Novia. The cable car ride we will take over the booming Pastaza river will give us an up-close view of the crashing falls. The Ecuadorian landscapes will amaze you as we wind our way 18 km through the small village of Rio Verde and stop to stand in awe of the massive Pailon del Diablo waterfall. Afterward, we will ride to Machay falls, hike to its base and cool off in its powerful and refreshing waters.</p> <p>Travel onto Cotopaxi in the afternoon.</p> <p>Accommodation: Hacienda La Cienega  <a href="http://www.haciendalacienega.com">www.haciendalacienega.com</a></p> <p><i>45km mainly downhill</i></p>	Cotopaxi (B,L)
7	Sat 17	<p><b><u>Cotopaxi - Quito</u></b></p> <p>This morning we do the typical Cotopaxi mountain biking route – really great ride in the national park – around 3 hours. Start with a 4km of uphill (smooth gradient), then flat and downhill with some single track. In the afternoon continue on to Quito.</p> <p>Accommodation: Hotel Las Plazas  <a href="https://lasplazashotel.com/">https://lasplazashotel.com/</a></p> <p><i>4km uphill, 40km mainly flat and downhill</i></p>	Quito (B,L)
8	Sun 18	<p><b><u>Quito</u></b></p> <p>Morning tour of Quito including the old city and a hike to Teleférico &amp; Guagua Pichincha</p> <p>You will be taken to the Teleférico, a gondola lift, running from the edge of the city up the east side of Pichincha Volcano. It's one of the highest aerial lifts in the world, and the ascent takes about ten minutes.</p> <p>Hike from the summit of Cruz Loma toward Volcán Guagua Pichincha, a steady uphill trail which takes a couple of hours allowing for pauses to take in the extraordinary views of Quito and the surrounding volcanoes</p>	Quito (B)

<b>9</b>	<b>Mon 19</b>	<p><b><u>Quito – Tumbaco –Otavalo</u></b></p> <p>This morning we head to Tumbaco where we take a bike trail which follows the old railroad track through beautiful green countryside and down into the Chiche canyon rising up again through some original and interesting train tunnels. We continue on to the pre-Incan ruins at Quito Loma and can get back on our bikes once again from here for a downhill, through the Andean communities of this region ending up on the Equator line in Cayambe. Visit to Quitsato museum. In the afternoon ride along the old railway track from el Cajas. Continue by bus through to the market town of Otavalo Accommodation: Hotel Dona Esther www.otavalohotel.com <i>9km uphill, 46km downhill</i></p>	Otavalo (B,L)
<b>10</b>	<b>Tues 20</b>	<p><b><u>Otavalo- Salinas</u></b></p> <p>Today we begin in Zuleta, a beautiful zone in the Northern Andes where the local villages are dedicated to producing colourful and intricate embroideries. From here we cycle through Andean farmlands, along the flanks of the Imbabura Volcano, with great views of the San Pablo Lake. Continue through Peguche and onto the indigenous handicraft market at Otavalo. Time to explore the markets and then head north through Ibarra into the drier Chota region Accommodation: Hosteria Pantavi www.hosteriapantavi.com <i>a superb country hotel with spa and wonderful art collection</i></p>	Salinas (B,L)
<b>11</b>	<b>Wed 21</b>	<p><b><u>Salinas – Quito</u></b></p> <p>Today we can explore on foot the strange and mystical polylepis and frailejon forests of the Angel Ecological Reserve. Then start a downhill ride towards San Isidro and on to the old train station -Estacion Carchi. Riding through Highland Haciendas with their agricultural lands , then down into the dry Chota canyon which offers spectacular views.The Chota Valley, a warmer and drier region of Ecuador known for its Afro-Ecuadorian people and culture.We then return by van to Quito with an overnight at a hotel near the airport Accommodation: San Jose de Puembo Quito Airport Hotel <i>40km with aprox 10km uphill</i></p>	Quito (B,L)

<b>12</b>	<b>Thurs 22</b>	<b><u>Quito - Bogota</u></b> Tour terminates this morning , or continue to join our Bike Colombia Tour and fly from Quito to Bogota	Bogota (B)
<b>1</b>	<b>Thurs 22</b>	<b>Bike Colombia Tour</b> Arrive Bogota Transfer to our hotel near the airport Accommodation: Hotel Habitel	
<b>2</b>	<b>Fri 23</b>	<b><u>Bogota - Salento</u></b> Transfer to Bogota airport for your flight to Pereira . We travel by van into the heart of the countrys coffee production to Armenia, situated in the mountains with steep slopes all round. Continue through the peaceful surroundings of the lush green countryside to arrive at a converted finca(coffee farm).Learn about the coffee production and then commence a ride through to Salento Accommodation: Hotel Salento Real <a href="http://www.hotelsalentoreal.com">http://www.hotelsalentoreal.com</a>  <i>30kmwith some uphill</i>	Salento (B,L)
<b>3</b>	<b>Sat 24</b>	<b><u>Salento</u></b> Today a truly epic ride through the Cocora Valley,see the 60m tall palm trees! Enjoy the longest downhill ride in Colombia Return to Salento <i>52 Km with some uphill</i>	Salento (B,L)
<b>4</b>	<b>Sun 25</b>	<b><u>Salento-Filandia -Cerritos</u></b> Our bike tour goes through the beautiful Colombian Coffee Cultural Landscape, declared a World Heritage by UNESCO. You will be riding through Coffee and Plantain plantations, bamboo forests, exotic fruits among other native species.. Ride through stunning country lanes to the charming town of Filandia. This is the place to go to observe a slice of everyday life in a small Colombian town. We'll take a break here before setting off on a beautiful stretch of road down to Quimbaya and onwards to Alcala.This stretch from Filandia to Quimbaya is one of the tour highlights. In the afternoon we continue to reach Cerritos, our location for the night. Accommodation:Hotel San Antonio del Cerro <a href="http://www.hotelsanantoniodelcerro.com.co/en-gb">www.hotelsanantoniodelcerro.com.co/en-gb</a> <i>40 Km with some uphill</i>	Cerritos (B,L)

5	Mon 26	<p><b><u>Cerritos -Jardin</u></b> Continue riding through the heart of the coffee country towards Belacazar , a lovely historical town, then by van through to Jardín, an Andean town in northwest Colombia, known for its brightly painted houses, colourful floral displays and milk candies. <i>40 Km with some uphill</i></p> <p>Accommodation: Hotel La Casona <a href="https://hotelcasonajardin.com">https://hotelcasonajardin.com</a></p>	Jardin (B,L)
6	Tues 27	<p><b><u>Jardin</u></b> Discover by bike the heritage architecture of the town; waterfalls, coffee areas, mountains rich in nature and life -a day of stunning vistas. <i>35km with some uphill</i></p>	Jardin (B,L)
7	Wed 28	<p><b><u>Jardin -Venezia</u></b> This morning drive to Venezia and commence a ride to visit the legendary Cerro Tusa, a sacred site with deep cultural significance, and Accommodation: el Carmelo Hotel</p>	Venezia (B,L)
8	Thurs 29	<p><b><u>Venezia - Medellin</u></b> This morning ride along a old railway track exploring the regions industrial heritage . This afternoon continue by van to Medellin. <i>The city of Medellin sits in a narrow valley originally inhabited by the Aburra Indians. It is the second largest city in Colombia and is said to be, "One of the most beautiful cities in South America." by experienced travelers who have discovered the magic of Colombia. Medellin's pleasant spring-like climate year round makes it known as 'La Ciudad de la Eterna Primavera' or "City of the Eternal Spring". Medellin is a safe, modern city filled with sophistication and charm from its Spanish heritage. It is known by its cultural encounters, the warmth of its people and the amazing views that are accompanied by clear blue skies and beautiful sunsets</i> Sample Medellin's famous nightlife in the Zona Rosa Accommodation: Hotel Las Rosas <a href="http://www.hotellasrosasboutique.com">www.hotellasrosasboutique.com</a></p>	Medellin (B,L)
9	Fri 30	<p><b><u>Medellin</u></b> Travel to the Santa Fe region. From the highlands, through cloud forests, we descend for more than 1700 vertical meters down into the Cauca River Gorge, over 35km in length, along exuberant landscapes and far reaching, breathtaking views to the valleys below. Passing through various ecosystems, colourful towns and farmlands, this full day of adventure offers varied riding terrain with many "single track" trail options that can be taken for those who want to raise their pulse a little. The singletrack options snake through the main trail so the group is constantly meeting up throughout the tour. The tour ends just outside of Santa Fe, a very historically significant and patrimonial city of Colombia, and if opted, the day will finish off in the center of town, where you can walk around and experience the quaint and colourful town. Return to Medellin <i>Distance 40km with some elevation</i></p>	Medellin(B,L)

10	Sat 31	<p><b>Medellin-Bogota</b>  Best way to see Medellin is by bike. The route will orient you to the rest of the city and our guide's local knowledge and insight are invaluable. The trip is about 20 km and takes about 3-4 hours. Although most of the tour is flat, there are two challenging climbs that are rewarded with fantastic views. Also, you may be required to lift your bike to occasionally climb stairs so we can use walking bridges to avoid dangerous highway crossings.  <i>Distance 20km: elevation 500mt</i></p> <p>This afternoon transfer to the airport for a short flight to Bogota. Transfer to the hotel  Accommodation: Hotel B3 Virrey  <a href="https://hotelesb3.com">https://hotelesb3.com</a></p> <p><i>Bogota set at an altitude of 2600m with the high ranges of the Cordillera Mountains lying to its east. It is sometimes referred to as the "Athens of the Americas" due to the Bogotanos' reputation for politeness and civility</i></p>	(B)
11	June Sun 1	<p><b>Bogota</b>  Ride in the world-famous Ciclovía – when major avenues are closed to cars and fill with cyclists, skaters, joggers and walkers!  This afternoon you might like to head out of town and take the cable car up Mount Monserrate for magnificent views of the city or visit the splendid Gold Museum ( optional)  <i>20km with some elevation</i></p>	Bogota (B)
12	Mon 2	<p><b>Bogota -Villa de Leyva</b>  We depart Bogota travelling to the town of Zipaquirá to visit its amazing underground Salt Cathedral (<i>entrance fee pay direct</i>). Then continue to the village of Raquira where we commence a ride to Villa de Leyva which is one of the most beautiful colonial villages in Colombia. Declared National Monument in 1945, the village has been preserved in its entirety with cobblestone roads, tiled roofs and whitewashed buildings.  Accommodation: Hotel Posada de San Antonio  <a href="http://www.hotellaposadadesanantonio.com">www.hotellaposadadesanantonio.com</a>  <i>30 km with some elevation</i></p>	Villa de Leyva (B,L)
13	Tues 3	<p><b>Villa de Leyva</b>  We explore Villa de Leyva and surroundings. We will discover one of the most important paleontology regions in South America. This valley is an ancient ocean floor, home to many dinosaur fossils, as well as thousands of ammonites from the Cretaceous period. Evidence is found everywhere including decorations in floors and buildings. Then visit El Infiernito, a dry area with waterholes, and the Paleontological Museum which displays the most important assortment of fossils in South America. Here we find the most complete Kronosaurus fossil known to date. Our ride continues all the way to El Monasterio, a magnificent structure originally built in 1620 that was visited by Simon Bolivar himself. It has a great collection of religious and colonial art, as well as Muisca Indian displays – all adorned with fossils from the area. We return to Villa de Leyva to relax in its time suspended streets and coffee shops.  <i>30 Km with some elevation</i></p>	Villa de Leyva (B,L)



14	Wed 4	<p><b><u>Villa de Leyva - Barichara</u></b></p> <p>Travel by van towards San Gil enjoying the beautiful landscapes along the Suarez River Canyon. At San Gil we will set up the bikes and ride to Barichara (35km approx). We will start climbing from San Gil for approximately 13km to the beautiful town of Barichara,</p> <p>Barichara, a perfectly preserved Spanish town declared National Monument in 1978. Barichara is a charming colonial town with a magical ambience. Its cobblestone streets, red tiled roofs, squares, and laid back lifestyle give us the feeling of being transported to another era.</p> <p>Accommodation: Hotel Alto del Viento  <a href="https://hotelaltodelviento.com/">https://hotelaltodelviento.com/</a>  25 Km with some elevation</p>	Barichara(B,L)
15	Thurs 5	<p><b><u>Barichara</u></b></p> <p>We start the day at 2000m above the town. Descend 25km down by bike to the base of the majestic Suarez Canyon passing through scenic agricultural landscapes. Then explore Barichara by bike and you will see why Barichara is deemed "the most beautiful pueblo in Colombia".</p> <p>After lunch some more rolling cross country biking descending another 25km.</p> <p>Return by bus to our hotel  50 Km with some elevation</p>	Barichara (B,L)
16	Fri 6	<p><b><u>Barichara</u></b></p> <p>Begin the day with a hike on a historical trail that was originally built by the Guane Indians. During the colonial era, this trail was rebuilt in stone by the Spanish to gain access to the Atlantic. Along the way we get great views to the gorge below and excellent birding, as a high concentration of species feed and inhabit this area. At the end of this 7km hike we reach Guane, another colonial town that seems lost in time. It has a dream like feel and great Spanish architecture. Our van will meet you and you have the choice of riding the van or bike back to Barichara</p>	Barichara (B,L)
17	Sat 7	<p><b><u>Barichara -Chicamocha Gorge - Bucarmaranga</u></b></p> <p>Today we bike into the Chicamocha River Gorge , also known as the Grand Canyon of Colombia.The ride starts at the edge of the canyon along a dirt road that zigzags down into the bottom of the gorge, descending 1400m The environment here is a unique dry forest filled with acacia, agave and cacti. Here we can also find remnants of a tropical forest where howler monkeys still survive. Other species found in this area are: iguanas, falcons and eagles. At the end of this 16 Km ride we will reach the town of Jordan at 430m. Located along the Royal Road from the Andes to the Caribbean, El Jordan used to be a prosperous merchant trade center. Today it has an eerie feeling, as it seems to be abandoned. Then a ride uphill to meet our van and continue our journey to the city of Bucarmaranga .</p> <p>Accommodation: Hotel Sonesta  <a href="http://www.sonestabucarmaranga.com">www.sonestabucarmaranga.com</a>  40 Km with some elevation</p>	Bucamaranga (B,L)

<b>18</b>	<b>Sun 29</b>	<p><b><u>Bucamaranga-Bogota</u></b> Transfer to Bucamaranga airport for your flight to Bogota and connect with your LATAM international flight</p> <p><b><u>OPTION CARTAGENA</u></b> For those taking the Cartagena option, take a direct flight to Cartagena. Transfer to hotel Accommodation: Hotel Don Pedro Heredia <a href="http://www.hoteldonpedroheredia.com">www.hoteldonpedroheredia.com</a></p> <p><i>Cartagena de Indias , a lovely walled city which has preserved its colonial heritage and UNESCO World Heritage site . Cartagena was the major trading port from South America to Spain and saw numerous battles for control as its key position as a trading port . Its captivating streets move to a laid back Caribbean rhythm</i> <i>From Milke Newell's interpretation of the Gabriel Garcia Marquez novel, Love in the Time of Cholera to Robert de Niro's The Mission, Cartagena has been the backdrop to some cinema classics.</i></p>	<p>(B)</p> <p>Cartagena (B)</p>
<b>19</b>	<b>Mon</b>	<p><b><u>Cartagena</u></b> Walking tour of the old city Gold-crafting Indigenous tribes, Spanish colonialism, pirates and corsairs, African slaves, fortifications, Catholicism and The Inquisition, immigrants, Independence, cholera, drugs, crime, beauty pageants, books, art and movies: Cartagena has led a very interesting life! With such a fascinating and turbulent history, you can bet your arepa e huevo that there are plenty of must-see sites and sights for visitors. This tour has a historical focus and we cover the key sites within Centro Histórico and San Diego. We also cover topics such as the architecture, the art, music, food and culture.</p>	Cartagena (B)
<b>20</b>	<b>Tues</b>	<p><b><u>Cartagena</u></b>  Day free to explore Cartagena or we would suggest a trip to the beautiful Rosario Islands</p>	Cartagena (B)
<b>21</b>	<b>Wed</b>	<p><b><u>Depart Cartagena</u></b>  Transfer to the airport for your flight departure</p>	(B)

### Pre Departure Information

After registering for the tour, we send you comprehensive pre departure information to assist you in preparing for the trip and also a technical questionnaire form to ensure we have you fitted out with the right size bikes.