INTREPID CYCLING
WORLDWIDE ADVENTURES

SMALL GROUP adventures
LOCAL LEADER knowledge
RESPONSIBLE travel experts

2019
Now, more than ever, the world needs more intrepid people.
BE OPEN
BE CURIOUS
BE FEARLESS
BE CHALLENGED
BE INTREPID
For some, being Intrepid means pushing one step further across a remote mountain range. For others, it’s trying street food for the first time. It’s sitting cross-legged on the floor sharing a meal with a local family, it’s choosing to travel with a bunch of strangers. It’s an attitude. A willingness to take yourself far from home and open up to new experiences. To be curious, challenged, fearless and open. To be alive.

**BE OPEN**
We travel so we can learn something new about the world that we live in, not to confirm what we think we know. By being open, by challenging our beliefs, we can change how we see the world and may just be able to inspire others to do the same.

**BE CURIOUS**
Which do you trust more: an online review or a stranger’s smile? With a wealth of information available at the touch of a button, it’s easy to forget that the best stories often have no formula. Sometimes the best guide is your gut, a hunch beats a recommendation and the biggest changes come from chances.

**BE FEARLESS**
It’s a mix of anticipation, excitement and fear. You’re heading into the unknown. It’s terrifying for some, second nature to others, and it’s healthy. You’re doing something different, something worthwhile, and though you’ll one day look back on it, you’ll never look back.

**BE CHALLENGED**
You know that little voice in your head telling you to just give it a go? Listen to it. We all have boundaries and we all have a responsibility to push them, whatever that looks like.

FIND OUT MORE AT intrepidtravel.com/be-intrepid
A CYCLING TOUR COULD BE THE RIDE OF YOUR LIFE

We think life is at its best when there's nothing between the world and you. No big bus window, no phone screen, no crowds to push through, no walls or maps or guidebooks. Just you, the wind and the open road. These are journeys for people who want to experience a place, not just travel through it.

FIND OUT MORE AT intrepidtravel.com/cycling
An immersive experience
Gain a greater appreciation and deeper understanding of the country you’re travelling in as your journey unfolds on the open road, surrounded by sounds, smells and changing scenery. Cycling with us means you get to share the journey with other riders who will help you to see things that would normally pass you by, and to experience the destination from another perspective. Leave the phone in your bag – when it comes to connection, two wheels on the ground beats wi-fi every time.

Take the road less travelled
Bicycles gave us independence as kids and, though we’re a little older and a little bigger, nothing much has changed. The world is our oyster and every unexplored road a gleaming pearl. We’ll zip down back alleys, cruise through small villages and meander with the waterways, seeing both the highlights of a country and the unique places where a big bus just can’t go.

A relaxed pace
Yes, we cycle sections of the Tour de France, but our performances are only enhanced by wine and cheese. There’s no racing, no medals and no pressure – or reason – to get anywhere in a hurry. Enjoy the ride, soak everything up, and stop to take photos and interact with the locals whenever you feel like it.

Be challenged
Everyone has their own goal they want to aspire to – for some it’s cycling up towering mountain passes and for others it’s simply rediscovering their childhood love of riding a bike. With such a diverse range of cycling adventures, we guarantee you’ll find the right level of challenge, and improve your fitness while seeing the world.

Get constant support
We run cycle journeys in over 20 countries, so we know our stuff, and our local leaders will show you the best their country has to offer. Feeling tired? With support vehicles on every journey, you can take a break for an hour, an afternoon or an entire day.
Travel should be about more than just ticking boxes. Sure, the highlights take our breath away, but it's the simple, spontaneous moments away from the crowds that stay with us the most. Whether it's a picnic lunch in the Tuscan hills or riding the dusty tracks into a remote Maasai village in Tanzania's Great Rift Valley, the real magic happens during moments that can only be experienced as a small group.
Real life experiences
Travel should deliver moments when you know you’re truly alive and experiencing something special. It could be the first glimpse of something you’ve only ever seen on postcards, but it’s more likely to be finding yourself in the middle of a village football game or sharing laughs with a local family in their home. These kinds of experiences just aren’t possible when travelling with a big group.

Travel like a local
We travel the world to keep things local. Wherever possible, we’ll use experienced local leaders, stay in small, locally run accommodation and eat at local restaurants. This means that you’re not only getting a real, authentic experience, but also contributing to the local economy.

Travel made easy
The world’s a big place, but we’ve put years of research into our itineraries, operators and accommodation so you can focus on having real life experiences. Travelling in a small group means you can spend more time enjoying the ride and leave the details to people who live and breathe your style of travel.

Not too big, not too small
Our groups are small enough to feel like you’re exploring a destination independently, but big enough to create a good social vibe. Numbers vary depending on where and how you’re travelling, but the average size of a tour is twelve people, which opens up opportunities for experiences the big groups only dream of.

The right balance
Travelling in a small group means leaders can strike the perfect balance between planned activities and ‘you time’. There’s always an itinerary, but there are also opportunities to be spontaneous and make the journey a little more you. With the flexibility afforded by being in a small group, you’ll spend more time connecting with the people and places we visit.
Born and bred in the regions we visit, our leaders are passionate locals who do so much more than just show you the sights. They’re cycling junkies who have gone through some pretty rigorous training before getting behind the handlebars, and in a single day they might repair your bike, teach you some history and even show you the best local bars. With our local leaders you won’t just ride through a destination, you’ll experience it.

FIND OUT MORE AT
intrepidtravel.com/meet-intrepid-leaders
MEET SOME OF OUR CYCLING LEADERS

SAMPATH KULATHUNGE
Cycle Sri Lanka (page 34)

Justaz Mollel
Cycle Tanzania (page 45)

Prapassorn (Is) Yapiang
Cycle Vietnam, Cambodia & Thailand,
Cycle Southern Thailand (pages 30 & 31)

What is your favourite Intrepid Cycling trip experience?
During our cycle trip we stop at local places for snacks, tea and lunches, where villagers treat us like their own family.

Why do you love leading cycling trips?
They're the best way to practice sustainable tourism, and perfect for enjoying the incredible landscape and learning about people and their cultures.

How long have you been leading Intrepid Cycling trips?
I've been leading cycling trips for six years and am proud to be Intrepid's first ever female cycling leader.

Top tip for an Intrepid Cycling trip?
Early start, leisurely cycling, enjoy the beauty of the country, jump into the pool, enjoy a beer.

Top top for an Intrepid Cycling trip?
Prepare yourself for an adventure. Be confident and enjoy the world's beauty.

Top tip for an Intrepid Cycling trip?
Be passionate, be patient and be yourself.

LEADER OF THE YEAR

Introducing Kent Benson...
I've been leading Intrepid's European cycling trips since they launched two years ago. It's impossible to pick one favourite experience, but I always enjoy a ride in which the travellers overcome personal challenges and do something they didn't think possible. My one tip? Grab some proper cycling shorts before the trip begins.

Want to travel with Kent?
See Cycle Tuscany (page 19) or Cycle Provence (page 21)
WHAT TO PACK

Packing for a cycling tour isn’t too different from any other adventure, but here are a few bike-specific tips to help you stay comfortable and warm.

1. **Helmet**
   These are compulsory. If you don’t have your own, you can sometimes purchase one at the start of the trip (our leaders can help).

2. **Quick-dry jerseys***
   You can get away with cotton t-shirts, but having a few light, breathable jerseys will be more comfortable, especially in more humid climates.
   *Intrepid Cycling jersey available for sale on selected itineraries

3. **Day pack**
   Our support vehicle will carry your main bag, but a small day pack to carry snacks and layers is a good idea.

4. **Outer shell**
   A light, breathable, waterproof/windproof jacket is especially useful where windchill is a factor.

5. **Water bottle**
   We don’t provide bottles, but all our bikes have one bottle holder fitted and a second can be added. Biodegradable bottles are now available from many manufacturers.

6. **Cycling gloves**
   Not essential, but highly recommended for comfort and protection.

7. **Padded bike shorts**
   The extra bit of comfort provided by padded shorts is a lifesaver on any long bike trip.

8. **Sunglasses**
   Well-fitted sports sunglasses help protect against dust, insects and (of course) the sun.

9. **Suncream**
   You’ll need a water-resistant suncream with a high sun protection factor (e.g. SPF 50).

Any cyclist worth their weight in lycra knows that a little comfort goes a long way. If you have a soft spot for your saddle or you’re crazy for your cleats, you can bring them along to get the most out of these trips. For more information on gear and bikes, and some frequently asked questions, ride on over to: intrepidtravel.com/cycling

LOOK OUT FOR THESE SYMBOLS

All of our cycling trips have a 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 – requires no previous cycling experience and a low level of fitness.
- 🌟🌟🌟🌟🌟 Little previous cycling experience and a basic level of cycling fitness is required, and rides are generally less than 20 km per day on flat terrain.
- 🌟🌟🌟🌟🌟 For average cyclists. A reasonable level of cycling fitness and experience is required and rides generally vary from 20–60 km per day on flat to undulating terrain.
- 🌟🌟🌟🌟🌟 For confident, experienced cyclists. Previous cycling experience is essential and a good level of cycling fitness is required. Rides generally vary from 30–100 km per day on flat to mountainous terrain.
- 🌟🌟🌟🌟🌟🌟 Our most physically challenging or technical rides require a high level of cycling experience and a good level of fitness. The rides are almost always in physically challenging terrain or at high altitude.

Please note when choosing your cycling adventure that the level of perceived effort can vary throughout the year. For example, cycling in Provence is not particularly taxing during spring and autumn, but the heat of summer can make the ride more challenging.

Selected trips include the option to hire an e-bike – often popular with couples where one person is not as strong a cyclist as the other. You still need to pedal but it will help you hold a higher average speed and make climbs easier.

Check out our best-selling trips

A combination of two or more of our adventures

Exciting new additions to our current range of itineraries
THE RIGHT CYCLING TRIP FOR YOU

All our trips are designed for a basic level of cycling fitness, but there are some where you may climb a little higher, pedal a little further, and maybe sweat a little more thanks to the climate. To help you out, we’ve ranked the trips from the easiest to the most challenging:

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The Intrepid Foundation was set up to help local organisations improve livelihoods through sustainable travel experiences. It now supports over 35 local, grassroots organisations around the world and empowers travellers to have a positive impact on the communities they visit. Travellers can give back by supporting a range of projects and not-for-profit organisations.

Find out how you can help at theintrepidfoundation.org

BE RESPONSIBLE

With great travel comes great responsibility. The world is an amazing place and we do what we can to keep it that way. That is why at Intrepid everything is done with four principles in mind: be kind, be aware, be sustainable and be fair. For us, the only way to travel is responsibly, and we want to give our travellers the ability to be responsible too.

FIND OUT MORE AT
intrepidtravel.com/be-responsible
**BE KIND**

Our travellers and staff are a caring bunch, especially when it comes to animal welfare. That’s why we made the decision to ban elephant rides across all our trips – the first global tour operator to do so – after funding some eye-opening research led by World Animal Protection. We’ve also made it our mission to educate the travel industry in the hope they adopt better animal welfare practices – for all animals.

**BE AWARE**

The complicated, uncomfortable reality is that orphanage tourism has led to an industry that is forcibly institutionalising children to attract tourist dollars. It may seem counterintuitive, but visits and donations to these sorts of organisations often do more harm than good. After working closely with researchers, we made the decision to stop visiting orphanages on our trips.

**BE SUSTAINABLE**

Sustainability has always been at the core of how we travel and is part of our business at every level. We’ve been carbon neutral since 2010, and our business-wide carbon offsetting initiatives, efforts to minimise single-use plastics on trips and emphasis on minimising impact on local communities are all part of our commitment to the UN Global Compact, and also to the world we’re so lucky to explore.

**BE FAIR**

At Intrepid, we know our differences are our strength. This is why we’re committed to promoting gender equality, diversity and inclusion across our business. Whether it’s by highlighting positive stories of gender equality like East Africa’s first female truck driver, pushing for a global gender balance of local leaders on trips, or showcasing traveller stories of diversity in our content, we want to make it clear that the future of travel can be fair for everyone.

In 2018, Intrepid celebrated becoming a certified B Corp, making us the largest in the travel industry. More than just a logo, B Corp certification is a rigorous process that helps businesses to be better, and customers to easily identify the difference between good business and good marketing. It demonstrates our commitment to creating positive change for our planet, our people and the local communities we visit.
Cycling

Discover dramatic limestone landscapes, golden beaches, faded colonial architecture and a fascinating history on this eight-day adventure through Cuba’s east.

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CUBA: EAST

Colombia was made to be cycled, whether it’s exploring Bogota’s closed-off streets during Ciclovia, winding past steamy jungle scenery or stopping for the views and a freshly brewed coffee.

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COLOMBIA

Cycle through three fascinating countries – Croatia, Montenegro and Bosnia and Herzegovina – and relish in the stunning scenery and historic cities including Dubrovnik and Mostar.

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THE BALKANS
Welcome to Kerala, where life’s a little slower, the world’s a little greener, and the best way to explore the beaches, backwaters and mountains is on two wheels.

Descend through the Great Rift Valley, pedal past volcanoes and meet the Maasai folk who call this land home. It’s easy see why more and more cyclists look to Africa for their next adventure.

Bucket lists are for dreamers, shortlists are for doers, so take the first step towards your next adventure and sign up for an account by visiting: intrepidtravel.com/shortlist
EUROPE & MOROCCO

It’s no coincidence that the bicycle is a European invention; conditions here couldn’t be better suited to outings by pedal-power. There’s temperate weather, well-maintained trails, rolling terrain and 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.
Cycle Morocco

14 DAYS, MARRAKECH TO MARRAKECH

Cycling allows you to get closer to the real Morocco. From bustling souqs to Berber villages to the High Atlas Mountains, this classic adventure has it all.

End rewarding days in the saddle with Moroccan feasts in Djemaa 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, topped off by a feast prepared by your local hosts.

Days 1-2 Marrakech Cycle along frenetic streets past the medieval minarets of Marrakech. Jump on the overnight train to Tangier. Day 3 Tangier Ride out to the legendary Cave of Hercules and peer through a curious, 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 easy with a visit to a traditional Moroccan hammam. Days 6-7 Fes Ride through the Rif to Fes – a living museum. Walk through secret shortcuts and twisting alleyways, passing donkeys piled with goods and artisans plying their trade. Day 8 Midelt Visit the city of Ifrane, 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 golden Sahara. 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 Todra River, snaking into the dramatic canyon, before dismounting for a trek along limestone stacks into the heart of the chasm. Day 11 Dades Gorge/Mountain Gite Conquer the 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-dotted valleys to the city of Ait Benhaddou. Days 13-14 Marrakech Drive the spectacular Tizi n’Tichka Pass high up in the Atlas Mountains and finish up in Marrakech. Get amongst Djemaa el-Fna market, or kick back and relax.
Cycle Andalucia
9 DAYS, SEVILLE TO GRANADA

From fiestas to flamenco, manzanilla to tapas, alcazars to Alhambra – uncover the very essence of Spain in the lively landscapes of Andalucia.

Cycle some of Spain’s famous Vias Verdes: previously disused railway lines that are now among the finest (flat!) cycling paths in Europe.

Savour the stunning sunset views of Zuheros, the ultimate ‘pueblo blanco’ 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 beginning a historical cycling tour that covers such places as Triana, the Maria Luisa Park, Plaza de Espana, and the legendary Alcazar. **Day 3 Grazalema** Follow Spain’s famous Via Verde de la Sierra through lush valleys and meadows to the spectacular white village of Zahara de la Sierra. After soaking up the ambience of this delightful hamlet, take a transfer to Grazalema, another eye-catching whitewashed town. **Day 4 Ronda** Head down to the valley, cycling through beautiful secondary roads and along a canyon. Pass through Montejaque, Benaojan and Jimera de Libar villages. Finish in the town of Atajate, then take a transfer to the famous town of Ronda and see its majestic bridge over the cliffs. **Day 5 Antequera** Today’s ride, from Ronda to El Chorro, is a beautiful one. Climb the mountain pass of El Viento, descend to the charming village of El Burgo, cruise to Ardales and enjoy a nice descent into the rock climbers’ mecca of El Chorro. Transfer to Antequera and visit the 14th-century hilltop fort of Antequera Alcazaba. **Day 6 Antequera** Leave the mountains behind and cycle to the lagoon of the Fuente de Piedra Natural Reserve, where colonies of gorgeous flamingos live for most of the year. Return to Antequera to kick back and relax in the evening. **Day 7 Zuheros** Ride the Via Verde alongside the Sierras Subbeticas Natural Park. Wander the whitewashed streets, explore the beautiful 12th-century castle and watch the sunset over Zuheros. **Days 8-9 Granada** Bask in the resplendent atmosphere of Granada. Perhaps take in the grand domes and gardens of the Alhambra, the jewel in Granada’s crown, before your adventure ends.

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**DEPARTURE DATES**

Selected Saturdays
Enter ZMXA on intrepidtravel.com
See inside cover for prices
**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 pedalling through quaint villages and taking in spectacular views.

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**Day 1 Florence** Arrive in Florence, a city renowned for its rich artistic heritage. Browse Renaissance masterpieces in the town’s esteemed 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. Cycle 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 near the walls of Verrucole Castle after a picnic lunch and admire the view across Garfagnana. Descend into the valley to the 13th-century town of Castiglione di Garfagnana, which sits at the confluence of the Serchio and Turrite Secca rivers. Indulge your sweet tooth at one of the village’s historic cake shops. **Days 5-6 Lucca** Drive to the high point of the Apuan Alps, then enjoy spectacular views of the Tyrrhenian Sea as you cycle the descent to the popular seaside resort of Viareggio. Ride on to Lucca, pedalling through its wide, leafy streets, past 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, or visit the intricate, artwork-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.

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**TRIP CODE**  
**ZMXT**

**STYLE**  
**ORIGINAL**

**PHYSICAL**

- Maximum group size 15
- Hotel (7 nts)
- 7 breakfasts, 2 lunches, 1 dinner
- Bicycle, support vehicle, local bus

**DEPARTURE DATES**

Selected Saturdays  
Enter ZMXT on intrepidtravel.com  
See inside cover for prices
Cycle the Camino de Santiago

8 DAYS, LEON TO SANTIAGO DE COMPOSTELA

Share a true cycling pilgrimage along the famed Camino de Santiago, riding over 300 kilometres alongside devotees from all over the world.
Cycle through the gorgeous Galician countryside, from misty forests to rolling hills to green, tree-lined plains.
Trade stories, break bread and drink wine with people from all over the world before arriving in Santiago, a city buzzing with culture and history.

Day 1 Leon Buen Camino! Welcome to Leon, the starting point for your cycling pilgrimage to Santiago.
Day 2 Astorga Saddle up for the beginning of your adventure. Starting at La Virgen Del Camino, take a meandering route to Astorga via Villar de Mazarife on a mixture of sealed roads and unsealed tracks. Stop en route in Hospital de Orbigo to see its 13th-century bridge. Ride on to Astorga and enjoy the views from the Cross of Santo Toribio then descend into town.
Day 3 Molinaseca Pedal west across the plains towards El Ganso before ascending into the mountains. The gradient is challenging but rideable, and there are plenty of places to stop, rest and enjoy the spectacular views. Stop at Cruz de Ferro, where pilgrims leave their ‘burdens’ in the form of pebbles, then descend to Molinaseca. Day 4 O Cebreiro Tackle a big day of uphill riding, ascending 800 metres and travelling 30 km towards this unique mountain town. Reward yourself with some creamy local cheese and a hearty Galician stew. Day 5 Samos Stretch your legs with a couple of small hills before a thrilling descent of almost 20 km, following the river valley to Samos. Relax with a glass of wine and watch the pilgrims arrive at their hostel housed in the huge, 6th-century monastery. Day 6 Palas de Rei Cycle through evergreen countryside to Sarria, the city that marks 100 km until Santiago and sees an influx of pilgrims. Continue to charming Palas de Rei for the evening. Day 7 Santiago de Compostela Today marks your final day on the bike as you pedal towards the holy city of Santiago de Compostela. Feel the excitement in the air as you push closer, finally glimpsing the spires of the cathedral that marks the end of the Camino. Day 8 Santiago de Compostela Your adventure ends today.

Maximum group size 16
Guesthouse (6 nts), hotel (1 nt)
6 breakfasts
Bicycle, luggage transport vehicle

DEPARTURE DATES
Selected Saturdays from April to October
Enter ZMXW on intrepidtravel.com
See inside cover for prices
Les Baux-de-Provence, France

Mont Ventoux Extension

Prove your mettle on the pedals on this epic and unguided ride, only available as an extension on trips AMXC and AMXCC. Follow a path tackled by Tour de France legends as you cycle up Provence’s mighty Mont Ventoux.

For more info enter AMXV on intrepidtravel.com

-cycle Provence

8 DAYS, AVIGNON TO ARLES

| Ride 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. |
| Cycle by fragrant fields en route to the spectacular Pont du Gard, a three-tiered Roman aqueduct crossing the Gardon River. |

Day 1 Avignon Arrive in the charming city of Avignon, the former seat of the Roman Catholic world. Wander around the leafy streets of the town or explore the fortress-like Palais des Papes. Day 2 Orange Pedal past rows of vineyards on a leisurely ride to Orange, stopping along the way for a taste of Provence’s famous wines. Head out on a guided walk of this compact town, stopping by the Arc de Triomphe d’Orange and one of the best-preserved Roman theatres in Europe. Day 3 Uzes Cross over the Rhone river and cycle through glorious wine country, passing the favoured vineyards of historic kings and the fabled Pont du Gard. 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. Those up for a challenge might like to jump back in the saddle and make the optional climb up Mont Ventoux. Days 6-8 Arles Check out Les Baux-de-Provence, declared one of the most beautiful villages in France thanks to its narrow cobbled streets and jaw-dropping views of the surrounding countryside. 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, keeping a lookout for the famous white horses that roam the area. The adventure comes to an end back in Arles.

Discover more trips, detailed destination information and the latest prices at intrepidtravel.com/cycling
ROAD CYCLING

Even Intrepid will swap off-the-beaten-path for on-the-paved-road occasionally – but these are no ordinary paved roads. These are the creme de la creme; le tour de force. So we’ve expanded our itineraries to include places that only a road bike (and occasional hard slog) can reach – and what better first destination than the legendary French Alps?

Expect passionate travellers, local leaders, a support vehicle and all the joy that comes from experiencing a new destination from handlebar height. It’s still Intrepid-style cycling, but we ride a bit faster, have fewer sightseeing stops and attack more challenging terrain.

We take the best routes, not the easiest, and this trip tends to attract cyclists who ride regularly and are looking for their next challenge. Whether you bring your own bike or hire one, you’ll be conquering legendary climbs and, best of all, eating as many morning pastries as you like.

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Cycle the French Alps: Road Cycling

8 DAYS, AIX-LES-BAINS TO CHAMBERY

Experience the sublime Lacets de Montvernier – often described as one of the most beautiful roads in professional cycling.

Tackle the 21 hairpins of the Alpe d’Huez, the most famous climb known to the world of two wheels.

Day 1 Aix-les-Bains Bonjour! Day 2 Aix-les-Bains Loop around Lake Bourget on a gentle first ride. Day 3 La Chambre Cycle through Chambery, following the Isere River. Make the gentle ascent along the valley to the sublime Lacets de Montvernier. The reward for the final 3.4 km climb is a glorious, hairpin-laden descent.

Day 4 Le Bourg d’Oisans Climb the legendary Col de la Croix de Fer (Pass of the Iron Cross), head onto the Glandon, and descend past beautiful lakes to Le Bourg d’Oisans. Day 5 Le Bourg d’Oisans Tackle the 21 hairpins of the Alpe d’Huez or spend the day resting and relaxing in town. Day 6 Briancon Make the long climb to Col du Lautaret. Ride the scenic winding road to the Col du Galibier, the highest point of the trip, then cruise down to Briancon. Days 7-8 Chambery Cycle the famous Col d’Izoard loop. Enjoy tight switchbacks and long, straight descents on the way back. Perhaps celebrate a week of rewarding cycling during a farewell dinner together.

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DEPARTURE DATES
Selected Saturdays
Enter AMXA on intrepidtravel.com. See inside cover for prices

DEPARTURE GUARANTEED

Maximum group size 12
Hotel (7 nts)
6 breakfasts
Bicycle, support vehicle, bus
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. Perhaps kick things off with a group 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. The cycling begins on Day 2 with a short bike tour of the city, visiting icons such as St Stephen’s Cathedral and Hofburg Palace. Day 3 Bratislava Ride along the mighty Danube to the Slovak capital of Bratislava, a city that sits on the border of two countries. Along the way, stop off at Carnuntum, one of Austria’s most important archaeological sites. Day 4 Hedervar/Lipot Cycle past 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. After a long ride, relax with a glass of unicum (herbal liqueur) and put your feet up in the laidback village of Lipot. Day 5 Komarom Enjoy mostly traffic-free paths on the ride to Komarom, which straddles Hungary and Slovakia. Take a stroll through colourful downtown or soothe your muscles at a spa. Day 6 Esztergom Setting off early, cycle to Esztergom, the former capital city of Hungary. This town 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 on the ride 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.

Maximum group size 15
Hotel (6 nts), pension (1 nt)
7 breakfasts, 1 lunch
Bicycle, support vehicle

DEPARTURE DATES
Selected Saturdays
Enter ZMXD on intrepidtravel.com
See inside cover for prices
Cycle Croatia
7 DAYS, SPLIT TO DUBROVNIK

Cycle through picturesque villages, marvel at the sublime sapphire waters of the Adriatic Sea and ride the cable car to the top of Srd Hill for views across Dubrovnik.

Cruise across the Adriatic to Brac, Dalmatia’s largest island and a sanctuary of cypress forests, orange and olive groves and white pebble beaches.

Filled with fragrant lavender, pines, fruit orchards and a towering limestone ridge, hilly 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 Pedal from Supetar 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 Catch a ferry over to Stari Grad and wander around its narrow streets. This is one of the oldest towns in Europe, and today the old stone houses and small squares still retain a cultured and historic feel. Climb the hill to Tvrđalj Fortress and enjoy the sweeping panoramas across Stari Grad’s harbour. Ride through the heart of the island and over to Hvar Town for the night. Days 4-5 Korcula Soak up the Dalmatian vibes around Hvar Town before cruising to Korcula.

Explore and stay overnight in Korcula Town, a lively place to enjoy a night out on the town. The following day, drive to Vela Luka, then cycle back to Korcula Town. Stop off at Pupnatska Lake, a beautiful bay with a local family-run tavern. Here you’ll sample some of the family wines on offer, and sit down to enjoy an alfresco lunch prepared using only local ingredients. In the evening, maybe catch a performance of Korcula’s traditional Moresca Sword Dance.

Days 6-7 Dubrovnik For the final stretch of cycling, head back to the mainland via Orebic and then continue to Dubrovnik. Take a walk across the ramparts of the city walls, and perhaps catch the cable car to the top of Srd Hill to take in some magnificent views over Old Town. With the sparkling waters of the Adriatic in the background, Dubrovnik is picturesque town full of character that can be easily covered on foot.

TRIP CODE ZM XB
STYLE ORIGINAL
PHYSICAL

- Maximum group size 15
- Hotel (3 nts), apartment (3 nts)
- 6 breakfasts, 1 lunch
- Bicycle, support vehicle, ferry

DEPARTURE DATES
Selected Sundays
Enter ZM XB on intrepidtravel.com
See inside cover for prices
Cycle the Balkans
8 DAYS, DUBROVNIK TO SARAJEVO

Cycle past some of the most inspiring natural landscapes in Europe, from stunning beaches to towering mountains.

Witness Mostar’s famous divers hurl themselves from the stones of a bridge that has spanned the river here for centuries.

Tackle diverse terrain, including challenging climbs, scenic flats and a new rail trail following the now defunct Austro-Hungarian railway line.

Day 1 Dubrovnik Welcome to Dubrovnik! Arrive early to see the sights before meeting your group. Perhaps head out for dinner or a gelato in Old Town with your new cycling buddies. Day 2 Kotor Transfer into Montenegro to avoid the worst of the traffic and begin your cycling odyssey with an easy ride around the Bay of Kotor. Arrive in World Heritage-listed Kotor and perhaps explore the medieval Old Town on foot.

Day 3 Niksic Drive north to Slansko Lake and begin cycling uphill to the incredible Ostrog Monastery, a whitewashed building built into a cliff that’s the most important site in Montenegro for Orthodox Christians. Enjoy the roughly 8 km descent to Niksic.

Day 4 Pluzine Start your day with a long, gradual climb before tackling rolling, tree-lined hills. Visit the 16th-century Piva Monastery and enjoy a picnic by Lake Piva. Arrive in Pluzine and spend the evening as you please in this small and beautiful town.

Day 5 Mostar Drive into Bosnia & Herzegovina and begin cycling from Nevesinje. Enjoy a predominantly downhill ride into Mostar to see its iconic Stari Most. Perhaps sit and watch the locals and tourists as they jump from the bridge, or explore the winding alleys of the Old Town.

Day 6 Mostar Ride a section of the Ciro Trail that follows the old Austro-Hungarian railway track through some truly wild, spectacular landscapes as well as abandoned villages. Ride along 50 km of the well-maintained track before returning to Mostar for the evening.

Day 7 Sarajevo Drive to Sarajevo and cycle from the thick pine forests of Igman into Sarajevo, a beautiful area with a fascinating yet sobering history. Enjoy a guided tour on arrival before an optional farewell dinner with your fellow cyclists.

Day 8 Sarajevo The trip comes to an end today.

Maximum group size 15
Hotel (6 nts), guesthouse (1 nt)
6 breakfasts
Bicycle, support vehicle

DEPARTURE DATES
Selected Saturdays from April to October
Enter ZMXY on intrepidtravel.com
See inside cover for prices
Cycle the Baltics
11 DAYS, TALLINN TO VILNIUS

Explore Estonia, Latvia and Lithuania on two wheels, starting with the famous Route 10 which cuts across the Baltic Sea.

Park the bike and explore incredible spots along the Baltic Coast, including Jurmala’s 33-kilometre stretch of beautiful white sand beach.

Discover a great diversity of culture and history – from the medieval spires of Tallinn and funky bars of Riga to the Baroque-style quirks of Vilnius.

Day 1 Tallinn  Tere! Welcome to Tallinn. To begin, perhaps explore the medieval Old Town.

Day 2 Saaremaa  Take a ferry from Virstu to Muhu. Cycle around the idyllic Estonian countryside, stop in Muhu village museum in Koguva and ride Route 10 across the Baltic Sea. Retire to a local farmhouse.

Day 3 Saaremaa  Cycle to Kuresaare, known for its spas and 14th-century castle. Pedal around the Lossipark or wander the main street. Visit the massive Kaali craters on the way back to the farmstay.

Day 4 Parnu  Return to the mainland of Estonia. Jump on your bike near the village of Natsi, the gateway to Natsi-Volla Nature Reserve. Head to Parnu and explore at leisure.

Day 5 Ainazi  Enjoy a long but pleasant cycling day, following the coast down to Latvia. Arrive in Ainazi, the first town past the border, and perhaps hit the beach.

Day 6 Riga  Continue cycling along the Latvian coast, past the town of Salacgriva. Board the support vehicle and head to Riga. Check out the Central Market, the Swedish Gate or the Cat House.

Day 7 Jurmala/ Riga  Cycle to Jurmala, which boasts 33 kilometres of white-sand beach. In the afternoon, return to Riga to explore.

Day 8 Klaipeda  Head into Lithuania and pedal through the pretty countryside. Stop at the Hill of Crosses, a pilgrimage site of mysterious origin. Drive to Klaipeda, gateway to the Curonian Spit (a long sand-dune peninsula).

Day 9 Klaipeda/Curonian Spit National Park  Explore the spectacular Curonian Spit National Park on two wheels. Stop in the tiny village of Nida and visit the beaches by bike.

Days 10-11 Vilnius  Drive to Trakai, the former capital of Lithuania. Cycle to Vilnius and check out the Old Town. Also well worth a look is the self-proclaimed ‘republic’ of Uzupis, the artists’ quarter that declared independence in 1997.

Maximum group size 16
Hotel (8 nts), guesthouse (2 nts)
10 breakfasts, 1 dinner
Bicycle, support vehicle, ferry

Selected Saturdays
Enter BMXB on intrepidtravel.com
See inside cover for prices
Cycle Iceland
9 DAYS, REYKJAVIK TO REYKJAVIK

Cycle the famous Golden Circle, where the scenery is just as likely to get your blood pumping as the ride.

Towering, glacier-capped strata volcano Eyjafjallajökull will be your silent guide as you ride to some of the spectacular waterfalls that dot the south of the country.

Explore Thingvellir National Park, cycling past craggy cliffs that have sprung from the earth because of the Silfra fissure.

**Day 1 Reykjavik** Your journey starts in Iceland’s classy capital. Maybe head out with the group for a hearty Icelandic meal – perfect fuel for the first leg of your cycle tomorrow. **Day 2 Golden Circle** Cycle through valleys of green and gold shrubbery to Thingvellir National Park, the location of Iceland’s first parliament and the Silfra fissure. You can see the water pooled in the gap between the plates and cycle between craggy cliffs that were pushed up by a grand geological shift. Ride to Laugarvatn and maybe soak your muscles in the geothermal springs. **Day 3 Geysir/Gullfoss Falls** Continue your ride along the Golden Circle today. Alight at Geysir, where mud bubbles and geysers spurt high into the air. Continue to mighty Gullfoss, a waterfall that spills into a 70-metre-deep canyon. **Day 4 Waterfalls of the South** Take the support vehicle to the edge of Eyjafjallajökull and let this glacier-capped strata volcano be your guide as you bike to the spectacular waterfalls of the south. Take in views of black-sand beaches, and there may be an opportunity to park your bike and hike to the wreck of a US Navy plane that lies on the shore of Solheimasandur Beach. **Day 5 Kirkjubæjarlautaustr** See columnar basalt rise from ashen sand on famous Reynisfjara Beach, then cycle to vast lava field Eldhraun, weaving between bizarre lumps and bumps created by an eruption hundreds of years ago. **Day 6 Skaftafell** Cross the desolate sand plain of Skæidararsandur to Vatnajökull – the largest ice cap in Iceland. Ride further into the wilderness of Vatnajökull National Park, taking in the brown and white peaks and perhaps stopping at Svartifoss Waterfall. **Day 7 Glacier Lagoon** Choose whether to watch icebergs float in a glacial lake from the shore or a boat. Days 8-9 Reykjavik Return to Reykjavik to explore before your trip ends.
In Asia, cycling is much more than a pastime or an excuse to wear lycra. From the buzzing backstreets of Hanoi to tropical Thai beaches, and 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.
Cycle Northern Vietnam

Love the idea of exploring Vietnam from the saddle but have limited holiday time? This 8-day cycling adventure hits all the highlights in half the time, and still manages to take in country lanes, white-sand beaches, mountain scenery, a village homestay and the inimitable Halong Bay.

For more info enter TVXS on intrepidtravel.com

Cycle Vietnam

15 DAYS, HANOI TO HO CHI MINH CITY

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 Explore Hanoi's parks, boulevards and Old Quarter on a guided ride. **Day 3 Mai Chau** Cycle past spectacular karst cliffs and admire the lush Mai Chau valley en route to Cun Pass. Enjoy a friendly homestay in a small, rural village. **Day 4 Ninh Binh** Ride past lush green fields, towering limestone mountains, tranquil waterways and charming historic sites to Mai Ha and on to Co Luong. **Day 5 Ninh Binh** Pass pineapple farms and explore ancient Hoa Lu on two wheels, then settle in on an overnight sleeper train to Hue. **Day 6 Hue** Hop back into the saddle and discover 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 – 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 van en route to Dalat. Visit the striking Cham Tower. **Day 13 Phan Thiet** Make the journey to Bao Dai’s regal summer palace before discovering the unusual architecture of Hang Nga Crazy House. Pedal to Phan Thiet and enjoy the beautiful beach. **Days 14-15 Ho Chi Minh City** After a final two-wheeled stint, arrive in Ho Chi Minh City and maybe take a cyclo tour around some of the city’s famous attractions. Perhaps finish the adventure with a street food feast at Ben Thanh Market.

Maximum group size 16

Hotel (12 nts), homestay (1 nt), overnight sleeper train (1 nt)

13 breakfasts, 11 lunches, 2 dinners

Bicycle, support vehicle, boat, overnight sleeper train, taxi

DEPARTURE DATES

Selected Sundays
Enter TVXB on intrepidtravel.com
See inside cover for prices
Discover more trips, detailed destination information and the latest prices at intrepidtravel.com/cycling

Cycle South East Asia
Keen to spend more time cycling through this epic region? This 27-day combo trip will have you on a pho-powered journey down Vietnam before riding past Cambodia and Thailand’s ancient sites and stunning sights.

For more info enter TVXCC on intrepidtravel.com

Cycle Vietnam, Cambodia & Thailand
13 DAYS, HO CHI MINH CITY TO BANGKOK

See the highlights of Vietnam, Cambodia and Thailand on this comprehensive, 13-day journey through South East Asia.

Beginning in lively Ho Chi Minh City, cycle through the lush surrounds of the Mekong Delta, past riverside villages and rice paddies, and see life from a different perspective.

After working up an appetite, fuel up on some of South East Asia’s famously delicious regional cuisine, including banh mi, pad thai, and steamed custard.

Day 1 Ho Chi Minh City Stretch out your legs on a walk through this 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/ Angkor Wat Cycle through the ancient city of Angkor on a guided tour, taking in ruins swallowed by jungle in Ta Prohm and the grand temple of Angkor Wat. The best way to see the sprawling complex is from the saddle, as you’ll cover more ground than you would on foot yet have the opportunity to stop and explore secluded roads and jungle trails tour buses can’t reach. Day 10 Sa Kaew Cross the border into Thailand. Cool off with a swim in the calm waters of the Tha Krabak Reservoir, then cycle on 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 plantations and rice fields en route to the small town of Kabinburi. Days 12-13 Bangkok The last full day of riding takes you past small villages, rice paddies, farms and shops as you make your way to the Khun Dan Dam, the largest dam in Thailand. Make a stop for lunch along the way, then enjoy a quick swim to cool off. Cap off your cycling adventure with a stroll through the tiny lanes of Chinatown, or a trip to the Temple of the Reclining Buddha.

TRIP CODE TTXC

Maximum group size 16
Hotel (10 nts), homestay (1 nt), resort (1 nt)
11 breakfasts, 1 dinner
Bicycle, support vehicle, public bus, public boat

DEPARTURE DATES
Selected Saturdays
Enter TTXC on intrepidtravel.com
See inside cover for prices
Cycle Southern Thailand
9 DAYS, BANGKOK TO AO NANG

Escape the chaotic Bangkok traffic with a cycling tour that gets 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 its famous white-sand shores.

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

Day 1 Bangkok The Grand Palace, Khao San Road, endless stalls of street food – there’s plenty of entertainment in Thailand’s frenetic capital. Day 2 Bangkok/Surat Thani Cycle through the backstreets of Bangkok and see the daily lives of those who call the city home. Later, board an overnight train heading south to Surat Thani. Day 3 Khao Sok National Park Arrive in Surat Thani and escape the worst of the traffic with a drive to the outskirts. Jump in the saddle and ride past limestone karsts, heading west to Ratchaprapha Dam, where hundreds of tiny islands jut out from emerald waters. Enjoy lunch in lovely surrounds then travel by vehicle to the national park. Day 4 Khao Sok National Park Enjoy free time to explore the ancient rainforest, deep valleys, caves and wildlife of Khao Sok National Park. Cool off in rivers and waterfalls and spend the night in a riverside bungalow. Day 5 Khao Lak Head to Takua Pa by support vehicle, then hop on your bike and cycle across flat terrain down palm-fringed roads on a ride to the Andaman Coast. Arrive in laidback Khao Lak and unwind beachside after a long day in the saddle. Day 6 Khao Lak Take a free day to enjoy this beautiful coastal town. Perhaps chill out at the beach or take a dip beneath a waterfall. If you simply can’t sit still, there are plenty of optional bike routes on offer. Day 7 Phang Nga Cycle inland through rolling hills to Phang Nga. After a relaxing lunch, board a boat and cruise around Phang Nga Bay, where limestone rocks erupt dramatically from the water. Visit the extraordinary floating village of Koh Panyee. Days 8-9 Krabi/Ao Nang Enjoy a final 40 km ride through beautiful inland landscapes to the classic Thai beachside town of Ao Nang, where your cycling adventure comes to an end.

Maximum group size 16
Hotel (4 nts), overnight sleeper train (1 nt), guesthouse (3 nts)
6 breakfasts
Bicycle, support vehicle, overnight sleeper train, boat

DEPARTURE DATES
Selected Saturdays
Enter TTXB on intrepidtravel.com
See inside cover for prices
Cycle Rajasthan
15 DAYS, DELHI TO DELHI

Take the road less travelled as you cycle through the rural villages and majestic countryside of Rajasthan.

Discover the rich history and architecture of the Amber Fort, located just outside of Jaipur, with the expertise of a local guide.

Search for wildlife in the jungle of Ranthambhore National Park, the best place to see wild tigers in Rajasthan.

Day 1 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. Brimming 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, pedal to sacred Pushkar. Days 5-6 Udaipur A day in the saddle leads to Udaipur’s rolling hills, white marble palaces and blue lakes. This is the most romantic city in Rajasthan. Visit the City Palace, one of the largest royal palaces in India. Day 7 Pangarh Cycle through the beautiful Chittorgarh countryside to Pangarh Lake. Day 8 Bijaipur Pedal past farmlands and stay in a 16th-century Castle Bijaipur, now a heritage hotel within the original fortified walls. Day 9 Bundi Cycle on to stunning Bundi. Admire murals at the palace that presides over the town’s Brahmmin-blue rooftops and explore the enchanting alleyways. Days 10-11 Ranthambhore National Park Ride into the heart of the Indian bush to discover tranquil lakes and ruined palaces, looking out for deer, monkeys and elusive Bengal tigers. Day 12 Madhogarh Journey to rural Rajasthan and stay at a former royal residence. Chat with traditional craftspeople for a unique insight into life in the Indian countryside. 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 Delhi A visit to Red Fort in Agra wraps things up before the return to Delhi, where the trip comes to an end.
Cycle India

Spice things up and combine the magnificent architecture and rich history of Rajasthan with Kerala’s beaches, backwaters and Western Ghats. You’ll never ‘do’ India, but this three-week ride is a good way to start.

For more info enter HHXCC on intrepidtravel.com

Cycle Kerala

8 DAYS, TRIVANDRUM TO KOCHI

Ride to the idyllic backwaters of Kerala, where children often learn to row boats before they ride a bike, and spend a night on a Keralan houseboat.

Cycle in the cool mountain climes of the Western Ghats and maybe even spot a tiger at nearby Periyar National Park.

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

Day 1 Trivandrum Welcome to Indial Perhaps wander around Kerala’s capital before meeting your group.

Day 2 Varkala Pedal straight towards the beach on the flat road that takes you all the way up to the Varkala. The scenery is memorable, with Kerala on your right and nothing but long stretches of sand, palm trees and the Arabian Sea on your left. Day 3 Kerala Houseboat Cycle to the sleepy backwaters of Kerala and board a Keralan houseboat. Float down the waterways, try your hand at fishing and spend the night on board.

Day 4 Periyar Transfer inland for your first ride among the hills of Kerala. Today is challenging but beautiful, travelling along winding roads and over verdant green hills. Day 5 Periyar Enjoy an easier day in the saddle, cycling through the high country and its many tea plantations. Witness firsthand the fascinating Indian martial art of Kalaripayattu, considered to be one of the oldest surviving fighting styles in existence.

Day 6 Kochi Tackle an undulating 35 km stretch this morning before being rewarded by a winding, 20 km downhill that takes you from the cool high country to sea level. The road flattens as you cycle to Ponkunnam, then transfer to beachside Kochi. Head to Fort Kochi for a guided walking tour of the Mattancherry area and Jewish Quarter and, in the evening, enjoy a performance of the famous Kathakali dance. Day 7 Kochi Today is your last day on the bike. Ride 35 km to the tranquil waters of Cherai Beach, then hop in the support vehicle to Athirappilly Waterfalls, known as the Niagara of India. Enjoy lunch near the impressive falls then return to Kochi and perhaps join the group for a farewell dinner.

Day 8 Kochi This cycling trip comes to an end after breakfast. Say goodbye to your fellow travellers and depart any time before noon.

Maximum group size 16
Hotel (6 nts), houseboat (1 nt)
7 breakfasts, 2 lunches, 1 dinner
Bicycle, support vehicle, boat

Selected Saturdays
Enter HHXK on intrepidtravel.com
See inside cover for prices
Cycle Sri Lanka
14 DAYS, NEGOMBO TO COLOMBO

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 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 following day, ride to the World Heritage-listed site of Anuradhapura for a guided tour. See the sacred Buddhist Bo Tree among the scattered ruins, and visit temples.

Day 4 Polonnaruwa Ride 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. Those looking for extra cycling can head to the nearby Hanthana Mountain Range before rejoining the group and heading to Giragama for a tea factory tour. Visit the Temple of the Sacred Tooth. 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. Later on, 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. Days 11-12 Mirissa Catch an amazing sunset from this long curve of coastline. Make the drive to Galle for a stroll around the ramparts of its Dutch fort. Days 13-14 Colombo Travel to Colombo and celebrate the end of your adventure with a final food crawl in the capital.

TRIP CODE HPXC

STY ElE ORoIGI nAL PHYSICAL OO

Maximum group size 16
Hotel (12 nts), guesthouse (1 nt)
12 breakfasts, 9 lunches
Bicycle, support vehicle, train, jeep

DEPARTURE DATES
Selected Saturdays
Enter HPXC on intrepidtravel.com
See inside cover for prices
Days 1-2 Yangon With its charming 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 by bike. Day 4 Mt Popa Cycle past small villages and through groves of towering palm trees to mighty Mt Popa, the mythical home of Myanmar’s 37 Great Nat spirits.

Days 5-7 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 palm toddy forests. Day 6 Mandalay Cycle along well-maintained roads through small villages to Tada-U on the banks of the Ayeyarwady, then take the highway north to Mandalay and watch as the pagoda-dotted hill above the city centre comes into view. Day 7 Mingun/Mandalay Cycle – via the iconic teak U-Bein Bridge – to Mingun, home of the immense but unfinished Mingun Paya, before boarding a boat for a cruise down the river back to Mandalay.

Days 8-11 Inle Lake Cycle over the rolling hills of the Shan plateau to Nyaungshwe, the gateway to Inle Lake. Cruising around Inle Lake by boat reveals local life from a different angle. Pass through local cottage industries, see the lake’s iconic leg-rowing fishermen, and perhaps take a closer look at some of the floating markets. Days 12-13 Yangon Head back to Yangon and perhaps take in more of the city’s museums and temples before your Myanmar adventure ends.
Cycle New Zealand South Island
8 DAYS, QUEENSTOWN TO DUNEDIN

Cycle the spectacular Otago Central Rail Trail, the oldest rail trail in the country and voted ‘New Zealand’s Favourite Ride’ by locals for the past two years.

Ride along flat, traffic-free paths through some of the South Island’s most stunning scenery, experiencing the country’s famous hospitality firsthand.

Day 1 Queenstown Welcome to Queenstown, your one-stop adventure shop.
Day 2 Roxburgh Gorge Trail/Clyde Tackle this challenging, undulating trail featuring a jet boat transfer.
Day 3 Alexandra Begin your exploration of the Otago Central Rail Trail. Pedal past vineyards and over picturesque wooden bridges, then maybe visit the local wineries.
Day 4 Omakau Ride to the Chatto Creek Tavern via Galloway Station for morning tea. After lunch, cycle up Tiger Hill then cruise down to Omakau.
Day 5 Wedderburn Enjoy a longer ride of 42 km today, the highlight of which is Poolburn Gorge. Ride through Ida Valley’s farmlands to the Wedderburn Tavern for the evening.
Day 6 Hyde Cycle across the Maniototo Plains and alongside the Taieri River en route to Hyde.
Days 7-8 Dunedin Ride approximately 29 km with views of the Rock and Pillar Ranges. Finish the journey by taking the tourist train on the original Otago Central Railway to Dunedin, where this cycling adventure comes to an end.

Selected Saturdays
Enter POXC on intrepidtravel.com. See inside cover for prices

Cycle Bali
8 DAYS, UBUD TO SANUR

Escape the tourist hordes and cycle through the island’s heart, from the green hills of Ubud to the laidback beach town of Sanur.

Cycle around a breathtaking caldera and over a road made from black lava in Kintamani, taking in views of Mt Batur and a volcanic lake.

Days 1-2 Ubud Om Swastiastu! Beginning at Ubud Palace, cycle north through undulating rice fields and terraces. Stop for lunch at a family-run warung, then hop back in the saddle and cycle to the 1000-year-old Tirta Empul Temple before making the mostly downhill ride back to Ubud.
Day 3 Mt Batur/Kintamani Transfer to Bayung Gede and then ride to Kintamani. Cycle around the stunning caldera and past black lava fields, taking in views of Mt Batur and the shimmering lake beneath.
Day 4 Bedugul Lake Wake very early for an optional hike up Mt Batur. The sunrise, cheeky monkeys and steam rolling from the crater make the early start worth it.
Day 5 Lovina After a visit to one of Bali’s main temples, Ulun Danu Baratan, cycle 50 km, mainly downhill, to beachside Lovina.
Day 6 Tanah Lot Pedal to the stunning, intricately sculpted Belimbing Rice Terrace, then coast downhill to Tanah Lot Temple.
Days 7-8 Sanur Cycle along quiet roads to Sanur. Take a dip in the waters, or grab a well-earned last drink.

Selected Sundays
Enter TIXC on intrepidtravel.com. See inside cover for prices
Cycle Japan
11 DAYS, KYOTO TO TOKYO

From bicycles to Pokémon, serene temples to the organised chaos of the big cities, this two-wheeled 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.

Before experiencing the neon buzz of Tokyo, cycle through the peaceful landscapes and coastal scenery of the Noto Peninsula.

Days 1-2 Kyoto Fuel up for this cycling adventure with an optional welcome dinner with your tour leader and travel group. 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. See the temples and shrines of Kyoto’s lively Gion district, which is also well-known for its geisha and maiko (apprentice geishas). Day 3 Kyoto/Nara Enjoy a beautiful riverside ride to the ancient capital of Nara and see the city’s Giant Buddha, housed in the world’s largest wooden structure, and free-roaming deer. Return to Kyoto by train. Day 4 Kanazawa Take the train to Kanazawa, then set out on a leisurely bike ride to some of the city’s best sights including the Kenrokuen Gardens, one of Japan’s greatest gardens, and the old geisha and samurai districts. Days 5-8 Noto Peninsula Over the next four days, discover the heart of the rustic Noto Peninsula and its rugged coastlines, rice paddies and endless farmland by bike. Visit asaichi (morning markets) selling 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 for a soothing dip, and dine on traditional Japanese meals along the way. Days 9-11 Tokyo No trip to Japan is complete without experiencing the country’s legendary train system. See it for yourself with a journey on the train to Tokyo. Get your bearings with an evening orientation walk, complete with skyscraper views across the city. Enjoy some cycling the next day, cruising along the same paths locals use to cut through the city, past famous gardens, parks, waterways and main attractions. Pay a visit to Tokyo’s fish market and perhaps indulge in a final sake.

TRIP CODE: CJXC
STYLE: ORIGINAL
PHYSICAL:

- Maximum group size 16
- Hotel (4 nts), ryoken (6 nts)
- 10 breakfasts, 6 lunches, 4 dinners
- Bicycle, support vehicle, train

DEPARTURE DATES
Selected Sundays
Enter CJXC on intrepidtravel.com
See inside cover for prices
Balmy climes, hip-shaking rhythms and delicious food – this region invites immersion on every level. While there are astounding Inca ruins and dazzling beaches to discover on foot, Central and South America are best experienced on two wheels as all the senses come into play. Jump into the saddle and feel Caribbean breezes drifting in from the coast, smell the aroma of fresh coffee from the plantations, hear monkeys chattering in jungle canopies and gaze across lush Andean valleys.
Cycle Nicaragua, Costa Rica & Panama

Does cycling through Central America sound like a dream come true? Make it last a little longer with this combo trip that has you riding through Nicaragua, Costa Rica and Panama – the ultimate trifecta of Caribbean living.

For more info enter QZXBC on intrepidtravel.com

Cycle Nicaragua & Costa Rica
8 DAYS, GRANADA TO SAN JOSE

Ride past steamy jungle scenery and soak up Costa Rica’s incredible biodiversity before ending in San Jose, the buzzing capital city.

Cycle across varied landscapes, from tranquil Nicaraguan countryside and rich agricultural areas, to smoking volcanoes that bubble with red-hot molten lava.

Day 1 Granada Arrive in Granada, a city of magnificent architecture set on the banks of Lake Nicaragua. Day 2 Masaya/Granada Take an early morning ride through the Nicaraguan countryside, past old colonial forts and small settlements, to Apoyo Lagoon. Then on to the bubbling molten lava of Masaya Volcano. Day 3 Ometepe Island Cruise to Ometepe Island and explore the north side of Conception Volcano from the saddle, seeing ancient rock carvings along the way. Day 4 Maderas Volcano/San Juan del Sur Ride around the Maderas Volcano, keeping an eye out for monkeys and birdlife. Cap off the day watching the sunset on a San Juan del Sur beach. Days 5-6 Arenal Ford rivers and climb hills to arrive at Lake Fortuna. Cycle the El Castillo area, a region famous for its volcanic attractions. Day 7 Santa Rosa de Pocosol Ride to Santa Rosa for a chance to meet the locals and experience rural life or take a cooking class. Day 8 San Jose The adventure ends in Costa Rica’s capital.

Cycle Costa Rica & Panama
8 DAYS, SAN JOSE TO PANAMA CITY

Cycle alongside verdant forests bordering the Panama Canal and feel tiny next to the leviathans making their way through the water.

Pedal your way through the mountainous Boquete area with a free day to soak in a hot spring, take a coffee tour or try one of the many outdoor activities on offer.

Day 1 San Jose Welcome to lively San Jose! Day 2 Puerto Viejo Take a relaxed ride to beachy Manzanillo, returning to Puerto Viejo in time for a sunset drink and a taste of the Caribbean: think reggae bars and palm-fringed beaches. Day 3 Puerto Viejo Pedal past rolling farmlands, following the Sisola River that forms the border between Costa Rica and Panama, then enjoy a free afternoon. Days 4-5 Boquete Cross the border and jump back in the saddle for a hilly ride with nice descents to Caldera, from where you’ll be driven to the mountain town of Boquete. Day 6 Panama City Drive to Los Potrerillos for today’s undulating ride along the slopes of the Baru Volcano, with a long, fun and scenic descent. Days 7-8 Panama City Enjoy a varied final day of cycling in this glitzy city. Explore the famous canal, Mirafl ores Locks and Soberania National Park before the ride ends at the Rainforest Discovery Centre. In the evening, enjoy an included farewell dinner to celebrate the end of this cycling adventure.
Cuban Combination

Can’t choose between the prehistoric landscapes of Vinales and Cienfuegos’s colonial charm? Combine our Cycle Cuba trips and explore both, with two weeks on two wheels making for one unforgettable adventure.

For more info enter QBXC on intrepidtravel.com

Cycle Cuba: West

7 DAYS, HAVANA TO HAVANA

Ride through surprisingly varied scenery: from the faded charm of Old Havana, to long, dusty farming roads and dramatic limestone landscapes.

Cycle through the lush valley of Soroa en route to Las Terrazas. Known as Cuba’s rainbow, the valley is rich in plants 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 the soft colours of the Art Deco buildings, the crumbling neoclassical mansions and busking musicians. Perhaps line up for a scoop of the famous Copelia ice cream. Day 2 Soroa Get fitted to your bike, then head out for an easy day of cycling. Share the road with vintage American cars, old Ladas and horse-drawn carriages on the way to colourful Soroa, also known as the rainbow of Cuba. Day 3 Soroa Cycle to the cascading waterfalls of the San Juan River and take a refreshing swim in the same waters that irrigate 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 roads to Vinales, a beautiful World Heritage-listed town, and ride to a tobacco farm, where a local farmer will show you how tobacco is grown, dried and rolled into cigars. At sunset, visit a hillside organic farm for dinner. Day 5 Vinales With its surreal white beaches and pale blue waters, Cayo Jutias is one of those Caribbean beaches most only dream about. After cycling past limestone landscapes and farmland to its sandy shores, stretch out and enjoy a packed lunch away from the usual tourist crowds, with plenty of time to splash about the warm waters. Maybe take a siesta, then catch a private minivan back to Vinales. Days 6-7 Havana Take a final spin from Vinales to Consolacion del Sur, stopping en route to admire the colourful Mural de la Prehistoria. Painted on a cliff at the foot of the Sierra de Vinales, the huge, eye-catching mural took 18 people four years to finish! The adventure comes to an end back in the capital, so farewell your group and perhaps enjoy one final hearty meal together.

TRIP CODE QBXC STYLE ORIGINAL PHYSICAL

DEPARTURE GUARANTEED

Maximum group size 16
Guesthouse (6 nts)
6 breakfasts, 3 lunches, 1 dinner
Bicycle, support vehicle

DEPARTURE DATES

Selected Mondays
Enter QBXC on intrepidtravel.com
See inside cover for prices

7 DAYS, HAVANA TO HAVANA
Discover more trips, detailed destination information and the latest prices at intrepidtravel.com/cycling

Cycle Cuba: East
8 DAYS, HAVANA TO HAVANA

Explore the pristine valley of Yumuri – an untouched paradise not far from Varadero’s popular beaches – from the saddle of a bike.

From dramatic limestone landscapes to golden sands, faded colonial architecture to fields of palm trees, discover a range of scenery on this two-wheeled adventure.

Pay homage to Cuba’s favourite son, Che Guevara, at his final resting place in Santa Clara and swim in coral-filled waters at the legendary Bay of Pigs.

Day 1 Havana Welcome to Havana, a charming town whose faded architecture, elegant plazas and vintage cars evoke a bygone era. **Day 2 Bay of Pigs/Cienfuegos** After getting fitted for your bike, journey on to Bahia de Cochinos, otherwise known as the Bay of Pigs. Beginning at Playa Larga, cycle along the tranquil east coast to Playa Giron, where there’s time for a dip in the crystal-clear, coral-filled waters. **Day 3 Trinidad** Fuel up at breakfast, then set out on a 60-km ride through serene countryside, passing gentle hills and mango trees before reaching the coast and the sizzling town of Trinidad. **Day 4 Santa Clara** Now that you’ve experienced Cuba’s serene coast and atmospheric towns, discover it’s lush, tropical side at Parque Natural Topes de Collantes, a jungle-covered wonderland of limestone mountains, cascading waterfalls, caves, grottoes and incredible flora and fauna. Explore the hilly terrain of the Guanayara section by bike then continue to Santa Clara on board the support vehicle. On arrival, pay a visit to the Che Guevara mausoleum and memorial before a walk around town with your leader. **Days 5-6 Varadero** Uncover part of the vast province of Matanzas from the saddle of a bike as you make your way to Varadero. Enjoy a free day to savour Cuba’s version of beach life – get active with optional water-based activities or simply find a patch of golden sand, grab a pina colada and enjoy the glorious views. **Days 7-8 Havana** Explore by bike the rolling pastures, palm trees, small forests and agricultural fields that make up the stunning Yumuri Valley. Stop by Matanzas – a city known for its poets, Afro-Cuban folklore and musical heritage – for a cycling tour. Continue to Havana and enjoy a final cold brew with the group before your cycling adventure comes to an end.

Parque Natural Topes de Collantes, Cuba

Havana, Cuba

**TRIP CODE** QBXE

**STYLE** ORIGINAL

**PHYSICAL**  

- Maximum group size 16
- Guesthouse (7 nts)
- 6 breakfasts, 5 lunches, 2 dinners
- Bicycle, support vehicle

**DEPARTURE DATES**  
Selected Sundays  
Enter QBXE on intrepidtravel.com  
See inside cover for prices

Maximum group size 16  
Guesthouse (7 nts)  
6 breakfasts, 5 lunches, 2 dinners  
Bicycle, support vehicle

DEPARTURE GUARANTEED

See inside cover for prices
Cycle Colombia
8 DAYS, BOGOTA TO BOGOTA

Explore Bogota’s museums and galleries at your leisure, then hop on a bike and tour its streets when roads become car-free during the weekly Ciclovia.

Cycle past steamy jungle scenery and coffee plantations as you ride through small colonial towns nestled in verdant hills.

Embark on a spectacular guided hike through the Cocora Valley, home to hummingbirds and the world’s tallest palm trees.

Day 1 Bogota Welcome to lofty Bogota, Colombia’s capital and the starting point for your cycling adventure. Day 2 Armenia Cycle through the closed-off streets of Bogota alongside more than a million locals for the Sunday tradition of Ciclovia, when over 100 km of car-free space is created for cyclists. Explore the local sights on foot with your group, then fly to Armenia in the evening. Day 3 Salento Jump in the saddle for the first challenging ride of the trip. Cycle 50 km on a humid ride past jungle scenery and coffee plantations. Spend the afternoon exploring Salento. Maybe take a stroll through Calle Real, the narrow main street, or walk up the colourful steps of the Mirador in time for sunset views. Day 4 Filandia Take a hike in the Cocora Valley this morning, a beautiful, verdant landscape dotted with palm trees. After lunch, ride 30 km from the Cocora Valley to Filandia, a smaller, lesser-visited colonial town. Shop for local handwoven baskets in the market and climb to the top of the observation tower for unbroken views of the surrounding countryside. Day 5 Alcala Pedal 30 km mainly downhill from Filandia to Alcala. Take a break en route at the Cafe de Altura where the food is as good as the coffee, fuelling up for the last climb to your hotel. Upon arrival perhaps get your blood pumping in a different way – optional zip-lining over the coffee plantation. Day 6 Cartago/Cerritos Sweat it out on your final ride, a 70 km effort finishing with an ascent to Cerritos. Visit an embroidery factory in Cartago en route, then push on to Cerritos. Perhaps enjoy a massage and a soak in the pool at the hotel on arrival, a well-deserved treat for your overworked thighs. Days 7-8 Bogota Fly back to Bogota, continue your explorations and say a fond farewell to your group.

Maximum group size 16
Hotel (7 nts)
7 breakfasts, 1 lunch, 3 dinners
Bicycle, support vehicle, plane

DEPARTURE DATES
Selected Saturdays
Enter GGXX on intrepidtravel.com
See inside cover for prices
Cycle Peru
8 DAYS, LIMA TO CUSCO

| Spend three days exploring the Sacred Valley on a bike, visiting the Huaypo lagoon and the iconic Moray Inca agricultural terraces. |
| Tour Cusco on both bike and foot. Check out the San Pedro market, the 12 Angled Stone, a chocolate museum and Inca sites such as Sacsayhuaman and Tambomachay. |
| Discover the breadth of Peru’s diverse heritage, from the gorgeous Spanish colonial architecture of Lima to the mother of all Inca cities, Machu Picchu. |

Day 1 Lima Bienvenidos! Welcome to Peru. Maybe walk around Miraflores or grab a bite of ceviche.

Day 2 Cusco Tour Lima on two wheels. This half-day adventure reveals fishermen’s hangouts, artists’ stomping grounds, hilltop lookouts and Pacific Ocean views. Later, fly to beautiful Cusco. **Day 3 Cusco** Check out archaeological sites on a half-day mountain bike tour. Pedal from site to site via singletrack, visiting Sacsayhuaman, Qenqo, Puca Pucara and Tambomachay. The terrain is nice and easy. In the afternoon, visit Qoricancha temple, the San Pedro market and a chocolate museum. **Day 4 Sacred Valley** Begin a three-day cycling adventure in the Sacred Valley. Admire the Urubamba River, cycling smooth, paved roads en route to Pisac for a short tour of this village built at the base of an Inca fort on a mountain spur. **Day 5 Sacred Valley** Cycle along the longest bike path in the Cusco area, travelling downstream past farming fields, watching Andean life unfold. Enjoy a scenic and not-too-strenuous ride with fun descents and only short climbs. Tonight’s accommodation is a beauty, set among landscaped gardens with views of the gorgeous valley. **Day 6 Sacred Valley** Travel by bus to the Chinchero Plateau, then ride to Moray. Visit the Moray ‘agricultural laboratory’, an intriguing terraced bowl cut into the earth by the Inca (thought to be used for crop testing). Visit the gorgeous Huaypo Lagoon. **Day 7 Cusco/Machu Picchu** Leave the bike behind and take the bus up the winding road to Machu Picchu. Spend time pondering the mystery of this incredible archaeological site on a guided tour. Return to Ollantaytambo by train, then return to Cusco and perhaps indulge in a Pisco sour. **Day 8 Cusco** The adventure comes to an end in Cusco after breakfast.

**TRIP CODE** GGXC

**STYLE** ORIGINAL

**PHYSICAL**
- Maximum group size 16
- Hotel (7 nts)
- 7 breakfasts, 1 lunch
- Bicycle, support vehicle, plane, train, public bus

**DEPARTURE DATES**
Selected Sundays from May to October
Enter GGXC on intrepidtravel.com
See inside cover for prices
AFRICA & THE MIDDLE EAST

While Africa is more commonly associated with overland travel in a truck or bus, cycling here continues to gain popularity. And with destinations like the Stellenbosch wine region, the hairpin-turn-laden Great Rift Valley and the scenic coastal routes of the Cape of Good Hope, it’s easy to see why. It’s a similar story in the Middle East, where you’ll find countries brimming with the ingredients of a perfect cycling trip: spectacular landscapes, quiet roads and warm hospitality at every step – or pedal stroke – of the way.
Cycle Tanzania
13 DAYS, ARUSHA TO ARUSHA

Set out on safari in search of the Big Five in two of Africa’s best wildlife reserves – Ngorongoro Crater and the Serengeti – then fall asleep to the sounds of the savanna.

Finish your adventure with that cornerstone of all cycling adventures – coffee. Roast, grind and taste your own in the village of Tengeru.

See the full expanse of shimmering Lake Manyara as you enjoy the long descent into the stunning Great Rift Valley, barely pedalling a single stroke.

Day 1 Arusha Arrive in Arusha, Tanzania’s safari gateway. At 1300 metres above sea level, it’s not far from the foothills of Mt Meru. Day 2 Arusha NP Enjoy the unique thrill of riding a bicycle on local roads through an African national park – something few people ever experience – then enjoy a starlit night in the foothills of Mt Meru. Day 3 Longido A leisurely ride culminates on the outskirts of Longido Forest Reserve. Meet the colourfully dressed and charismatic Maasai locals. Days 4-5 Lake Natron Embark on a special day of riding along rugged roads with the volcanic peaks of Kerimasi, Gelai and Kitumbeine piercing the skyline. Spot flamingos near your campsite at the saltwater Lake Natron. The next day, perhaps walk to Saitoti River to cool off in the natural plunge pools. Serious adventurers can opt to tackle Ol Doinyo Lengai volcano (2878 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 Great Rift Valley escarpment. Days 7-8 Serengeti NP Swapping bicycles for jeeps, enter the famous Serengeti where predators roam. Camp out on the plains and get up early for a sunrise game drive. Day 9 Ngorongoro Crater/Karatu Head into the Ngorongoro Crater, one of Africa’s most amazing wildlife arenas.

Day 10 Rift Valley Escarpment Cycle a thrilling descent from the Great Rift Valley escarpment to Mto wa Mbu. Day 11 Lake Manyara Cycle the shores of Lake Manyara, then ride on to a traditional Maasai village. Days 12-13 Arusha Leave Lake Manyara behind and cycle one last time on the smooth, quiet roads towards Arusha. Stop at Tengeru to learn how coffee is grown, harvested and brewed before the adventure finishes.
Discover more trips, detailed destination information and the latest prices at intrepidtravel.com/cycling

Day 1 Madaba Ahlan Wa Sahlan! Welcome to Jordan. Day 2 Jerash/Madaba Head to Jerash, some of the grandest Greco-Roman ruins in the Middle East. Start your cycling between the red rock cliffs and the shores of the Dead Sea – the view across to Israel is stunning. Finish at Amman Beach and swim in the famously salty Dead Sea itself.

Day 3 Dana Biosphere Cycle from Mount Nebo, where Moses was buried, on a long downhill ride towards Mukawir, the location of the Castle of Herod the Great. Later, transfer to Dana, a scenic stone village sitting on the edge of the Dana Biosphere. Day 4 Little Petra Check out Shobak Castle, one of the first Crusader castles built in Jordan by Baldwin I in 1115. Travel from Shobak, cycling on and off as the route winds along mountains and offers beautiful views of the Jordan Valley. Finish by visiting Little Petra and camping with the Bedouins.

Day 5 Petra Enjoy a full day of exploration on foot at Petra, Jordan’s crown jewel. Choose to either wander through the open city to explore the caves and tombs or hike up to the Khubtha Mountain, the High Place of Sacrifice or the monastery.

Day 6 Aqaba Either ride through the valley on an 11-km on/off-road ride or relax in the vehicle before re-joining the group. Enjoy a beautiful long descent, dropping around 1300 m through striking mountains towards the Jordan Valley and the seaside city of Aqaba.

Day 7 Wadi Rum Make tracks for Wadi Rum, travelling by vehicle along the famed Desert Highway, then cycling alongside Hejaz Railway. Sit down to a late lunch upon arrival. Take a spin around the desert in a 4WD, then enjoy a campsite dinner with your Bedouin hosts.

Days 8-9 Madaba Head to Disi and cycle around its bizarre barren salt flats. Return to Madaba, where this adventure ends.

Cycle Jordan: Petra & Wadi Rum

9 DAYS, MADABA TO MADABA

Cycle at the very edge of the shimmering Dead Sea, where the entire ride takes place around 300 metres below sea level.

Spend a whole day uncovering the majesty and mystery of Petra, an ancient Nabataean city. The first glimpse of the Treasury from the narrow path of the Siq is unforgettable.

Wrap up the adventure with a bike ride around the eerie salt flats of Disi, where seemingly endless panoramas present glorious photo opportunities.

Day 1 Madaba Ahlan Wa Sahlan! Welcome to Jordan. Day 2 Jerash/Madaba Head to Jerash, some of the grandest Greco-Roman ruins in the Middle East. Start your cycling between the red rock cliffs and the shores of the Dead Sea – the view across to Israel is stunning. Finish at Amman Beach and swim in the famously salty Dead Sea itself. Day 3 Dana Biosphere Cycle from Mount Nebo, where Moses was buried, on a long downhill ride towards Mukawir, the location of the Castle of Herod the Great. Later, transfer to Dana, a scenic stone village sitting on the edge of the Dana Biosphere. Day 4 Little Petra Check out Shobak Castle, one of the first Crusader castles built in Jordan by Baldwin I in 1115. Travel from Shobak, cycling on and off as the route winds along mountains and offers beautiful views of the Jordan Valley. Finish by visiting Little Petra and camping with the Bedouins. Day 5 Petra Enjoy a full day of exploration on foot at Petra, Jordan’s crown jewel. Choose to either wander through the open city to explore the caves and tombs or hike up to the Khubtha Mountain, the High Place of Sacrifice or the monastery. Day 6 Aqaba Either ride through the valley on an 11-km on/off-road ride or relax in the vehicle before re-joining the group. Enjoy a beautiful long descent, dropping around 1300 m through striking mountains towards the Jordan Valley and the seaside city of Aqaba. Day 7 Wadi Rum Make tracks for Wadi Rum, travelling by vehicle along the famed Desert Highway, then cycling alongside Hejaz Railway. Sit down to a late lunch upon arrival. Take a spin around the desert in a 4WD, then enjoy a campsite dinner with your Bedouin hosts. Days 8-9 Madaba Head to Disi and cycle around its bizarre barren salt flats. Return to Madaba, where this adventure ends.

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Cycle Iran
16 DAYS, TEHRAN TO TEHRAN

Discover the hidden world of Iran – its refined Islamic cities, colourful bazaars and ancient ruins – all from the unique perspective of two wheels.

Cycle to Persepolis and explore the remains of the ancient capital – the scale and grandeur will leave you in no doubt that this was once the centre of the known world.

Day 1 Tehran Arrive in Iran's capital. Day 2 Qom Explore Tehran's historic bazaar before driving to the traditional city of Qom. Days 3-4 Kashan Cycle through mountainous countryside. Enjoy breathtaking vistas en route to the oasis town of Kashan. Day 5 Abyaneh Ride up to your homestay in the ancient, mud-brick townscape of Abyaneh. Days 6-7 Esfahan Explore Esfahan at your leisure, perhaps taking in the striking blue-tiled mosaics of Masjed-e Shah. Day 8 Izad Khast Pedal to Izad Khast. Marvel at its castle complex and treat yourself to a fresh kebab. Day 9 Pasargadae See the tomb of Cyrus the Great at the World Heritage-listed site of Pasargadae. Day 10 Persepolis Cycle along the foot of a mountain to the cliff-cut necropolis of Naqsh-e Rustam. Days 11-12 Shiraz Tour the ruins of Persepolis on foot, then ride to Shiraz and visit its mirrored mosque. Days 13-14 Yazd Get acquainted with Iran's Zoroastrian heart. Days 15-16 Tehran Return to Tehran where this adventure ends.

Selected Saturdays from April to October
Enter HPXI on intrepidtravel.com. See inside cover for prices

Cycle Cape Town & Winelands
12 DAYS, CAPE TOWN TO CAPE TOWN

Swap water bottles for wine glasses at the famous vineyards of Stellenbosch, refuelling with some delicious South African delicacies.

Cycle the dramatic coastline scenery of South Africa, from the whale-filled waters of Hermanus all the way to the Cape Peninsula, where the mountains meet the sea.

Day 1 Cape Town Perhaps sample the nightlife of trendy Long and Kloof streets. Days 2-3 Stellenbosch Drive to iconic Table Mountain, then indulge in the Paarl winelands and Spice Route. Cycle hairpin turns on Bain’s Kloof Pass en route to Stellenbosch. Enjoy a full-day wine tasting bike tour. Day 4 Little Karoo/Barrydale Ride along the edges of the Marloth Nature Reserve’s striking mountain scenery. Day 5 Bontebok NP The twisting climb through the rugged Cape Folded Mountains is breathtaking. Day 6 Cape Agulhas/Arniston Cycle the coastline en route to the small seaside town of Arniston. Days 7-8 Hermanus Ride through classic farmland and up one of the country’s oldest passes to a local microbrewery. On a free day, look for passing whales from the shore. Day 9 Gordon’s Bay/Simon’s Town The coastal ride to Gordon’s Bay is simply magical. Day 10 Cape Peninsula Meet cheeky penguins at Boulders Beach. Days 11-12 Cape Town Ride part of the prestigious (and beautiful) Cape Argus cycle route.

Selected Saturdays
Enter UBXC on intrepidtravel.com. See inside cover for prices
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For 30 years now we’ve specialised in creating immersive, off-the-beaten-track adventures for all types of travellers. Through Intrepid Travel, Peregrine Adventures, Urban Adventures and Adventure Tours you’ll find us on every continent. With more than 2000 itineraries in over 120 countries, we cater to all budgets, age groups and appetites for adventure.

In 2018, we became the world’s largest B Corp in the travel industry. This certification is a badge of honour we wear to show we use business as a force for good. From the way we conserve our natural environment, to our socio-economic impact on local communities, to our employment conditions – we meet the highest global standards of good business.

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Our grassroots adventures through Australia will take you beyond the sights to the real destination.

Day tours run by locals who love their cities and want to share the stories and secrets behind the places they call home.

We create sustainable, experience-rich destination management solutions for leading travel brands.

We support local organisations to improve livelihoods through sustainable travel experiences.

EMPOWERING TRAVELLERS TO POSITIVELY IMPACT COMMUNITIES

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OUR MODEL IS SIMPLE

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