CYCLE THE WINE ROADS OF ISTRIA

Coastal trails, wine roads and cultural cycling on this charming holiday in the pretty region of Istria in northern Croatia

- Relaxed cycling from Buje to Pula across the charming Istrian Peninsula
- Time to explore the coastal gems of Porec, Rovinj and Pula
- Two excellent days along the atmospheric rail line of the Parenzana
- Timeless hilltop villages, wonderful food and excellent Istrian wines

HOLIDAY CODE WRMB

Croatia, Cycling, 8 Days

7 nights hotel, 7 breakfasts, 6 lunches, 2 dinners, max group size: 16, 6 days cycling, 250 kms

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

www.keadventure.com  UK: +44(0) 17687 73966  US (toll-free): 1-888-630-4415
Immersed in the blue of the Adriatic Sea, there is something magical about Istria, the largest (3600 square kilometres) and most northerly of the Croatian peninsulas. The coastal strip, known locally as Blue Istria, is popular with sun-seekers during the summer months, while the interior, or Green Istria, is another story entirely. Here, we will find a world of shading forest, historic hilltop towns, vineyards, olive groves and picturesque rivers. It’s the perfect place for a leisurely cycling holiday.

We start our exploration at Buje, close to Croatia’s northern border with Slovenia, then head south slowly, picking out all of the highlights of this delightful corner of Europe. From the lighthouse at Savudrija to medieval settlements such as Groznjan, we will ride on country roads and then for 2 days on the delightful dismantled railway track of the Parenzana through the rolling hills of the ‘Croatian Tuscany’. We will visit wine cellars to sample some of the local favourites, such as Malvasia and Teran. We will also take every opportunity to chill out in pavement cafes overlooking the rolling Istrian countryside and to enjoy local Istrian culinary specialities. Spending time in the coastal towns of Porec and Rovinj and Pula, we will be able to appreciate their beauty, whilst learning a little of their rich histories. If you are looking for a leisurely cycling holiday, with a stunning mix of landscape, culture, delicious food and excellent wines, this is one to consider.

Is this holiday for you?

LEISURE CYCLING. This is a relatively leisurely cycling holiday, mostly on quiet country roads. However, there are also 2 days when we will be riding on sections of the dismantled railway track of the Parenzana. This is one of our easiest cycling holidays. We ride for an average of 40 kilometres on each of 6 days of riding. This equates with approximately 4 hours of cycling each day. The emphasis of the trip is on sightseeing and enjoying the rural and coastal landscapes of the Istrian Peninsula. Anyone who rides a bike occasionally will manage this holiday. Vehicle support is available for most of the route. Within the cost of the holiday, 2 different bikes are provided to suit the changing conditions. For the 4 days when the group is riding principally on tarmac backroads, hybrid-type bikes are provided. Whilst, for the 2 days of cycling on the gravel track of the Parenzana, 29er mountain bikes are used.

Holiday Itinerary

Day 1: Meet at the group hotel in Buje. A group transfer from Pula Airport is provided.

Rendezvous at the group hotel in Buje. Depending on your arrival time, you may have time to explore. The town of Buje is a 3 to 4 kilometres walk away along the old rail track of the Parenzana. In the afternoon you will pick up your bikes and the guide will be on hand to help with this and to answer any questions you might have about the week ahead. Your guide will also join the group for a welcome dinner at the hotel. KE Land Only package services begin with the evening meal. A group transfer from Pula Airport is provided and the transfer takes around 50 minutes.

Day 2: Day-ride from Buje to the coastal town of Umag and the Savudrija Lighthouse, including wine tasting.

We start our first day’s ride on a quiet backroad which takes us down to the coast through olive groves and vineyards. Arriving at the sea at Lovrecica, we head north, passing a couple of small bays en route to the colourful
harbour and town at Umag, which we reach after 23 kilometres of cycling. Umag provides us with a great introduction to Croatia's Mediterranean aspect and is a place where we can explore amongst renaissance and baroque buildings and churches and take the opportunity for a cafe stop and a spot of people watching. Heading north again, we pass a number of low-key resorts and after a further 8 kilometres reach the north-eastern tip of the Istrian Peninsula. Here, there is the oldest lighthouse in the Adriatic, the 36-metre tall Savudrija, still in use and still manned. Protecting the southern approaches to the Gulf of Trieste, the lighthouse was Italian-financed, its construction beginning in 1817. From here, we cycle back inland and alongside Croatia's northern border with Slovenia. This part of our ride is very gradually uphill - during the final 20 kilometres of cycling we gain around 200 metres of elevation. We end our ride at a vineyard and wine cellar close to Momjan. Muscat, Malvasia and Teran are just 3 of the local wines worth sampling. After our wine tasting, we have a short transfer back to our hotel outside Buje.

**Day 3:** Cycle on the old railway track of the 'Parenzana' to Groznjan and the truffle centre of Livade. Overnight in Motovun.

For the next 2 days we will be cycling on the old railway track of the Parenzana and we will change over to using mountain bikes which will provide us with a more comfortable ride. We head inland on this easy gravel cycle path, through tunnels and over old bridges, into the heart of rural Istria (known as the Croatian Tuscany). Known as the wine railway, the Parenzana was and was built to link Porec with Trieste and was operational between 1905 and 1935. The first stop on our route is the pretty, medieval hill-top settlement of Groznjan which overlooks the valley of the Mirna River. Dating from around the year 1100, Groznjan is today known as a centre for artists and artisans. We will explore its timeless streets on foot, where it seems every doorway leads to an artist's studio. Once again, we are in no hurry and it will be hard to resist the attraction of one of the town's pavement cafes. This part of the peninsula is known as Istria County and we continue our ride eastwards through rolling countryside above the Mirna River, to the truffle centre of Livade, where we will visit a truffle shop and have the chance to taste this much sought-after fungal growth. Our overnight hotel is now just a couple of kilometres ride away, in the beautiful hill-top village of Motovun on the opposite (south) bank of the river.

**Day 4:** Still on the Parenzana, cycle out to the coast via Visnjan to Porec.

From Motovun, we cycle back towards the coast, again following the old track of the Parenzana. We drop down out of the village and follow the track through a 200 metre tunnel, emerging to find views across the Mirna Valley as we leave Motovun behind us. We stop for a coffee in Vizinada after an hour or so and then continue towards the coast. At times, although we are still following the route of the Parenzana, we find ourselves cycling on the bare, red Istrian soil, as we pass on farm tracks amongst pretty vineyards and olive groves. We stop for lunch in Visnjan, a hilltop village notable for its architecture and for its astronomical observatory. From the village square, at an elevation of around 250 metres, we can actually see the sea. After lunch we have an enjoyable 15 kilometre ride out to the coast, passing the last of the old Parenzana railway stations just before we reach Porec, a town famous for its UNESCO listed basilica and charming old quarter. We will finish our day cycling around the wall that surrounds the old town of Porec to reach our hotel.
Day 5: Day-ride from Porec and free time for sightseeing in this town which dates back to Roman times.

No need to pack our bags this morning, as we will be staying another night at our Porec hotel. So, after breakfast, we start our scenic ride with a visit to the 6th century cathedral of the Euphrasiana, the most important monument in Porec. The interior of the cathedral is very impressive and well worth the admission charge. Leaving Porec, we then head inland on quiet roads to the village of Bacva, the highest point of the day's ride and a good place for a cafe stop. After our break at Bacva, we head southwards and back down to the coastal village of Vrsar. Strategically located, with a commanding view of the coast, Vrsar was fortified in the 12th century as a part of the Istrian Peninsula's coastal defence system. We will take the opportunity to visit the remains of the castle and enjoy the sea views, before cycling northwards to the fishing village of Funtana. Now heading back to our hotel in Porec, we will cycle through the resort areas of Zelena and Playa Laguna.

Day 6: Cycle from Kanfanar to Rovinj, with sightseeing and olive oil tasting at Bale.

This morning’s leisurely ride starts from Kanfanar after a short transfer. However, anyone feeling energetic can choose to make an early start and cycle an additional 20 kilometres, accompanied by the cycling guide. Kanfanar is a small inland town above the Lim Valley and our ride today is the flattest of the tour. Our route will take us back through the Bale region. At Svetvincenat, we will be able to explore the imposing Morosini-Grimani fortress and relax in its renaissance town square surrounded by cypress trees. This is another very attractive Istrian settlement, although one with a chequered history - including a 17th century witchcraft trial. At the pretty village of Bale we can make a stop to visit the Soardo-Bembo Palace, a very distinctive 15th century Venetian Gothic building. Here, too, we can visit a famous olive oil producer, where we can learn about the trees, the harvest and the processing of the oil. Arriving at our hotel in Rovinj, we have time to look around this ‘Pearl of Adriatic’, with its colourful houses, distinctive church and bell-tower. Fresh fish (combined with a glass of Malvasia) is a popular choice at dinner this evening. Everybody can enjoy Rovinj, its charm and magic.

Day 7: Transfer inland to Zminj and cycle south through pretty countryside to Pula.

After breakfast, we will have a 20-minute transfer to the medieval town of Zminj, before setting off on the last ride of the trip, southwards to Pula. Cycling through a distinctly rural region, we will see lots of traditional drystone toolsheds, known locally as ‘kazuni’. These are similar to the ‘trulli’ found in Puglia and the ‘bories’ in Provence. We pass through pretty countryside with several small villages and an obvious lunch stop is in the colourful town of Vodnjan. Finally, we will cycle into Pula, the largest town on the peninsula with a population of almost 60,000. Located on a superb natural harbour, Pula has been occupied, destroyed and rebuilt on numerous occasions since Roman times. We will finish the day with a sightseeing tour of the old part of the city, where the triumphal Arch of
the Sergil and the great amphitheatre of the Pula Arena are the standout attractions. Overnight at our Pula hotel and a final celebratory dinner at a local restaurant.

Day 8: Departure day. A group transfer to Pula Airport is provided.

KE Land Only package services end after breakfast. A group transfer to Pula Airport is provided.

Holiday Information

What's Included

- An experienced English-speaking cycling guide
- Single timed airport transfers on Day 1 and Day 8
- All vehicle transfers as specified in the itinerary
- All accommodation as described
- All meals as per the meal plan
- Wine tasting and olive oil tasting
- Vehicle support throughout the trip
- Local bike hire

What's Not Included

- Travel insurance
- Airport transfers (other than the single transfers on Day 1 and Day 8)
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Miscellaneous personal expenses

Joining Arrangements & Transfers

A single group transfer from Pula Airport will be provided at around midday on Day 1 and the drive to the first night's hotel in Buje takes approximately an hour. If your flights don't allow you to make use of this transfer, you will need to make alternative arrangements. Taxis are always available outside the arrivals hall. A single group transfer from the hotel in Pula to Pula Airport is provided at around 0800 on Day 8 and the drive time is just 15 minutes.

Meal Plan

All breakfasts, all lunches and 2 dinners are included in the holiday price. You will pay directly for 5 dinners. The final meal included in the holiday is breakfast on Day 8. On those nights that we have not included dinners, you will have the chance to try some local dishes. Part of the overall holiday experience will be finding a local restaurant (with your guide) and picking out your evening meal.
Food & Water

Croatia has a fantastic variety of food due to the rich influence of the Mediterranean and Central Europe, which means that there is something for everyone’s tastes. Breakfasts are continental in style with bread, cheese, meats, jams, tea and coffee etc. Due to its close proximity to Italy there are few towns on the coast without a pizzeria, which are always simple, reasonably priced and excellent. Whilst on the coast fresh seafood is extremely popular and should be sampled. Croatians enjoy fresh vegetables and side salads with dinner, alongside turkey, pork, chicken or fish. Cevapcici are very thin sausages, or kebabs, made from minced meat and are a popular local dish. There will always be a choice for vegetarians too with Italian risottos, gnocchi and pastas on most menus. Alongside the excellent food, Croatian wine is fantastic and very reasonably priced. Good quality wines are available by the glass and Croatians prefer to buy wine by the glass, half litre or litre. After dinner digestives are extremely popular in Croatia and worth a try, ranging from the warming and delicious honey, walnut and blackberry brandies to the fiery pear, herb and plum schnapps!

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip, the group will spend 7 nights in comfortable tourist hotels. All accommodation is arranged on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. For the 7 nights, single rooms are available for a supplementary cost. Additional hotel nights in Pula can also be booked. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Hotels are subject to availability and prices may vary.

Group Leader & Support Staff

An experienced, professional, English-speaking cycling guide will lead the trip. There will also be a support vehicle and driver.

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Spending Money

£200 should be sufficient to cover all non included meals and reasonable personal expenses. ATM’s are readily available in the towns of Buje, Porec, Rovinj and Pula, plus on arrival at Pule Airport. The local currency in Croatia is the kuna, which can be obtained from exchange offices, banks and ATMs. The leader on arrival will offer advice on obtaining local currency.
Bike Hire

Bikes are provided locally within the cost of the holiday. Our agent in Croatia provides Muesing Twinroad Lite 'hybrid' type bikes for those days when the riding is on tarmac. These German-made bikes have Shimano components, V-brakes and a triple chainset with 27 gears. There are both men and women specific frames in a range of sizes. For the 2 days when the group is riding on the gravel track of the Parenzana a different bike, more suitable for the off-road conditions, is provided. These are Cube Analog 29er mountain bikes with front suspension, disk brakes and 27 gears. Again, these come in a range of sizes. Each of the types of bike we use are well-maintained and in good condition. They are fitted with flat pedals and a helmet is also provided. Please provide us with your height when you book, so we can make sure that bikes of the appropriate size are made available to you.

Vehicle Support

Throughout this trip we have the back up of one or more support vehicles. Each morning (when moving to new accommodation) our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. There are a couple of sections of the route (on the Parenzana) when the support vehicle cannot directly accompany the cycling group. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

Baggage Allowance

We recommend that you travel with one main item of luggage, such as a KE Trek Bag or similar holdall, as well as a small day pack or mountain bike-specific hydration pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and will also carry your day-ride essentials during the rides.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.
General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

**Visa information is changing all the time. Please ensure that you check for the latest advice before travel.**

Visa Europe

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: [https://www.gov.uk/visit-europe-1-january-2021](https://www.gov.uk/visit-europe-1-january-2021)

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

EHIC / Medical Cover

UK residents should obtain a free [European Health Insurance Card (EHIC)](https://www.gov.uk/european-health-insurance-card). This entitles you to state provided medical treatment, but is not a substitute for medical travel insurance which is still vital when travelling overseas.

Currency

The unit of currency in Croatia is the Kuna.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at: [http://www.worldstandards.eu/electricity/plugs-and-sockets/](http://www.worldstandards.eu/electricity/plugs-and-sockets/)
Preparing For Your Holiday

This is intended to be a leisurely holiday and you do not need to be in top physical shape to take part. However, if you are reasonably fit you will enjoy your trip more. We suggest that you adopt a sensible weekly exercise regime and fit in a number of cycle rides in hilly country if possible.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices' 'Travel Aware' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO's Project Protect that 70% of our agents stop using single use plastic bottles.

Books

- Croatia. Lonely Planet
- Istria. Bradt Guide
- Dubrovnik & Dalmatian Coast. Marco Polo Guide (Marco Polo Travel Guides)
- Chasing a Croatian Girl: A Survivor's Tale. Cody McClain Brown

Maps

Croatia Coast: 1:200000. Freytag & Berndt

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.
Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Stansted to Pula with Ryanair. Outbound flights depart from the UK in the early morning and arrive at Pula later the same morning. Return flights depart from Pula in the morning of the last day of the itinerary, arriving in the UK later the same morning. Other UK airports and alternative carriers may be available.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures or flights with an alternative carrier, we will contact you with an alternative quote. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

We sell this holiday on a Land Only basis and recommend that you book your flights to Pula Airport. Please refer to Joining Arrangements and Transfers for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing ‘Guaranteed to Run’ or ‘Limited’.

If flying from the UK there are a number of low cost airlines offering flights to Pula Airport. These include Ryanair who have flights from London Stansted Airport throughout the year. Jet2 have flights from Leeds Bradford and from Manchester and easyJet have flights from Liverpool.

If you would prefer to book a Flight Inclusive package using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along
with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct' cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the ‘Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
Equipment List

For this holiday you will need normal cycling clothing, including suitable shoes, cycling gloves and a helmet (which must be worn at all times when cycling).

Bike Gear

- Cycling helmet - one is provided, but you could choose to take your own
- Trainers or stiff-soled cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
- Water bladder - min. 2 litres water capacity (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Padded (baggy) cycling shorts
- Long leg cycling trousers or leg warmers
- Base-layer – short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight waterproof jacket
- Regular biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Swimwear
- Basic First Aid kit and personal medication
- Reusable cloth bag for shopping (to avoid plastic bags)

SPARES And Repairs

You do not need to take any tools or spares. The local guide will take care of any and all issues.

Please contact us if you have any questions about your equipment.

Please note: This document was downloaded on 11 Oct 2020, and the trip is subject to change.