

PREPARING FOR YOUR TOUR

PREPARATION GUIDE

bikestyle
TOURS

THE BIKESTYLE EXPERIENCE

HOW OUR TOURS WORK

Bikestyle Tours are designed to give you a memorable cycling travel experience, with the right balance of structure, support and flexibility.

Each day has a planned itinerary, but cycling travel can be wonderfully unpredictable. Weather, road closures, local events and race movements can all influence the day. Our team will always aim to make the best decision for the group and the experience.

Your guides will explain the plan, help you understand your ride options and support you throughout the day. The goal is simple, to help you enjoy the riding, the scenery, the local culture and the shared moments that make a cycling tour special.

Good to know: Your tour-specific details, including hotels, meeting points, final itinerary and ride links, will be provided by email closer to departure.



ON-TOUR SUPPORT

YOU'RE SUPPORTED ON THE ROAD

Our tours are guided by experienced people who understand cycling, travel logistics and the small details that help a trip run smoothly.



EXPERIENCED GUIDES

Our guides are there to support the group, explain the daily plan, assist with ride decisions and help you get the most from the experience.



MECHANICAL SUPPORT

Most trips include experienced mechanical support. You should still travel with a well-serviced bike and key personal items.



LOCAL KNOWLEDGE

Our team draws on local experience, contacts and practical knowledge to adjust plans when needed and improve the guest experience.

TRAINING & CONFIDENCE

PREPARE TO ENJOY THE RIDING

You do not need to train like a professional cyclist, but you will enjoy your tour more if you arrive with consistent riding in your legs. The best preparation is regular riding, especially on undulating roads and hills where possible.

Focus on building comfort, endurance and confidence. The aim is not to chase big numbers, it is to arrive ready to enjoy the rides, the scenery and the shared experience.

Training tip: Ride frequently rather than cramming your preparation late. Consistency builds comfort, confidence and resilience, especially when riding several days in a row.



CHOOSE YOUR PREPARATION FOCUS

Every guest has different riding goals. Use the guide below to think about the experience you want and the preparation that will help you enjoy it.

RIDING GOAL	BEST FOR	PREPARATION FOCUS
Leisure	Guests who plan to ride some days and prefer easier options.	Ride regularly, build comfort on the bike and practise short hills or undulating roads.
Social	Guests who want to ride most days with a mix of shorter and longer rides.	Build weekly consistency, include one longer ride and practise riding with others.
Challenge	Guests who want to ride most days and take on longer or hillier options.	Include regular climbing, longer weekend rides and steady endurance sessions.
Epic	Guests who want the longest or hardest rides available on tour.	Prepare with consistent volume, climbing, descending practice and back-to-back ride days.



Ride Choices

CHOOSE THE RIDE THAT SUITS YOU

Most Bikestyle Tours offer different ride options across the trip. Some guests want the big days, some prefer shorter rides, and some like to choose based on how they feel each morning.

Your itinerary will help you understand the available options. Ride choices may be shaped by distance, climbing, weather, timing, road conditions and the overall plan for the day.

The best approach is to be honest with yourself, listen to the guide briefing and choose the option that helps you enjoy the day. There is no prize for overreaching, and there is a lot to be said for finishing a ride smiling.

UNDERSTANDING THE RIDE RATINGS

HOW TO READ A RIDE DAY

Ride ratings are designed to help you compare options and make a sensible decision. They are a guide only, as conditions on the day can change how a ride feels.

DISTANCE

Consider the total kilometres, but do not judge a ride on distance alone. A shorter ride with steep climbing can feel much harder than a longer flatter day.

VERTICAL ASCENT

Climbing metres are often the biggest factor in how demanding a ride feels. Prepare by riding hills or undulating roads before your tour.

INTENSITY

Some days require more focus due to timing, terrain, weather or road conditions. Your guides will help explain what to expect.

RIDE WITH CARE

SAFETY STARTS WITH GOOD HABITS

You may be riding in a foreign environment, often on unfamiliar roads. Road surfaces, traffic behaviour, descents, tunnels, roundabouts and weather can all be different from what you are used to at home.

Ride within your limits, especially on the first day and on descents. A calm, predictable rider is safer, easier to support and more enjoyable to ride with.



STAY FOCUSED

Keep your eyes ahead, listen for calls, watch for hand signals and anticipate sudden changes in the bunch or road surface.

RIDE PREDICTABLY

Hold your line, avoid sudden braking and make your movements clear to riders around you.

RESPECT THE ROAD

Follow local road rules, be courteous to other road users and listen carefully to guide instructions.

Group Riding Expectations

Group riding can be familiar for some guests and new for others.

- Do not overlap wheels.
- Use hand signals where appropriate.
- Call hazards clearly and calmly.
- Ride no more than two abreast where safe and legal.
- Move to single file when road conditions require it.
- Let a guide know if you are uncomfortable riding in a group.

Descending

Descents can be one of the great joys of cycling travel, but they require care. Leave space, control your speed and avoid taking unnecessary risks. You should always descend at a pace that feels safe for you.

First Day Riding

The first ride is a time to settle in, check your bike, understand the group and adjust to the local environment. Ride conservatively and give yourself time to find your rhythm.

TRAVEL PLANNING

SORT THE ESSENTIALS EARLY

Good travel preparation removes stress later. Once you have booked your tour, start checking the essentials that apply to your personal circumstances and destination.

Every guest is responsible for their own travel documents, entry requirements, insurance, flights and onward travel arrangements. Requirements can vary depending on your nationality, passport, destination and transit points.

- ☐ Check passport validity.
- ☐ Review visa or entry requirements.
- ☐ Arrange suitable travel insurance.
- ☐ Keep copies of key documents.
- ☐ Consider arriving early where possible.
- ☐ Plan flights around official tour timing.



GENERAL ADVICE ONLY

The information below is general. Your tour emails will provide specific arrival and departure timing, meeting points and final instructions for your departure.

Travel Insurance

Travel insurance is **compulsory** for Bikestyle Tours guests. Your policy should be suitable for your destination, travel arrangements and cycling activity. We recommend arranging cover as early as possible after booking, especially to protect against unexpected cancellation costs.

Consider whether your policy covers medical expenses, cycling activity, luggage, delays, cancellation and your bicycle if you are travelling with your own bike.

Passport & Visa Requirements

Check your passport validity early and confirm any visa, entry or transit requirements that apply to you. Requirements can differ depending on your nationality and the countries you visit or pass through.

Flights & Arrival Timing

Your booking confirmation and follow-up emails will provide tour-specific guidance for arrival and departure planning. We strongly recommend allowing plenty of time for international connections, luggage delays and jet lag.

Where possible, arriving at least one day early can make the start of your tour calmer and more enjoyable.

Health & Personal Requirements

Please travel with any personal medication you require and keep important medication in your carry-on luggage. If you have dietary requirements, allergies or medical information that may help us support you, provide this through the guest details process when requested by email.

BIKE PLANNING

START THINKING ABOUT YOUR BIKE

Your bike should be safe, reliable and suited to the riding you plan to do. Whether you bring your own bike or hire one through Bikestyle Tours, early planning helps avoid last-minute stress.

If you are bringing your own bike, plan a service early and test ride it before packing. If you are hiring a bike, your tour emails will explain what personal items to bring.

More detail coming later: The Final Preparation Guide covers packing, bike equipment, technology, laundry, money and the practical items to check before you leave home.



THINK ABOUT YOUR EQUIPMENT

BIKES ON TOUR

BRINGING YOUR OWN BIKE

Have your bike serviced before travel and test ride it before packing. Check tyres, brake pads, cleats, chain, gearing and any parts that may be difficult to replace overseas.

HIRE BIKE GUESTS

If you are hiring a bike, your tour emails will explain the details. You will usually need to bring personal items such as pedals, shoes, helmet, bike computer and preferred saddle if required.

GEARING MATTERS

Many cycling tours include long climbs, steep sections or back-to-back ride days. Suitable gearing can make a major difference to your comfort and enjoyment.

GUEST COMMUNICATION

YOUR EMAILS WILL GUIDE YOU

To keep things simple, we send important information when it becomes useful. That means you do not need to remember every detail now.

Your tour emails may include requests for guest details, clothing sizes, dietary information, travel plans, bike hire information, final itinerary, ride links, arrival instructions and guide contacts.

Please read each email carefully and complete any forms by the requested date. This helps our team prepare the best possible experience for you and the wider group.

Simple rule: This guide explains how to prepare generally. Your emails explain what to do for your specific tour.



FREQUENTLY ASKED QUESTIONS

HELPFUL EARLY ANSWERS

Do I need to be an elite cyclist?

No. Our guests have different riding goals. Some come for the biggest climbs, while others enjoy shorter rides, scenery, culture and the support vehicle experience. The key is to prepare consistently and choose ride options that suit you.

Can I decide my ride option each day?

In most cases, yes. Ride options may depend on the day's logistics, weather and road conditions. Your guides will explain the plan and help you choose.

When will I receive exact arrival details?

Arrival information is sent closer to departure by email. This will include the details that are specific to your tour, such as meeting point, timing, staff contacts and any final instructions.

Should I arrive early?

Where possible, arriving at least one day before the tour begins can reduce stress from flight delays, luggage issues and jet lag. Your tour emails will provide specific arrival guidance.

What if I am nervous about group riding?

Please let us know. Many guests have different levels of group riding experience. Our guides can help you settle in and understand the expectations for safe, predictable riding.