

CBT Tours

Since 1989

2506 N. Clark St., #150
Chicago, IL 60614

ADDRESS SERVICE REQUESTED

A great European biking or hiking trip
doesn't have to cost \$400 a day.

2000 Itineraries

Biking

- Tuscany and Provence
- Ireland's Southwest Coast
- The Scottish Highlands
- England's Cotswolds (including London and Stonehenge)
- Holland's North Sea Coast and the Best of Belgium
- Springtime in Holland
- Paris, the French Ardennes, and Germany's Moselle Valley
- France's Dordogne
- The Best of Switzerland

Mountain Biking

- The Eiger's North Face

Hiking

- Ticino and Lake Como
- The Eiger's North Face
- Winter Hiking the Swiss Bernese Oberland



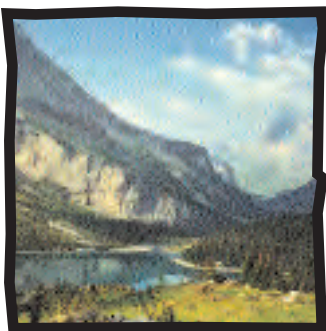
"One of the 50 Greatest Trips
on Our Planet"

—Bicycling Magazine

"The only decently priced
Hiking/Biking tours"

—Arthur Frommer's

2000 European Adventures



Five-star service.
Five-star biking and hiking routes.
Sensible prices.

CBT Tours
Since 1989

Greetings, from Chicago!

It's a pleasure to (re)introduce you to my company, CBT Tours.

While a law school student in Michigan during the mid-80's, I frequently daydreamed (usually during a Property lecture) about a career that didn't require a sportcoat and tie. Invariably, I'd recall my earlier Summer jobs working for adventure travel companies and my time spent guiding travelers throughout North America and Europe.

I decided to start CBT in 1987 while still a law school student. After much marketing trial and error, I was guiding my company's very first tour, three days after graduation. I had only one assistant with me then, an old grade-school friend who was "between" careers.

Since that time, CBT has grown enthusiastically, attracting participants from 12 countries and 48 US States. Our tour guide base has also increased and is a good representation of North American and European personalities. We've been featured in major magazines such as *Newsweek* and *Arthur Frommer's*; in daily newspapers such as *The Washington Post*, *The Chicago Tribune*, and *The Montreal Gazette*; and in several popular guidebook series, among them *Let's Go Europe*.

The CBT philosophy is simple and straightforward: we want to provide you with the opportunity to intimately experience the exciting cultural and geographic regions of Europe, enjoying unparalleled service and attention along the way. On a trip that's sensibly priced.



Staking grapes at a Moselle Valley vineyard.

CBT trips are unique: We don't believe that a first-rate biking or hiking trip has to cost \$400 a day (that extra money probably guarantees you a 24-hour hotel concierge, but not a great trip). Our emphasis focuses on selecting and training outstanding guides while providing you with beautiful itineraries and spectacular routes. Along the way, you'll stay in a hand-picked assortment of quality hotels and bed and breakfast properties, each offering you the comforts you desire at the end of your travel day.

Several years ago, we began customizing itineraries. This is great for groups (as small as 2, as large as 150) desiring an itinerary specific to their pace, comfort level, and time schedule. Whether you're planning a honeymoon, a family reunion, a school trip, or some other event, we'll personally coordinate a trip that meets all of your special requirements.

We want to make sure that your CBT trip exceeds every one of your vacation expectations. Once you've read through this booklet and selected an itinerary, please call or write at any time with questions or comments about your tour. You won't be placed in a menu system which instructs you to push long sequences of buttons. On many occasions, I'll be the voice on the other end of the line. I've designed every trip. I know every travel day's itinerary. And I know every evening's rest stop.

This is the personalized service which sets CBT apart in the travel industry, ensuring that your trip is time and money well-spent. We value every CBT guest, and look forward to hosting you on what we know to be an outstanding travel experience.

We hope to see you in Europe!

Jerry Soverinsky, Director
CBT Tours

PS: I've yet to wear a tie to work.

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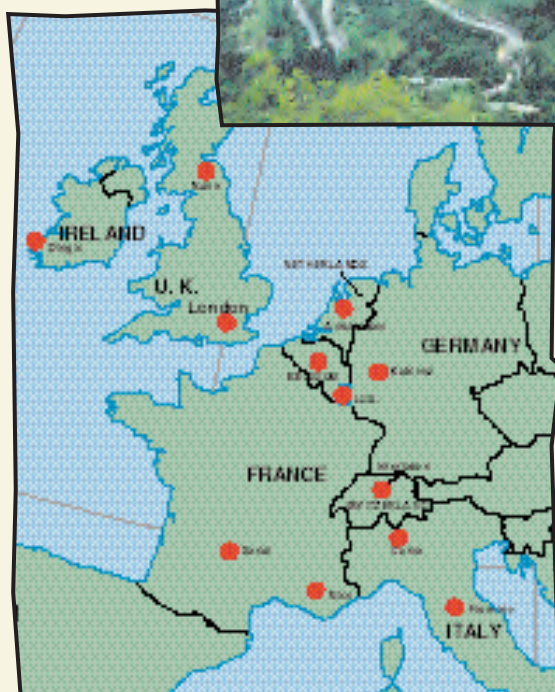
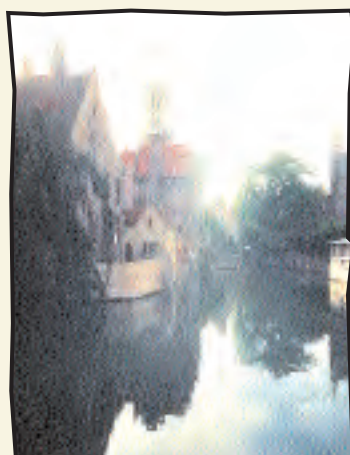
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The CBT Travel Approach

It was important while designing CBT that my tours both enabled and encouraged interaction with local Europeans and their cultures (otherwise, why leave home?). Accordingly, most trips not only visit the European countrysides, but seamlessly incorporate the major cultural centers, too. I always thought it odd that a trip could visit Tuscany without stopping in Florence; the Cotswolds without seeing London; and, well, you get the idea. So almost all itineraries include this important balance. We also incorporate locally-guided excursions on almost every itinerary, providing you with added insight into your tour region's particular specialties.

CBT itineraries maintain unhurried schedules and provide you with the opportunity to experience first-hand the people, places, and cultures of foreign countries. Biking and hiking are not treated as travel ends, but rather, as means for discovery. On most tours, vans carry all of your luggage and supplies, so that you can concentrate on the area that you're visiting--instead of worrying about a bicycle or backpack loaded with 50 pounds of gear.

CBT itineraries allow you the freedom to start and stop when you want. If you see a quaint shop in a tiny French village, rather than pressing your face to the tinted window on a bus and waving to the shopkeeper as you speed by, why not coast to his storefront and test your French language skills, asking him questions about his lifestyle?

There's also a sense of accomplishment derived from a CBT trip. At the end of your tour, you'll feel that not only have you seen a great deal, but that you did it through your own power. Whether it's conquering your first century ride or hiking to the top of a particularly steep pass, you'll take pride and derive immense satisfaction knowing that you were responsible for your own European experiences.



Ireland is the perfect setting for some of Europe's best cycling.

On a CBT tour, you'll recognize that Europe is more than an indoor collection of museums and shops, but that it also contains magnificent scenery and fascinating people.

"A true vacation. You had everything under control. The only thing I had to do was to have a great time and relax. And I sure did. Thanks!"

Theresa Zamponi; Mt. Clemens, MI

A Typical Day

On your CBT trip, you can be assured that each day will be a distinct travel experience. In fact, you'll probably discover that your days are quite different from those of your fellow trippers.



Everyone has time for a mid-morning coffee!

Each evening, your CBT guides will discuss with you the next day's routes, detailing sightseeing opportunities along the way. And rather than dictating what your day's schedule will be, we allow you the freedom to decide what to do and see, at a pace with which you feel comfortable (hiking trips are a bit different, as we require participants to travel with our CBT guides). In addition to cycling, you may decide to hang glide in the Swiss Alps, sail along Holland's North Sea Coast, or go horseback riding in France's Provence region. You may even decide to forego biking or hiking on a particular day and take a train ride to our next city. It's up to you!

Cycling days are spent on either secluded country roads or on separate right-of-way bicycle paths. Most people ride in groups of 2-8 people, though you may prefer to ride by yourself for a change of pace, which everyone likes to do occasionally. However, you never have to worry that you'll be left behind the group, as a CBT staff member will lag behind even the most unhurried traveler. And remember that our CBT van is available to lend a hand, should you desire a break from cycling.

Many tours incorporate layover days after four or five days of travel, allowing you plenty of time for exploration in a larger European town (we frequently offer optional bike rides and walks on these days, too). In addition to a rest from cycling and hiking, these stops also provide a cultural dimension which perfectly complements your countryside visit.

On almost every trip, we've arranged for 2-3 different local guides to offer you detailed, specialized tours of your trip's region (winery tours, historical walks, leather factory visits, floral and fauna explorations, etc., etc.). While these tours are included in your trip cost, each one is entirely optional — feel free to spend your time as you wish.

This travel dimension is without a doubt one of the most appreciated aspects of our trips: their highly-detailed underlying structure, yet the complete flexibility that we allow you along the way.

"The layout of the trip was ideal, bike one day, then have a layover day to enjoy the area. . . with everything together, it was a perfect trip."

Michael Nissen; Carrollton, GA

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CBT Participants

There's no typical CBT participant. We've hosted singles, couples, and even honeymooners(!) on our tours, with all appreciating the underlying structure yet daily flexibility that our tours provide. Ages have ranged from 8-85, with 85% of our participants 30-65. Biking groups last year averaged 21 participants (we limit cycling groups to 24-25 people per tour), while all hiking tours are limited to 12 travelers. There's almost always a good mix of both couples and single travelers on every tour.

CBT participants come from varied backgrounds and exhibit a wide range of athletic capabilities. Some will have never cycled more than a few miles, while others will be able to mark lifetime milestones with obscure bicycling references ("I finished my doctoral thesis in 1975--the year Belgium placed 4 top 10 finishers in the Giro d'Italia, remember?").

You can expect to encounter personalities from varied backgrounds on our trips. During the past few years, citizens from 12 countries, including 48 U.S. States, joined a CBT tour.

We encourage you to sign up with friends (or a spouse), if you like, or to come alone and meet new friends. And regardless of your ability, you'll share with every CBT participant a spirit for adventure and the desire to explore the many alluring qualities of the world's most magnificent areas.



Three-time CBT participant Frank Palmer enjoys a great stretch of Swiss scenery.



You'll share with every CBT participant a spirit for adventure and interest in the world's most incredible scenery.

"I just wanted to tell you again that was without a doubt the best thing I've ever done in my life."

Anne Chamberlin; Nashua, NH

CBT Staff

Each CBT trip has between 1 and 3 staff members (we'll allocate one staff member for every twelve participants). The minimum age for any CBT leader is 24. There were equal numbers of male and female guides for last year's tours.

I personally interview and screen every prospective CBT leader. The primary quality I look for when selecting a guide is his/her ability to relate well with the variety of personalities assembled on our tours. It's not enough for my staff to be expert mechanics and organizers (which they are), but they must have personalities that can withstand the pressures of dealing with several distinct personalities. Because of my heavy emphasis in this area, I require all prospective leaders to endure a lengthy application process which includes a mandatory personal interview.

Those who successfully pass this critical stage must then complete two intensive multi-day training courses, which I personally supervise.



Marco Agostini (from Kandersteg, Switzerland), CBT trip leader since 1997.



CBT guides represent a diverse cross-cultural platform, from almost every corner of the US, Europe, and beyond.

CBT guides almost always represent a diverse cross-cultural platform: whether from Canada, Australia, almost any corner of the US, or from Europe, every CBT guide brings a unique and interesting background to your tour. You'll find your CBT staff to be friendly, outgoing people who share your sense of adventure and excitement. You'll respect their knowledge of the areas through which you travel and

appreciate their responsive and supportive attitudes towards each member of your group. And because each guide plays such an important role in your trip experience, I've gone to extraordinary lengths to ensure that only the very best people will be guiding your CBT vacation.



David Kramer (from Ferndale, Michigan) has led CBT tours in nine countries.

"Doug and Teri were exceptional. They worked hard and handled people on the tour with sensitivity and genuine concern . . . thanks for having folks like this on board."

Scott Wigginton; Louisville, KY

Accommodations

Depending on your CBT itinerary, you'll stay at hotels, villas, pensions, bed and breakfast hotels, and mountain inns, all of which have been selected for



CBT itineraries visit a charming assortment of quaint, local properties.

their personal charm, convenience to interesting attractions, and individual services. A good number are family-run, whose owners will take a personal interest in hearing a recap of your travel day. The great majority of our hotels are rated 3-stars, with a fair

assortment of 2 and 4-star properties along the way.

Trip prices are based on two people sharing a room, though single supplements are almost always available. If you're traveling alone and don't require a single room, it will be our responsibility to find you another single traveler as a roommate--you won't have to pay the single supplement fee, even if we end up placing you in a private room.

Personal charm and cleanliness are the two most important criteria we use when selecting our overnight stops. Last year, 96% of our properties provided private showers and toilets in each room. In those very rare cases when private facilities were not available, the unique charm of the hotel overrode this modest inconvenience.



Our selection of private guesthouses (B&B's) will add an intimacy to your tour that's truly special.

"Great accommodations--everywhere!"

Vina Hyde; Acton, MA

Food

On each CBT tour, all breakfasts and at least one-third of your dinners are included in your tour cost (see individual tour descriptions for an exact breakdown--several itineraries offer all of your dinners). On all trips, we provide group dinners at the beginning and end of each tour, as well as in remote villages where optional choices are limited.

We usually don't provide you with all of your meals, allowing you the freedom to discover restaurants and cafes on your own.

Additionally, you may have the opportunity to visit a special local presentation (live theater in London, a boat cruise in Amsterdam, etc., etc.), which would be impossible if you were to prepay for every dinner. Each evening, when your CBT staff discusses with you the next day's route, they detail for you the different markets, cafes, and restaurants that you can expect to find along your way.

If you have special dietary requirements, it's usually not a problem finding permissible food items. During days when we provide dinners, your CBT staff is always sensitive to your dietary restrictions and will seek your input when confirming the evening menus.



Sampling local specialties is a must on your CBT trip!



Outdoor markets offer the most flavorful tastes.

"It's just a perfect combination of group meals and free evenings."

Brenda Gold; Farmington Hills, MI

CBT Sag Wagon Support

We provide a van that serves as a support vehicle on each tour (except for hiking and mountain biking tours, when other modes of support are available). This "sag wagon" serves a multitude of functions, the most important of which is to enable you to enjoy a carefree vacation.

While some cyclists and hikers prefer to travel as self-contained units and carry all of their belongings in packs that are attached to their bicycles or backs, this usually adds about 30-70 pounds of weight to



CBT support is always nearby!

their journey. Our sag wagon carries your personal belongings, so that the only things you need to carry are what you choose to bring. This usually includes a camera, extra shirt, candy bar, or even a loaf of bread—all which can be carried in a lightweight handlebar bag or backpack.

An important function that the sag wagon serves is its ability to transport you (and your bicycle). If you should awake sick and feel unable to ride, a CBT staff member will transport you to the next night's accommodation (or to a doctor if you need one). Also, you may experience a bicycle breakdown that requires a major repair, in which case, the sag wagon will carry you and your bicycle to your next evening's rest stop. Even if you don't need assistance, you'll travel reassured, knowing our van is following the basic route, ready to lend a hand.

On our hiking and mountain biking tours, there are other means of transport (chairlifts, trains, etc.) which can act as support systems should you tire during the day.

Although the CBT sag wagon is easily accessible, this is not to suggest that you should register for a tour which you know to be far above your ability-level. For maximum enjoyment, we urge you to choose a trip commensurate with your ability and travel goals.

The sag wagon carries all of your personal belongings. It also transports essential CBT equipment, such as First Aid care, bicycle tools, and bicycle spare parts.

"I found CBT's support to be exactly what I'd hoped for—there when I wanted it."

Gabby Grekin; Windsor, NY

Equipment: What to Bring

Bicycle: Bringing Your Own vs. Renting

Transporting a bicycle is simple (we'll send you information on how to prepare a bicycle box—or if you're like most, have a bike shop prepare one—in our pre-trip information packet). Some airlines charge up to \$75 each way for shipping your bicycle. Check to see.

We also offer a **bicycle rental** program with a supply of 18 and 21-speed bicycles. These are bikes that are sold at the end of each season, so in many cases (not all), you'll be using a brand-new bicycle. Each bike comes equipped with a handlebar bag, water bottle mounts, and lock—we merely ask you to bring your own helmet. Bike rental charges are \$22 per trip day. Contact our office for more details.



Whatever bicycle you feel comfortable riding is perfect for your CBT tour.

Clothing and Shoes

A complete clothing list will be sent to you prior to your trip departure. Due to limited space in our sag wagon, we limit the amount of luggage you can bring to one item, either a suitcase, duffel, or backpack.

Accessories

You'll probably find it handy to bring a handlebar bag or small backpack for your tour. These bags enable you to carry small convenient items during your daily rides and hikes.

"I loved my [rental] bike. A real Cadillac!"

Frankie Scheinoha; Walnut Creek, CA

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Answers to Common Questions

Do I need to be a strong athlete?

No. CBT participants exhibit a wide range of athletic abilities. Whatever your activity level, we have several itineraries suitable for you. For maximum enjoyment, it's important to choose a trip commensurate with your ability or travel goals.

Do I need to know bicycle repair?

No. Your CBT leaders are trained in bicycle repair and will have large tool kits and spare parts kits. Although your CBT guides are responsible for taking care of all bicycle repairs, they're happy to show you as much as you want to learn.

Do you have any suggestions for purchasing airline tickets?

We have a good working relationship with a full-service travel agency. Contact us for details.

What about my European arrival and departure?

CBT tours begin and end in cities with major international airports. We include transportation to and from your first and last night's hotels at no additional cost (detailed in your acceptance letter). Contact us as soon as your flight plans are confirmed.

"Thanks for a great experience! There was a good mix of large and small cities, group dinners, free time...and everything else. You all were so much help and are great folks!"

Joy Ruttenbur; Phoenix, AZ

What are your bicycle safety guidelines?

Our routes avoid main roads and heavily-trafficked areas and instead use bicycle paths and rural back roads. Furthermore, all of our routes are updated several times a year. At the beginning of each tour, CBT staff hold a safety meeting where they go over the rules of the different roads and stress safe and proper riding techniques.

Do I need to speak a foreign language?

No. In most of the regions through which our European tours travel, you'll find that there's always a European who speaks English. While many CBT guides speak a foreign language, this is not a requirement. We would never turn away an outstanding guide who didn't know Italian, for instance.

What about medical attention?

CBT staff hold current Red Cross certification for CPR and First Aid. Additionally, they maintain a list of medical facilities for each region through which we travel.

2000 Calendar of Tours

Many of our itineraries run consecutively, enabling you to combine trips. Participants combining tours will receive a \$150 discount from each tour after the first. For example, to combine Ireland's Southwest Coast with the Scottish Highlands, add both tour costs together and subtract \$150. Participants are responsible for interim lodging when combining 2 or more trips. Returning CBT participants receive an additional \$100 discount off of each tour that they select.



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2000 Tour Dates

		Page #	# of Days	MAR	
B I K I N G	Springtime in Holland	18	7		
	Tuscany & the South of France	15	13		
	France's Dordogne	16	8		
	Ireland's Southwest Coast	14	10		
	Holland & Belgium	18	13		
	Paris to Frankfurt	17	12		
	England's Cotswolds	13	10		
	The Scottish Highlands	11	8		
	The Best of Switzerland	12	10		
M T N B I K I N G	The Eiger's North Face	19	9		
H I K I N G	Winter Hiking Switzerland	20	8	18-25	
	The Eiger's North Face	20	9		
	Ticino & Lake Como	21	8		

Trip Rating System

We rate each tour on a scale of 1 to 5. While essentially an objective rating scale, it also considers participant feedback over the past ten years, weighted more heavily with comments from the past three years.

Please note that the difficulty rating does not reflect the length of each ride, but rather, the terrain encountered. We rate each tour as a whole, averaging the daily rides. This means that on a given trip, a few days may be more difficult than the average rating, while a few days may also be easier. For maximum enjoyment, we encourage you to select a trip commensurate with your ability or travel goals. As a general guideline:



“We hit an impressive number of spectacular sites, more than I would have seen on my own. Far more.”

Rob Gray; Lincoln, NE




BIKING

1 bicycle 

A simple ride with no climbs.

2 bicycles  

Overall a flat and easy ride with an occasional hill or two. Hills encountered rarely exceed elevation gains of 400 feet and seldom last for more than a few hundred yards.

3 bicycles   

A mixture of terrain, with stretches of flat road mixed with rolling hills. A few hills exceed elevation gains of 800 feet. A very small number of hills extend for 2-4 miles, though the grades almost all remain under 8%.

4 bicycles    

Hilly terrain with grades that occasionally top 8-10%. A few climbs exceed 5 miles in length.

4.5 bicycles     

Mountainous terrain with passes that on multiple occasions exceed grades of 15%, lasting for long distances. Several climbs exceed 7 miles in length.

HIKING

Please consult each specific hiking itinerary for a detailed breakdown of each day's route.

MAR	MAY	JUN	JUL	AUG	SEP	OCT
	1-7					
		13-25			16-28	16-28
		29-July 6			5-12	5-12
		18-27	24-Aug 2	30-Sep 8		
		22-July 4	20-Aug 1			
			6-17	3-14		
			1-10	6-15		
			13-20	17-24		
			9-18	20-29		
			18-26	29-Sep 6		
8-25						
			18-26	29-Sep 6		
			10-17		7-14	

Customized Tours

Let CBT guide you and your friends on a private tour, where and when you want

We offer you the additional opportunity to select your own private tour through Europe with an itinerary that's specific to your needs. Over the past few years, we've hosted families, schools, honeymooners, non-profit organizations, and Fortune 500 companies on our trips, each attracted to our ability to meet their individual demands. Some recent examples include: Tour de France trips; Italian cooking tours; Matterhorn climbs; high school trips; culinary excursions; St. Patrick's Day tours; family trips; and we even planned the on-site research portion for a student's thesis on Ireland!

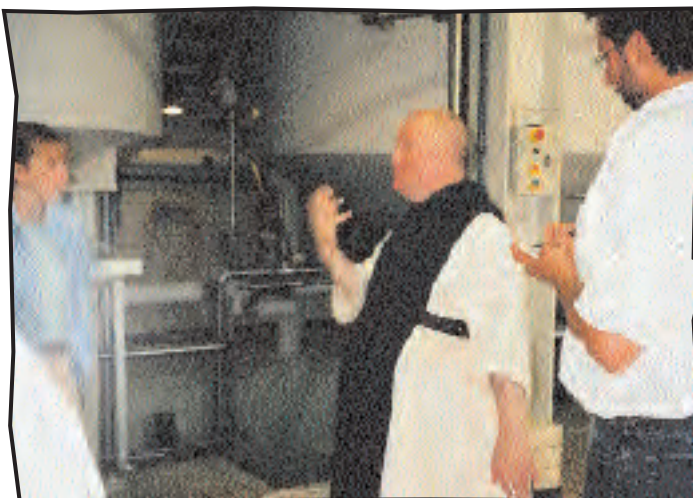
We know Europe, and we welcome the opportunity to show it to you in as much depth as you like. Whether biking, hiking, walking, mountain biking, or just plain sightseeing, we're pleased to speak with you and provide you with a comprehensive package (or partial package--whatever suits your plans), complete with experienced CBT staff. Or perhaps you want a self-contained trip with no guides--it's up to you!

Usually within 48 hours of your request, we can provide you with a formal quotation for your tour. As for price, you may be pleasantly surprised at how affordable a private trip can be--especially as your group numbers increase!

We're committed to offering the very finest European tours, each with the utmost attention to service and quality! And what better way to really experience Europe than with your own personalized itinerary. Call us today for information!

"Your attention to detail is overwhelming, thanks for an incredible experience. And how you got us VIP seating for the final stage [of the Tour de France] is beyond me."

Robert Glen; Chicago, IL



A Belgian monk explains the production process for Trappist beer to a private CBT culinary group.



A combined Tuscany biking and culinary trip was the perfect itinerary for these friends from Washington!



Let CBT customize an itinerary to your tastes and pace. Pictured above is the final stage of the Tour de France.

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The Scottish Highlands

Undisturbed cycling beauty drenched with festive Scottish culture and charm

The Scottish Highlands just might be the most ideal place for a cycling trip! Incorporating miles and miles of endlessly scenic roads with some of the most charming villages that you could ever imagine, it's paradise for those who crave quality bike-time in a picture-perfect setting.

Every riding day affords you generous stretches of open roads, dotted by centuries-old villages in a countryside blanketed by wild heather. And whatever your traveling tastes might be, the Highlands offers an attractive answer: whether you favor beaches or mountains, romantic solitude or active traveling, bustling towns or quaint villages, you'll find a little bit of all of these on this tour.

I've added an extra day onto this year's trip (a layover day in Braemar), creating a very well-paced itinerary while allowing you ample time to intimately explore each of your day's exciting sites.

Days 1-2 Nairn

Your trip begins in Nairn, a quaint seaside village ideal for your introduction to Scottish culture. You have several cycling routes from which to choose during your layover day (ranging from 14 to 60 miles), leading you past castles, forests, ancient fortresses, and a mesmerizing collection of peaceful, countryside roads. We've also arranged for a Highland Theme presentation your first night, a festive presentation of Scottish music and culture and a great way for you to meet your fellow CBT travelers.

Day 3 Nairn to Grantown-on-Spey

40 or 56 miles

Day 4 Grantown-on-Spey to Braemar

46, 56, or 66 miles

Day 5 Braemar

Layover Day; several riding options

Day 6 Braemar to Pittlochry

40, 50, or 65 miles

2000 Departure Dates

July 13-20

August 17-24

Cost: \$1595

Trip Rating: 3.25



Accommodations & Food

7 nights hotels and B&Bs

7 breakfasts, 3 dinners

Trip Begins: Inverness Airport

Trip Ends: Glasgow Airport

Day 7 Pittlochry

Layover Day; several riding options

Day 8 Departure Home

The days from Nairn through Pittlochry offer tremendous cycling, incorporating all that the Scottish Highlands has come to represent: lush forests, moors, hills, mountains, farms--all dotted with friendly, picturesque villages. You'll interact closely with locals and their customs, appreciating the warm, approachable dispositions of the Scottish people. Our cycling paths are almost always on secluded, lightly-traveled roads, the perfect opportunity to experience first-hand the rugged Scottish countryside. In a few cases, our route overlaps the famous "Whisky Trail," offering you opportunities to view the production process and sample some of Scotland's finest Single Malts.

The ride from Grantown to Braemar is particularly difficult (there are three challenging passes to climb!). We've chartered a private motorcoach to assist riders who otherwise would like to participate on this trip but who are unprepared for a full day of climbing. The trip rating averages all of the rides except for this one.



The Best of Switzerland

A perfect combination of magnificent countryside riding and Switzerland's most impressive cities and towns, including visits to Zurich, Luzerne, Berne, and Interlaken

"The staff was incredible. The scenery was overwhelming. It was as near perfect a vacation as I have ever had."

Brandon Stowe; Gastonia, NC

I've led this trip more than any other CBT itinerary, and each time I return home, I quickly scan my calendar to find the next opportunity to go back. Combining superb cycling with the highlights of traditional Swiss-German culture, this truly is a fantastic itinerary.

This trip is immediately followed by both our North Face Hiking Tour and North Face Mountain Biking Tour, enabling you to seamlessly construct an outstanding multi-sport vacation.

Days 1-2 Zurich

Welcome to Zurich, one of Switzerland's most important cities. Relax and enjoy the many activities around town: you can swim in the sparkling-clean Limmat River; visit elegant shops and boutiques in the Altstadt; or take a day ride along the tranquil Zurichsee.

Day 3 Zurich to Einsiedeln

31 miles

Today's ride begins with an easy ride along the Zurichsee, its crystal-clear waters dotted with lazy sailboats and steamers. The ride finishes with a challenging climb to Einsiedeln, a 1000-year old pilgrimage center and a picture-perfect choice for your introduction to Swiss towns and villages.

Day 4 Einsiedeln to Luzerne

30 miles

Day 5 Luzerne

Layover Day; cycling option of 30+ miles
The ride from Einsiedeln is beautiful yet relatively easy. You'll pedal anxiously for Luzerne, the cultural center of Switzerland, where you'll have a full day to sightsee and relax. You may decide to rent a boat on the Vierwaldstatter See, a magnificent lake at the base of a spectacular snow-capped mountain range. The nightlife in Luzerne is lively, providing you with endless opportunities for excitement.

Day 6 Luzerne to Berne

58 miles

Day 7 Berne

Layover Day; cycling option of 25+ miles
The ride from Luzerne poses some short, challenging climbs, but always among spectacular scenery! You'll head for the Swiss capital Berne, one of Europe's smallest and most charming capital cities.

Day 8 Berne to Interlaken

31 miles

Day 9 Interlaken

Layover Day; cycling options of 25 or 55 miles

Day 10 Departure Home

Your easy ride from Berne follows the coast of the Thunersee, a picture-perfect lake in the spectacular Jungfrau region. Nestled between the Thunersee and Brienersee, Interlaken is one of the most exciting travel destinations in all of Europe. During your layover day, you can hang glide(!), hike to a group of ice caves, or take a full-day excursion to the top of the 3,454-meter Jungfrauoch, experiencing one of the world's most magnificent mountain journeys. Interlaken also has a vibrant nightlife, with dozens of exciting restaurants, cafes, and clubs.

2000 Departure Dates

July 9-18

August 20-29

Cost: \$1920

Trip Rating: 3.25



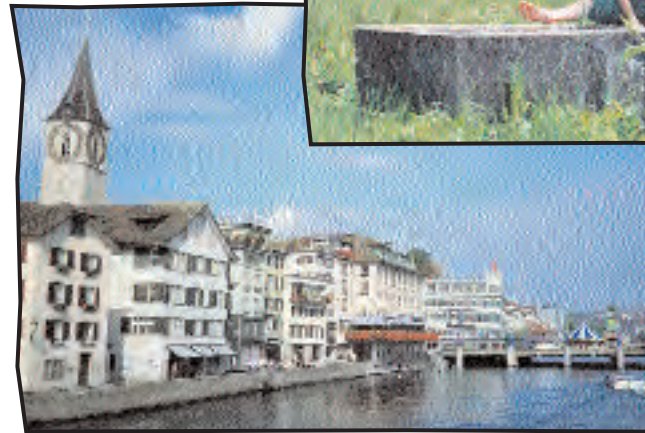
Accommodations & Food

9 nights hotels

9 breakfasts, 3 dinners

Trip Begins & Ends

Zurich Airport



England's Cotswolds

A fantastic itinerary, including visits to London, Stonehenge, Bath, and Stratford-upon-Avon

This was my very first European biking trip, one that I led in 1985. It's a delightful combination of rolling hills, soothing rivers, and absolutely charming villages. Because of its close proximity to London, I also incorporate this (London) as a starting-point for the tour, enabling you to enjoy a perfect balance of big-city sightseeing with tranquil countryside riding.

This is a great trip for riders of all abilities, affording novices an easy introduction to bicycle touring and more experienced riders the opportunity to intimately explore the absolute best area of England.

Days 1-2 London

Welcome to London! You'll soon discover London to be one of the world's most exciting cities, rich in culture, charm, and nightlife! I've visited London at least a dozen times, though I still find something new during each trip: whether visiting a world-renowned museum, wandering through an expansive park, or taking in a play at a West End theater, there's something for every travel taste.

Day 3 London via Stonehenge to Bath

Day 4 Bath

Layover Day; cycling option of 20+ miles

We leave London by private motorcoach as the cycling in London is unsafe. We pay a morning visit to Stonehenge, a dramatic collection of 5,000 year-old massive stones whose specific meaning is still a mystery. We arrive in Bath in the early afternoon, affording you a full day for sightseeing and cycling.

During its Roman occupation, Bath became famous for its comprehensive network of underground thermal baths (while you can visit the pools, no bathing is allowed). You'll also have an opportunity to stretch your legs on a very easy layover day bike route, following a dedicated waterway bike path.

Day 5 Bath to Malmesbury

39 miles

Day 6 Malmesbury to Burford

36 miles

Day 7 Burford to Stow-on-the-Wold

35 miles

These rides contain gently rolling hills, leading you past absolutely delightful countrysides and charming villages. You'll visit hamlets and towns seemingly frozen in time from centuries past, wandering lazily through their market squares.

Your route will lead you through the most scenic areas of the Cotswolds, passing through the towns of Barrington, Rissington, Bourton-on-the-Water, and the Slaughters (Upper and Lower).

Day 8 Stow-on-the-Wold to Stratford-Upon-Avon

42 miles

"Your itineraries are planned perfectly."

Michael Stone; Miami, FL

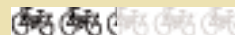
2000 Departure Dates

July 1-10

August 6-15

Cost: \$1955

Trip Rating: 2.2



Accommodations & Food

9 nights hotels

9 breakfasts, 4 dinners

Trip Begins & Ends

London's Heathrow Airport

Day 9 Stratford Layover Day

Layover Day; several cycling options available

Day 10 Departure Home

You'll pedal anxiously for Stratford, birthplace of Shakespeare and today an important cultural destination in England. Your tour's last bike ride finishes along a dedicated bike path, following a dismantled railroad track up to Stratford's town limit. Included in your trip price is also admission to a Shakespeare play during the evening of Day 8.

During your layover day, you have plenty of time to explore Stratford in a relaxing fashion, wandering its bustling streets or perhaps enjoying a layover day bike ride.



CBT Tours

800-736-2453

Ireland's Southwest Coast

Discover the rugged beauty of Ireland's most extraordinary scenery

Why is this tour consistently one of my company's most popular itineraries? Let's see...start with some of the world's friendliest and most accommodating people...add scenery which is strikingly beautiful...don't forget cycling routes which follow remote, lightly-traveled roads...and you have all of the necessary ingredients for an outstanding tour.

Your days will be full but well-paced, including frequent layover days in areas with both riding options and sightseeing opportunities. You'll meet dozens of locals, whether during the course of one of your daily rides, or while sipping a pint of Guinness at a local pub.

Without question, you'll agree that Ireland is special, retaining a pace and character that endears it to every visitor.

Days 1-2 Castletownbere

We shuttle you from Shannon's airport to our first night's lodging, where you can unwind and meet your group members and CBT staff at a traditional Irish group dinner (with live Irish entertainment). On your layover day, you can enjoy a four-star day of challenging riding (optional rides of 12-62 miles) along dramatic changes of scenery: spots of white beaches, rugged cliffs, and miles of wild heather, leading you past several daytime sites. You may decide to visit historic Dunboy Castle, take a cable car to Dursey Island, visit the Cliffs of Cods Head, or extend your ride through the Ring of Beara.

Day 3 Castletownbere to Killarney

51 miles

Day 4 Killarney

Layover Day; cycling option of 25 miles
The ride to Killarney is quite challenging, leading you over two hills, Healy Pass and Moll's Gap (the Irish frequently name their climbs). Passing through Kenmare, you'll pedal anxiously today for Killarney, one of the most festive towns in all of Ireland. On your layover day, feel free to join our local Killarney guide for a private bicycle tour of its National Park and nearby sites. A great way to spend a relaxing afternoon!

Day 5 Killarney to Dingle

42 miles

Day 6 Dingle

Layover Day; cycling option of 32 miles

The ride from Killarney is relatively easy, and you'll follow the Dingle Bay, passing through the popular Inch Strand. This 3-mile expanse of beach makes a great place for an afternoon walk, where you can relax and enjoy the crashing surf.

Although Day 6 is a layover day, you'll probably decide to cycle the Dingle Peninsula, marveling at some of the most wonderful cliff scenery in Ireland. Relatively easy in terrain, the route is never short on beauty, as you'll pass dozens of ringforts, stone monuments, and various other reminders of ancient Irish history.

Day 7 Dingle to Tralee

32 miles

You'll cycle across the challenging Connor Pass today (an optional route bypasses this 4-mile climb) and the magnificent Brandon mountain range, reaching a vantage point that enables you to see across the Dingle Bay to the MacGillycuddy Reeks. We spend the night in Tralee, a lively town with an assortment of restaurants and nightlife.

Day 8 Tralee to Kilkee

42 miles

Today's ride passes through friendly Irish villages, enabling you to stop and enjoy the daily life of the Irish. While in Tarbert, you'll board a ferry that crosses the River Shannon before stopping in Killimer, a great place to enjoy a lazy lunch. We spend the night in Kilkee, a delightful Irish town, with our hotel a very short walk from the bay and nearby cliffs.

"Biking Ireland was an incredible experience. Words cannot describe what a thrill it was."

Judith Stanhope; Portland, ME

2000 Departure Dates

June 18-27

July 24-August 2

August 30-September 8

Cost: \$1760

Trip Rating: 3.25



Accommodations & Food

7 nights hotels, 2 nights B&Bs

9 breakfasts, 3 dinners

Trip Begins & Ends

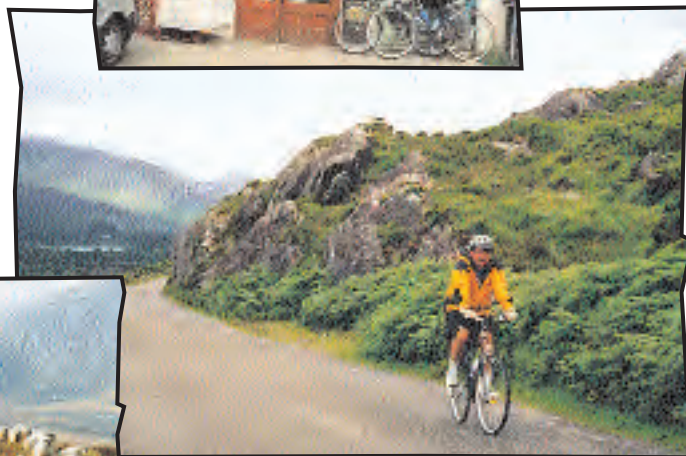
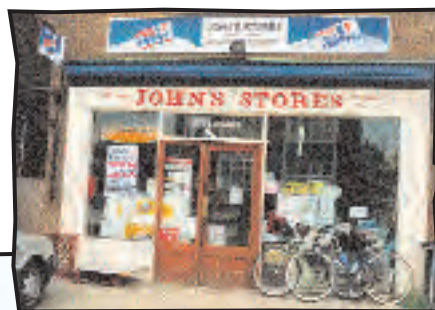
Shannon Airport

Day 9 Kilkee to Liscannor

30 miles

Day 10 Departure Home

The ride from Kilkee follows the sea for much of the route, and you'll pass the majestic Cliffs of Moher, a fantastic place to wander for an afternoon of sightseeing. One of Ireland's most famous Natural sites, you can gain a tremendous lookout point of the region by venturing to the nearby O'Brien's Tower. While here, in addition to spectacular seaside scenery, you'll be able to see numerous varieties of seabirds, especially puffins.



CBT Tours

800-736-2453

Tuscany and the South of France

A remarkable trip exploring Italy's Tuscany region (including Florence) and France's Provence region

"It was one great trip, everything I had hoped for, and I can't wait to try another one soon."

Peggy Morgan; Leawood, KS

This is one of my favorite riding trips, incorporating two of the most exciting areas in Europe: Tuscany and the South of France. Without question, this is a fantastic itinerary, exposing you to a diverse collection of cultures, geography, and food(!). In addition to wonderful countryside cycling, we include several privately-guided tours, including wine-tasting in the Chianti region and an historical walking tour in France.

Italy

Days 1-2 Florence

During your Florence layover day, relax and enjoy the many cultural sites that Florence has to offer. Whether visiting a museum, shopping at outdoor markets, or eating a gelato (Italian ice cream) at an outdoor cafe, you'll love the ambiance and charm of this favorite Italian city.

Day 3 Florence to Greve in Chianti

19, 29 or 49 miles

Day 4 Greve

Layover Day; several riding options

During the ride from Florence, we enter the area known as "Il Chianti," the only region authorized to produce the authentic "Chianti Classico" wine. You'll fall instantly in love with the peaceful and friendly Tuscan countryside, its hills dotted with vineyards and olive groves.

On your Greve layover day, several participants last year visited nearby Siena, a wonderful pedestrian-only city, ideal for an afternoon of sightseeing.

Day 5 Greve to Tosi

33 miles

Day 6 Tosi

Layover Day; optional rides of 10-45 miles

The ride from Greve is fantastic, though it contains a physically demanding climb (7 miles!). During our layover day, feel free to cycle any of our

planned rides, with a distance to suit any ability. Or you might decide to visit nearby Vallombrosa, a rich, forested region ideal for afternoon walks or hikes.



France

Day 7 Tosi, Italy to Coursegoules, France

Private Motorcoach

We depart Italy by private motorcoach to France, arriving in the late afternoon in the region bordering Cote d'Azur. We'll have a festive group dinner tonight in Coursegoules, a charming village seated at the base of Mount Cheiron.

Day 8 Coursegoules to St. Cezaire

35 or 47 miles

Our first French riding day borders the Pre-Alps region known as Haute-Provence, a tranquil area ideal for cycling. You'll pass dozens of sleepy French villages en route to St. Cezaire, a former Roman stronghold perched in the midst of a lush, green plateau.

Day 9 St. Cezaire to Fayence

18, 25, or 30+ miles

Today's ride begins with scenic stretches of road overlooking the distant Mediterranean and Riviera coastlines. Banked on either side by mountains, our itinerary leads us to Fayence, a romantic town set between the mountains and sea.

Day 10 Fayence to Aiguines

54 miles

Day 11 Aiguines

Layover Day

The ride from Fayence is my favorite of the tour, a challenging route that carves its way through the Canyon du Verdon, a massive Natural limestone excavation lining the banks of the Verdon River. We spend a layover day in Aiguines choosing from among numerous activities: whether cycling, hiking, or sunbathing at the crystal-clear Lac Ste. Croix, the choice will be yours!

2000 Departure Dates

June 13-25

September 16-28

October 16-28

Cost: \$2210

Trip Rating: 3.8



Accommodations & Food

12 nights hotels

12 breakfasts, 7 dinners

Trip Begins: Florence Airport

Trip Ends: Marseille Airport

Day 12 Aiguines to St. Maximin

44 miles

Day 13 Departure Home

Our last riding day is spent visiting the Provence region, a magnificent retreat of Natural beauty and vegetation dotted by rich, historic villages. We'll enjoy a festive group dinner before our departure home the following morning.



France's Dordogne

A dramatically beautiful excursion exploring our prehistoric past

The Dordogne is a land frozen in time. It's an area where both history and Nature peacefully coexist, with its prehistoric caverns perfectly complementing its seemingly endless stretches of tranquil, picturesque scenery. The challenging landscape (this area is not flat!) leads you past dense pockets of fragrant woods, gushing rivers and streams, majestic cliffs, and remarkable impressions of prehistoric humanity.

Food and wine connoisseurs will also love this trip: the area overflows with scrumptious food and drink, savory rewards at the end of each cycling day.

This tour incorporates the most important and impressive towns of this area at a pace which allows you ample time to intimately explore its abundant sites and treasures. We also include several locally-guided tours, providing you with an in-depth view of a truly spectacular region!

Days 1-2 Sarlat

Enroute from the Toulouse Airport, we stop first at the Grottes de Lascaux, Europe's number one prehistoric site (by virtue of both the quality and quantity of its prehistoric paintings--over 1500!). Created between 15,000-17,000 years ago, the works provide you with the necessary background to fully-appreciate the Dordogne region (public visits are allowed in Lascaux II, a perfect replica of the original caves).

Sarlat is a special place at which to begin your tour. Wandering its ancient streets, you can't help but smile as sunlight drenches the golden-hued stone walls of this delightful town! Surrounded by wooded hills, Sarlat preserves much of its centuries-old charm in a "market-town" atmosphere. Its winding medieval streets lead you through a vast collection of shops and stalls, many peddling a delicious assortment of locally-produced foods. Your 28-mile layover day ride is a virtual treasure-trove of prehistoric sightseeing, including a visit to Les Eyzies de Tayac ("Pre-History" capital of the world), where the skeletal remains of Cro-Magnon man were discovered.

Day 3 Sarlat to Rocamadour

38 miles

Day 4 Rocamadour

Layover Day; cycling option of 24 miles
What a great cycling day! Your route from Sarlat

snakes along the Dordogne River, affording you miles of wonderful scenery. You'll next pass the Grottes de Lacave, perhaps visiting its extensive network of caves. Finally, as you approach Rocamadour, this truly is a magnificent picture--arguably France's greatest and most impressive! With its brittle castle ramparts looming high above, Rocamadour's collection of medieval dwellings hangs precariously to the top of a limestone cliff. Seemingly defying gravity, this is an absolutely extraordinary site!

Your layover day ride visits the Gouffre de Padirac, a massive collection of cave galleries (over 13.5 miles worth!), whose limestone walls were carved by a subterranean river.

Day 5 Rocamadour to Cahors

48 miles

Day 6 Cahors

Layover Day; cycling option of 38 miles
Our ride from Rocamadour is quite challenging, leading you to the Lot River and the medieval town of Cahors. Cahors has produced its own wine for more than 2,000 years (from the ct noir grapes), a wonderful vintage which gracefully complements any meal (well, maybe not your morning coffee and baguette, but a late morning brunch, for sure!).

Your layover ride visits the Grottes de Pech Merle, yet another striking cavern housing 20,000 year old prehistoric art!

Day 7 Cahors to Figeac

48 miles

Day 8 Departure Home

Our two customized group tours that visited the Dordogne earlier this year fell in love with Figeac, a charming medieval town blanketed with half-timbered houses and sandstone homes (testament to its prestigious commercial past). Figeac's roots began with its tenth century monastery, and the town quickly developed prominence along a pilgrimage route. Many of its 14th century homes still remain, providing the ideal backdrop and summary for a fairy-tale week of cycling.

"CBT trips allow you to get away from everything and enjoy quality time on your bicycle with great people."

Keri Green; Whitehall, PA

2000 Departure Dates

June 29-July 6
September 5-12
October 5-12

Cost: \$1575

Trip Rating: 3.25

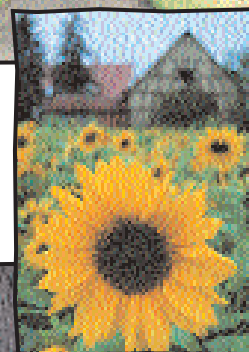
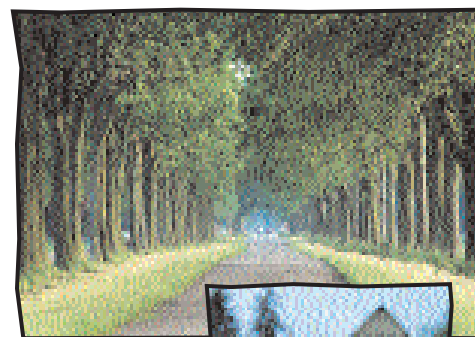


Accommodations & Food

7 nights hotels
7 breakfasts, 4 dinners

Trip Begins & Ends

Toulouse Airport



Paris to Frankfurt:

the French Ardennes, Luxembourg, and Germany's Moselle Valley

Tranquil cycling, charming villages, and delicious food and wine enthusiastically capture this exciting 3-country tour

I love this itinerary! Great biking, great food, great wine, and great champagne! A perfect combination for a wonderful route that covers three distinct cultural areas. Beginning in France, you'll spend a full day+ in Paris, one of the world's most exciting cities. From here, you'll head to the Champagne-Ardennes region, a tranquil area ideal for cycling. The midpoint of your trip visits Luxembourg, a 1000-year old fortified town set amidst dramatic scenery. Finally, you'll enter Germany and cycle leisurely along the famed Moselle River, a lazy waterway leading you past picturesque towns and villages.

France

Days 1-2 Paris

You'll soon discover Paris to be one of the world's most fascinating cities, rich in culture, charm, and beauty. Whether visiting a world-renowned museum, strolling through a tree-lined park, or power-shopping in an ultra-chic fashion district, there's something to appeal to every taste.

Day 3 Paris to Epernay

Private Motorcoach

Epernay to Reims

21 or 65 miles

We leave Paris by private bus as the cycling is unsafe on the crowded Parisian streets. During your ride to Reims (pronounced "Rans"), you'll cycle along scenic fields of champagne vineyards and forested hills. Both Epernay and Reims reign as France's champagne centers, and you can spend much of your afternoon visiting the many caves that house this bubbly beverage. You'll also marvel at the spectacular Cathedral of Notre Dame, Reims' majestic 13th-century architectural masterpiece and

site of France's coronations from centuries past.



Day 4 Reims to Donchery

68 miles

Day 5 Donchery to Montmedy

33 or 72 miles

During the next two days, you'll travel through the Ardennes, a peaceful, forested region ideal for cycling. Your rides will take you through dozens of tiny French villages, following serene country roads that wind through the undisturbed French countryside. While our ride to Donchery is quite long (about 25% of last year's participants required a small van boost), everyone fell in love with our evening's destination, a magnificent country estate set in a fairy-tale-like setting. Upon reaching Montmedy, you may decide to visit its perfectly-preserved citadel, a centuries-old fortification set high up in the hills.

Luxembourg

Day 6 Montmedy to Luxembourg City, Luxembourg

40 miles

Day 7 Luxembourg City

Layover Day

During today's ride, you'll cycle through three countries, spending the morning in France, the afternoon in Belgium, and the evening in Luxembourg! You'll find that Luxembourg City is unlike any city that you've seen, as it harmoniously incorporates several distinct periods. Once one of the most powerful fortresses in the world, it's preserved many of its historic relics of centuries past. You can stroll through the city's many parks, wander through the underground network of solid rock tunnels (called the Casemates), or drift through its bustling central market square, perhaps sipping a coffee at an outdoor cafe.

Day 8 Luxembourg City to Echternach

28, 40, or 65 miles

You'll discover more of Luxembourg's beauty today as you travel through its "Little Switzerland" region. Appropriately named, you'll pass lush

woods, taking frequent picture stops at the many waterfalls and rocky cliffs. You'll spend the night in Echternach, a charming, thousand-year old town surrounded in the distance by gentle hills and rich forests.

"It's always a little scary selecting a tour based solely on the brochure, but it definitely lived up to my high expectations."

Mary Korman; Austin, TX

2000 Departure Dates

July 6-17

August 3-14

Cost: \$2195

Trip Rating: 2.25

France: 3



Luxembourg: 2



Germany: 1



Accommodations & Food

11 nights hotels

11 breakfasts, 5 dinners

Trip Begins: Paris' Charles de Gaulle Airport

Trip Ends: Frankfurt Airport

Germany

Day 9 Echternach to Schweich,

Germany

28 or 60 miles

Today, you'll cycle into Germany and meet up with the lazy Moselle River, its banks lined with bountiful vineyards. You'll discover Trier, Germany's oldest city, which boasts of a rich ancient Roman history. You might also decide to visit the birthplace of Karl Marx, now a museum near its city center.

Day 10 Schweich to Bernkastel-Kues

39 or 60 miles

Day 11 Bernkastel-Kues

to Cochem

47 or 65 miles

Day 12 Departure Home

These next two bicycling days follow the Moselle River, allowing you to experience first-hand the dozens of charming, quaint towns that line its gentle banks. You can visit 500 year old castles, sample fresh delicacies from local bakeries, or relax with a glass of homemade wine at a Moselle winery. Our evenings are spent in spots where you'll find diverse attractions, from quaint cafes and wine bars to festive restaurants.

CBT Tours

800-736-2453

Amsterdam to Brussels:

Holland's North Sea Coast and the Best of Belgium

Includes city visits to Amsterdam, Delft, Brugges, and Brussels

"It was an excellent, excellent trip! I really enjoyed every part of it."

Laurel Gault;
Mississauga, Ontario Canada

For pure cycling enjoyment and cultural diversity, this is by far my best recommendation! Beginning in Amsterdam, you'll spend a full day wandering its bustling network of canals, admiring centuries-old architecture in a sophisticated cosmopolitan environment.

The biking is enjoyable for cyclists of all abilities. You'll parallel the North Sea Coast for much of the Dutch segment of the tour, following dedicated biking paths along wild heather and sand dunes, never more than a few hundred yards from the sea. You'll end the Dutch portion in Delft, one of Holland's most charming cities, renowned for its pottery.

From Delft, we shuttle you by private motorcoach to Belgium for the second half of the tour. Our itinerary through Belgium covers a wonderful sampling of Belgian countrysides and important cities, from the Flemish portion in the North to the French portion in the South. You'll end the trip in Han sur Lesse, a delightful town in the scenic Ardennes.

Springtime in Holland

This trip is also offered during the famous Spring "Flower Season" as a Holland-only week of cycling. It follows the identical itinerary as above and below, though it ends with a shuttle from Delft back to the Amsterdam airport on Day 7.

Holland

Days 1-2 Amsterdam

You'll begin your trip in Amsterdam, one of Europe's most impressive cities. With a generous assortment of important museums (the Anne Frank Haus, Van Gogh Museum, Rijksmuseum), wonderful architecture, great shopping, and exciting restaurants, your free time here will be quite full. One of my favorite eating experiences, the Indonesian "rijstaffel," will be offered for your first night's group dinner in Amsterdam. Incorporating dozens of small, fragrant dishes in a traditional Dutch-Indonesian setting, this is the perfect springboard for your European experience!

Day 3 Amsterdam to Zandvoort

20 miles

Today's ride is flat! flat! flat, leading you through the Dutch market town of Haarlem en route to Zandvoort, a holiday seaside resort. You'll take long walks along its sandy beach, perhaps enjoying a stroopwafel cookie and strong "kopje koffie" at an outdoor cafe.

Day 4 Zandvoort to Den Haag

32 miles

Day 5 Den Haag

Layover Day

The ride from Zandvoort follows the dedicated North Sea bicycle path almost exclusively, leading you along gently rolling hills of wild heather and sand dunes. You'll pass the exciting Dutch holiday seaside town of Noordwijk en route to Den Haag, perhaps stopping at a secluded North Sea farmhouse for Dutch pannenkoeken (pancakes). During our layover day, we've arranged for a local Dutch guide to escort you on a walking tour through the city's major sites.

NOTE: For the Springtime in Holland Tour, your ride on Day 4 stops at the renowned Keukenhof Gardens, the focal point in Europe for the Dutch flower industry. Admission to this park is included in your trip price.

Day 6 Den Haag to Delft

32 miles

We spend the first half of today's ride again along the North Sea Coast, perhaps savoring a lazy lunch at a Hoek van Holland cafe. You'll pedal anxiously for Delft, a charming Dutch village that still retains much of its medieval atmosphere.

Belgium

Day 7 Delft to Brugges, Belgium

Private Motorcoach

We board a private bus today for a short transfer to Belgium, where we'll spend the remainder of our trip. Brugges is one of my absolute favorite European cities, perfect for beginning a venture into Belgium (its many canals have earned it the distinction of "The Venice of the North").

Day 8 Brugges to Gent

32 miles

Today's ride visits the heart of the Flanders region, affording you the opportunity to visit dozens of interesting small towns and villages along our route. We spend the night in Gent, an historically rich town with outstanding architecture and a lively central downtown area.

Day 9 Gent to Brussels

42 miles

Day 10 Brussels

Layover Day

We allow you a full day to explore Brussels, one of

Europe's most exciting cities. Whether wandering its bustling streets, sipping coffee at an outdoor cafe in the Grote Markt, or visiting one of its interesting museums, your time here will be one of your tour's highlights.

Day 11 Brussels to Namur

40 miles

We leave Brussels together (it's a bit confusing navigating the streets alone), stopping first in Waterloo, learning about the famous 1815 battle. The view from the top of the Butte du Lion affords everyone a strategic view of the former battleground. As we enter the Ardennes region, the terrain becomes a bit more rolling and the daily life a bit more relaxed. We spend the night in Namur, a charming town perched at the junction of the Sambre and Meuse rivers.

Day 12 Namur to Han-Sur-Lesse

40 miles

Day 13 Departure Home

Our last day's ride continues through the Ardennes, and you'll pedal anxiously for Han-Sur-Lesse, a sleepy town with an extensive network of underground grottoes (ideal for late-afternoon exploration).



Springtime in Holland**2000 Departure Dates**

May 1-7

Cost: \$1565**Trip Rating:** 1.5**Accommodations & Food**

6 nights hotels

6 breakfasts, 3 dinners

Trip Begins & Ends:

Amsterdam Airport

Holland & Belgium**2000 Departure Dates**

June 22-July 4

July 20-August 1

Cost: \$2395**Trip Rating:** 1.6**Holland:** 1.5**Brugges to Brussels: 1.5****Brussels to Han sur Lesse: 2.5****Accommodations & Food**

12 nights hotels

12 breakfasts, 5 dinners

Trip Begins: Amsterdam Airport**Trip Ends:** Brussels Airport

Mountain Biking: The Eiger's North Face

*"Awesome, awesome riding!
Awesome!"*

Jeff Thomas; Chicago, IL

A wonderfully challenging excursion into Europe's most extraordinary Alpine region

Bicycling magazine called this trip "One of the 50 Greatest Trips On Our Planet" (3/98), a generous compliment, though I feel justifiably earned! This is, without question, our most challenging cycling itinerary, set amidst my absolute favorite scenery in the world! While you'll be expected to tackle some steep ascents (several exceed 18% grades), you'll be rewarded many times over by the spectacular views.

Participants don't have to be technical mountain bikers, but they must be strong riders. Every day contains at least one (and in many cases 3 or more) challenging climb, averaging at least 3-4 miles in length (some as long as 7 miles). Grades are almost all strenuously steep, with many exceeding 15-18%. There are very few stretches of flat riding. About 40% of the trails are single-track, the rest an assortment of seldom-used Swiss farm paths.

This trip runs immediately after the Swiss Biking Tour, offering you the opportunity to seamlessly construct a fantastic biking vacation.

Days 1-2 Grindelwald**Day 3 Grindelwald to Murren****Day 4 Murren to Griesalp****Day 5 Griesalp to Kandersteg****Day 6 Kandersteg Layover Day****Day 7 Kandersteg to Engstligenalp****Day 8 Engstligenalp to Lenk****Day 9 Departure Home****2000 Departure Dates**

July 18-26

August 29-Sept 6

Cost: \$1720**Trip Rating:** 4.4**Accommodations & Food**

8 breakfasts, 5 dinners

8 nights hotels and mountain inns

Trip Begins & Ends: Zurich Airport

Each morning during breakfast, we'll discuss the day's ride. You'll be expected to ride as a group most of the time, especially during parts where the route covers single-track, remote paths. It will be common to tackle climbs that range from 1-8 miles in length, some reaching grades that exceed 20% (we also tackle "Europe's steepest paved road"-- a 2 kilometer 28% grade!).

You'll discover first-hand, up-close views of numerous mountain ranges, mixed with an assortment of visits to local Swiss attractions. Whenever possible, our routes will traverse single-track trails, an ever expanding network in this area of Switzerland. This is a wonderful itinerary, my favorite Alpine climbing trip!



CBT Tours

800-736-2453

Winter Hiking: The Swiss Bernese Oberland

*"The best vacation
I've ever taken. By far."*

David Kramer;
Ferndale, Michigan

(NOTE: David went on to
become a CBT tour guide)

Hike smoothed-over paths, sled an 8-mile trail, and enjoy Swiss pleasures in an unrivaled atmosphere

This is my absolute favorite Winter trip! I practically stumbled across the idea several years ago while attending meetings in Switzerland. During a free afternoon, I discovered a particular ski area uncomfortably crowded and was referred by a local to the Swiss Winter hiking trail network. And what a network this is! Utilizing special equipment each morning, the Swiss pave sophisticated webs of Winter paths, reaching into the most spectacular Alpine regions. This is not deep-snow treading, nor is it ice climbing--just serene mountain walks and hikes, leading you through the most incredible Winter mountain scenery that you could ever imagine.

In addition to hiking, you'll have the option on many days to sled (or "sledge" as the Swiss say) down from the mountain peaks, culminating with my all-time favorite ride--an 8-mile circuitous run down from the Faulhorn mountain peak to our Grindelwald hotel (it's not a requirement--you can always walk down).

Book this trip early--space is limited to 12 participants!

Itinerary

Days 1-3 Lenk

Days 4-7 Grindelwald

Day 8 Departure Home

During breakfast each morning, we discuss the day's itinerary (weather will often dictate permissible routes). On several occasions, we utilize various modes of transportation (busses, gondolas, chairlifts), and costs for these "lifts" are included in

2000 Departure Dates

March 18-25

Cost: \$1770

Trip Rating

From easy to strenuous, depending on the extent that you utilize the Swiss transport system.

Accommodations & Food

7 breakfasts, 7 dinners

7 nights hotels

Trip Begins & Ends

Geneva Airport

your trip. Also included in your trip cost is access to local sports centers, which offer saunas, indoor swimming, ice hockey, ice skating, and curling.

Daily hikes vary from 4-8 hours, and we'll of course take frequent rest stops, including a mid-day break for lunch (you'll often have the opportunity to eat at mountain chalets). Should you desire a break from hiking, feel free to hit the slopes; there are several places from which you can rent downhill (or cross-country) skis, though you must assume these costs.

Our evening destinations offer a rich assortment of nightlife, from cozy bars to lively dance clubs. We'll also offer a night of Swiss fondue in a wonderful mountain cabin setting, with evening sledding down to our village.



Hiking: The Eiger's North Face

Absolutely the most incredible Alpine scenery in Europe

During each of the past three years, I spent more time along this route than on any other CBT itinerary! Quite simply, it's remarkable here, the most magnificent scenery I've ever seen, the perfect combination of snow-capped mountains, lush, Alpine meadows, and picturesque Swiss villages.

Our trail follows The Eiger's famous "North Face," the high-altitude ridge that cuts across the Bernese Oberland. You'll begin your trip with up-close views of the Monch, Jungfrau, and Eiger (remember Clint Eastwood in the *Eiger Sanction*?), and continue with daily hikes that traverse the most awe-inspiring snow-capped worlds imaginable.

We offer a well-deserved rest day in Kandersteg, affording you the opportunity to visit its magnificent glacier-lake, or perhaps shopping at one of its quaint local shops. Our nights are spent in charming hotels and inns, a superb assortment of family-run properties.

NOTE: This trip is preceded and followed by both the Swiss biking trip and the Ticino & Lake Como hiking trip, allowing you to construct a magnificent 2-3 week vacation.

Itinerary & Hiking Summary

Day 1 Grindelwald

Arrival into Zurich Airport; transfer to Grindelwald.

Day 2 Grindelwald

Several possibilities, including visits to Grosse Scheidegg or First/Faulhorn. Easy to moderate hike with a descent of 3000 feet and a hiking time of 5 hours.



"It was a wonderful time & I would go back in a second!"

Leslie Kawamoto; Concord, CA

th Face

2000 Departure Dates

July 18-26

August 29-September 6

Cost: \$1795

Trip Rating

See below for detailed daily descriptions.

Accommodations & Food

8 breakfasts, 5 dinners

7 nights hotels, 1 night mountain inn

Trip Begins & Ends: Zurich Airport

Day 3 Grindelwald to Murren

Highlights include Kleine Scheidegg, Lauterbrunnen, Wengen, and Grutschalp. A moderate hike with an elevation gain of 2100 feet and a loss of 3000 feet. About 5 hours of hiking time.

Day 4 Murren to Griesalp

A strenuous hike with an elevation gain of 3200 feet and a loss of 4000 feet. Steep hike along scree (loose rock) slope of Sefinenfurgge (8,698 feet). Hiking time is about 8 hours.

Day 5 Griesalp to Kandersteg

A strenuous hike with an elevation gain of 4500 feet and a loss of 3900 feet. Three hour ascent over scree to Hohturlipass (9,250 feet). Hiking time is about 8 hours.

Day 6 Kandersteg

Layover Day

Optional walks available for all abilities.

Day 7 Kandersteg to Engstligenalp

Moderate to strenuous hike over two passes (Rote Chumme--8,658 feet, and Chindbettipass--8,734 feet). Elevation gains of 2300 feet and losses of 2250 feet. Hiking time is about 8 hours.

Day 8 Engstligenalp to Lenk

Moderate hike up to Hahnenmoospass (6,000 feet) with an ascent of 2,000 feet and a descent of 2,700 feet. Hiking time is about 5 hours.

Day 9 Departure Home

CBT Tours

800-736-2453

Hiking: Ticino & Lake Como

A magnificent hiking itinerary set amidst Europe's most dramatically beautiful lakes

"My CBT tour was one of my greatest experiences ever."

Curt Valko; Wichita, KS

We begin this fantastic tour in the heart of Switzerland's Ticino, based beside beautiful Lake Lugano. I always call on my CBT Swiss guides to lead this hike, as their personal experiences bring an intimacy that is impossible to match with foreigners (those born outside Switzerland).

After two challenging days exploring the peaks and valleys of this region, we head next to Lake Como, one of Italy's premiere holiday destinations.

Our hikes will utilize the efficient Swiss transport systems, allowing us to visit the most interesting areas for travel. You'll climb challenging mountain passes; wander through rich, green meadows; and visit charming, centuries-old villages, immersing yourself in their local passions. One particular route up Monte Tamaro is magnificent, offering unmatched views of the northern Ticino Alps (in instances of clear weather, you can even see the Matterhorn!). We next cross over the Italian border into Como, a favorite retreat for artists. We'll explore the region between Como and Bellagio, affording us magnificent views of beautiful mountain scenery. Our nights in Pian del Tivano and Torno are sharp contrasts to the bustling towns of Lugano and Como, as the former is a secluded mountain area, and the latter is perched on a beautiful lake, a few miles outside the Como region.

Your hikes will be spent along well-traveled mountain paths, leading you through an impressive selection of rich Alpine scenery. Lush chestnut forests, glacier-fed lakes, breathtaking meadows, and sleepy medieval villages await you on this fantastic hiking itinerary.

Note: The July departure immediately precedes the Eiger's North Face hike, and the September departure immediately follows it--allowing you to construct a magnificent 2-week hiking vacation!



2000 Departure Dates

July 10-17

September 7-14

Cost: \$1805

Trip Rating

See below for detailed daily descriptions.

Accommodations & Food

7 breakfasts, 6 dinners

6 nights hotels, 1 night mountain inn

Trip Begins: Zurich Airport

Trip Ends: Milan's Malpensa Airport

Itinerary & Hiking Summary

Switzerland

Day 1 Lugano

Arrival into Zurich Airport; transfer to Lugano. Free afternoon for sightseeing.

Day 2 Lugano

Visit to Valle Verzasca, hiking along the rocky Verzasca river (famous for its emerald green pools). Hiking time is about 4 hours and is easy to moderate, with a short steep ascent at the beginning.

Day 3 Lugano: San Salvatore to Morcote

Easy hike with a steep descent (on stairs) for about 30 minutes at the end of the day. Hiking time is about 4 hours, with an elevation loss of 2100 feet.

Italy

Day 4 Como: Arosio to Monte Tamaro

Moderate hike of 6 hours with an ascent of 3300 feet and a descent of 1200 feet.

Day 5 Como: Monte Generoso to Arogno

Moderate hike with an ascent of 1500 feet and a relatively steep descent of 3300 feet. Hiking time is about 5 hours.

Day 6 Pian del Tivano:

Como to Pian del Tivano

Hiking time is about 6 hours with an ascent of 1800 feet. Overall, an easy to moderate hike.

Day 7 Torno: Pian del Tivano to Bellagio

Moderate hike of 6 hours, with an ascent of 1800 feet and a descent of 3900 feet.

Day 8 Departure Home

Registering for a Tour

References We're happy to provide you with an extensive list of previous CBT participants. Additionally, we have friendly relationships with the national tourist boards that represent the countries that our tours visit. We'll be glad to put you in touch with their agents. Just ask!

When to Apply There's no cut-off date, though space is limited on each tour. Availability of a particular trip can be checked by calling us at 1-800-736-BIKE. If you're applying after February, call us before sending in your application--last year, many of our tours were sold-out by mid-February!

Paying for your Trip You can pay for your tour by check or money order (US dollars). If it's very late or time is critical, consider sending your payment by overnight delivery. All payments made within 30 days of your trip departure must be by certified check or money order. We do not accept credit cards.

If Applying before March 30 A deposit of \$250 is due along with the application form below. Your balance is due March 30. For the Winter Hike and Springtime in Holland trip, final payment is due 60 days prior to departure.

If Applying after March 30 All applications made after March 30 must be accompanied by the total tour cost.

What you'll Receive from CBT After you Apply for a Trip After your acceptance, we'll send you a letter confirming your reservation along with a release form which you must sign and return to us prior to your departure. About 60 days prior to your trip departure (and after your trip is fully-paid), we'll send you a packet of information containing: tips for shipping your bicycle overseas; packing suggestions; travel tips for your journey abroad; and a complete list of evening addresses and phone numbers.



Trip Application

Complete this application and send it to:
CBT Tours; 2506 N. Clark St., #150; Chicago, IL 60614
Questions? Call us at 1-800-736-2453.

Last Name _____ First Name _____ MI _____
☐ Male ☐ Female
 Citizenship _____
 Date of Birth (Month) _____ (Day) _____ (Year) _____

Permanent Address

Street _____ Apt. # _____
 City _____ State/Province _____ Zip/Postal Code _____
 Country _____
 Phone (day) _____ (eve) _____
 Email _____

Emergency Contact

Name _____ Relationship To You _____
 Street _____ Apt. # _____
 City _____ State/Province _____ Zip/Postal Code _____
 Phone _____

Trip Choice(s)

1. Tour Name _____ 2. Tour Name _____
 Date(s) _____ Date(s) _____

Roommate Preference

Are you registering with a? ☐ Friend ☐ Spouse ☐ I'm a Single Traveler

Do you want to share a room? ☐ Yes ☐ No

Separate Beds? ☐ Yes ☐ No

Please list your roommate preference (if any): _____

Do you desire a single supplement (limited numbers per trip)? ☐ Yes ☐ No

If YES, contact CBT for exact pricing supplement.

Bicycle Rental

Cost is \$22 x the number of trip days.

☐ Yes, I would like to rent a bicycle.

I would like to reserve a ☐ touring bicycle ☐ hybrid-style bicycle ☐ mountain bicycle
 (recommended only for the mountain biking trip)

My height is: _____ My inseam is: _____

Please also note that we cannot guarantee rental availability for requests made after April 15, 2000 (call first!).

How did you hear about CBT?

☐ Newspaper/magazine (which one) _____
☐ Travel Agency/Tourist Board (which one) _____
☐ Friend/Relative (name) _____
☐ Other (specify) _____

Have you ever been on a biking or hiking trip?

If yes, with which organization?

Do you have any disabilities or medical concerns? If yes, please describe:

Do you have any dietary restrictions? If yes, please describe:

There is no cut-off date for sending in an application! Make checks payable to: CBT TOURS.

YOU HAVE ENCLOSED OR PROVIDED (please check each item to be sure that your application is complete):

- ☐ 1. This application form, all parts, fully-completed and signed.
- ☐ 2. If applying before March 30, a \$250 deposit, the balance being due March 30.
- ☐ 3. If applying on or after March 30, your total tour cost (Winter Hiking Trip and Springtime in Holland Trip full balance is due 60 days prior to departure).

PARTICIPANT AGREEMENT: I have read and agree to all the "Terms and Regulations" stated in this brochure. I hereby release CBT Tours and its agents of any and all responsibility and liability of any nature whatsoever for any loss or damage of property, or personal injury occurring on this or any other trip under its management in which I participate, for which CBT Tours cannot be reasonably held responsible. I also understand that transportation and accommodations costs are subject to unanticipated price increases and I agree to be responsible for any increased costs resulting from such price increases. I also understand that a release form will be sent to me to be signed before departure.

Signature of Participant _____

Signature of Parent or Guardian (if participant is under 18) _____

Terms and Regulations

1. **REGISTRATION:** CBT must receive a complete application, signed by each participant, and accompanied by a \$250 DEPOSIT which is applied to the trip cost. The \$250 DEPOSIT is non-refundable and will be returned only in the following instances:

- a. applicant is notified by CBT that he/she is not accepted for any trip;
- b. when the trip chosen by the applicant is full and the applicant decides to withdraw his/her application.

2. **SECOND PAYMENT (BALANCE):** For people whose applications were accepted before March 30, the second payment (BALANCE) is due on March 30. If your application is accepted between March 20-29, your BALANCE is due within ten days of receiving your letter of acceptance from CBT. All applications made after March 30 must be accompanied by the TOTAL TRIP COST.

NOTE: CBT reserves the right to cancel an application for which payments have not been received as per the above schedules (with appropriate penalties).

Participants on the Swiss Winter Hike and Springtime in Holland Tour must pay their balance 60 days prior to departure.

3. **CANCELLATION OF APPLICATION AND/OR REFUNDS:**

Cancellation of an application must be made by telephone call to CBT so that the space can be filled as quickly as possible. A follow-up letter is also required and must be by certified mail. An additional 15% penalty will be added if notification of cancellation is made solely through the mails. Cancellation penalties for cancelled applications are listed below. For all cancellations, CBT will retain the following (included in your tour price are single supplement fees and bicycle rental fees):

- a. 10% of the tour price if cancellation is made more than 60 days prior to your tour's departure date;
- b. 50% of the tour price if cancellation is made between 45 and 59 days prior to your tour's departure date;
- c. 75% of the tour price if cancellation is made 21-44 days prior to your tour's departure date;
- d. 100% of the tour price if cancellation is made 20 days or less prior to your tour's departure date.

No refunds can be given once the day of a tour begins.

You may transfer tour payments to another departure (onto one of this year's trips only) up to 60 days before your original departure for a \$50 fee (subject to space availability--if the trip to which you wish to transfer is fully-booked, all other cancellation penalties will apply if you decide to withdraw your application). Within 60 days, the cancellation policy above applies. Trip payments cannot be transferred to another party, including family members. No refunds or reimbursements will be made for leaving a tour early or arriving late.

CBT cannot make exceptions to these policies for any reason, including personal or family emergencies and weather conditions before or during your tour. Credit cannot be given for nonrefundable costs.

CBT cannot make any refunds for airline tickets. All ticket refund requests must be made with the appropriate airline or ticketing agency.

4. **TRIP COST:** The total trip cost includes all evening accommodations and meals as specified in this brochure (meals exclude all beverages), as well as sag wagon services (bike trips only), transportation to and from the beginning and ending cities on each tour, bus services as detailed in each tour's itineraries, and leadership costs. The trip cost does not include airfare to/from Europe.

NOTE: Participants are responsible for unanticipated price increases (those occurring after the brochure is printed) in the areas of transportation and accommodations. Participants are responsible for unanticipated price increases which result from a devaluation of the U.S. dollar. Participants are also responsible for any unanticipated expenses that CBT incurs on their behalf.

5. **INSURANCE:** CBT recommends, upon receiving confirmation of your trip acceptance, that you purchase short-term traveler's insurance that covers baggage, accident/life, trip interruption, and trip cancellation insurance. Trip interruption insurance reimburses you for certain non-refundable travel costs should you have to return home because of certain personal reasons or illness. Trip cancellation insurance reimburses you for certain non-refundable travel costs should you need to cancel your application because of illness or accident. CBT strongly recommends that you purchase insurance for your bicycle and other material belongings to protect you from theft, loss, vandalism, and any other unanticipated losses.

6. **JOINING AND LEAVING CBT GROUPS:** All CBT trips start and end at the points specified in each trip description. CBT shall not be held responsible for or to a participant who leaves his/her trip before its completion. If a participant leaves a trip after the tour has begun, no refunds will be given.

7. **CBT INFORMATION AND FINAL DOCUMENTS:** Upon receipt of your TRIP APPLICATION and DEPOSIT, CBT will send you a letter of acceptance and a release form (you will need to sign and return the release to our office prior to your trip departure). After your trip is fully-paid (but not earlier than 60 days prior to departure), CBT will send you the following: information on preparing your bicycle for airplane transportation; packing suggestions; travel tips such as carrying spending money; precise airport meeting information; and a complete list of evening addresses and phone numbers.

8. **TERMINATION/MODIFICATION OF TRIPS:** CBT reserves the right to shorten or terminate a trip already in progress if CBT deems it necessary for the safety or well-being of the group. In the event that a trip is terminated, a refund will be issued to each participant based on his/her share of all unused funds. Refunds, if any, will be made depending on whether or not refunds can be obtained for transportation and prepaid accommodations payments. CBT also reserves the right to make changes to itineraries (and prices) due to unanticipated circumstances.

9. **LIABILITY:** A signed trip application denotes that the signer understands and agrees that CBT acts as an agent only and accepts no responsibility for loss, damage, or injury resulting from delay or any kind of negligence of any transportation company or any other agency in the service of CBT or from any outside party. CBT CANNOT BE RESPONSIBLE FOR LOST, DAMAGED, OR STOLEN ITEMS, WHICH IS WHY IT STRONGLY RECOMMENDS THE PURCHASE OF INSURANCE. The signer further agrees to assume responsibility for any and all debts incurred during the trip by himself/herself. CBT reserves the right to use photographs of any CBT participant in future brochures, posters, and other promotional materials without obtaining further consent.

10. **CONDUCT:** If any participant is found to be responsible for any damages while on the tour, he or she will be required to immediately pay for such damages. CBT reserves the right to expel a participant from a trip if the behavior of the tripper is considered by the leader or other authorized CBT employee detrimental to the group or to the good name of CBT. Some examples include theft, vandalism, and drug use. No refunds will be given to a participant who is expelled from a trip.

11. **GENERAL:** A signed application denotes that the signer understands and agrees that CBT Tours reserves the right at any time to retract and change these Terms and Regulations and other conditions stated within this brochure and other literature printed or published by CBT and to make any other reasonable terms and regulations and conditions that it deems necessary for the safety and well-being of its participants.

12. **EXCEPTIONS TO POLICIES:** Exceptions or changes to the above Terms and Regulations and all other CBT policies can only be made by the Director of CBT and are valid only when placed in writing by a Director.

CBT Tours

800-736-2453