



Tour and Camp detailed information

Pick-up & Drop Off

We offer airport pick-up and drop off from Kona Airport (code: KOA).

What to Bring

Below is a suggested list of items that you may want to bring on your upcoming Bicycle Adventures tour. Short sleeves and shorts are generally ideal for cycling. However, in the early hours, at elevation, during lunch, and in the evening, you may be most comfortable in longer sleeves or light jackets. Plan to dress in layers.

Cycling Clothing

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| <ul style="list-style-type: none"> <input type="checkbox"/> Athletic or cycling shoes <input type="checkbox"/> Socks <input type="checkbox"/> Cycling gloves <input type="checkbox"/> Helmet (we have extras if you don't have one) <input type="checkbox"/> T-shirts or cycling jerseys <input type="checkbox"/> Cycling shorts <input type="checkbox"/> Windbreaker jacket (preferably water resistant) <input type="checkbox"/> Cycling tights or wind pants <input type="checkbox"/> Sunglasses with strap <p>Optional Cycling Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Booties to cover cycling shoes in rain <input type="checkbox"/> Athletic shoes or sandals to change into at lunch <input type="checkbox"/> Arm, ear, and leg warmers <input type="checkbox"/> Chamois cream | <p>Regular Clothes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Casual clothes: jeans, shorts, sport shirts — nice casual attire is fine for all restaurants <input type="checkbox"/> Walking shoes and hiking boots; ankle support is helpful on some hikes if you are not used to hiking in uneven terrain. <input type="checkbox"/> Sweater or light jacket <input type="checkbox"/> Bathing suit for hot tubs |
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Other Items

- Binoculars
- Camera, extra batteries and memory card; possibly a dry bag (for kayaking, rafting, etc)
- Day pack/small bag that will go in the van for clothing changes during the day
- Driver's license
 - Passport for trips that enter Canada
 - Stamps
 - Reading material
 - Toiletries—includes vitamins and / or prescription drugs
 - Extra set of glasses or contacts
 - Rafting sandals or shoes that can get wet (for sea kayaking or river rafting)
 - Insect repellent
 - Sunscreen
 - Travel alarm clock
- A spirit for adventure!

** Please label all luggage.*

Additional Items for Spring and Fall Northwest Trips, or Trips at High Elevations

(Utah, Idaho and South Dakota tours, Oregon Crater Lake, Santa Fe/Taos, Glacier & Banff-Jasper tours, Prairie to Pines, Washington Cascades, and Volcanoes of Washington).

- Warm polypro tights or pants for cycling
- Warm hat for underneath your helmet
- Booties to cover your cycling shoes
- Warm cycling jacket
- Winter cycling gloves (full finger)
- Wool socks
- Long sleeve cycling jersey or wicking T-shirt

Cycling Equipment

We have: a variety of frame bags for small extra items; GPS-based Wahoo computers for routing; and spare tube/ pump/tire levers for all Bicycle Adventures' bikes. Mirrors are available upon request. If you are bringing your own bike, you may want to include these items. We provide two Bicycle Adventures water bottles for all our guests.

If you are using a Bicycle Adventures bicycle, you may prefer to bring your own saddle and/or clipless pedals for us to put on your bike. Our bikes will come set up with either flat pedals or toe clips and straps as you prefer.

Road Cycling Safety

There are certain risks and dangers in any form of adventure, this is what makes your Epic Experience exhilarating. However, abiding by the rules of the road and safety is the most important part of each tour. Hawaii Epic Cycling assumes no responsibility of liability for any claims for damages for any reason that comes from the above risks.

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| <p><i>Below is a list of guidelines that we at Bicycle Adventures follow, and we ask that you follow them as well while riding with us.</i></p> <ul style="list-style-type: none">• We require that you wear a helmet at all times• Obey all traffic signs and laws• Always yield to pedestrians; they have the right-of-way• Ride on the same side of the road as the direction of moving traffic• Use the appropriate hand signals when stopping, slowing or turning• Ride in a single-file line, leaving at least 2 bike lengths between you and the rider ahead• Maintain a safe distance between you and the edge of the road or shoulder• Communicate with other riders – let them know when there are bumps, rocks, cars or other hazards on the road• Be ready for vehicles to pass you on the left• Use both rear and front brakes simultaneously – NEVER use the front brake alone | <p>When going downhill, pump both the front and rear brakes simultaneously, and increase the distance between you and the rider in front of you</p> <ul style="list-style-type: none">• Always maintain a speed that you are comfortable with• For safety reasons, we do not recommend “aero” or “tri” bars when riding in groups •• Use caution when crossing over railroad tracks, cattle crossings, gravel patches, slippery or sandy roads, descending steeply, or when encountering unknown situations that could be potentially dangerous or uncomfortable• Always get off your bike and walk if you feel uncomfortable riding• When admiring the view or taking a photo, always stop first and get out of the way of traffic• Always lay your bike down with the drivetrain, derailleur and chain facing up • <p>Above all: breathe deep, pedal well, stay curious and enjoy your ride!</p> |
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