



ITALIA SPRING TOUR



Tour Down Under 2010

16 January - 25 January

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Tour Down Under 2010

Come and see Australia's great riders battle the world's best Pros under our blue skies and the warm Australian sun. Italia Spring Tour is returning to South Australia for the Tour Down Under, the best UCI Tour outside of Europe, commencing 17 January 2010.

Our 2010 tour in Adelaide will take in all the highlights of the Tour Down Under and give you the opportunity to see the best of this fabulous city both on and off the bike.

You supply the bike - we'll take care of the rest!



Itinerary

Saturday 16 January

Meet at Adelaide Airport
- transfer to accommodation in city centre

Sunday 17 January

Morning: ride
Afternoon: massages
Evening: View Tour Down Under

Monday 18 January

Ride, massages

Tuesday 19 January

Ride, massages
View Tour Down Under Race 1

Wednesday 20 January

Ride, lunch at Handorf
View Tour Down Under Race 2

Thursday 21 January

Ride, massages
View Tour Down Under Race 3

Friday 22 January

Challenge Ride (or day off)
View Tour Down Under Race 4

Saturday 23 January

Ride
View Tour Down Under Race 5

Sunday 24 January

Ride
View Tour Down Under Final race in Adelaide city centre

Monday 25 January

Transfer to Adelaide Airport

Inclusions

A holiday is not a holiday if you are forever worrying about making flights, catching cabs and buses, and finding restaurants! All you need to provide is your bike, Italia Spring Tour can take care of the rest - including:

- Nine nights accommodation in luxurious apartments
- Airport transfers
- All transport for the week
- Seven organised rides - distance 70-130 kms
- Italia Spring Tour Cycling Outfit - jersey, knicks & gloves)
- Daily viewing of the Tour Down Under
- Mechanical Support
- Ride Coordinator
- Support van for every ride
- Massage (every other day)
- Lunch at Barossa Valley
- Nutritional supplements by Megaburn (our proud sponsor)

Inclusions

- 2 people per townhouse: \$2,100
- 3 people per townhouse: \$1,790
- Twin share: \$1,490
- Non Rider: \$1,300

Note: A surcharge may apply for those who require a shortened tour.

Other Details

Bike Maintenance

While we do provide a tour mechanic, we recommend that you have your bike serviced prior to the tour. Please make sure your bike is in perfect working order with the following.

- Bike tune-up
- New tyres
- New brake pads
- New chain
- Gearing as recommended below

Bike Transportation

Bike transportation by air is a fairly simple task however certain precautions do need to be made for peace of mind. Most important is to make sure your bike is packed with plenty of bubble wrap, preferably the large cell kind. Also recommended is to wrap hot water pipe insulation around the bike tubes. Just remember that anything touching your bike even slightly can wear through the paint, even something as simple as a water bottle. Also remember to remove any compressed air cartridges, aerosol spray lubes and degreasers and also let the air out of your tyres.

Bike Pump & Spares

A bike frame pump and extra tubes are required equipment. There is a van for support on many days however they may be up the road or at the bottom of the hill helping someone else. You may not want to wait that long while everyone else is sipping their coffee or admiring the view on top of the climb!

Cancellation Policy

In the event that you have to cancel your trip the following rules apply to regularly scheduled tours. Private tours have additional guidelines.

- 50% refund of full payment 31 - 90 days prior to the tour start date. Deposit is non refundable.
- 0% refund 0 - 30 days prior to the tour start date
- Medical emergencies are on a case by case bases

Clothing

We suggest that you bring 3 sets of short sleeved jerseys and short knicks for your trip. For European tours, we also advise that you pack booties, arm/leg warmers and a windproof jacket for the higher elevation rides.

Off the bike, pack comfortable wrinkle-free clothing for the majority of the trip, plus also clothes for dinner. Ladies might also want to pack a couple of casual dresses and shoes for our evenings.

Deposit

20% payable now for tour reservation. Deposit is refundable within 91 days of the tour date minus a \$100 administrative fee. Deposits amounts and policies differ for custom or speciality tours.

Final Payment

Final payments are due 30 days prior to the tour start date. This will include the trip amount minus the deposit paid plus any additional items purchased or extra nights stayed. The prices shown are in Australian dollars.

Gearing

Adequate gearing is a must for any cycling tour. A triple front gear is highly recommended for the average weekend rider. At a minimum, you should have your bike set up with no less than a 39 tooth front and 27 tooth rear. This is a standard gear and should work with any 9 to 10 speed system. However, it is highly recommended for most double systems to have a 39 front with a 32 rear, or perhaps a compact crank set providing a 34 front ring along with a 27 or 29 rear. If you need help deciding on the best gearing for you please call.

Helmets

Helmets are compulsory on our tours and must be worn at all times while on the bike. They also need to be in good working order and Australian Standards approved.

Italia Spring Tour Cycling Outfit

Included in your tour fee is an IST cycling outfit consisting of one jersey, a pair of knicks and gloves. If you would like to purchase any additional clothing for yourself or friends just let us know.

Itinerary

We will try to follow our itinerary as closely as possible as it is laid out on the itinerary. However, please note that there may be changes due to unforeseen circumstances or just to make things better.

Luggage

The best advice on luggage is not to bring too much. There is laundry service available in Adelaide, so you do not have to bring a set of cycling clothes for each day. What we recommend is one medium to large size bag and a regular size back pack. A 4 day supply of clothes and 3 sets of riding cloths should be adequate for your holiday. We recommend bringing small travel packets of clothes washing detergent so that you can handwash your cycling clothes after each ride.

Meals & Beverages

Meals are not included on the trip so you do need to bring some money for meals. One lunch is provided in this package and we do provide you with Megaburn nutritional bars for ride snacks. We do suggest you pick up other snacks to make sure you are well energized during your rides.

Beverages other than water are not included on the tour. This would include wine, beer, soft drinks, etc. For rides, we provide Megaburn energy powder to add to your bidon.

Passports

If travelling internationally, you are responsible for making sure your passport is up to date. If you need a new or renewed passport, please allow several months. It is also important to make a photocopy to keep separately.

Tour Pace

Our tours are not intended to be competitive in nature. Depending on tour numbers, we typically split into two groups – one for stronger riders and one for those who want to enjoy the countryside more. Through hilly areas, we should expect to stay together on the flats and regroup at the top of each climb. If someone gets a flat and we are already all together then we should all stop and help out.

Training

Our tours are targeted at intermediate to experienced riders, and do take training and some riding experience. Please take note that the roads can be steep and sometimes narrow, and good bike handling skills are essential. If a ride does get too difficult, remember that you can always jump into the support vehicle which will follow the group throughout the tour.

Travel Arrangements

When you sign up for our tours, you will be provided the starting and finishing hotel for each tour. Travel arrangements to and from the tour pickup/dropoff locations at the times indicated on the tour itinerary are your responsibility. Arrivals and departures outside of these dates and locations can be arranged but are not included in the package price and additional fees may apply. When reserving your travel tickets, please refer to the Tour Itinerary that will be provided to you on booking with us.

Please let us know your itinerary as soon as your travel arrangements are confirmed. If you need a travel agent, please let us know and we will recommend one.

Travel Insurance

Travel insurance, also known as trip insurance, is recommended for anyone traveling in a foreign country. They are relatively low cost and can protect against unexpected cancellations and depending on the company can provide additional medical coverage, property damage, theft etc.

Weather

Italia Spring Tours operate rain or shine so make sure you bring a range of suitable clothing. In rainy situations the tour may be modified to include the climbs and not some descents for safety reasons.