

TRAIL QUEST

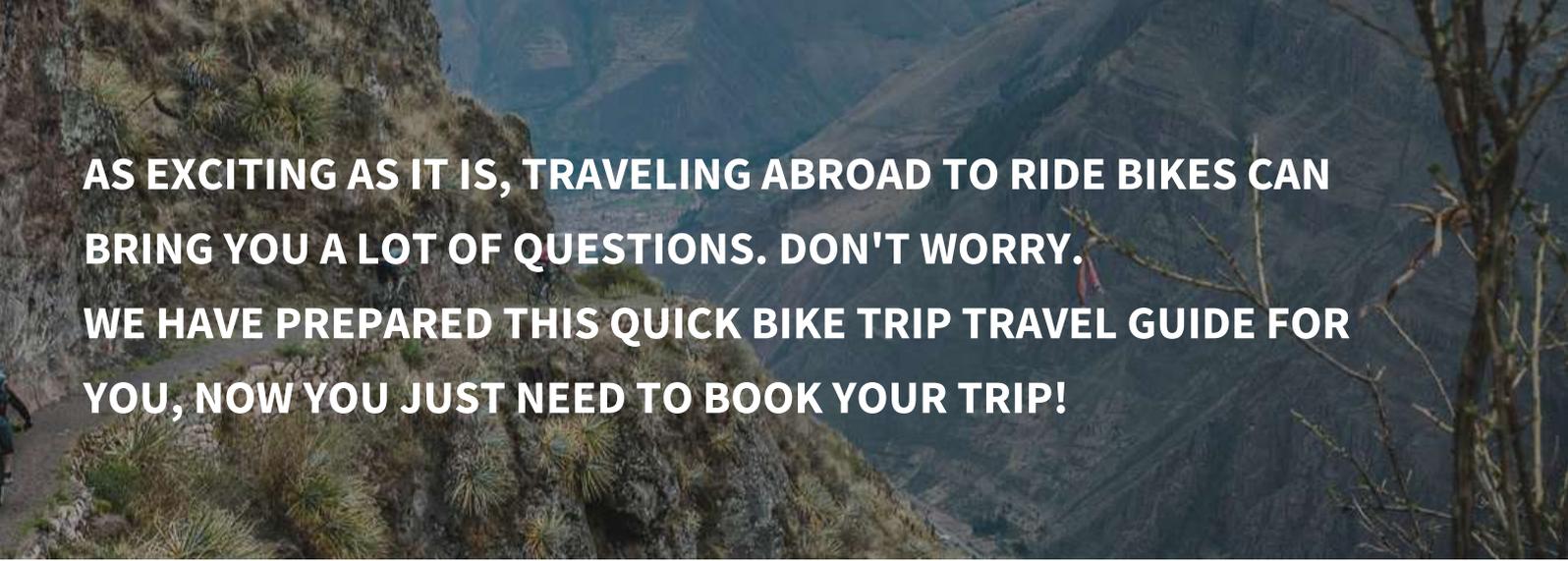
DISCOVER THE WORLD, ONE TRAIL AT A TIME

BIKE TRIP TRAVEL GUIDE

EVERYTHING YOU NEED TO KNOW FOR THE EXPERIENCE OF A
LIFETIME



PHOTOS BY NICOLAS SWITALSKI



AS EXCITING AS IT IS, TRAVELING ABROAD TO RIDE BIKES CAN BRING YOU A LOT OF QUESTIONS. DON'T WORRY. WE HAVE PREPARED THIS QUICK BIKE TRIP TRAVEL GUIDE FOR YOU, NOW YOU JUST NEED TO BOOK YOUR TRIP!

PHOTO BY NICOLAS SWITALSKI

SHOULD I TRAVEL WITH MY OWN BIKE OR RENT ONE?

Lets get it straight, renting one of our bikes as an add on to your trip is the easiest, most comfortable way of doing a bike vacation, but, we've learned from experience that people would rather ride their own bike and gear if they have the choice, and in order to do it, you have to fly your bike with you or ship it using a bike shipping service:

FLYING WITH YOUR BIKE: Before booking your flights, check how much the airline you are planning to fly with charges for an oversize bike-bag / bike-box, most airlines have this info on their website, but you can also call them to find out. Most airlines charge between \$100-\$150 USD each way. Yes, it's expensive, but definitely cheaper than renting a bike for 7-10 days, and you'll ride YOUR bike. We recommend paying for this fees in advance, and calling your airline the day before your flight to let them know you're traveling with a bike to avoid any trouble at the check in desk.

There's plenty of bike bags to choose from, our favorite is Evoc's Bike Travel Bag Pro. Pro tip; you can always use a cardboard box from your local bike shop, it's not as easy to move around but it will get the job done. If you don't know how to pack your bike for the trip or don't feel comfortable doing it yourself, ask your local bike shop to help you out, and once you get here, we'll build it up for you.

SHIPPING YOUR BIKE: Shipping your bike is a very convenient choice if you don't want to deal with your bike in and around the airport. Also, if you have other traveling plans before or after your mountain bike trip it will be easier to ship your bike. We will provide an address to ship your bike for each destination. Check out Bike Flights, our favorite bike shipping service.

A photograph of two mountain bikers on a dirt trail. One biker is in the foreground, wearing a black helmet with 'BELL 100%' and a blue and black jersey. The other biker is further up the trail, wearing a red backpack and a black jersey. The background shows a vast valley with a town and mountains under a clear sky.

WHAT TO BRING?

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A BIKE!

If you decide to bring your bike instead of renting one from us, we recommend you bringing a full suspension trail/all mountain bike that will hold up for the entire trip, in good mechanical conditions and recently tuned, ideally with a dropper seat post and aggressive tubeless tires in good conditions.

GEAR:

- Helmet of your choice (make sure it's not broken or cracked!).
- Riding shoes.
- Glasses and/or Goggles.
- Knee Pads.
- Gloves.
- Hydration Pack.
- Rain Jacket (just in case).
- Multi Tool.
- If you're renting a bike, bring your pedals with you.
- Comfortable bike clothing; riding shorts, jerseys, socks, etc.

SPARE BIKE PARTS:

Although we provide mechanical aid during the whole trip and we have common spare parts available for purchase, there are some spare parts that you'll be better off bringing with you, as they may be specific to your bike or hard to find on bike shops abroad:

- Spare derailleur hanger, derailleur and shifter.
- Spare tire of your choice
- Brake pads (make sure they're compatible with your brakes)
- 2 chain quick links, 2 spare tubes, and tire plugs.

PERSONAL USE, HEALTH CARE PRODUCTS AND MEDS.

If you take any specific medicines or use any particular healthcare products, please ensure you are bringing those with you. You'll find shampoo, soap and clean towels at the hotels we use in our trips, but feel free to bring other products with you. Our guides have first aid products and basic meds for you, too.

PERSONAL DOCUMENTS.

If you are traveling to a different country from your nationality please check if you need a visa or any other official document/permit to be allowed in the country of your destination. Traveling rules and regulations are different for each nationality.

We encourage traveling with:

- Passport
- Copy of passport
- Drivers License
- Travel visa (if needed)
- Printed medical and/travel insurance policy.

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Cell phones and WiFi:

Although this is your perfect chance to leave your cell phone on your bag and enjoy a week away from all the stress, if you need to use your cell phone during your trip we recommend double checking with your cell phone company if you're going to be able to use it and under which conditions. Pre paid sim cards and phones are available for purchase at the airports and at some of our destinations.

WiFi

In our trips, there's WiFi available at the hotels and restaurants we stay at, but consider that due to the remote location of some of them, the quality of the connection might not be the greatest. We recommend planning ahead of the trip and enjoying it to the fullest, those emails can wait!

Money Exchange, Credit and Debit Cards

Our trips are all inclusive, that means you won't need much local currency cash, but we recommend you having some in case you need is, specially for buying souvenirs and giving out tips. The best place to exchange money for local currency will be at the airport, but you can also use an ATM with your credit Cards or debit card, so don't forget to call your bank and let them know you're travelling abroad and ask for transaction and ATM fees before your departure.

PHOTO BY NICOLAS SWITALSKI



A vibrant market stall filled with colorful, patterned textiles and handicrafts. The stall is covered with a white canopy and displays a variety of items, including woven textiles, bags, and other goods. The background shows a busy market street with other stalls and people.

PERSONAL REQUIREMENTS AND SPECIAL CARE

Food

All the meals included in our trips are cooked fresh everyday with quality and healthy local ingredients, most of them organic.

If you have any food preferences such as a vegetarian/vegan diet or if you're allergic to any kind of seeds or products please let us know so we can arrange a different menu for you.

Laundry

There's laundry services available at some of the hotels we use on our trips, and our staff will be happy to help you out with it.



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SEE YOU SOON!

If you have any specific questions or want detailed information about any of our trips, please email us at ride@trailquest.com or visit our website at www.trailquest.bike, it would be a pleasure to help you sort everything out!

