

WHAT CAN YOU EXPECT ON A PEGASUS TOUR?

Our tours are fully supported hotel based tours with outstanding sag support. The sag vehicles carry our luggage, provide a delicious high-class lunch and snacks to replenish our energy along with water and juice for hydration. They also provide road support along the way. Highly accurate cue sheets and downloadable GPS tracks will get you smoothly from point A to point B. Depending on the tour, each day's ride can vary from 30 to 100 miles, from relatively flat to hilly, and from easy to strenuous. (Check each tour description for details.) The sag wagons will meet us at the end of the day's ride with more snacks, liquid refreshment, and your luggage. Whenever possible, we add extra activities whether it's visiting a winery, a museum or memorial, taking a hike, perhaps swimming in a beautiful lake or hot springs. Each night we'll stay in a nice comfortable motel, depending on what's available in the area. Dinner and breakfast are the responsibility of the tour participant, although often breakfasts are provided by our hotels.

Our tours are not a race, but an enjoyable ride through the countryside. Riders can ride alone at their own pace, find like paced riders to stick with, or challenge themselves to keep up with the fastest in the group. Detailed and highly accurate cue sheets are provided as well as GPS tracks from RWGPS for use with Garmin or similar devices. The only limitation is that our support team needs to be able to service both those at the front and those at the back, so that you may be asked to either hold back a bit at the start or go ahead a little early to keep the total group somewhat close together.

Tours are fun and challenging. They take cycling to a new level. You soon forget about the daily worries of life and, at the slower pace of a bike, see the passing countryside in a new and more intimate light. You can make new friends or solidify old friendships, and you can challenge yourself to ride a little farther or harder than you usually do. You come home satisfied and energized, planning, we hope, for your next Pegasus Tour.

ARE YOU READY FOR A PEGASUS TOUR?

- Have you ridden at least 40 miles, averaging 12-16 mph on the flats, for at least two to three days in a row?
- Have you ridden distances as long and climbed as much as the ones listed for the tour?
- Have you been riding regularly over the last year?
- Have you ridden in bad weather (rain, cold, heat)?
- Will you have an opportunity to go on some training rides before the tour?
- Do you like a challenge?

If you answered YES to all of these questions, then you are ready for one of our tours. If you love to cycle, why not treat yourself to a cycling vacation this year?

The Fine Print:

- You must provide your own bicycle unless otherwise specified. A good range of gears could prove very helpful on hillier tours.
- Each cyclist must wear a helmet, a safety triangle (provided by Pegasus) and have the means to carry adequate water. We strongly recommend the use of a mirror for safe highway riding.
- While we will do our best, we cannot fully support a vegan diet. Vegetarian and gluten free options can be made available. Please make sure to inform the tour leader if you have special dietary needs.
- Panniers are not necessary; however, we strongly recommend that you be able to carry rain gear or warm clothes, sunscreen, snacks and other personal items. Keep in mind that temperatures can range from below freezing at higher elevations to above 100° in desert regions. Come prepared!
- You should carry a pump or CO₂ cartridge, spare tube, tire irons and basic tools.
- Motel rooms will be comfortable, with two persons per room. No smoking is permitted in any motel rooms. If you do not specify a desired roommate, you will be matched with a rider of the same sex.
- It's usually possible to provide you with a private room at an additional cost of approximately 50% of the tour price.
- Dates listed for tours usually begin with the day before the first day of riding. Typically, there will be an orientation meeting for all tour participants on the evening of this date.
- Unless otherwise stated in the tour description, tour costs include lodging the night before the first day of cycling.
- Some tours will include lodging the night of the last day of riding. Carefully check the tour description.
- Please come prepared to be a safe and self-reliant rider.
- **eBikes** – We have no problem with participants using an eBike in order to enjoy the cyclo-touring experience, but we do have certain restrictions:
 - a. The eBike must be a pedal assist type bike on which you must pedal to engage the motor.
 - b. The eBike participant needs to be able to place the eBike on a sag vehicle **in an emergency** without the assistance of a sag driver. If not, the eBike participant needs to have a riding partner on the tour willing and able to help with this.
 - c. The eBike in question needs to have sufficient battery life to complete the longest day **and** elevation gain as listed on the tour description. Ideally you should carry enough battery power with you. If necessary, we will carry an extra battery in one of the vans for that bike, but the participant must be able to make it from one sag stop to the next.
There is no recharge capability en route during the day.
- **Tipping Guidelines:** Pegasus Bike Tours are run by a dedicated team of volunteers. Your tour leaders and sags are unpaid but do receive a small per diem stipend to cover their costs while on a tour. Participants may want to show their appreciation for all the hard work by contributing to a tip fund. Participation is totally voluntary, as is the amount you may choose to tip, though a common guideline is somewhere between 7% and 10% of the total tour cost. A tip envelope will be made available at the evening meetings. We hope a participant volunteer will make sure the envelope is easily accessible. A participant roster won't be attached so it's totally anonymous as to whether you wish to participate or not. Any tips collected will be shared amongst the tour volunteers.