

An Average Day On the Ride



The Night Prior: You will have received your itinerary and maps for the next day's ride when you arrived at your accommodations, either at the front desk of your hotel, or from the info tent at Base Camp. Hopefully you'll have given it a quick look before going to bed!

Before Breakfast

Pack up your bag (and tent if you are camping) and drop it off with the volunteer/**GWTA** staff at your accommodation. They will usually be in front of the hotel. Campers should bring their bags directly to the Luggage Truck on-site. Check your itinerary for specific instructions.

Breakfast

Check your itinerary for information on breakfast timing and location. Generally, if you are staying in a hotel you will eat an included breakfast there. Campers eat at a group venue near to the campsite. Breakfast is between 7am and 8am usually.

Breakfast is also a good time to go over the day's maps and itinerary if you didn't already do so the night before.

Cycling

GWTA cyclists spread out and ride at their own pace. Check your maps and itinerary for scheduled rest stops and other notes. Remember, the **GWTA** is not a race, and we encourage you to take your time and make your own stops along the way. Use the scheduled rest stops and times listed in your itinerary to assess whether you are making adequate progress throughout day. You don't need to rush, but you should be reaching rest stops before they close.

Lunch

Some meals are included as part of the tour. Any included meals for the day will be listed in your itinerary along with the location, time, and any pertinent information.

If no group meal is listed, then you are expected to find your own meals in local communities. Check your itinerary for recommended lunch stops en route.

Overnight Location

GWTA routing and maps will lead you to the **GWTA** Base Camp. If you are camping, this is your final destination for the day. Visit the Info Tent for site information and to pick up tomorrow's itinerary and maps. (See *Camping: Base Camp* on p.11 for more details)

If you are staying in a hotel, you will continue riding to your accommodations, where you will pick up tomorrow's itinerary and maps from the front desk at check-in.

Dinner

Check your itinerary to see if there is an included group dinner for the evening. If dinner is on your own, you can check your itinerary for suggested restaurants in the area.