

Page one:	What is included in my cycle trail holiday package?
Page one:	What is not included?
Page one:	Extra add on's Cycle Holiday package
Page one:	Accommodation?
Page two:	Accommodation is based on 2 persons.....
Page two:	Breakfast
Page two:	Lunch
Page two:	Dinner
Page two:	Can I extend my holiday?
Page two:	Is there vehicle parking?
Page two:	Can I bring my own helmet?
Page two:	Bike damage or theft of bike
Page two:	Can I bring my own bike?
Page two:	Do you supply maps for the cycle trails
Page two:	What do I wear when cycling?
Page two:	Fitness level?
Page three:	What to take on a day's cycling?
Page three:	Day pack?
Page three:	Can you cycle all year round in the Hawke's Bay
Page three:	Cycling on New Zealand Road?
Page three:	First aid?
Page three:	Mechanic breakdown – puncture?
Page three:	First Aid and Puncture Repair Kits
Page three:	Purchase goodies – more than I can carry on my bike?
Page three:	I have run out of pedal power, will you come and rescue me.
Page three:	Can I organize my own accommodation?

[What is included in my cycle trail holiday package?](#)

- Accommodation as confirmed in your holiday package
- **Our bikes are top of the range**, select the bike & helmet that suits you best from our new fleet.
- All touring bikes have gel seats, panniers and handle bar bags or baskets, key locks, first aid and puncture repair kits.
- Daily: Informative map full of cycling instructions
- Safety helmet, *you are welcome to bring your own helmet*
- Use of high visibility safety vest not compulsory to wear in New Zealand!
- Water bottle
- Coach back up in the unlikely event of a bike breakdown or if you run out of pedal power or you have four or more bottles of wine and other goodies to be collected
- Depending on the trails you choose, drop off and collection by coach **OR** am or pm drop off **OR** collection
- This applies if you have taken the option where you change accommodation every night
Baggage transfer between accommodations – limit per person of one bag up to 16kg
- Booking service: activities, restaurants

[Extra Add on's for your cycle holiday – please let me know your requirements then I can submit a total cost to you](#)

- Continental or cooked breakfast
- Bus - Airport transfer/s
- Dinner transfers one way – you make your own way back to base
- 3% bank charge for Credit card payment

[What's not included in my cycle trail holiday package](#)

Lunches, dinners, wine, beer and cider - tasting fees, activity and personal items.



Bike About Tours

Phone (06) 845 4836 Fax (06) 845 4837 Mobile 027 232 4355

FAQs: Frequently asked Questions: [Self Guided Cycling Holiday](#)



Accommodation:

Option one: Hawke's Bay's unique diversity of cycling trails is within 1 to 19.kms circumference of our base at Greenmeadows in Napier. Bikers have the option to enjoy the comfort of staying at **Greenmeadows on Gloucester** (new in 2009) the home of Bike About Tours for the **duration** of their cycling holiday, bikers will be transported to a start point that is manageable for their days cycling and collected in the late afternoon if required..

Accommodation is based on 2 persons - share twin or double. Price on application for: single supplement, share three, four or seven person and larger groups bookings. Child with one adult: Full price: Child with 2 adults – refer children costs

Note: If Greenmeadows on Gloucester is fully booked, we will ensure you stay at a property with similar standards close by.

Option two: Accommodation houses on route: B&B – Motels – Hotels - Lodge your itinerary will be changed to cover the longer distances. Bag Transfers each day. The price may vary

Refer web site for PDF - **GOG (Greenmeadows on Gloucester)** Refer PDF - **Other accommodation**

Breakfast: Continental breakfast is **not** included in cost, when staying at **Greenmeadows on Gloucester**, you have the choice of organizing your own breakfast. The Apartment has a full kitchen and studios have kitchenettes. There is a New World Supermarket three minute walk from the property, a café across the road from the complex. Note: Price: can be included if your wish

Lunch: You can purchase lunch at a winery or café on route or take your own picnic. Some of the Panoramic Landscape Trails, you will need to pack a picnic lunch. The New World Supermarket deli has a wonderful range of food to choose from – bakery across the road

Dinner: The following restaurants are close by... in peak periods you will need to be booked in advance... Ormlie Lodge, Duke of Gloucester Bar & Restaurant, Mission Estate Restaurant, Taradale Club and Taradale RSA – also other options in the Taradale Shopping Centre. There are many other restaurant options to choose from, www.cuisinoguide.co.nz a Hawke's Bay Restaurant guide if you have one in mind, let me know and I can pre book it for you. If you want a quiet night: barbecue on site, 1 to 3 minutes from the door is the New World Supermarket has a great deli or one of the many local takeaways, to be enjoyed on the outdoor decking's with your favorite bottle of wine.

Yes you can extend your holiday; maybe arrive a day early and depart at a later date or have a rest day in-between cycling days.

Is there vehicle parking?

Vehicle parking on site at your accommodation – no charge

Can I bring my own helmet?

We encourage you to bring your own helmet.

Bike damage or theft of bike; Please read attached PDF: [FAQ - frequently asked questions.](#)

Can I bring my own bike?

A small adjustment to the tour price can be arranged if you wish to enjoy your cycling holiday on your own bike... Bike secured in lock shed.

Do you supply information for the cycle trails?

On confirmation of your choices of cycle trails, we will co-ordinate your full itinerary. On arrival one of our team will go through your riding instruction pack with you. In your pack you will have daily riding instructions, by way of an informative map and on the area you are going to explore which covers landmarks, places of interest and activities.

What do I wear when cycling?

Depending on the number of days you choose to cycle, depends on your attire. If you choose the one or two days cycling holiday options: your ordinary shorts and **bright coloured top/shirts** are fine. If you wish to have comfort plus around your bottom – I suggest cycling shorts which provide extra padding on your seat and helps to avoid chaffing. You may be thankful for padded cycling gloves as well. Bike About Tours provides high visibility safety vests, bikes have Gel seat covers.

Fitness level

You will enjoy your cycling holiday immensely if you have a reasonable fitness level - say 6 weeks prior to your tour date – cycle three to four times a week, increasing the distance you cycle each time to ensure you are comfortable on the bike saddle for a day's touring. The Country Landscapes Loop requires medium to high level of fitness; all other trails are moderate fitness level.



P O Box 5115 or 47 Gloucester Street, Greenmeadows, Napier New Zealand

Web: www.bikeabouttours.co.nz Email: info@bikeabouttours.co.nz

Web: www.greenmeadowsongloucester.co.nz Email: leedes@xtra.co.nz Page 2

Bike About Tours

Phone (06) 845 4836 Fax (06) 845 4837 Mobile 027 232 4355

FAQs: Frequently asked Questions: [Self Guided Cycling Holiday](#)



What to take on a day's cycling?

A sense of humor, a willingness to have fun, radiate happiness, explore and appreciate the beauty that will surround you. Mobile phone: camera: sun screen: peak hat to go under your helmet: cycling gloves if you have them: extra water bottle: A rain jacket or jersey. Picnic lunch if required. Just in case anything untoward happens: Identification and emergency contact.

Day Pack

It is handy to have a day pack, that way you are hands free and you know your personal items are safe on your back. A high visibility belt or reflective cover for your day pack is recommended

Can you cycle all year round in the Hawke's Bay

Hawke's Bay climate creates a year round pedal power (cycle holiday) just for you. Hawke's Bay is HOT thanks to its yearly allocation of 2,200 sunshine hours, with an average annual temperature of 19.3 degrees. Day light saving is a blessing for cyclists through the summer months. (October to March) Vineyards and stunning trees stand proudly in their full colour and are a sight to behold during Autumn, Tuki Tuki Valley and Ohiti Valley are especially worthy of a ride. Our winters are mild – days are shorter of course and spring days refreshing. Average seasonal temperatures: Summer 23.8 degrees, Autumn 19.9 degrees, Winter 14.5 degrees, Spring 19.0 degrees

Cycling on New Zealand Road – Road rules

All cyclists shall at all times ensure that they adhere to any and all existing road/traffic legislation and in particular shall abide by all New Zealand Road Safety Rules. Refer: <http://www.nzta.govt.nz/resources/roadcode/cyclist-code/index.html>

Note: Use of cell phone, i.e. texting and talking on the phone while riding your bike is against the law.

First aid and puncture repair kits.

We supply a first aid and puncture repair kits for your cycle trails, if you wish to bring your own first aid – please feel free to do so. Please report to office any usage to enable them to be replenished.

Mechanic breakdown – puncture?

In the unlikely event of a bike breakdown: Bike About Tours is a phone call away for mechanical back up service; in most cases we will bring you a replacement bike. Full puncture repair kits and spare tubes with informative sheet on how to repair a puncture are provided for the pathways and longer cycle trials. If in doubt about repair a puncture – a little homework before arrival – <http://www.wonderhowto.com/how-to/video/how-to-change-a-bicycle-tire-261303/>

Purchase goodies – more than I can carry on my bike?

Bike About Tours is a phone call away to collect 4 or more bottles of wine per winery or purchase of other goodies you are unable to carry on your bike. Please ensure you write Bike About Tours as well as your name on the package - for me to collect

I have run out of pedal power, will you come and rescue me.

Bike About Tours provides coach back up for all **holiday package tours**, depending on your location you may have some wait time.

Can I organize my own accommodation?

If you are opting for day cycle hire **Yes** If you have chosen a Cycle Trail Holiday Package **No**:



Pennyfarthing Studio with ensuite & kitchenette at Greenmeadows on Gloucester



Bikers getting organized at Bike About Tours base.



Safe travels and blessing

Jenne leedes



P O Box 5115 or 47 Gloucester Street, Greenmeadows, Napier New Zealand

Web: www.bikeabouttours.co.nz Email: info@bikeabouttours.co.nz

Web: www.greenmeadowsongloucester.co.nz Email: leedes@xtra.co.nz Page 3