

CODE

Safety during the tour

During the tour you cycle individually or in a small group. This means that there is no closed route. You cycle in the traffic, so you are bound to obey the applicable traffic rules. Take care that your bike is okey: tires in a decent condition and good working brakes are obliged. Wear a bicycle helmet. Always wear a fluo-coat for good visibility.

Watch out in traffic! You are the weak road user and a lot of car drivers are not used to cyclists. Use the bicycle paths when present, even when the mapped out road is only a few meters. Be careful at crossings, take sufficient distance from the cars to cross. Watch out for obstacles on the road (posts, speed bumps, curbs).

The guides of the Biketour

Can be recognized by the **blue coat**.

Traffic regulations

Always stick to the traffic regulations! You don't have priority unless it is indicated!

Overview participants

For always having an overview about where the participants are, you will be asked to cross in each supply and picknick the attendance list. In this manner the organisation knows when a participant has problems on the way. Surely don't forget this! If you're not on the list, the organisation assumes that she has to look for you.

GPS navigation

During the tour the use of gps is included. In case of loss or damage this device will be accounted for. The value of the device is 119 Euro. If you're not used to work with a bike gps, you can at departure during the breakfast direct you to the subscription table of the Biketour for explanation.

Be economical with the batteries. Don't put background lights at 100%. Switch of your gps during supply or picknick. It will start on its own at the right track. If you're cycling in groups, switch off a couple of gps devices. When you run out of batteries on the way, you can ask for new ones at the supply points or to the cycling guides. LOW BATTERY signal means that the device works for one or two hours more. From this moment on you can ask allready new batteries to the supply or the guides, but don't

switch them yet immediately. Each night at arrival in the hotel you give the gps to the baggage car. In this way he can supply new batteries if necessary and the track will be set for the next day. Do you want to use your own gps? We sent you a mail and deliver you the tracks of the tour.

Route

At departure the route schedule is being hand out. In the route schedule, you find information about the tour, picknick, supply and important phonenumbers.

Supplies and picknick

During the tour there is each quarter of the tour a supply or picknick scheduled. We try to meet all wishes and provide water, sportdrinks, small snacks. At the picknick there will be bread available with garniture and vegetables. If cold weather we provide soup at noon. We provide often with snacks, but the best is you provide on your own some snacks, bars or sportdrinks for the moments on which you have difficulties. For the picknick at noon there is always a toilet close by, at the supply points in the morning and afternoon this is not always the case. On the way there are some bars and off and then public toilets. Go and drink a coffee on the way to make use of the toilet. The supply points including toilets are indicated on the route schedule.

Bike repair and repair equipment

If breakdown, you can address a mobile repair service. We don't have all spare parts for all bikes, so maybe we have to go to the bikeshop with you. We do everything to help you back on the bike after a breakdown. Every morning, between 8AM en 9AM you can go to the bike repair point. You can find the bike repair point next to the baggage car. It can make small adjustments or solve small problems. The repair point isn't the bicycle maker for big maintainance. Let your bicycle be controlled by a bicycle maker before the tour. Provide 2 inner tubes, tire plasters, tire levers and a pump. One of the guides of another participant maybe can help you fast back on the way! The number of the repair service is indicated on the route schedule. Write it down safely in your phone.

Doctor and medical care

The guides are provided with a first aid back. If an accident happens, or a severe disease you best dial the help services on the number 112. If a small injury happens, you can appeal for one of the guides or the doctor. The doctor follows the cyclists the whole day in the follower car. Each night the doctor is available for consultations. Do you take medication or you have a certain disease? Inform the organisation in advance, so that

the doctor can take this into account. The phone number of the doctor can be found in the route schedule: 0478/ (Mihail).

Baggage list

- Minimal 2 cyclingshorts (preferable with antibacterial treatment)
- Sportshirts (wear the shirt of the organization)
- Comfortable clothes for evening
- Raincoat/rainclothes for on the way
- safety coat, bicycle helmet, bicycle pump, tire plasters, 2 innertubes in the size of your bicycle
- Drinking bottle or drink back of at least one liter
- Some powerful snacks for on the way
- Individual medication
- Daypack or bicycle bag to put everything in

Take one bag a person of maximum 8 kg. We are guests in 3 stars hotel where all standard services (towels, sheets) are present.

See you soon!