



## GREENVILLE 7-DAY RIDE CAMP BIKE TOUR

THE PROS SECRET TRAINING GROUNDS

One of the best-kept secrets of the cycling pros is tucked away in the foothills of the Appalachian Mountains surrounding Greenville, South Carolina. Greenville may not spring to mind as cycling's latest hotbed, but that's about to change. Here you'll be introduced to epic climbs, stunning views, and pristine country roads. You'll take to the quiet, rolling roads of the Greenville countryside offering incredible terrain that's a blast to pedal for cycling experts and weekend warriors alike. Spend hours in the saddle, riding the roads that the pros train on and call home. Climb mountains like Caesar's Head, and view the beauty that the Blue Ridge Mountains have to offer. And when you're off the bike? There are over 100 restaurants, shops, and so much more in downtown Greenville. There's a reason why former pro "Big" George Hincapie calls this place home. You're about to discover it, too. [Book your trip with confidence »](#)

From  
**\$1799**

Rider Type  
**Avid**

Hotel Style  
**Explorer**

Duration  
**7 days | 6 nights**

Start | End  
**Greenville, South  
Carolina**

Dates  
**2021/Mar/Apr/May/Oct/  
Nov**



[Is a Ride Camp right for me? »](#)

### TRIP WOWS

Rolling hills of green, butter smooth pavement, and unparalleled beauty from the heights of the Blue Ridge Escarpment at Caesar's Head

Savor delightful meals any time of day with a bustling restaurant and bar scene

Enjoy the cosmopolitan vibe of Greenville where the likes of BMW and Michelin hold their ground

Focus on the riding and the views with best-in-class service from certified guides



## DAILY ITINERARY

2021

Day

1

### TODAY'S SELF-GUIDED RIDE:

Choose from one of our many self-guided ride options to explore Greenville, such as Paris Mountain.

Approximately 18 miles with 1,450 feet of climbing

### DESCRIPTION:

Today you'll meet your bike for the week and discuss the daily schedule and route options with your guides. Ready to ride? Choose a short ride out to Paris Mountain, the signature climb within Greenville city limits. It will get your legs moving for the rest of the week. Alternatively, choose to check-in to your hotel room and join the group later for dinner to discuss the excitement ahead.

### HOTEL:

Embassy Suites by Hilton Greenville  
Downtown Riverplace

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Dinner

# Day

## TODAY'S RIDE:

### Campbell Covered Bridge

Approximately 36-84 miles with  
1,820-5,215 feet of climbing

# 2

## DESCRIPTION:

We'll discover one of the most scenic areas that spans both North and South Carolina. The Campbell Covered Bridge in the Mountain Bridge Wilderness Area, on the Blue Ridge Escarpment, is sure to deliver breathtaking views. Today you will experience Blue Ridge riding at its finest and you'll quickly understand why many pros call this place home.

## HOTEL:

Embassy Suites by Hilton Greenville  
Downtown Riverplace

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Continental Breakfast | Lunch

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# Day

## TODAY'S RIDE:

### Caesar's Head

Approximately 50-96 miles with  
2,200-7,100 feet of climbing

# 3

## DESCRIPTION:

Did you know that this area has a strong racing heritage? We'll learn about it today with an undulating ride on peaceful country roads, to the benchmark six-mile climb to up Caesar's Head. Caesar's Head is a well-known climb that was often decisive in the Tour DuPont, where more than a few athletes left their stamp on pro cycling.

## HOTEL:

Embassy Suites by Hilton Greenville  
Downtown Riverplace

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Continental Breakfast | Lunch |  
Dinner

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# Day

## TODAY'S SELF-GUIDED RIDE:

### Choose from rides such as Traveler's Rest, Campbell Covered Bridge, or Little Texas

Approximately 18-55 miles with  
1,400-3,500 feet of climbing

# 4

## DESCRIPTION:

Today is your day to discover the sideroads of Greenville on your own or with your new riding friends. There will be some guests joining you today, and others departing, so we'll give you the cue sheets, directions, and guidance for you to find your own private slice of heaven.

## HOTEL:

Embassy Suites by Hilton Greenville  
Downtown Riverplace

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Continental Breakfast | Dinner

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# Day

## TODAY'S RIDE:

### Hagood Mill

Approximately 61-75 miles with  
3,600-4,700 feet of climbing

# 5

## DESCRIPTION:

It's time for a mellow ride on the outskirts, west of Greenville. You'll enjoy peace and quiet as you indulge in the serene and overgrown greenery. Stop off at Hagood Mill to enjoy your lunch at this historic water-powered gristmill built in 1826 before heading back to town.

## HOTEL:

Embassy Suites by Hilton Greenville  
Downtown Riverplace

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Continental Breakfast | Lunch

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# Day

## TODAY'S RIDE:

### Saluda

Approximately 48-85 miles with 2,500-6,000 feet of climbing

# 6

## DESCRIPTION:

We head into the belly of the beast, nestled at the foot of the Blue Ridge Mountains. Saluda is our prize at the end of challenging, sustained climbs that wind through deeply forested terrain. Today is the day you truly earn your ride camp stripes.

## HOTEL:

Embassy Suites by Hilton Greenville  
Downtown Riverplace

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Continental Breakfast | Lunch |  
Dinner

# Day

## TODAY'S SELF-GUIDED RIDE:

### Final Spin

Approximately 34 miles with 2,400 feet of climbing

# 7

## DESCRIPTION:

Sadly, it's time to say goodbye to Greenville. Hopefully your legs are well worn from the week, but if not, feel free to choose from one of our many self-guided ride options to punctuate your trip. We can recommend the perfect final spin for a beautiful loop with some rolling terrain to finish off the week.

## INCLUDED MEALS:

Continental Breakfast

## WHAT'S INCLUDED

### For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

### What's Included

- Six nights of accommodation at handpicked hotels
- Experienced guides to provide local knowledge, support, and camaraderie
- A mix of self-guided and guided rides with our support van
- Daily breakfast, four lunches and four dinners
- Included dinners for the week are on Day 1 (Monday), Day 3 (Wednesday), Day 4 (Thursday), and Day 6 (Saturday)
- Ride a Trek Domane SL 7 disc
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel water bottles to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle, and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts, and hospitality staff
- All luggage transfers and transportation during your trip
- Entrance fees for all activities, private tours, and events

### Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting
- Upgrade your bike to a Trek Electric-Assist Domane+ LT carbon road bike with Shimano Di2 electronic shifting
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Upgrade your bike to include carbon wheels (+\$200)

- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

#### THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care, and service.

### What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

## HOTELS



### EMBASSY SUITES BY HILTON GREENVILLE DOWNTOWN RIVERPLACE

#### GREENVILLE, SOUTH CAROLINA

A new hotel located along the Swamp Rabbit Trail in downtown Greenville, the Embassy Suites Greenville Downtown RiverPlace provides guests with exceptional access to a newly renovated downtown with hundreds of shops, restaurants, and other Greenville attractions like The Peace Center for the Performing Arts, Falls Park on the Reedy River, the Greenville Zoo, and the Bon Secours Wellness Arena. Please note, this is a 3-star property chosen for its easy access to the best routes.



## MEETING & DEPARTING

### How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-

### Meeting Time And Location

Your Trek Travel staff will meet you at the Embassy Suites by Hilton Greenville Downtown RiverPlace between 12:00 PM-2:00 PM on the first day of the trip (\* Please note that rooms may not be available until 3:00 PM). Upon meeting your guides and getting checked into the hotel, we will ensure you have a great fit to your new bike for the week and give you a few pointers before you head off on a

related delays. We recommend that you fly into the Greenville International Airport (GSP), approximately thirteen miles from downtown Greenville.

Most major airlines offer service to this airport. To travel to the hotel from Greenville International Airport (GSP) we suggest a local taxi or car rental.

self-guided warm up ride.

If you will be late for the meeting time, or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Embassy Suites by Hilton Greenville Downtown RiverPlace (864-263-4800) and leave a message with your expected arrival time and contact details.

## Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Embassy Suites by Hilton Greenville Downtown RiverPlace. Please be sure to book transportation to your departure airport prior to the end of your trip.

The use of your Trek Travel bike ends at 11:00 AM on day of departure, and in some cases, may be needed for another guest arriving that day. Extensions may be available upon request but cannot be guaranteed before your trip begins.

## Before & After: Greenville, South Carolina

Greenville is a bustling cosmopolitan town with many activities to keep you busy. With over 100 great restaurants to choose from, foodies will find delight here. Also there are many shops and plentiful entertainment opportunities at places like the Peace Center. You can always opt to slow down and stroll the Falls Park on the Reedy River. We recommend the following accommodations for your pre- and post-trip hotel:

**Embassy Suites by Hilton  
Greenville Downtown RiverPlace**  
| Book your stay

\* Hotels listed above are local properties we love. We do not have special rates available.



## FAQS

### What Are The Daily Rides Like?

- Rider Type | 4 - Avid
- Average Daily Mileage | 64
- Terrain | Hilly
- Average Daily Elevation | 4,400 feet
- Total Miles | 450
- Total Elevation | 30,850 feet

Averages and totals are calculated from our "Avid Ride" options.

### What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Non-riders are welcome on a Ride Camp trip if they are staying in the same room with a riding guest. The riding guest will be required to pay the single supplement fee for a private room and a meal package (\$350 for 7-day trips and \$200 for 4-day trips) for the non-rider to dine with the group]. Please contact a trip consultant for details and to book a non-riding companion. Some non-riding options on this trip are:

- Boutique shopping
- Hiking opportunities
- Explore local historic monuments and museums

The terrain is consistently rolling, with generally quiet and winding roads. Enjoy some longer climbs such as Caesar's Head, but most climbs are intermediate in length and steepness. Greenville Ride Camps are best suited for our Type 4 Riders. Type 4+ Riders will enjoy the extra mileage the avid route options offer.

- Horseback riding
- Golf
- Various outdoor activities including rafting, mountain biking, rock climbing, fishing and more
- Spa Services

## Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.