



## **Mountain Bike Travel Guide**

**Mascota Ride** provides this detailed travel guide to make your travel plans easier. Please note that details may vary depending on each destination so please feel free to email us to [info@mascotaride.com](mailto:info@mascotaride.com) if you have any further questions.

### **Traveling with your bike vs renting a bike**

Even though we may have rental bikes at our destinations, it is proven that people prefer a Mountain Bike adventure with their own bike and gear.

#### **Flying your bike:**

Before booking your flights, we recommend checking to see how much the airline you are planning to fly with charges for an oversize bike-bag/bike-box. The most common fees when flying your bike are between \$100-\$150 USD each way. Yes it's expensive, but less expensive than renting a bike for 7-10 days.

#### **Shipping your bike:**

Shipping your bike is a very convenient choice if you don't want to deal with your bike in and around the airport. Also, if you have other traveling plans before or after your mountain bike trip it will be easier to ship your bike. We will provide an address to ship your bike for each destination. Upon request we can also build the bike for you, so when you arrive your bike will be ready to ride.

### **What to bring**

#### **Mountain Bike**

A mountain bike that will hold up for the entire trip, one in good repairs and recently tuned. We recommend a full suspension bike with more than 10 gears and tires in good conditions (tubeless if possible). Some of our trips will be ridden on advanced downhill trails depending on the description and fitness level of your trip.



## **Recommended spare parts**

Some of the trips than **Mascota Ride** has to offer have pretty rudimentary bike shops where it's always hard to find bike parts. We provide bike tools to fix and provide general maintenance during your trip. It is possible we may have some spare used parts to sell, but is highly recommended to bring:

- Spare derailleur hanger
- Spare tire
- Brake pads
- Derailleur and shifter
- 2 Chain quick link

## **Personal Gear**

- Helmet
- \*Full Face Helmet (Only if is recommended for your trip)
- Riding shoes
- Gloves
- Glasses and or Goggles
- Knee Pads
- Mountain Bike Gloves
- Riding backpack with water reservoir
- Rain Jacket
- Multi Tool
- 2 Tubes
- Sun block
- Personal use items such as tire plugs and chain lube

## **Medicines and personal use products**

If you take any specific medicines or use any particular products, please ensure you are bringing those with you. Due to the remote locations of some of the tours we may not have access to general stores for items such as shampoo, etc.

## **Cell phones and WiFi**

If you are willing to use your cell phone during your trip, please



your plan. Pre paid sim cards and phones are available for purchase at the airports and at some of our destinations.

## **WiFi**

For most trips Internet is available near places of accommodation, sometimes at the office a short walk away, and several coffee shops, restaurants etc. Some of the trips have long traverses or the lodging could be in cabins in the woods where you may not be able to connect to cell service or WiFi.

## **Personal Documents**

If you are traveling to a different country from your nationality please check out if you need a visa or any other official document to be allowed in while you cross customs. Traveling rules and regulations are different for each nationality. In case there is a mandatory document every foreign visitor has to have we will ensure to let you know and help to get this.

We encourage traveling with:

- Passport
- Copy of passport
- Drivers License
- Travel visa (if needed)
- 2 Different types of identification
- Printed medical insurance policy

## **Exchange Money, Credit and Debit Cards**

Having local currency as cash in hand is the most convenient choice. We will help and ensure this will remain safe as with the rest of your belongs. The best place to exchange money for local currency will be at the airport. Depending on your bank's exchange rate simply using an ATM may be the easiest. Credit Cards and Debit Cards can be used in most of the places, but please notice that sometimes you will be in tiny villages lost up in the mountains where you won't be able to use them at all. Please call your bank



and notify them you will be out of the country for a certain period of time and ask for transaction and ATM fees before your departure.

## **Personal requirements and special care**

### **Food**

Where meals are included we usually provide good quality and healthy meals cooked with traditional ingredients and products from around the area so you can enjoy more about the culture and traditions from each different place.

If you have any food preferences such as being vegetarian, vegan or allergic to any kind of seeds or products please let us know so we can arrange a different menu for you.

### **Laundry**

In Most of our trips the access to laundry is limited when we are up in the mountains. Please plan to bring enough clothes for your trip. When we get closer to towns or to any other city your guide will help you to get laundry done in your hotel or in a laundry place.

### **Personal assistance**

We provide personal basic assistance with carrying your luggage, assembling your bike, loading shuttles and aside transportation if needed to solve any kind of unexpected circumstance. If you need any kind of specific assistance let us know with 3 weeks in advance before your arrival to be able to help with your inquiry.

## **Free Time and Extra Activities**

You will travel to ride bikes but that doesn't mean you won't have free time to explore, walk around, purchase souvenirs or get involved with another activity. Trips longer than 10 days will have a mandatory day off to rest and discover the area by any of our recommended activities or to get enrolled in anything else you want\*. Your guides can take and show you around if you feel more comfortable with a local who knows better the area and places to visit.



\*Extra Activities have an extra cost in which you will find a special discount by traveling with Trans-Cascadia International Excursions.

### **Weather and riding conditions**

Even when we can identify the weather season and rainy months for each different area, sometimes this can be unpredictable, so please be prepared to have some rainy rides and bring warm clothes even if you don't use them. We will let you know the forecast for your trip with one week in advance so you can be more prepared.

This guide was created with the main purpose to help you organize your trip, give you some traveling tips and maybe solve some of your questions. For more detail information please email us to [\*\*info@mascotaride.com\*\*](mailto:info@mascotaride.com) it would be a pleasure to help you sort everything out.