

DIFFERENT TRAVEL

do something different - make a difference

www.different-travel.com

Boston to New York City Cycle



4 - 12 October 2017

This trip is operated by The Different Travel Company (ATOL 6706). The Different Travel Company Ltd. is a company registered in England, number 05324268. All the flights in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate.



DESTINATION: USA

About USA

At 9.83 million km², the United States of America is the fourth largest country in the world. The USA comprises 50 states of great geographical and climatic diversity, from the Appalachian mountains of the West, the Canadian Shield to the North, the Atlantic Coastal plain of the East, and the interior lowlands of the Great Plains. The contiguous states of the USA border Mexico and Canada and the archipelago of Hawaii is located in the mid-Pacific. This vast nation is home to some staggering natural beauty – with glaciers and mountains, desert landscapes, forests and beaches, varied and unique cities with very different identities. The USA's population of 313 million makes it the third most populated country in the world.



About New England

Located in the North East of the USA, the State of Massachusetts is grouped with the surrounding states of Maine, Vermont, New Hampshire, Connecticut and Rhode Island, to form 'New England', one of the early English settlements after the arrival of the Pilgrim Fathers by boat in 1620. Famous for its long Atlantic Coastline, popular mountain areas and rich autumnal foliage, New England is a popular destination for visitors to the USA.

The State of Massachusetts & Boston

With its claims of being America's oldest and most historical city, Boston (capital of Massachusetts) is a fascinating place to start an American journey. Home to Harvard University, an important (and historically significant) harbour and the famous 'Freedom Trail', Boston's cobbled streets and interesting sights

exude elegance as well as history. Massachusetts also boasts incredible whale watching opportunities, and the beautiful sand-dune fringed beaches of Cape Cod.

New York City

Within the state of New York, 'New York City' refers to the central island of Manhattan as well as four neighbouring boroughs; Staten Island, the Bronx, Queens and Brooklyn. Manhattan though is often the area people associate with 'New York City', as this is the principal centre of finance and business for the USA, if not the world. Manhattan Island's world of skyscraper-filled cityscape houses the World Trade Centre, headquarters of the United Nations, Times Square, Grand Central Terminal, Broadway (theatre district) and Wall Street (financial district), in addition to both of the two largest stock exchanges in the world (New York Stock Exchange and NASDAQ). At the heart of all this activity, commerce and power, the expanse of Central Park offers an opportunity to enjoy a slower, more relaxed pace of life. The terrorist attack on the Twin Towers of the World Trade Centre on 11th September 2001 shook, but did not destroy the spirit of New York and its people. Today the 9/11 Memorial Museum, built on the site formerly known as 'Ground Zero' offers space for reflection, remembrance, honour and hope.



THE CHALLENGE: WHAT TO EXPECT

Cycle Overview

This spectacular 320 mile bike ride takes us not only on a geographical but also a historical journey, following America's journey to independence. Starting in Boston, one of America's oldest cities, our journey then takes us through quaint communities, untouched coast, colonial villages, rolling hills and seaside towns running along the Atlantic Coast. An unforgettable last leg of the trip is the ride over Brooklyn Bridge into the heart of Manhattan Island for a victorious bite of the Big Apple!



You will be using well-maintained and good quality Trek hybrid touring bikes, Bike upgrades are available at extra cost, please ask us for full details of the options (subject to availability and to be arranged prior to departure).



Although helmets can be provided, we ask that you bring your own, to ensure a good fit, and absolute knowledge that it has never been in an accident and have hidden damage. The bike mechanic who will travel with the support vehicle will carry spare inner tubes, tools and a pump, ready to help in case of any technical difficulties along the way. You are welcome to bring your own pedals for use with cleat cycling shoes, and even your own saddle for optimum comfort and familiarity.

It is essential that you bring padded cycle shorts/trousers and you may wish to bring a gel seat cover for extra comfort. Chamois cream is also a worthwhile consideration. You can purchase lots of quality cycle equipment from specialists such as <http://www.wiggle.co.uk> and other online and high street stores. Remember to pack your cycle helmet in your hand luggage as it is important that the helmet isn't damaged or lost on the way! Cycle gloves are also worth considering.

Who will accompany us?

This challenge is accompanied by professional cycle guides who have an excellent knowledge of cycling in the region, are first aid trained and will support you throughout your journey. A support vehicle will travel with the group at all times, offering mechanical and first aid support as required. You will also be accompanied by a Different Travel Company UK tour leader throughout.

What is the climate like?

Temperatures will be dependent upon the weather but you can expect temperatures to average 23°C during the day, and 15°C at night and you should be prepared for some light rain.

What is the accommodation like?

You will be staying in 3 star hotels throughout your journey. You can expect to share a twin room, with en-suite bathroom. Meals will be taken together as a group at the hotel, with lunches provided either picnic style or at restaurants along the way.

How tough is it?

This trek is graded '*moderate to challenging*' because you will be covering long distances, including ascents for five continuous days.

Who can take part?

The cycle challenge can be undertaken by anyone of any age (min. 18 unless accompanied by an adult) as long as you have a good level of fitness and you are healthy and determined. There is no upper age limit.



How fit do I need to be?

It is advised that you are of a good fitness level before departure to ensure fast recovery from each day's exertions. An ideal candidate for the challenge would be someone who enjoys being out of their comfort zone and trying something new, but also someone who is confident cycling an average of 65 miles a day for multiple days.

If you do not already regularly exercise it is crucial that you start training on your bike (including plenty of hills!) before departure to ensure your best chance of enjoyment on the trip. You can download a number of free apps, which will help you train and track your progress. E.g. iMapMyRide (for cyclists), C25K (couch to 5k run) (jogging/running), MyFitnessPal (for a variety of sports). It is possible to complete the trek without training but it will be difficult and may hinder your experience, and the experience of your teammates.

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues **must** be noted and (if relevant) signed by your GP. Any conditions that develop must be declared and a new medical form completed and signed.

Different Travel's Online Training

Different Travel has teamed up with Brightside Personal Training to bring you a fun and unique way to train for your upcoming challenge without needing to leave the comfort of your home or signing up for an expensive gym membership. Please see here for more information: <http://brightsidept.kajabi.com/sp/34357>



What is included?

Trip cost: £520 registration fee* + £2,475 balance or £4,950 minimum sponsorship

*NB registration fee can be paid in 2 instalments (the first on booking and the second 6 months prior to departure).

Trip Includes:

Flights from London (inc. airport taxes), all transfers & transport in USA, accommodation in 3 star hotels throughout, meals as specified, local safety-certified

cycling guides, bike support vehicle, road tolls and, and a UK Different Travel tour manager.

Trip Does Not Include:

Personal expenses (such as drinks, souvenirs, etc.), any vaccinations required, lunch on day 7, ESTA fee (current cost \$14 – see *A is for Arrival*), travel insurance, tips (approx. US\$50-100 per person depending on group size), personal cycling kit (see packing list below).

ITINERARY

Day 1 (Weds 4th October 2017): London – Boston

Depart London on flight to Boston. On arrival transfer to hotel for dinner and a two night stay.

Overnight: Hotel

Day 2 (Thurs 5th October 2017): Boston

Free time to explore Boston today, before a trip briefing and dinner before our cycling commences tomorrow.

Overnight: Hotel

Day 3 (Fri 6th October 2017): Boston Harbour – Plymouth

After breakfast and bike fittings we are ready to start the challenge. We make our way through the city traffic to the quieter roads of our mostly flat route. Today is about getting used to the bikes as we cycle through the towns of Weymouth and Kingston, with lunch en route, finally reaching Plymouth (famous for Plymouth Rock, the site of the landing of the Pilgrim Fathers on the Mayflower, in 1620). Dinner and overnight at our hotel.

Riding: 45 miles (72km), Elevation: +2018 ft. (615m)

Day 4 (Sat 7th October 2017): Plymouth – Narragansett, Rhode Island

An early start today for one of our longest days of cycling, but it is also one of the most scenic, full of coast and forest routes, as we follow the coast before heading inland to quiet tree-lined roads before our lunch stop in Providence (capital of Rhode Island). Some busy city roads then lead us to Scenic Route 1, where we enjoy the amazing coastal ecosystem with rich bird-life, arriving finally at the small summer beach town of Narragansett. Dinner and overnight at our hotel.

Riding: 88 miles (143 km), Elevation +3837 ft. (1170m)

Day 5 (Sun 8th October 2017): Narragansett – New London, Connecticut

After a morning ride to a lighthouse and through a beautiful park, we enter Connecticut, the third of the four states covered on this challenge. Our ride

includes some challenging hills today, but ice cream awaits in the historic seaport town of Mystic!

Continuing to New London, we stop for dinner and overnight at our hotel near the port.

Riding: 58 miles (93km), Elevation: +3046 ft. (928m)

Day 6 (Mon 9th October 2017): New London (Ferry to Long Island) – Woodbury, New York

The final state of our journey, New York State, lies ahead today! This, the longest day of our challenge, includes a 1 ½ hour ferry crossing to Long Island, New York. We ride 35 miles along a vineyard-dotted route to today's first hill at Port Jefferson, then spend the afternoon winding through quaint, wooded residential areas until we arrive in Woodbury, our overnight stop. Dinner and overnight at our hotel.

Riding: 90 miles (145km), Elevation: +3315 ft. (1010m)

Day 7 (Tues 10th October 2017): Woodbury – New York City

The final day of cycling, we follow a series of local bike paths and routes through New York City, enjoying stunning views of Manhattan and the Statue of Liberty, and finally ride over the Brooklyn Bridge to our finish line where we have time to celebrate with team photos. This evening we have a special celebratory dinner.

Overnight: Hotel.

Riding: 40 miles (64km), Elevation: +1647 ft. (502m)

Day 8 (Weds 11th October 2017): New York

Today is free for you to explore the incredible city of New York. With the largest population of any US city, and stark contrast between wealth displayed in the skyscrapers of Manhattan and poverty of the urban ghettos, New York is one of the world's great cities and its location, attractions and the diversity of its neighbourhoods makes it unlike any other. You might choose to spend your time sight-seeing and take in famous sights including the Empire State Building, Central Park, the Statue of Liberty and Times Square to name just a few, or prioritise spending time in some of New York's galleries and exhibitions, or alternatively hit the shops for an unrivalled shopping experience on Madison Avenue or Fifth Avenue – the choice is yours!

Overnight: Hotel

Day 9 (Thurs 12th October 2017): New York *

Depending on our flight schedules there may be some more time this morning to enjoy some more of New York before our transfer to JFK Airport for our flight to London.

**NB: Depending on flight schedules you may arrive back in London the following day*

***Day 10 (Fri 13th October 2017): Arrive back into London**

