



Check out our new
community service
and eco trips!

See our Kosher trip - Page 5

DISCOVERY

Bicycle & Adventure Trips for Teens
A Forty-Five Year Tradition

800-343-6132



• TRAVEL • EXPLORE • DISCOVER • LEARN

SHP BICYCLE ADVENTURES

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SHP Bicycle Adventures

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SHP

Welcome to SHP Bicycle Adventures! We would love for you to join us on one of our teenage bicycling trips through the countryside and cultural centers of America, Canada, and Europe. We cater to every type of adventure seeker by offering 1-8 week bicycle and multisport trips with challenge levels ranging from easy to difficult. Our small groups of 8-12 trippers and 2-3 leaders create a close and rewarding group experience.

SHP trips provide fun, outdoor entertainment, education, and opportunities for emotional and social growth in one of the safest and most wholesome youth environments available. SHP groups experience a summer of living close to nature, building strong friendships and traveling by bicycle in some of the world's finest regions. We rely on simple living, using campsites, hostels, and other modest facilities. In the countryside, we buy food at local markets and cook our own meals. In cities, we enjoy the unique flavors offered by local restaurants.

In this brochure, you will find trips that offer a full range of rural and urban immersion. Itineraries are unhurried, creating a better opportunity to learn about an area and its people. For safety reasons, cycling is planned for country roads and bike paths, and city touring is done mostly by foot or public transportation. We hope that you will join us this summer for the journey of a lifetime. Which trip is calling your name?



CURRENT TRIPS

US / CANADA TRIPS

Trip	Days	Biking
• Classic Cape Cod	14	easy
• Province du Québec	17/26	moderate
• Oregon & California	31	moderate

EUROPEAN TRIPS

Trip	Days	Biking
• Amsterdam to Paris	30	moderate

MULTISPORT TRIPS

Trip	Days	Biking
• Vermont Multisport	18	moderate

CHALLENGING TRIPS

Trip	Days	Biking
• Cross Country America	44 & 51	challenging

RESERVE YOUR PLACE TODAY!

Call **800-343-6132**

www.bicycletrips.com



CLASSIC CAPE COD

itinerary: day 1 2 3 4 5 6 7 8 9 10 11 12 13 14

CONWAY, MA
CONWAY, MA
SANDWICH, MA
MARTHA'S VINEYARD, MA
MARTHA'S VINEYARD, MA
NANTUCKET, MA
NANTUCKET, MA
BREWSTER, MA
SOUTH WELFLEET, MA
PROVINCETOWN, MA
PROVINCETOWN, MA
BOSTON, MA
BOSTON, MA
END

OLD ENGLAND, NEW ENGLAND

After being transported by van from Conway to Cape Cod Bay, you will cycle south past cranberry bogs and sun-drenched seaside villages, sampling homemade ice cream and saltwater taffy before catching a ferry to Martha's Vineyard. On this island's miles of sandy beaches, you will enjoy swimming, sunning, exploring a tiny fishing village. In the morning, you be guided on a unique eco-kayak tour of a secluded ocean cove where the movie Jaws was filmed before ferrying to Nantucket.

On Nantucket, you'll enjoy more beachcombing and sand castles because your hostel is right on the ocean! You'll get to explore the old whaling port of Nantucket town and picnic under a lighthouse before ferrying again to Hyannis, your starting point for biking the bike path all the way up the Cape along the National Seashore. Before ferrying from Provincetown to Boston for some sightseeing in this historic city, you'll go on a thrilling whale watching expedition to watch giant, gentle whales breach and blow. A trip with the perfect variety of fun, sun and great exercise.



7 OR 14 DAYS

EASY

IN CAPE COD

- FISHING VILLAGES
- HERITAGE PLANTATION
- WHALE WATCHING
- PROVINCETOWN
- SAND DUNES
- WOODS HOLE
- KAYAKING
- BIKING CAPE COD CANAL
- DUNBAR TEA SHOP
- BEHIND THE SCENES TOUR OF THE BOSTON AQUARIUM
- THE FREEDOM TRAIL

KOSHER TRIP

- CALL US AT 800-343-6132 FOR MORE INFORMATION

"You can't do anything about the length of your summer, but you can do something about its width and depth."

*Simone Burke,
tripper*



PROVINCE DU QUÉBEC

itinerary: day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

CONWAY, MA
AYER'S CLIFF, QC
AYER'S CLIFF, QC
LENOXVILLE, QC
MELBOURNE, QC
KINGSEY FALLS, QC
PRINCEVILLE, QC
PRINCEVILLE, QC
LYSTER, QC
SAINT ROMUALD, QC
SAINT ROMUALD, QC
QUÉBEC, QC
SAINT ROMUALD, QC
PORTNEUF
CHAMPLAIN
LAC DE LA TORTUE
SAINT PAULIN
SAINT GABRIEL-DE-BRANDON
SAINT GABRIEL-DE-BRANDON
RAWDON
SAINT JEROME
MONT TREMBLANT
MONT TREMBLANT
MONTREAL, QC
MONTREAL, QC
END

BIKING IN CANADA

Because Québec is the most “European” city in North America, this trip has a distinctly foreign tone. Your journey will take you into the heart of a culture that, while similar to our own in some respects, is steeped in French heritage, language, and traditions. The villages and towns along your route combine their European cultural heritage with the spirit of farm and river life in the New World, giving them a uniquely French-Canadian flavor.

Québec is developing an impressive 4,000 kilometer network of long distance bike trails. After being dropped off in Canada, your group will use this trail system to cycle through rolling farmland, enchanting forests, and fields of wildflowers. You will stop for snacks at small town French bakeries and swim in pristine lakes before reaching Québec City, where you will enjoy a boat trip on the St. Lawrence River. Your group will stay in the heart of Vieux-Québec, the only walled city in North America.

Continuing on the bike path along the majestic St. Lawrence River, you’ll pass the riverside cottages and soaring cathedrals that give this area its distinct old-world feel. Your ride to Mont Tremblant will be on the longest bike trail in North America and, according to many, the most beautiful. Mountain lakes, sprawling meadows, quaint resort towns, and an afternoon canoe adventure are the highlights of this portion of the trip.

Your journey will come to an end in Montréal, where you’ll explore the cosmopolitan city, take a thrilling speedboat ride down the Lachine Rapids, and have a bon voyage dinner in a French restaurant before boarding the train back to the states. If you’re hoping to spend your summer experiencing beautiful scenery, foreign culture, and a good amount of biking, then this trip is for you!

17/26 DAYS

MODERATE

THE CULTURE

- SPEAK AND READ FRENCH!
- IMMERSE IN FRENCH CANADIAN CULTURE
- CATHEDRALS
- PATISSERIES
- CREPERIES
- MOUNTAINS AND LAKES
- RIVERS AND WATERFALLS
- BOATING
- SWIMMING

QUEBEC CITY

- THE CITADEL
- MUSÉE DE LA CIVILISATION
- STREET FESTIVALS
- QUARTIER PETIT CHAMPLAIN

800-343-6132



OREGON & CALIFORNIA

31 DAYS

MODERATE

IN THE WEST

- SWIMMING
- CANNON BEACH
- SEA LION CAVES
- LIGHTHOUSES
- BEACHES
- PICTURESQUE SCENERY
- FLORENCE
- MAILBOAT RIDE ON THE ROGUE RIVER
- REDWOOD FOREST - HIKE/BIKE
- SAN FRANCISCO
- BIKING OVER GOLDEN GATE BRIDGE
- NIGHT TOUR OF ALCATRAZ
- GOLDEN GATE PARK
- FORTUNE COOKIE FACTORY
- PRESIDIO
- FISHERMAN'S WHARF

itinerary: day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

CONWAY, MA
CANNON BEACH, OR
CANNON BEACH, OR
GARIBALDI, OR
TILLAMOOK, OR
LINCOLN CITY, OR
NEWPORT, OR
NEWPORT, OR
WALDPORF, OR
FLORENCE, OR
WINCHESTER BAY, OR
COOS BAY, OR
LANGLOIS, OR
GOLD BEACH, OR
GOLD BEACH, OR
BROOKINGS, OR
CRESCENT CITY, CA
CRESCENT CITY, CA
ORICK, CA
EUREKA, CA
WEOTT, CA
WEOTT, CA
EUREKA, CA
EUREKA, CA
SAN FRANCISCO, CA
SAN FRANCISCO, CA
SAN FRANCISCO, CA
END

THE PACIFIC COAST

Biking along the Pacific Ocean is spectacular, and this trip is packed with athletic adventure and a new focus on the environment. You will begin your trip on the Oregon coast, exploring the famous Sea Lion Caves. In addition to taking in stunning coastal views and sunsets, you will get to catch crabs, barbecue on the beach, go dune jumping, and take an exciting jet boat ride on the Rogue River.

Continuing into California, you will enjoy a tour of the Klamath River on a big raft or inflatable kayak. You will gain an appreciation of the unique coastal ecosystem with an afternoon of hiking and swimming in waterfall pools. Next you will have the incomparable experience of pedaling through the majestic Redwoods on the historic Avenue of the Giants. After learning about the natural history and ecology of these awe-inspiring forests, you will enjoy a hike to a Star Wars filming location.



Your adventure on the West Coast is topped off by two days in San Francisco, where you'll marvel at the Golden Gate Bridge as you cycle across it. In addition to savoring the flavors offered by the city's restaurants, your group will take the ferry to Alcatraz for a night tour, walk up (or down) steep Lombard Street, ride the cable cars, and shop at the open air markets of Fisherman's Wharf. This trip is perfect for you if you are looking for a combination of physical challenge, breathtaking scenery, closeness to nature, and a taste of urban culture.

VERMONT MULTISPORT

itinerary: day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

CONWAY, MA
CONWAY, MA
CHARLEMONT, MA
BRATTLEBORO, VT
TOWNSHEND, VT
ANDOVER, VT
NORTH CLARENDON, VT
FAIR HAVEN, VT
FAIR HAVEN, VT
BRANDON, VT
GAYSVILLE, VT
KILLINGTON, VT
KILLINGTON, VT
LUDLOW, VT
ASCUTNEY, VT
ASCUTNEY, VT
HANOVER, NH
END

BIKING, RAFTING, ZIPLINING, AND MORE

This multisport trip combines the best of our Vermont trip with new and exciting challenges. Whitewater rafting jump-starts this trip as professional guides lead you through Massachusetts' Zoar Gap, along the unspoiled river valley, to a state park for a picnic lunch. Then you'll be off to Vermont, where you will cycle through lush green valleys and charming villages, cooling off along the way in swimming holes, pools under covered bridges, and rushing waterfalls. Your group will build confidence and team spirit as you traverse from tree to tree on a ropes course and zipline.

In addition to biking through the gorgeous countryside and quaint towns, your group will saddle up to see the spectacular mountain views and deep forest paths on horseback. In Killington, you will ride the gondola to the mountaintop, camp on the lake shore, and hike through a New England hardwood forest. After canoeing down a pristine stretch of the Connecticut River, you will conclude your trip in picturesque Hanover, New Hampshire by exploring Dartmouth College and taking some well-deserved time to relax. This adventure-filled trip promises energetic fun, challenge, and a rewarding sense of accomplishment.

18 DAYS
MODERATE

MULTISPORT

- MANY EXCITING ACTIVITIES:
- ZIPLINING
- RAFTING
- KAYAKING
- HORSEBACK RIDING
- NEW CHALLENGES
- SWIM UNDER A COVERED BRIDGE, ALSO IN LAKES, RIVERS & WATERFALLS

VERMONT

- INCREDIBLE SCENERY
- INTERACT WITH COWS AND HORSES
- EXPLORE HANOVER, NH
- DARTMOUTH COLLEGE
- VISIT A MARBLE QUARRY
- KILLINGTON MOUNTAIN

800-343-6132



CROSS COUNTRY AMERICA

itinerary: day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

CANNON BEACH, OR
ASTORIA, OR
PORTLAND, OR
RAINIER, WA
NORTH ROOSEVELT, WA
OMATILLA, WA
WALLA WALLA, WA
POMEROY, WA
CLARKSTON, WA
LEWISTON, ID
KOOSKIA, ID
MISSOULA, MT
MINOT, ND
GRANVILLE, ND
DEVILS LAKE, ND
RUGBY, ND
COOPERSTOWN, ND
HOPE, ND
FARGO, ND
PELICAN RAPIDS, MN
BATTLE LAKE, MN
LONG PRAIRIE, MN
ROYALTON, MN
DALBO, MN
OSCEOLA, WI
CUMBERLAND, WI
HAYWARD, WI
CONOVER, WI
MATTOON, WI
WRIGHTSTOWN, WI
MANITOWOC, WI

THE NORTHERN ROUTE

Witness the beauty and grandeur of America in the camaraderie of a group, sharing physical and emotional challenges you're unlikely to encounter again. You'll travel from sea to shining sea, starting your journey with your back tire in the Pacific Ocean in scenic Canon Beach, Oregon, and reaching victory with your front tire in the Atlantic Ocean in New Haven, Connecticut. Along the way, you'll encounter the Continental Divide, breathtaking Montana, small Midwestern dairy farms, Lake Michigan, and charming New England towns.

If you are considering this trip, you must be prepared to live with your group in basic conditions for almost 2 months, and you must have a strong bike in excellent condition. This could be a major adventure of your lifetime – crossing the entire American continent with the power of your own legs!



51 DAYS
NORTHERN ROUTE

44 DAYS
SOUTHERN ROUTE
(CALL FOR DETAILS)

CHALLENGING

MOUNTAINS

- CASCADES
- ROCKIES
- APPALACHIANS

PLACES

- MISSISSIPPI RIVER
- GREAT PLAINS
- MIDWESTERN PRAIRIES
- CONTINENTAL DIVIDE
- CANYONS
- VALLEYS

"Keith (Annie's senior leader) gave us a wonderful sense that our daughter was safe and having a great time. His love of the outdoors inspired Annie, and encouraged her own. His maturity and knowledge were great!"

Barbara Pilcher, parent

AMSTERDAM TO PARIS

itinerary: day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29+

CONWAY, MA
CONWAY, MA
ON PLANE
AMSTELVEEN, HOLLAND
AMSTELVEEN, HOLLAND
WOERDEN, HOLLAND
BARENDRECHT, HOLLAND
BRIELLE, HOLLAND
RENESE, HOLLAND
RENESE, HOLLAND
RENESE, HOLLAND
MIDDELBURG, HOLLAND
MIDDELBURG, HOLLAND
BRUGGE, BELGIUM
BRUGGE, BELGIUM
WAREGEM, BELGIUM
TOURNAI, BELGIUM
TOURNAI, BELGIUM
BANAY, FRANCE
LOCOUIGNOL, FRANCE
GUISE, FRANCE
GUISE, FRANCE
LA FERRE, FRANCE
BERNY-RIVIERE
BERNY-RIVIERE
PARIS, FRANCE
PARIS, FRANCE
PARIS, FRANCE
END

30 DAYS

EASY/MODERATE

Holland

- WINDMILLS
- DUTCH CHOCOLATE
- CANALS AND DIKES

Amsterdam

- DIAMOND CUTTERS
- VAN GOGH MUSEUM
- ANNE FRANK HOUSE
- STEDELIJKE MUSEUM
- RIJKSMUSEUM
- DELFT POTTERY
- WOODEN SHOE MAKING STORE

France

- PATISSERIES
- CASTLES, PALACES, CHATEAUX

Paris

- EIFFEL TOWER
- LOUVRE AND MONA LISA
- LATIN QUARTER
- NOTRE DAME CATHEDRAL
- L'ARC DE TRIOMPHE
- CHAMPS ELYSEES
- SACRE COEUR
- POMPIDOU CENTRE
- L'OPERA
- RODIN MUSEUM
- GARE D'ORSAY MUSEUM
- VERSAILLES



EUROPEAN DELIGHTS



Upon arriving by plane in Holland, you'll cycle on quiet country lanes, alongside canals, and past fields of cows and sheep. You'll shop for fresh bread and cheese for picnics beneath old windmills. In Amsterdam, you'll have the opportunity to see Rembrandt and Van Gogh's paintings and take a sobering tour of the Anne Frank House. Next you'll ferry to Belgium to glide along picturesque bike paths into beautiful Bruges, where you can climb the ancient bell tower, watch lace being hand-made, and compare different types of European chocolate. Continuing into France, your group will cycle past old-world farms and tiny villages full of European charm. Along the way, you'll often stop to explore castles, cathedrals, and elegant châteaux. Upon reaching Paris, your group will tour all the major sights, including the Eiffel Tower, the Louvre, and the Left Bank. You'll also take a day trip to see the wonders of Versailles before returning home to the States.



THE VALUE OF AN SHP TRIP

ADVANTAGES OF BICYCLE TOURING There are few situations so perfectly set up for fostering teen growth, confidence, and maturity as a travel-camping experience by bicycle with a group of peers. Biking creates a pace that is fast enough to give teens the sense of activity and forward movement they need, yet slow enough for them to absorb what they're seeing and experiencing.

In addition to providing immersion in different cultures and ways of seeing the world, travel also exposes teens to a myriad of problem-solving situations. Although help is readily available from leaders and SHP headquarters, trippers are encouraged to think through and solve the many unexpected "problems" of the trip—a grocery store being closed, bad weather, or bike breakdowns. This exposure enables teens to handle increasing amounts of independence that will be expected upon entering high school or college. It's an ideal spread-your-wings summer in an atmosphere that stresses responsibility and consideration, keeping them safe while they are experimenting with freedom.

DAILY STRUCTURE We provide each group with a framework for their journey which consists of a definite itinerary, reserved overnight stops, specific roads that can or cannot be used, and major sights or activities

that must be seen or done. Within that framework, group leaders will consider the ages and abilities of their trippers as they guide group decisions about which approved route to take and what to see or do along the way. Groups also share the responsibility of buying and fixing all their own meals within a daily budget and guidelines of decently healthy fare. Consideration of others, cooperation, and thinking ahead are all stressed during daily decision-making opportunities. Accepting the outcomes of group decisions is also an important part of the experience.

The SHP structure also provides parents and trippers with the security of social situations without peer pressure to use cigarettes, alcohol, or drugs because these substances are absolutely not permitted. Couples and cliques that exclude other group members are highly discouraged in favor of activities and relationships that include the entire group.

ADVANTAGES OF CAMPING All of our trips include camping because it fosters a closer group experience and appreciation of nature. While we do require separate tents for females and males, camping allows a group and its leaders to be together, rather than fragmented throughout hotel rooms. The nature of camping creates wholesome group interactions, whether it's setting up tents, cooking over a campfire, cleaning, or dealing with foul weather. Opportunities abound for cooperation, consideration, and responsible thinking. Without the distractions of TVs, cell phones, and video games, our groups learn to rely on their own creativity for entertainment and discover how to create memories in the absence of technology.

BUDGETING This is the first time in many trippers' lives that they keep track of their own spending money and budget wisely for a long period of time. This creates a valuable learning experience for those who are not successful with their budgets and wind up short of spending

money. It is a safe atmosphere for learning this lesson since their basic needs are still taken care of through the funds carried by the leaders. Trippers also take turns on the cooking committee, and they must stay within the budget when buying the group food for that day.

SENSE OF ACCOMPLISHMENT As over twelve thousand former trippers and their parents will confirm, the sense of accomplishment upon completing a bicycle journey of hundreds or thousands of miles is simply incomparable. Because our groups carry their own gear, cook their own meals, and take care of daily living needs on the road, our trippers often end the summer with an increased sense of self-sufficiency. Learning to do all this with people they have never met before teaches them to more deeply value teamwork and companionship.

"Nick benefited even more than we hoped he would. He went into his senior year on an upward wave of enthusiasm, self-confidence, and spirit of adventure that we feel has made a significant contribution to his whole life. He has approached the whole difficult experience of college interviews and applications with a positive approach that we feel is a direct carryover from his trip. And he is taking a much more active and self-confident role in his school than he did before, as well."

Timothy Fohl, parent



FREQUENTLY ASKED QUESTIONS

WHAT IS A GOOD TRIP FOR A FIRST TIME TRIPPER?

You don't have to be an experienced cyclist to go on a trip. In fact, there are first-time trippers on all SHP trips (even Cross Country USA), and we plan trips with this in mind. As long as you are in good health, you can handle the cycling. What's more important is choosing a tour that is consistent with how energetic you want to be this summer (see below).

CAN I TAKE MORE THAN ONE TRIP THIS SUMMER?

Yes. We offer both July and August trips. You can stay at SHP Headquarters between trips and will receive an equipment credit for the second trip.

HOW HARD IS THE CYCLING? Each trip description has a rating for the approximate overall level of physical effort you can expect. This rating refers to the terrain rather than the mileage covered. The mileage on all except the challenging trips is typically 25-45 miles each day, depending on the location of suitable overnight stops. Some of our trips offer more physical/outdoor activities and others offer more touring/sightseeing, so you should consider what kind of activities you want on non-cycling days.

SHOULD I PRACTICE CYCLING BEFORE THE TRIP?

By the time of your trip, you should be able to bike 7 miles in 1 hour in rolling terrain with 20 lbs of weight on your bike. Your panniers and front handlebar bag are sent to you in May (unless

your trip has rental equipment, in which case you'll get your rental package when you arrive in Conway), and you can load them with books to practice riding with weight. You don't need to overdo it, but the more you train, the more enjoyable the first part of the trip will be.

DO I HAVE TO KNOW HOW TO REPAIR MY OWN BIKE?

No. Your bike needs to be the right size for you, and you'll need to get it checked at your local bike store shortly before the trip. When you arrive at SHP, we'll check it over to make sure nothing went wrong in transit. Our leaders are trained in basic bike repair and are responsible for all repairs during the trip. Trippers can learn the basics during their trip by assisting their leaders.

CAN I USE MY MOUNTAIN BIKE? Yes. You can use a 10-24 speed mountain bike, hybrid, or road/touring bike. On mountain bikes, you might consider adding handlebar extenders and getting thinner tires.

CAN I RENT A BIKE? Yes. Rental bikes are available for trips up to 6 weeks in length. Depending on the length of the trip, rental rates range from \$120 to \$170.

WHERE WILL I SLEEP? Except for the higher mileage trips, accommodations are reserved in advance by SHP whenever possible. We use campgrounds, youth hostels, inns, university dorms, and an occasional hotel or motel. SHP will provide tents for trippers that must be returned at the end of each trip. We use 4-person tents for 3 people and 3-person tents for 2 people, and we require separate tents for males and females. Sleeping bags and pads can be bought or rented.

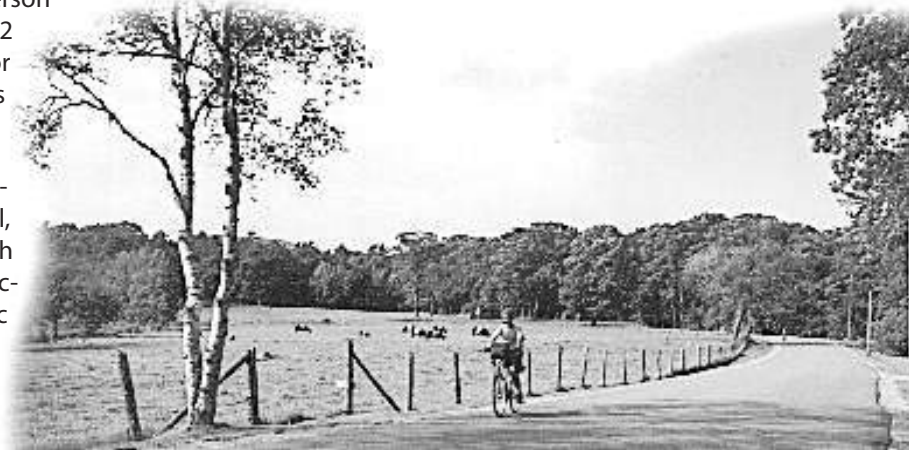
WHAT IS THE CAMPING LIKE? You'll usually stay in established private, municipal, state, and national park campgrounds with hot showers, flush toilets, fire pits, and picnic tables. Many campgrounds have a rec

hall, pool, sports facilities, open fields, or a camp store. Others are more simple and rustic, but these are usually quite scenic.

WHAT ARE HOSTELS LIKE? Hostels are simple dorms with separate bunkrooms for males and females, a rec room, showers and toilets, and a kitchen where the group can cook or a dining room with served meals. Some hostels are very small and rustic, while others are huge and modern. Each adds a dimension of local flavor missing from campsites or motels.

WHAT KIND OF FOOD WILL I EAT? Breakfasts, lunches, and dinners are included in the trip cost. Trippers can buy any snacks with their own money at stores and campsites along the way. Groups prepare their own meals, shopping at grocery stores along the way. Except for normal desserts, group food money is not used to buy junk food. Food choices may be more limited than what you're used to, but your leaders will ensure that the cooking committees buy food that is nourishing, filling, and easily prepared. People with special diets can usually be accommodated.

HOW IS LAUNDRY DONE? The cost of normal laundry is included in the trip cost and is done in laundromats along the way, every fourth day or so. Groups carry laundry soap, and trippers can hand wash anything they want to.



LEADERSHIP

Because the main element in realizing the potential of a trip is outstanding leadership, we carefully select leaders who have integrity, maturity, and responsibility. Our leaders provide strong direction and are firm in matters of safety, respect for others, and SHP policies, but they also have the warmth, the humor, and the enthusiasm to provide a rewarding group experience.

SHP trips have up to three leaders - a senior leader and one or two assistant leaders. The average age of our senior leaders is 25, and the minimum age is 21. Senior leaders are typically teachers, graduate students, and college seniors. Assistant leaders are usually college sophomores and juniors. Many are former SHP trip participants.

SENIOR LEADERS Each senior leadership applicant goes through a lengthy application process and a personal interview with a director. Because personality is critical in making a trip successful, leaders must complete a 5-day training course in Massachusetts before being assigned a trip (with some exceptions). Leaders receive further training for their particular trip during a 4-5 day orientation period just before their trip departure date and must return to SHP for 3 days after their trips for evaluations and organizational work.

SHP maintains close contact with leaders during their trips. Leaders carry cell phones, are scheduled to call the directors at regular intervals, and are required to call SHP headquarters whenever there is illness, possible itinerary change, etc. Several SHP staff personnel are emergency leaders who are available on a 24 hour



"I can't quite put into words what leading our trip has meant to me. It was by far the most rewarding thing I have ever done as well as being one of the greatest times of my life. Thank you so much for making that possible. Gordy (Gordon Scannell) was thrilled to hear all about our adventures and look at pictures from our trip. He is glad to know that not too much has changed since his era - that the same integrity and care is being put into childrens' summers as it was 30 years ago. It's really a remarkable program."

Jon Moncton, leader

basis to assist groups with emergencies or problems that might arise on the road. The directors are also available on a 24 hour basis.

Our leaders are not meant to be tour guides, but each leader has extensive, time-tested SHP notes and guides for the area in which the group is traveling. All leaders must hold a valid Red Cross First Aid Certificate and many have water safety and advanced first aid training as well.

ASSISTANT LEADERS Many SHP assistant leaders are drawn from within the program as former trippers. All assistant leaders must also have first aid training. Assistant leader positions present an excellent opportunity for former SHP trippers to develop leadership skills and job responsibility. In fact, a tripper who receives a recommendation from his/her leader can look forward to many years of involvement with SHP, culminating in senior leadership.

AGE-GRADE GROUPINGS

SHP trips usually have 8-12 trippers and 2-3 leaders. We make every effort to achieve a reasonable male-to-female ratio.

CHOOSING AN APPROPRIATE TRIP FOR YOUR AGE/ GRADE Most parents and educators recognize the large differences between each grade group, and our view is that when teenagers are placed into a close peer situation for a relatively long period of time, it is important that they be grouped so that none are unnecessarily put at a built-in disadvantage. Therefore, each SHP group has a close range of ages and grades. You should choose your trip according to the grade you are now finishing.

Our grade groupings are not, however, inflexible. If you feel, for example, that your 9th grade daughter is very mature and you (and she) are quite certain that she can deal successfully with students currently in the 11th grade, we will consider her for a 11th grade trip.

JUNIOR AND SENIOR GROUPS In order to offer trippers of varying ages and grades a structure and trip environment consistent with their level of maturity, our program is divided into junior and senior groups. Junior groups are composed of students finishing 7th, 8th or 9th grade, and senior groups are composed of students finishing 10th, 11th or 12th grade.

In large towns and cities, senior groups are able to split into smaller groups of two or more people to explore an area, visit a museum, or shop, for periods of 2 hours or so before regrouping (based on the leader's judgement of the level of maturity and responsibility in the group). For safety and logistical reasons, these activities are done on foot - bikes and public transportation are not used.

Senior groups can have biking checkstops further apart than junior groups - again based on the leader's judgement of the capabilities of the group as a whole. In general, senior groups will have more responsibility in the areas of scheduling, daily activities, and cooking.



"Since his SHP experience, Jason has needed very little direction from us. He joined the cross country team and hopes to join the cross country ski team this winter. He has learned to appreciate how important physical exercise is to his well-being. He enjoyed Dennis and Katie tremendously. They must be outstanding leaders! Thank you for providing such an enriching summer experience for our son. There is no doubt it changed his life!"

Cindy Roberts, parent

OF INTEREST TO PARENTS

“As I hoped, this was about a lot more than bike riding. It’s about learning how to deal with new situations, meeting and cooperating with people. It’s about self-confidence. Mission accomplished.”

Mike Iacono, parent

SPENDING MONEY Trippers should bring some personal spending money (in travelers’ checks) to use for postcards, stamps, pay showers, snacks, souvenirs, etc. We recommend \$40-50 a week for US and Canadian trips, and \$60-70 a week for European trips. Even with these amounts, some trippers do run out of money towards the end of the trip simply because it is their first time setting their own budget. As an optional service, parents of trippers on 3 to 8 week trips will be sent a special envelope into which they can put some spending money for the last week of the trip. The leader will give this money to the tripper 7 days before the end of the trip. This can save parents the hassle of trying to wire money to distant locations.

SPECIAL MEDICAL NEEDS People with special medical needs should contact SHP prior to signing up to find out if their particular need can be handled on such a trip. Generally, trippers needing regular medication, prescription refills along the way, etc. can be accommodated, including people with diabetes. Teens with medical problems that unduly inconvenience the group or interfere with cycling ability or safety would present more of a problem. We do have trippers with previous, chronic, or incipient leg or knee problems. Many of them experience no problems during the trip, but others do have painful flare-ups that make it difficult or impossible for them to continue.

ILLNESSES AND ACCIDENTS If a tripper needs medical attention due to illness or accident, he or she will be taken to the nearest hospital or doctor. On both U.S. and European trips, leaders carry cell phones. When a tripper is taken to a hospital or doctor, the leader must call SHP and every effort is made to reach the parents.

Most illnesses are brief and mild and do not require that the tripper go home. They can be sent ahead with the assistant leader, by cab or private car, to rest at the next accommodation. Trippers in the New England area can be brought back to SHP headquarters for a few days rest before rejoining the group. Efforts are made to keep the tripper and assistant leader in contact with the group so they won’t feel left out when they rejoin the group.

JOINING A TRIP LATE OR LEAVING A TRIP EARLY It is possible to join or leave a trip one or two days after or before the official starting or ending dates.

ORIENTATION AT SHP Because leaders and trippers are in a sense “on their own” once their trip begins, it is essential to have an orientation in a place that allows SHP to build out as many potential problems as possible. Orientation at our base camp provides full backup support for you and your child if your transportation plans for getting to the trip get mixed up due to airline delays, etc. Any problems with equipment can also be quickly and efficiently taken care of by our staff before each group hits the road.

Trippers are given their equipment and shown how to pack their bikes. Without the pressures of travel and dealing with strange places, the leaders go over all of the SHP rules and policies for the trip. The group takes a 10 mile shake-out ride to learn the rules of safe cycling, checkstop procedures, and to make sure all bikes are in good order. If problems arise such as a tripper who doesn’t want to follow the rules, an unsafe cyclist, or a tripper who can’t handle the biking and should be on an

easier trip, the situation is taken care of by the directors without interrupting the trip.

Our headquarters are set up to be sensitive to the needs of the groups and set the stage for group bonding before the stresses of travel logistics set in. We provide the emotional, logistical, and psychological support for leaders dealing with a new group of students, allowing the leaders to get to know their groups while our staff takes care of unexpected problems.

A less obvious but extremely important benefit to orientation at our base camp headquarters is that by being a part of the larger SHP community, the trippers get a sense that they are part of something bigger than just their small group. They know from being here that there are other people here to call if they have a problem, and that there are other people here to deal with them if they



“Virginia’s CRC-1 trip, rigorous, elemental, and all outdoors, was a powerful experience for her, both physically and emotionally. Your notion of sending complete strangers off to bicycle long distances together, through good times and bad, with not much to rely on but themselves, is a brilliant one. In addition, as a parent, I loved the way this wonderful theory is backed up by such meticulous organization, with a daunting amount of information slowly unfolding over the months preceding the trip, so as not to overwhelm people like me!”

Christina Hutton, parent

are a problem. This is beneficial for leaders, because it is much harder for even the best leaders to handle group problems if the trippers think that the leaders are out there on their own. Equally important is the fact that the Directors are able to see each group here at our headquarters, and get a sense of the group that can prove very helpful if problems arise later in the trip.

WHAT INFORMATION YOU WILL RECEIVE BEFORE THE TRIP Trippers get three separate mailings from us before the trip. Included in the mailings are clothing lists, medical forms, details of getting to and from the trip, itineraries, equipment options, bike information, and much more. Activity Sheets listing the cultural activities, other activities, and sights are available for each of our European trips. After you send your application to SHP, allow about 7 to 14 days for delivery of your first mailing information.

COMMUNICATING WITH TRIPPERS DURING THE TRIP In June, you will receive a final itinerary listing mail stops

and (except for the challenging trips) the name and phone number of each night’s accommodation. There is a mail stop every 7-10 days where people may write to trippers. With the exception of the first night of the trip, trippers may phone home whenever they wish, and parents can phone trippers directly if necessary.

HOW SHP KEEPS IN TOUCH WITH ITS TRIPS The itinerary of overnight stops is one of the major trip structures and can be changed only after consulting with one of the directors. Therefore, SHP knows where each group is every night. Each leader is required to phone SHP regularly to give an update on how the trip is going, discuss any problems, and get messages. In addition, the leaders must call SHP in the event of any illness, accident, or change of itinerary.

BASIC COST The basic trip cost covers food, accommodations, activities during the trip, laundry, leadership, hostel membership if needed, and use of group equipment (cooking equipment, tents, bike repair equipment, and first aid kits). The basic trip cost is subject to change if accommodation costs increase, and/or if foreign exchange rates result in a drop in the value of the dollar. If required by an airline, people on Western and European trips may need to send the airfare payment earlier than May 1.

EQUIPMENT PACKAGE COST Cross-country USA, Oregon & California, and Europe trips require purchasing an equipment package of essential touring gear that is yours to keep. For all other trips you will rent the equipment and return it to SHP. The cost of equipment packages are not included in the total trip cost. If you are on a rental trip, you have the option of purchasing

your own equipment package to keep at the trip’s end.

CONTINGENCY FUND The contingency fund is an individual reserve fund carried by the leader and returned to parents after the trip. It is used for unexpected minor problems which might arise such as lost clothing, small bike repairs, etc.

INSURANCE We recommend that you consider purchasing trip insurance in the event of pre-trip cancellation or early departure due to illness or accident. We recommend the CSA Travel Insurance Company (recommended by Consumer Reports Travel Letter) 800 348-9505.

SHP VIDEO A free video about SHP trips is available to parents at no charge. You can order one by calling SHP at 800 -343-6132.

MEETINGS WITH INTERESTED FAMILIES SHP periodically holds open houses in the New York and Boston areas. We will notify you by postcard if any are planned for your area.

REFERENCES Since many of our trippers come from different parts of the country and are unable to meet with us, the directors would be happy to discuss our program with you by phone. We will also provide you with the names and phone numbers of people in your area who have participated in our program in past years, choosing from among the over twelve thousand people who have gone on SHP trips over the past 45 years.



TERMS

1: REGISTRATION Registering for a trip is a 2-step process.

Step 1 Make your reservation by phone, fax or on our website. Reserving a place requires a payment based on the following schedule:

- A. \$500 if registering before April 24. A non-refundable registration fee is part of your initial payment.
- B. \$750 if registering after April 23 and until June 1.

Step 2 Send in a completed trip application within 2 weeks after a reservation is made. Call SHP if you need a copy of the separate TRIP APPLICATION FORM, or download it from our website.

NOTE: For an application to be fully accepted, SHP must receive the completed TRIP APPLICATION FORM, signed by either parent or guardian and the tripper, within two weeks after the initial reservation for a trip. SHP will send a letter of acceptance only after the full application is received.

2: FINAL PAYMENT Final payments, minus any credits for equipment, transportation, etc., are due based on the following schedule:

- A. If accepted on a trip before 4/23, your balance is due 5/1.
- B. If you sign up between 4/24 and 6/1, your balance is due 7 days from the date of your acceptance and/or date of reservation.
- C. If signed up after 6/1, your balance is due upon registering for your trip, payable by money order, credit card or bank check.

SHP reserves the right to require that an overdue payment be made by credit card (plus appropriate credit card fee). We also reserve the right to cancel an application for which payment has not been received based on the above payment schedule (with appropriate penalties).

3: CANCELLATION OF APPLICATION After April 15, cancellation of an application must be made by telephone call to SHP so that the space can be filled as expeditiously as possible. A follow-up letter is required. An additional 10% penalty will be added if notification of cancellation is made through the mails rather than by phone call. Refunds will not be made before the trip departure date.

- A. Cancellation penalties for cancelled application are as follows: For all cancellations, SHP will retain the \$50 non-refundable registration fee plus
 - 1) \$100 if cancellation is made before March 15.
 - 2) 30% of the basic trip cost if cancellation is made between and including March 15 and April 15.
 - 3) 60% of the basic trip cost if cancellation is made between and including April 16 and June 15.
 - 4) 80% of the basic trip cost if cancellation is made between and including June 16 and the first day of the trip.
- B. If cancellation is due to verifiable illness (a note from physician is necessary for verification), a credit for 50% of the above penalties will be applied to a future trip for the individual involved or for a family member. This credit will remain in effect for no longer than 2 years after the initial cancellation and would not be included in any refund calculation in a subsequent cancellation.

C. The cost of equipment previously mailed to the applicant will be deducted from any refund or future credit. The amount to be deducted will be the wholesale cost plus 40% of that value. Full credit will be given if mailed equipment is returned to SHP in unused condition.

D. The cost of equipment previously mailed to the applicant will be deducted from any refund or future credit. The amount to be deducted will be the wholesale cost plus 40%. Full credit will be given if mailed equipment is returned to SHP in unused condition.

E. The cost of any cancellation penalties from other agencies (e.g. transportation companies) and the costs of any credit card transaction fees will also be deducted from any refund.

F. If a second cancellation takes place, credits from the first cancellation cannot be used to offset penalties from the second cancellation.

G. It is understood that a parent/guardian or other responsible adult who makes any kind of reservation for a trip (including a credit card reservation by phone) is familiar with the contents of this brochure and agrees to accept the financial and other terms and conditions in this booklet.

4: TRIP COST includes all living expenses for the duration of the trip. These expenses include food, scheduled transportation, accommodations, and leadership. The expenditure of group funds will be determined by the leader and/or other authorized SHP staff. The trip cost does not include transportation for the tripper and the tripper's bike from his/her home to one of our bus pick-up points or SHP headquarters, transportation for the tripper and his/her bike back home from the trip ending point, personal clothing needed, a medical exam, travel or health insurance, personal spending money, a 10-24 speed bike, a pre-trip bike tune-up, or a passport.

NOTE: The parent/guardian is responsible for unanticipated price increases (those occurring after the brochure is printed) for transportation, equipment, accommodations, and decrease in the value of the dollar. The parent/guardian is also responsible for any other unanticipated expenses and debts, including long-distance phone calls, that SHP incurs on behalf of his/her son/daughter/ward and agrees to reimburse SHP for all unanticipated expenses SHP incurs on behalf of the tripper (by credit card if SHP deems it appropriate).

5: HEALTH REPORT All applicants accepted on SHP trips are required to submit proof of their good health. Applicants will be sent a health form before the trip. This form must be completed and signed by the examining physician and the parent and returned to SHP no later than June 15.

6: TRANSFERING BETWEEN TRIPS If a tripper for any reason is unable to continue his/her trip after the trip has started, SHP is under absolutely no obligation to transfer the tripper to another trip. If SHP permits such a transfer, no refunds of any type are provided for, and the parent/guardian will be responsible for any appropriate costs resulting from the transfer as determined by SHP.

7: JOINING AND LEAVING SHP GROUPS All SHP trips start in Conway, MA (at SHP Headquarters) and end at the point specified in each trip description. Trippers are expected to join their groups on the first day of the trip and return with their groups to the ending point specified. When a tripper leaves his or her group, either voluntarily, or is sent home by the leader or other authorized SHP employee, every effort will be made to contact the parent/guardian or emergency contact. The leader/SHP will make the return home arrangements (after consulting with parents/emergency contact, if available) and accompany the tripper to the plane, train, bus, etc. but the leader/SHP has no responsibility for any connections, transfers, etc. that may be necessary. The parent/guardian is responsible for any expenses incurred by SHP in sending or bringing the tripper home, including air or other transportation and phone costs. Such costs will be charged directly to the parent or guardian. SHP shall not be held responsible for or to a tripper who leaves his

or her trip without the leader's permission or knowledge. If a tripper leaves a trip after the trip has begun, no refunds can be given except for unused airfare.

8: CONDUCT SHP reserves the right to expel a tripper if the behavior of the tripper is considered by the leader or other authorized SHP employee to be detrimental to the group, and/or to the good name of SHP. Examples are: unsafe cycling, negative and/or hurtful behavior, possession or use of alcohol or illegal drugs and/or possession of drug paraphernalia, misuse of prescription drugs, possession or use of cigarettes and/or chewing tobacco, hitchhiking, refusal to cooperate or accept his/her share of responsibility, possession or use/misuse of incendiary and/or explosive materials, etc. No refunds will be given in such circumstances.

9: CANCELLATION OF TRIPS If a trip is cancelled due to circumstances beyond SHP control (i.e. social or political turmoil, natural disasters, etc), trippers involved will be transferred to an itinerary as similar as possible - cancellation is not possible without being subject to penalties described in paragraph #3 of these Terms. SHP also reserves the right to cancel any trip before the trip departure date. In the event the tripper refuses a new trip under the circumstances described above, a refund will be made according to paragraph #3 of these Terms.

10: TERMINATION OF TRIPS SHP reserves the right to shorten or terminate a trip already in progress if SHP deems it necessary for the safety or well-being of the group. Each tripper will receive a refund based on his/her share of group funds on hand at the time the trip is terminated.

11: COMPOSITION OF GROUPS SHP will make every effort to balance a trip by age and grade. Only 2 boys and/or 2 girls can sign up together. SHP reserves the right to change a trip listed as coed into a single-sex trip if not enough trippers of both sexes sign up. SHP also reserves the right to send a trip with one senior leader if there are fewer than 7 trippers signed up.

12: EMERGENCIES Parents/Guardians will be sent an ID/medical emergency card. Their signed card authorizes the trip leader or other authorized SHP employee to give permission to a physician or hospital to administer emergency medical care in the event that the parent/guardian cannot be reached. The signature of the parent/guardian also authorizes the leader or other authorized SHP employee to take whatever steps are deemed necessary for the welfare of the tripper and the group. In an emergency, every effort will be made to contact the parent/guardian or the emergency contact. Trippers are required to carry their ID/medical emergency cards on their person.

15: LIABILITY A signed trip application denotes that the signer understands and agrees that SHP acts as an agent only, and accepts no responsibility for loss, damage, or injury resulting from delay or any kind of negligence of any transportation company, or any other agency in the service of SHP.

16: GENERAL A signed application denotes that the signer understands and agrees that the Student Hosting Program of New England, Inc. reserves the right at any time to retract and change these TERMS and other conditions stated within this brochure and other literature printed or published by SHP, and to make any other reasonable terms and regulations and conditions that it deems necessary for the safety and well-being of the tripper, his/her parent or guardian, or the Student Hosting Program of New England, Inc.

17: EXCEPTIONS TO POLICIES Exceptions or modifications to the above Terms and conditions and all other SHP policies can only be made by the Directors of SHP and are valid only when substantiated in writing by a Director.

TRIP DATES AND PRICES

European trips	Page	Range	Number of Days	Finishing Grades	Travel Dates	TOTAL
Amsterdam to Paris	9	Easy/Moderate	30	8-12/10-12	July 1 - July 29	\$5,990
u.s./canadian trips						
Classic Cape Cod	4	Easy	7	7-10	July 2 - July 15	\$3,250
Classic Cape Cod	4	Easy	14	6-8/9-11	August 2 - August 15	\$3,250
Vermont Multi-Sport	7	Moderate	18	7-9/10-12	July 2 - July 17	\$2,700
Vermont Multi-Sport	7	Moderate	18	7-9/10-12	August 2 - August 17	\$2,700
Province Du Québec	5	Moderate	26	8-9/10-12	July 2 - July 27	\$3,250
Province Du Québec	5	Moderate	17	8-9/10-11	August 2 - August 18	\$3,250
Oregon and California	6	Moderate	31	9-12	June 14 - July 12	\$4,800
Oregon and California	6	Moderate	31	9-12	June 30 - July 30	\$4,800
challenging trips						
Cross Country America (Northern Route)	8	Challenging	51	10-12	June 30 - August 19	\$5,500
Cross Country America (Southern Route)	8	Challenging	44	10-12	June 28 - August 10	\$5,500

*Prices do not include airfare or equipment

CALL 800-343-6132 OR SIGN UP ONLINE



All of the photos in this brochure were taken by SHP trippers, leaders and staff



SHP Bicycle Adventures

800-343-6132

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