

# WOMANTOURS

2024



[womantours.com](https://womantours.com) 1-585-424-2124



**It was a great tour, better  
than I imagined it could be!**

Polly V.

Hereford, AZ



NY Finger Lakes

This year marks 20 years for me! We've been through many changes since I've been at the helm. Most notably, we ran 10 tours in 2004 and now run more than 60! We cycled through two countries back then and now 16!

Bicycles have changed a lot too. The recent introduction of e-bikes has made bicycling more accessible to many more women. We now have a full fleet of rental e-bikes, so anyone who wants a little help with pedaling can rent one.

We also have new gravel bikes with wider tires and disc brakes. Along with our hybrid bikes, they make stretches of crushed stone bike paths more manageable and comfortable too.

In fact, that's the best change of all—more car-free bike trails. They're building new ones every day and keeping us busy developing new tour itineraries to include them. Our latest is in Florida from Orlando to the Ocean and is on 100% paved bike paths.

**During these 20 years, our mission remains as relevant as ever:**

We strive to provide women of all ages and abilities the opportunity to experience the wonders of bicycling by providing a safe and supportive environment. We promote cycling as a means to learn about other cultures, the environment and ourselves.

Whether you're on a gravel bike, e-bike or your own bike, we're here to support you regardless of your speed or style. Let us help you experience the world from atop two wheels!



Jackie Marchand, President

**FOLLOW US:**





**Guides were professional, responsible,  
and so friendly. They MADE the trip  
the best one I have ever been on.**

Emily L.

Glen Ridge, NJ

NY Empire State Trail



**The camaraderie that happened  
with the group was amazing and  
really helped the whole trip feel  
like 360 degrees of greatness.**

Deborah W.

Santa Cruz, CA



Death Valley National Park

## BIKE PATH TOURS

There's nothing like a traffic-free, paved bicycle path to get you in the mood for a wonderful ride. If you know of a good trail we should incorporate into a new tour, let us know. Meanwhile, if you like to ride on bike paths, join us on any of these lovely trips:

**FL: Orlando to the Ocean**

**ID: Greenways**

**MA: Island Hopper**

**MN: Lake Wobegon Trail**

**MO: Katy Trail**

**NY: Empire State Trail**

**NY: Niagara Falls Pathways**

**PA: GAP/C&O Towpath**

**WY: Teton Valley**

**Netherlands: Bike & Barge**

**Netherlands: Sail & Cycle**

**This was my first time and I was nervous because I didn't know anyone. I made so many new friends and had the most amazing trip!**

Dina P.

Maplewood, NJ



NY Finger Lakes









**It was an amazing experience that  
I shall remember for years to come.**

*Maureen O.  
San Antonio, TX*

Cross-Country Southern Tier











### **How do I get more information?**

Call **585-424-2124**, visit **womantours.com**, or email **info@womantours.com**.

Our website always has the most updated information.

### **How long has WomanTours been in business?**

Since 1995—we can hardly believe it ourselves!

### **What does the tour price include?**

Generally, the price includes all lodging, most meals, van support, luggage transfer, printed cue sheets, GPS electronic cues, and trained guides. It does not include transportation to the tour, alcoholic beverages, personal expenses, or guide gratuities.

### **What is the difference between the regular and “epic” tours?**

Our epic and cross-country tours are epic in scope. They’re often about completing the full length of a trail or crossing an entire country. Therefore we run them a bit differently from our other tours.

We reserve more modest hotels for our epic tours. Our guides prepare a buffet dinner and everyone eats together outside. On our epic tours, while one guide takes the van to the next hotel to prepare dinner, we use a second vehicle to support the riders along the route.

On all of our tours, we do all we can to help you accomplish whatever you want to do. If you’re looking for a sense of achievement, join us on an epic tour. If you’re looking for an adventure, join us on any tour!

### **Will I be the only one traveling alone?**

No! About 40% of our guests come on their own. Unless you request a single upgrade or a specific roommate, we’ll pair you with someone different at each hotel, so you’ll get to know everyone.

### **Do most women share a room?**

Most women share a room, but some go for the single upgrade.

### **How do I know if I can do it?**

If you can ride five miles on your bicycle today, you can train to ride 15 miles and then you can do all of our tours on an e-bike and most of them on a regular bike. Our support vehicle is always available to pick you up if you get tired. That’s why we’re there.

### **What if I can’t keep up?**

Everyone rides at her own pace. Women of all cycling abilities join us. One of our guides will always ride last as “sweeper,” making sure everyone finishes safely. You’re never the last one in!

### **Will I be the oldest (or youngest) woman on the tour?**

Probably not! We’ve had women as young as 16 and as old as 89. The average age of our guests is 60.

### **What discounts do you offer on your shorter domestic tours?**

If you are among the first six women to sign up, we will give you

## FAQS

a 5% discount. If you are returning to tour with us and bring along a new guest, you both receive 5% discounts. If you take two tours within 6 months, you'll usually receive a 10% discount on the second tour.

We give a total of 15% in discounts plus a 2% discount for paying by check.

### **What if I have to cancel?**

We understand that personal circumstances sometimes force women to cancel their travel plans. Therefore, we have tried to be as generous as possible with the following domestic (and international) tour cancellation policy:

- 75+ (120+) days before tour: forfeit \$150 of your \$400 deposit.
- 50 – 74 (75 – 119) days before tour: forfeit 25% of the complete tour price.
- 30 – 49 (50 – 74) days before tour: forfeit 65% of the complete tour price.

- 15 – 29 (30 – 49) days before tour: forfeit 85% of the complete tour price.
- 0 – 14 (0 – 29) days before tour: forfeit 100% of the complete tour price.

You may transfer \$350 to another domestic trip up to 75 days before departure or 50% up to 30 days before departure. We strongly recommend the purchase of travel insurance, which covers cancellations for medical reasons. We send you the application for insurance upon receipt of your deposit.

### **Can I register at the last minute?**

Sure, as long as we have space!

### **Will WomanTours cancel a trip?**

In the rare case that we must cancel a trip due to low enrollment, we will do so at least 45 days prior to departure. If we cancel within 45 days, we will issue you a full refund

*plus a \$500 credit toward another tour. If we must cancel a trip for another reason, such as a pandemic, we'll issue you a full refund. In all cases, we will not be responsible for any personal expenses incurred, such as airline tickets.*

### **How does travel insurance work?**

Travel insurance usually covers your expenses should you need to cancel prior to or during a tour. It is optional but highly recommended. We require emergency evacuation insurance for our international tours which covers your travel should you have an accident during the tour. We provide information about options for travel insurance when you sign up for a tour.

### **Can you provide references?**

Absolutely – just contact us.

### **How many women are on a tour?**

The average is 14. Our tours often fill completely, so don't hesitate—sign up today!



## BICYCLES FAQS

### Can I bring my own bike?

Most women who drive to a tour bring their own bikes. Riders on our cross-country tours must bring their own. Otherwise, women who fly to tours usually rent bikes from us. Please notify us ahead of time if you're bringing a tandem, recumbent or trike so we can be sure our vehicles can carry it when needed.

### What kind of rental bikes do you offer?

Our bicycle fleet includes Cannondale and Specialized gravel

road bikes with drop handlebars and Specialized hybrid bikes with straight handlebars. We also offer Gazelle and Specialized hybrid e-bikes with electric motors that work only when pedaling and stop assisting once 20 mph is reached. We recommend choosing the type of bicycle that you like to ride at home. If you don't ride at home, rent a hybrid or an e-bike.

### What is your policy on e-bikes?

We applaud e-bikes for helping riders climb hills faster and go farther than they could without

assistance. We haven't met anyone who doesn't enjoy them. We welcome women of all abilities riding bicycles of all types and we do our best to support everyone regardless of how fast or slow she chooses to ride.

### How much does it cost to rent a bike?

The price depends upon the tour but generally gravel and hybrid bicycles are \$195 and e-bikes are \$350.



San Juan Islands



**Wonderful tour  
in every respect!**

*Judy T.*

*Watertown, MA*

Cross-Country  
Southern Tier





Teton Valley



**Amazing tour! Fantastic guides, beautiful  
area to ride in, amazing support!  
Already booked another tour!**

*Uli P.*

*Brampton, ON Canada*

Moab, Utah





CANADA

San Juan Islands  
Hub & Spoke  
Friday Harbor, WA

Idaho Greenways  
Spokane, WA

Northwest Loop  
Portland, OR

Napa &  
Sonoma Valleys  
Calistoga, CA

Teton Valley &  
Grand Teton National Park  
Driggs, ID

South Dakota:  
Mickelson Trail  
Rapid City, SD

Wisconsin  
Door County  
Green Bay, WI

Lake Wobegon  
Trail  
Minneapolis, MN

Niagara Falls  
Pathways  
Niagara Falls, NY

Finger Lakes  
Geneva, NY

NY Empire  
State Trail  
Albany, NY

Acadia National Park  
Bar Harbor, ME

Massachusetts  
Island Hopper  
Nantucket, MA

Around Lake Erie Epic  
Cleveland, OH

Pennsylvania Dutch Country  
Lititz, PA

GAP/C&O  
Towpath  
Pittsburgh to DC

Jersey Shore: Cape May  
Cape May, NJ

Maryland Eastern Shore  
Easton, MD

Moab Hub & Spoke  
Moab, UT

Death Valley  
National Park  
Las Vegas, NV

Santa Barbara Wine  
Santa Barbara, CA

Cross-Country Southern Tier  
San Diego, CA to Jacksonville, FL

Big Bend Epic  
Fort Davis, TX

Missouri: Katy Trail  
Clinton, MO

Florida Forgotten Coast  
Tallahassee, FL

Florida Pathways  
Orlando, FL

Northern Ireland  
Wild West Coast

England  
The Cotswolds

Cuba  
Bicycling to Havana

Netherlands  
Bike & Barge/Sail & Cycle

Belgium  
Bike & Barge

Germany  
Lake Constance

Italy  
Bike & Barge

France  
Dordogne  
Bike & Barge

Croatia  
Bike & Boat

Balkan Quartet:  
Albania, North  
Macedonia,  
Kosovo and  
Montenegro

Tanzania  
Service, Cycling & Safari



The tour was fabulous!  
Thank you so much! It  
was actually a life changing  
experience for me in a  
positive way! :)

Rae V.  
Oregon, WI

## SCHEDULE 2024 (click on any tour name for more info)

TOUR	DATE	\$	SINGLE+	LEVEL
Cuba <b>NEW!</b>	2/12-2/20	4490	900	<b>M</b>
FL: Orlando & Ocean <b>NEW! BP</b>	2/18-2/24	3390	900	<b>L</b>
Death Valley National Park	2/19-2/24	3290	900	<b>LM</b>
Cuba <b>NEW!</b>	2/23-3/2	4490	900	<b>M</b>
FL: Orlando & Ocean <b>NEW! BP</b>	2/25-3/2	3390	900	<b>L</b>
Cuba <b>NEW!</b>	3/5-3/13	4490	900	<b>M</b>
Cross-Country Southern Tier <b>EPIC</b>	3/6-5/2	13990	4500	<b>A</b>
Cuba <b>NEW!</b>	3/16-3/24	4490	900	<b>M</b>
Florida Forgotten Coast	3/17-3/22	3090	800	<b>LM</b>
Sail & Cycle Tulip Tour <b>BP</b>	4/6-4/13	2990	1250	<b>L</b>
Sail & Cycle Tulip Tour <b>BP</b>	4/13-4/20	2990	1250	<b>L</b>
Sail & Cycle Tulip Tour <b>BP</b>	4/20-4/27	2990	1250	<b>L</b>
MD: Eastern Shore <b>H&amp;S</b>	5/4-5/7	2090	700	<b>LM</b>
NJ: Cape May <b>H&amp;S</b>	5/9-5/12	2590	0	<b>LM</b>
GAP/C&O Towpath <b>BP</b>	5/16-5/25	3590	900	<b>M</b>
Balkan Quartet <b>NEW!</b>	5/31-6/14	4290	800	<b>MA</b>

**H&S** Hub & Spoke    **BP** Bike Paths    **L** Leisurely    **M** Moderate    **A** Advanced

**This is my second tour and I think I loved this one more than the last!**

Heather P.  
Worcester, MA



NY Finger Lakes



## SCHEDULE 2024 (click on any tour name for more info)

TOUR	DATE	\$	SINGLE+	LEVEL
MA: Island Hopper <b>BP</b>	6/6-6/10	2790	800	<b>L</b>
Maine: Acadia Natl Park <b>H&amp;S</b>	6/14-6/19	3190	950	<b>M</b>
SD: Mickelson Trail	6/15-6/21	3490	900	<b>LM</b>
Croatia Bike & Boat	6/15-6/22	4090	1000	<b>LMA</b>
Northern Ireland	6/16-6/23	3890	750	<b>M</b>
Ireland: Wild West	6/23-6/30	3890	750	<b>M</b>
Teton Valley <b>BP</b>	6/24-6/30	3490	900	<b>LM</b>
NY: Empire State Trail <b>NEW!</b>	6/23-6/30	3590	1000	<b>M</b>
Around Lake Erie <b>EPIC</b>	7/7-7/20	5790	1900	<b>M</b>
Idaho Greenways <b>BP</b>	7/8-7/13	3190	900	<b>L</b>
England: The Cotswolds	7/9-7/16	4190	900	<b>M</b>
Idaho Greenways <b>BP</b>	7/14-7/19	3190	900	<b>L</b>
PA: Dutch Country	7/21-7/26	3190	900	<b>M</b>
WA: San Juan Islands <b>H&amp;S</b>	7/21-7/27	3590	1000	<b>LMA</b>
GAP/C&O Towpath <b>BP</b>	7/27-8/5	3590	900	<b>M</b>
Northwest Loop <b>EPIC</b>	7/31-8/31	9490	2990	<b>A</b>



## SCHEDULE 2024 (click on any tour name for more info)

TOUR	DATE	\$	SINGLE+	LEVEL
Tanzania	8/3-8/13	5990	1500	M
NY: Finger Lakes	8/7-8/10	2090	700	M
MN: Lake Wobegon Trail BP	8/11-8/16	3090	800	L
Netherlands Bike & Barge BP	8/17-8/24	3090	1250	L
Italy Bike & Barge	8/17-8/24	2890	1250	L
Belgium Bike & Barge BP	8/17-8/24	3090	1250	L
Wisconsin: Door County	8/18-8/23	3190	800	LM
France Bike & Barge	8/24-8/31	2890	1250	LM
Germany: Lake Constance	8/24-8/31	4190	900	M
Niagara Falls Pathways BP	8/27-8/30	2090	700	L
Croatia Bike & Boat	8/31-9/7	4090	1000	LMA
France: Dordogne	9/2-9/13	6490	900	LM
MA: Island Hopper BP	9/5-9/9	2790	800	L
Belgium Bike & Barge BP	9/7-9/14	3090	1250	L
WA: San Juan Islands H&S	9/8-9/14	3590	1000	LMA
Netherlands Bike & Barge BP	9/14-9/21	3090	1250	L
Spain: Camino de Santiago	9/15-9/22	4090	1000	MA

**Guides were professional,  
responsible, and so friendly.  
They MADE the trip the best  
one I have ever been on.**

Emily L.

Glen Ridge, NJ





## SCHEDULE 2024 (click on any tour name for more info)

NY: Empire State Trail <b>NEW! BP</b>	9/15-9/22	3590	1000	<b>M</b>
CA: Napa & Sonoma Valleys	9/22-9/27	3290	1000	<b>LMA</b>
MO: Katy Trail <b>BP</b>	9/28-10/5	3290	1000	<b>LM</b>
CA: Santa Barbara	9/29-10/4	3290	900	<b>LMA</b>
Italy Bike & Barge	10/5-10/12	3090	1250	<b>L</b>
MO: Katy Trail <b>BP</b>	10/6-10/13	3290	1000	<b>LM</b>
France Bike & Barge	10/12-10/19	3090	1250	<b>LM</b>
Italy Bike & Barge	10/12-10/19	3090	1250	<b>L</b>
Utah: Moab <b>H&amp;S</b>	10/13-10/19	3490	900	<b>LMA</b>
France Bike & Barge	10/19-10/26	3090	1250	<b>LM</b>
Italy Bike & Barge	10/19-10/26	3090	1250	<b>L</b>
Utah: Moab <b>H&amp;S</b>	10/20-10/26	3490	900	<b>LMA</b>
TX: Big Bend National Park <b>EPIC</b>	10/29-11/7	3590	1000	<b>MA</b>
FL: Forgotten Coast	11/3-11/8	3090	800	<b>LM</b>
Cuba <b>NEW!</b>	11/9-11/17	4790	900	<b>M</b>
Death Valley National Park	11/10-11/15	3290	900	<b>LM</b>
FL: Orlando & Ocean <b>NEW! BP</b>	11/10-11/16	3390	900	<b>L</b>







# WomanTours

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