



Welcome to



Your Travel Company in Munich

Information concerning your booking

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Dear Biker,

we want you to take home only good memories from your trip or tour with JOKO. Precondition is not only a appropriate equipment but also an adequate training.

Only good fitness and solid knowledge how to bike also in difficult terrain bring a feeling of success!

Please pay attention to the **daily requirements** (km/difference in altitude) on more than one day trips.

To appraise your own performance please consider the following rule: **downhill** on a trail could be as difficult as uphill! We propose to take part in a special technical training before your trip. Your health, bike and condition will profit from this training during the tour.

Travel Cancellation Insurance

is not included in the travel price but we have enclosed information to your bill.

Please **check your equipment before the trip!**

Especially bike-shoes and shorts, bike saddle and your new bike.

2. What you have to take with you!

- Mountainbike

at least suspension fork, better fully, bike helmet, bike sunglasses, bike shoes (with click-system), daypack, drinking bottle (maybe drinking system for your daypack)

- Functional clothing (Attention! Also during the summer could be snow at 2000 m.a.sea level**)**

special bike trousers, arm and leg wear, bike-tricot with short and long sleeves, windstopper jacket or vest, rainwear, overshoes, warm bike jacket and trousers, hat or cap, short and longfinger gloves (should be wind and water resistant)

- Spare parts – for your own bike!

Please - take 2 sets spare break pads & 1 derailleur hanger!!!!
tool-saddlebag, pump, 2 inner tubes, chain tool (maybe click-on mudguard)

- Personal things

ID-Card, health insurance card, cash, debit/credit-card, vaccination card.
I necessary: asthma spray, allergy pills, contact lens stuff etc.



3. Check your bike > we suggest an inspection in a bikeshop

- **breaks + wheels** (check rim width! Please, please take 2 sets spare break pads!)
- **rear shock + wheel fork** (check for leaks and rebound)
- **drive** (check chain! **put 34 teeth!!!** – each tooth count in uphill)
- **tire (solid profile, at least 2,25 inch better 2,35)**
suggestion: Schwalbe „Fat Albert Alpengcross Snakeskin“
- **cleats & bike shoe sole** (both fixed?)
- **seat post (put quick release skewers!!!** take saddle bag with tools, inner tube etc.)

4. Luggage for more than one day trips

Luggage will be transported every day to the next spot. Please make sure that your luggage is carefully closed so nothing can fall out, e.g. with a little lock. Please note:

1. **name tag**, put it on your luggage good visible
2. **max. two peaces of luggage** (daypack & travelling bag)
3. Extra luggage (e.g. toolbox, laptop bag etc.) should be declared early enough before the tour. This additional luggage is liable to pay costs (30 € for each piece per week).
4. For a smooth event logistics please do not take hard-top cases or trolleys with you. Light sports bags not larger than L:70 x W:35 H: 40 cm are to be used.
5. **Maximum weight** of your travelling bag is **15 kilo !** Extra weight of your travelling bag cannot be purchased. You will require less than you expect. Laundry service is offered in the hotels several times.





5. pharmacy – health & wellness

Personal drugs – health vitiations

always take your drugs with you, as possible with information and direction for use. Please let us know before start of the tour if you have a special disease (asthma, diabetes. physical or psychical problems etc.)

Aspirin (Acetylsalicylsäure)

always good to take

Betaisodona

antiseptic, good for abrasion

Special creams

for intensive care of your buttock: e.g. cream from Sixtus, Assos
lips protection cream
sun protection cream

Compeed-Pflaster

protect blisters, you can even take a shower with them.

Profelan-Salve

good for pulled muscles, bruises etc.

First Aid Pack

4 sterile compression bandages, gauze bandage, triangular bandage, first-aid blanket, 7 wound compresses, tape, safety pins, scissors, whistle, disinfectant, aspirin, personal drugs etc....

6. Active immunisation and additional suggestion

- check tetanus shot and refresh in case
- vaccination against tick borne encephalitis (TBE) (which is surely open to everybody)
- enough clothes to change (laundry service in some hotels)
- swimming things
- mobile phone / camera and charging cable & USB Cable
- Power Bars, calcium- magnesium-, potassium- fizzy tablets



7. Information concerning travelling by plane

You have booked a tour in a southern country. To make sure that you will enjoy your travel we would like to give you the following suggestions all based on experience we made throughout our recent trips.

7.1. Recommendation

- **Mountainbike shoes with cleat system** (its easier to if you have to push your bike)
- **Knee and elbow protector** (effective protection against crashes)
- **Flat pedal** (its easier to avoid falling in difficult terrain)
- **Drinking system** (take two bottles – it could be difficult to refill on tour)
- **Power bars** (only a few restaurants on tour)
- **repair kit** (more often necessary than at home due to the terrain)

7.2. Booking rent a Bike

Please note that you might be not familiar with the following components: Saddle, pedals, handlebar

7.3. Organizational issues

- **arrival** (latest 6 p.m. otherwise it could be difficult to have dinner)
- **mosquitos** (take protection)
- **sun protection cream** (according to skin type with protection factor 20)
- **restaurants** (only some during the tour)
- **hairdryer** (not always available)
- **luggage/bike insurance** (to be recommended if the bike is expensive)

7.4. General information

- tires with solid profile at least 2,25 inch
- shin-/ elbow protection could be helpful due to the difficult terrain
- check your bike before the trip, during the tour its almost impossible to find a bike shop
- take cleaning rag and chain-oil (due to the dust on tour)
- also in the south it could be cold and rainy (take rain cover an thermal clothes)
- take headphones for the plane (if you have some)
- Spanish / Italian hotels have often walls thin as paper, earplugs might be helpful ☺

7.5. Transportation of your bike by plane

- bike box (gratis in bike shops, spare place use to put helmet, backpack, shoes, etc.)
- protect the bike frame with tape
- tape the bike box
- safe brake pads and brake grip
- Mark destination airport big on the bike box. Do not take CO2 or other pressure containers in box!
- Safe the packed bike box with ratchet locking mechanism.



8. Info for your Travel-Booking

After the final payment we send **ca. 2 weeks before the tour** additional information via email (meeting point, how to arrive, participant-list for carpooling etc)

On some transalp-tour meeting point is on a sunday (8 am) in a hotel at the start of the tour where you will meet the JOKO Guide. There is a briefing before the tour.

Your car can be parked on a public parking area or on the hotel parking area. A bike check is offered before starting the tour.

9. last but not least

„My repair shop told me the chain and brake pads are still good and 32 teeth are enough”
Unfortunately thats not always correct. Its better to trust our experience and tips ☺

The discomfort for you and the whole group could be minimized with an inspection of your bike in a bike shop and listening to our recommendations.

Our guides are in a position to repair some defects and improvise à la Mac Guiver but they will not carry a complete bike for spare parts in their backpack.

If the bike is completely broken the participant might not be in a position to continue the tour.

To make sure that you and your bike remain in a good shape until the end of the tour we suggest to sign for a driving technic course. They are offered by JOKO from April to June all over Germany also near by your home.

We wish you always happy trails and look forward to meet you soon ☺

Your JOKO Mountainbike Team