

## THE RIGHT BICYCLE FOR YOUR OVERLAND TRIP

**CAPE COD & THE ISLANDS, VERMONT AND NOVA SCOTIA & ACADIA:** A touring bike, hybrid bike, mountain bike or sturdy road bike with the right components will work well. You can also choose to rent a bicycle from Overland.

**PACIFIC COAST, 3-WEEK CANADIAN ROCKIES & MONTANA AND CALIFORNIA:** A touring bike or hybrid bike will work well. Mountain bikes are not allowed. If you are considering doing the **American Challenge, European Challenge** or **2-week Canadian Rockies & Montana** in the future, please see below for acceptable bikes. You can also choose to rent a bicycle from Overland.

**AMERICAN CHALLENGE, EUROPEAN CHALLENGE AND 2-WEEK CANADIAN ROCKIES & MONTANA:** One of the following bikes is required: the Surly Long Haul Trucker, the Surly Disc Trucker, the Trek 520, the Fuji Touring, or the Salsa Marrakesh. The bike must be in excellent condition and have been purchased in the past 48 months.

Performance road or racing bicycles and carbon frames are not acceptable on any Overland bike trip.

### TYPES OF BICYCLES

All bicycles must fit the following specifications:

- A triple chain ring in front and at least 24 gears.
- Quick release front and back wheels.
- Two water bottle cages with water bottles.
- A good quality rear rack designed to carry 40+ lb loaded panniers. Racks that attach to the seat post are not acceptable.
- 28-35 mm road tires (not knobby off-roads tires)
- Rim brakes or mechanical disc brakes; hydraulic disc brakes are not acceptable.
- Mountain bikes should weigh 30 pounds or less and may NOT be fully suspended (front suspension is acceptable).
- Touring bikes should be made of steel and have at least 32 spokes per wheel.
- Hybrid bikes may be made of aluminum or steel; carbon frames are not acceptable.

### IF YOU PLAN TO PURCHASE A NEW BICYCLE

- Look for a quality bicycle. Typically, quality bicycles cost between \$500 to \$1000+ (touring bikes are more—\$1200 to \$1800).
- Choose a bicycle that fits you. Visit a bike store, have them fit you correctly, and select features that are comfortable for you (handlebars, seats, pedals, etc.).
- If you are considering doing the American Challenge, European Challenge or 2-week Canadian Rockies & Montana in the future, please note that specific bikes are required for these trips (see above).
- Feel free to give our office a call at any point during the process; we are happy to speak with you or with anyone in a bike shop who may have questions.

**Questions?** If you have any questions about a bike you are considering, or about the appropriateness of your bike, contact [bikes@overlandsummers.com](mailto:bikes@overlandsummers.com).