Freedom Treks Encourages Solo Travellers to Get On Their Bike

Monday 15 February, 2016

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With recent research* indicating that nearly 1 in 6 people (15%) holiday alone, cycling holiday specialist Freedom Treks always makes sure that independent travellers are well catered for.

Of its 150+ European tours, over two-thirds (104) are considered ideal forsolo cyclists, whether they're looking to holiday as part of a guided group or on a self-guided adventure.

Many of the operator's bike breaks offer lower single supplements, whilst its Boat & Bike trips to Croatia give customers the option to avoid them altogether by sharing a same-sex cabin with a fellow group member.

Those joining one of the operator's 42 guided cycling holidays, meanwhile, enjoy cultural as well as social benefits. In addition to getting under the skin of each destination visited, thanks to the local knowledge of the English-speaking guide leading each ride, cycling as part of a friendly group lends the experience a more sociable dimension.

Similarly, as some self-guided tours only incur a solo supplement as luggage transfer is based on at least two guests travelling, the Freedom Treks team can help match individuals to dates when other customers are already booked and get round the need to pay extra.

Saul Follett, Freedom Treks Manager, said: "*As people become increasingly adventurous with their holiday styles, the idea of travelling with a group of like-minded holiday-makers appeals even more.*

"We understand individual travellers may be apprehensive about holidaying on their own so we've created a collection of solo cycling holidays with the social benefits of cycling as part of a small group a boat or guided itinerary. We've also keep single supplements as low as we can, and where possible offer the option to share accommodation or luggage transfers with other travellers."

Some of Freedom Treks' most popular cycling trips for solo travellers include:

- **Castles of Transylvania** (Romania: 7 nights from £824pp) - Cycling is known for being a wonderfully sociable activity. So, as with all Freedom Treks' guided tours, this Hotel & Bike trip enjoys a collective element by cycling together. From Brasov to Bucharest, the group will cover 173 glorious miles along country roads and cobbled alleys, overtaking horse-drawn carts along the way. Highlights include the fairy-tale turrets of Dracula's Castle, the chance to sight bears in the remote national parks and stunning views as a welcome reward for conquering the occasional hill.
- **Kvarner Bay** (Croatia: 7 nights from £770pp) – Part of Freedom Treks' Boat & Bike range, this week-long island-hopping adventure cruises through one of the country's most spellbinding regions. Whilst the rides are classed as moderate to challenging, the English-speaking tour guide will lead the group through historic harbour towns and mediaeval hilltop villages to hidden coves, passing dramatic scenery along the way. And perhaps best of all, there's every chance of being allocated a single cabin at no extra cost.
- **Tulip Tour** (Holland: 3 nights from £479pp) – If you haven't got time for a week's holiday, opt for a short break and experience the wonders of Holland in springtime on this guided 43 mile tour. Starting in Amsterdam, ride through typical Dutch landscapes, bathed in colour from the vast carpet of tulips, hyacinths and daffodils. Rembrandt's birthplace of Leiden and the historic city of Haarlem are also on the itinerary. Single cabins are low cost and every tour has a relatively small number of total passengers. This offers solo travellers the perfect mix of value-for-money combined with camaraderie among fellow cyclists, with whom they'll enjoy daily rides led by an English-speaking local guide. Departs in April-May, price based on single cabin on full board and includes bike hire.

For more information on solo cycling holidays or to book call 01273 224 066 or visit www.freedomtreks.co.uk.

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