



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	15km Ride	Stretch/ Yoga
Week 2	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	22km Ride	Stretch/ Yoga
Week 3	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	29km Ride	Stretch/ Yoga
Week 4	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	35km Ride	Stretch/ Yoga
Week 5	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	43km Ride	Stretch/ Yoga
Week 6	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	50km Ride	Stretch/ Yoga
Week 7	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	30km Ride	Stretch/ Yoga
Week 8	Rest	Short Ride/ Cardio	Rest	Strength Training	Rest	20km Ride	Stretch/ Yoga

Ways to Save

Everyone loves a good deal! Here's how to stack up your savings:



Early Rider Prize
Be the early bird and grab the discount worm. The first four adventurers to sign up on any standard group departure get 5% off*
*Excludes self-guided and private tours.



Referral Discounts
Loved your tour? Share the love and earn big! Refer friends and family; they get \$100 off their first tour, and you pocket \$200 in credit when they return from their trip. Cha-ching!
Valid for up to 3 referrals



Bring the Whole Gang
The more, the merrier! Gather your crew for an unforgettable adventure. If you are 10+ people, we'll cook up a special offer just for you. Get in touch for a custom quote.



We Hope to See You Again
Can't stop thinking about your next Grasshopper tour? We can't either! We'll hand you a 5% credit voucher after your tour to put towards your next adventure. It's our way of saying, "Thanks for joining us."



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