Santana Adventures

Are You Ready?!

Pre-Cruise Fitness is key to getting the most out of your vacation. The better shape you're in, the longer you can ride, and the more you can experience.

The winning attitude

Every ride between now and your cycling cruise is an opportunity for you to become healthier and stronger. The most important thing to take away from this is that every ride counts. You CAN do this!



How often should I be riding?

Ride regularly and increase your ride lengths with each passing month. The further you can ride comfortably, the more choices you'll have. Even if you don't go for the long options, you'll have more time for exploration. We recommend riding a minimum of 3 times a week. If you're already ready to tackle the long routes (details below), you can

get away with 2. If you're trying to step it up to the next route length, you may want to consider 4 or 5 days per week.

We recommend two options for your 3x a week bike rides:

- Join 45-60 Minute Spin Classes
  - Increases high end cardio threshold, this is excellent for tackling hills during your cruise
  - This is a great option if you're short on time or the weather doesn't permit. A vigorous 45 minute spin class is as effective as a 2 hours of normal cycling.
- Join a standard group or club ride
  - Great for standard ride fitness, the energy of the group can help you push "just a little bit further"

Learn to ride with a group

If you're new to group rides or have been away from cycling for a few years, we recommend searching out a few local group/club rides in your area.

By joining a group/club ride you'll learn the following:

- Maintain a steady pace
- How to be a safer rider in traffic
- Etiquette toward your fellow riders
- Dozens of helpful tips on your clothing and equipment
- Timing and adequacy of hydration and snacking

The sky's the limit, the further you can ride, the more you'll get out of your vacation.

Train on a standard road bike!

If possible, ditch the e-bike when you train. Get as strong as possible. Riding without a motor also increases your self-reliance and confidence on the road, which will make your future vacation less stressful. There's a good chance that with the regular workouts detailed above you'll be able to ditch the e-bike altogether. If you still opt for an e-bike on the cruise, you'll be able to ride much further and without nearly as much assistance from the motor.

What's the minimum?

35 flat miles in 6 hours including all of your stops will ensure you are ready to conquer the shortest daily ride options routes on your upcoming vacation.

What if I want to have time to enjoy the stops and tackle the medium ride options?

50 miles in 6 hours including all of your stops will put you in a prime position for your upcoming vacation.

The toughest options?

Those who can finish 61.5 miles (a metric century ride) within 6 hours will be able to accomplish any ride that we can throw at you.

Remember, these are benchmark goals to achieve for your own personal physical fitness. Investing the time and effort to train for your vacation is investing in your own health and future.

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2027



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wetravel
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Your First Cycling Cruise: What to Expect



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Monday – Friday, 8 AM to 4 PM, Pacific

Toll Free: (800) 334-6136 ext 123
International: +1 (909) 962-1076

Santana Cycles, Inc
PO Box 206
La Verne, CA 91750

CST# 2136340-40

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Website Design & Development by Matt Harris