



LA IN A DAY for DF CON ATTENDEES

8743 Santa Monica Boulevard
West Hollywood, CA 90069

(323) 796-8555

info@bikeshikes.com

WHAT WE DO

We're LA's first eco-friendly biking and hiking tour company. We pride ourselves on knowing every nook and cranny of our city and sharing the best of these gems with our clients.

WHO WE ARE

You'll find our carefully selected guides' love of LA infectious. Each is a touring professional with an expert knowledge of LA's biking and safety laws. Be sure to check out some of our recent reviews on [ABC](#) and [CBS](#) news, [Trip Advisor](#), and American Airline's [Latitudes](#) magazine.

WHY WE DO IT

For the body, mind and planet. Our goal is for our guests to experience LA, not just drive through it. Our tours are designed for everyone from the avid cyclist and expert trekker to the occasional biker/hiker. We provide everything you need: bikes, helmets, you name it. You'll discover that LA is a year round biking and hiking paradise.

After the Conference, take the [LA IN A DAY](#) bike tour!

Even native Angelenos see something new on this adventure through the city's diverse and culturally distinct neighborhoods. You'll start at BHLA headquarters in the heart of West Hollywood, then you're off to Beverly Hills, Bel-Air, the Beaches and all points in-between. Highlights include: Greystone Mansion, a selection of celebrity homes (no additional charge for star sightings), Brentwood Village, Santa Monica Pier, the Venice Canals and Boardwalk, Abbot Kinney, Marina Del Rey, Mar Vista, The Pacific Design Center, Culver Studios, and the paparazzi-infested Robertson Boulevard.

Date: Sunday, March 18, 2012

Time: 9:00 am.

Address: 8743 Santa Monica Boulevard
West Hollywood, CA 90069

Length: 5 hour/approximately 32 mile tour which includes a stop for a power lunch, several breaks and walks along the way.

Fitness Level: Moderate with hills. Must be comfortable on a bike. Normal calorie burn for this ride is 2,100 calories.

Price: \$158.00

What's Provided: Multi-speed, fully suspended and equipped hybrid road bike, helmet, water, and guide.

What to Bring: Comfortable shirt/shorts (pants as needed). Closed-toed shoes (sandals and flip-flops not recommended!). Sunscreen. Optional: small daypack.
Don't forget your camera.

Suggestions: Stretch in the morning; have a full and healthy carbohydrate rich breakfast. Normal Calorie Burn: 2,000.

BOOK TODAY! E-mail info@bikeshikes.com

Or call (323) 796-8555