

Nutritional Guidelines and Dietary Restrictions (2013)

HeartCycle attempts to provide riders with nutritional lunches and snacks. In part, the quality and freshness of the food may depend upon the location of the tour. Rural routes may not allow for a wide variety of options. Further, on some tours meal options may be limited to the local diner.

HeartCycle is not able to accommodate a wide range of dietary needs and cannot be prepared to meet each individual rider's specific dietary requirements. Riders with food allergies and dietary restrictions should bring their own food.