

## Bicycle Tours in Italy: Cycling Italy's Dolomites

### OVERVIEW

The Italian Alps are renowned for their pristine rivers and streams, their exquisite cheeses and smoked hams but most of all for their most precious gem: the eastern most mountains called Dolomites, a paradise for any outdoor activity. Join us to pedal this region's stunning valleys and passes, listed since 2009 as a UNESCO World Heritage site to recognize and preserve its "exceptional natural beauty". Inhabited by ancient civilizations, traces of which got to us thanks to the finding of the mummy Otzi, these mountains also straddle a cultural boundary that gives us the best of Italian and Austrian-German cuisine, hospitality and blended history. Our tour gives you a chance to enjoy Dolomitic landscapes, learn about the peculiar local history as well as discover hidden corners where life still flows as if tourism never got there. Spend 8 days exploring breathtaking mountain roads, pedaling through ancient forests where Nature sets the rhythm of life. All the while enjoying traditional Tyrolean meals and top quality local wines.


\*\*\*Extend this bicycle tour by 3 days. Click [here](#) to review our Cycling the Dolomites Plus! the Sella Massif\*\*\*

### HIGHLIGHTS

The Dolomites!, Multiple two night stays, Unique part of German speaking Italy, Well-maintained long distance bike paths, Cortina

### TOUR FACTS

<b>Tour Style</b>	 Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/classic-tours">https://www.experienceplus.com/tours/bike-tour-styles/classic-tours</a>
<b>Includes</b>	8 days, 7 nights accommodation; meals as noted in itinerary; wine tasting; essential oil distillery visit; and the usual (see below).
<b>Countries</b>	Italy
<b>Begin/End</b>	Bolzano ("Bozen" in German) / Cortina
<b>Arrive/Depart</b>	Innsbruck (INN) or Venice (VCE)
<b>Total Distance</b>	305 km (190 miles). Extra Ride: 14 km (9 miles).
<b>Avg. Daily Distance</b>	61 km (38 miles) per riding day
<b>Tour Level</b>	
<b>Keep in Mind</b>	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. We use charming and modern hotels but A/C or fans may not always be available.

**Please Note:** We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/italy/bicycle-touring-italian-dolomites>

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### DATES & PRICES

Dates	Price	Single Supplement*
📅 Jun 27-Jul 4, 2022	🏠 USD\$4450	🏠 USD\$550

\*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

### DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	59km / 677m (37mi / 2221ft)	Very hilly	▶▶▶▶▶	
3	47km / 1434m (29mi / 4704ft)	Mountainous	▶▶▶▶▶	
4	55km / 1131m (34mi / 3710ft)	Very hilly	▶▶▶▶▶	
5	72km / 1329m (45mi / 4359ft)	Very hilly	▶▶▶▶▶	
6	60km / 1099m (37mi / 3605ft)	Very hilly	▶▶▶▶▶	Today's ride is an optional loop ride
7	54km / 1429m (34mi / 4687ft)	Very hilly	▶▶▶▶▶	
8	Last day			

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### ARRIVAL INFO

**Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.**

**Note:**

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

**We recommend flying into the Innsbruck Airport (INN):**

1. Taxi from Innsbruck Airport to Innsbruck Hauptbahnhof (20 min/EUR 20-15)
2. Train from Innsbruck Hbf to Bolzano Bozen (2 hours/fares vary)
3. Taxi from the Bolzano Central Station to the Day 1 Hotel (5 min/EUR 10)

Look up Austrian train schedules at [Oebb.at](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

### DEPARTURE INFO

**Your trip ends on the final day after breakfast.**

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

**Flying out of the Venice Marco Polo Airport (VCE)**

1. Taxi from the ending hotel to the Cortina central bus station (5 min/Eur 10)
2. Shuttle from Cortina to Venice Airport. Departures in the early morning, once a day. [Advance purchase](#) recommended (2 hours/EUR 27)

**Note:** If you are planning to depart by train, the closest train station is Calalzo-Pieve di Cadore which can be reached by DolomitiBus in 1 hour. The bus schedule is available at [dolomitibus.it](#).

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### Tour begins in Bolzano ("Bozen" in German)

**Highlights** Bolzano historical center

Explore the heart of Bolzano, the capital of the Trentino-Alto Adige region. Enjoy the beauty of the central Piazza Walther with its Gothic style cathedral and have a stroll in Piazza delle Erbe, a vibrant market corner where Italian daily life naturally flows. Get a glance over the charming via dei Portici (Arcade Street) and don't miss the opportunity to visit the Archeological Museum where you'll find the remains of Ötzi, a man who lived in the area during the Copper Age (3300 BC) and whose frozen body was found in the mountains in 1991.

### DAY 1

**Meals** Dinner

**Lodging**  Hotel Greif Bolzano

### Loop ride to Caldaro, the heart of the wine region!

**Highlights** Vineyards, traditional villages of Caldaro and Termeno, views over Lake Calda. Optional climb to Passo Mendola.

We start our ride pedaling southwest out of Bolzano to reach the heart of one of the northernmost wine making areas of Italy. Vineyards dominate the landscape and the "wine-road" takes us to the traditional villages of Caldaro and Termeno, known worldwide for their production of Gewürztraminer, Lagrein and Caldaro Classico Superiore. On the way back to Bolzano enjoy quiet country roads that offer unique views over Lake Caldaro, a mecca for sailing and windsurfing enthusiast.

### DAY 2

**Distance** 59 km (37 mi)

**Gain** 677 m (2221 ft)

**Terrain** Very Hilly

**Level** 

**Meals** Breakfast

**Lodging**  Hotel Greif Bolzano

### Bicycle to Fié allo Sciliar

**Highlights** Views over Sciliar-Catinaccio peaks, alpine meadows

Our bicycle ride today features a climb that brings us to the foot of some of the most spectacular rock faces in the Dolomites. This road offers stunning views over the Sciliar-Catinaccio Natural Park and its alpine peaks. Our hotel offers you the opportunity to get a massage, take a hike, or relax and enjoy the view. If you want an extra ride, head to Tires for jaw dropping views over the Rosengarten.

### DAY 3

**Distance** 47 km (29 mi)

**Gain** 1434 m (4704 ft)

**Terrain** Mountainous

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Romantik Hotel Turm

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### Bicycle to Bressanone (Brixen)

**Highlights** Agostinian Abbey of Novacella, wine tasting

Today's ride features unforgettable views of alpine meadows and sheer Dolomite cliffs. This afternoon we'll visit the Agostinian Abbey of Novacella, founded in the 12th century, and known today not just for its spiritual importance but also for its wine production which we will take time to sample!

### DAY 4

**Distance** 55 km (34 mi)  
**Gain** 1131 m (3710 ft)  
**Terrain** Very Hilly  
**Level** >>>>>  
**Meals** Breakfast  
**Lodging** 🏠 Hotel Goldene Krone

### Bicycle to San Candido

**Highlights** Spectacular views of the Pusteria Valley

Enjoy the beauty and perfection of Tyrolean bike paths before leaving the Rienza river valley and climbing to the "sunny road." Your efforts will be rewarded with captivating views over the Pusteria Valley. We'll stop in Brunico to explore its charming historical town center. After a snack or a proper lunch, it's back on our bikes to San Candido, a gem of Alta Pusteria Valley.

### DAY 5

**Distance** 72 km (45 mi)  
**Gain** 1329 m (4359 ft)  
**Terrain** Very Hilly  
**Level** >>>>>  
**Meals** Breakfast  
**Lodging** 🏠 Sport Hotel Tyrol

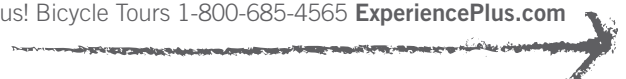
### Loop ride to Lake Braies

**Highlights** Lake Braies, views over Tre Cime di Lavaredo Natural Park

This morning we continue on towards Lake Braies, often described as the most beautiful lake of the entire Alps. On our back to San Candido, we will gain elevation for some of the most impressive views over Tre Cime di Lavaredo Natural Park, which is part of UNESCO World Heritage Site, a recognition given to the entire Dolomites in 2009.

### DAY 6

**Distance** 60 km (37 mi)  
**Gain** 1099 m (3605 ft)  
**Terrain** Very Hilly  
**Level** >>>>>  
**Meals** Breakfast, Dinner  
**Lodging** 🏠 Sport Hotel Tyrol



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### Bicycle to Cortina

**Highlights** Landro lake, Tre Cime di Lavaredo, Misurina lake, Passo Tre Croci, Cortina

Today we head south and pedal along the Landro Valley. Landro Lake is an excellent spot for a mid-morning coffee before you continue your ride to Lake Misurina where you'll have the option to climb 7 km up to Tre Cime di Lavaredo to enjoy the views. Anybody who prefers to enjoy the lake or pedal straight to Cortina can do so. Those who challenge themselves with the mighty climb to the base of three majestic peaks will have a quick descent to lunch at Lake Misurina. The more modest Passo Tre Croci is the last climb of the day, after which it's a glide down into Cortina d'Ampezzo, known as "Queen of the Dolomites".

### Tour ends in Cortina

**Highlights** Cortina

Stick around and explore this lovely town!

### DAY 7

**Distance** 54 km (34 mi)

**Gain** 1429 m (4687 ft)

**Terrain** Very Hilly

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  [Hotel Ancora](#)

### DAY 8

**Meals** Breakfast

**INCLUDED****WHAT'S INCLUDED**

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling. More details on our [bikes page](#).
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

**PRE-TRIP SUPPORT**

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our [Travel Planning Pages](#).
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- \*Traveler services including assistance booking extra nights at the tour starting and ending hotels. (\*Not included on Explorer Tours.)

**ON TOUR**

- See "What's Included" on your tour Itinerary for tour-specific inclusions.

**BICYCLES**

For a full list of what's included with your bike see [Our Bikes page](#). If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

**NAVIGATING, DAYSHEETS AND VAN SUPPORT:**

Each day you'll receive a daily briefing with a highlighted route map and daysheet (print or digital) that includes information on the day's activities, meals and ride. Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information.

You'll receive a highlighted route map each day or a briefing with the GPS tracks. On Classic, Bike and Boat, Spotlight and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

Before each tour we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device or smartphone using RideWithGPS.com. We do not provide GPS tracks for tours in South America.

On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

**Need More Miles?** On many days it is possible to add miles to the day, just talk to your tour leader about your options.

**Need Fewer Miles?** If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

**TIPPING YOUR TOUR LEADER TEAM:**

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. \*Tips are included in Expedition pricing.

**PHOTOS:**

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform your tour leader in writing at the start of the tour.

**STYLES** **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

**Classic Tours:** Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

**Explorer Tours:** Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

**Spotlight Tours:** Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

**Bike and Boat Tours:** Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

**Expedition Tours:** Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5



**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. We then look at the average day rating so you can select the perfect level of cycling you want for your trip. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

### Level 1 - 1.5

This day will be mostly flat and the distance will rarely exceed 30 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 15-30km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

### LEVEL 2 - 2.5

This day is ideal for riders newer to bicycle touring looking for a bit of a challenge, or for individuals who desire shorter days on the bike. On average, level 2 - 2.5 bike tours will ride 30-50 km per day on mostly rolling terrain.

- **Average daily mileage:** 30-50km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

### LEVEL 3 - 3.5

Level 3 - 3.5 tours are for active individuals (who run, bike, swim etc. on a regular basis) with the desire to cover longer daily distances on the bicycle. These tours are a great workout when you're riding as you will average 50-70 km daily with total gain of 2,000-2,800 ft. There will be multiple 4-6% climbs throughout the tour.

- **Average daily mileage:** 50-70km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

### LEVEL 4 - 4.5

Level 4 - 4.5 tours are for passionate cyclists or very active individuals. This level tour is great for cyclists looking to stay in shape and pedal hard as they travel across regions or countries. Level 4 - 4.5 tours cover 70-90km daily with 2,800-3,600 ft of gain. Cyclists on a level 4 - 4.5 bicycle tour can expect multiple climbs; some climbs might be short and steep (6-8% for 1-3 km) while others may be sustained (6+ km) at a 4-6% grade.

- **Average daily mileage:** 70-90km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 - 6% grades for 6 kilometers or more.

### LEVEL 5 (EXPEDITIONPLUS!)

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Expect and be prepared for any and everything.

### REMEMBER

You'll find all of the details including mileage, elevation gain, terrain and level for each day of the itinerary to help you better understand what to expect from your tour on each day's description.

## CHECKLIST

### TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation Email, it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form:  
<https://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details  
at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Download the bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

### 6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Review the arrival and departure information under the "Travel Information" tab on the itinerary page of the website. You will find the meeting place and time, and other important information to help you plan.
- If your tour includes a complimentary ExperiencePlus! Shuttle make your reservations now.
- Reserve your flights. Only if you have confirmation that your trip is a guaranteed. (If you aren't sure check with our office to find out if your trip is guaranteed.)
- Book any extra hotel nights if you are arriving early or staying after the tour.
- Begin your bicycle training program.
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

### 6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie List you'll find on the country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>.
- Review the Packing Lists on our website at: <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email your Hotel Itinerary, the Participant Roster, names and contact information of your Tour Leaders and other important departure information about 2 weeks prior to your tour start date.

### DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!