

Bicycle Tours in Italy: Cycling Italy's Dolomites Plus! the Sella Ronda

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 11 days exploring breathtaking mountain roads, pedaling through ancient forests, and hiking Alpine trails where Nature sets the rhythm of life. All the while enjoying traditional Tyrolean meals and top quality local wines.


If this sounds great but you prefer a shorter tour. Join us for 8 days [Cycling the Dolomites](#)

HIGHLIGHTS

The Dolomites!, Multiple two night stays, Unique part of German speaking Italy, Biking 4 passes in one day on the world famous 52 km Sella Massif, Well-maintained long distance bike paths, Cortina plus 1 guided hike around Cortina area.

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	11 days, 10 nights accommodation; meals as noted in itinerary; wine tasting; essential oil distillery visit; and the usual (see below).
Countries	Italy
Begin/End	Bolzano ("Bozen" in German)/ Shuttle to Brunico ("Bruneck" in German)
Arrive/Depart	Innsbruck (INN) or Munich (MUC)
Total Distance	434 km (278 miles). Extra mileage is available several days.
Avg. Daily Distance	54 km (33 miles) per riding day
Tour Level	
Keep in Mind	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/biking-italys-dolomites-plus-sella-ronda>

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DATES & PRICES

Dates	Price	Single Supplement*
📅 Jun 26-Jul 6, 2023	🏷️ USD\$5750	🏷️ USD\$650

*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	Hike day			
9	37km / 1138m (23mi / 3733ft)	Mountainous	▶▶▶▶▶	
10	51km / 1687m (32mi / 5533ft)	Mountainous	▶▶▶▶▶	
11	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 tour ends with a complimentary ExperiencePlus! shuttle drop-off at the Fortezza (Franzensfeste) train station on the final day of the tour around 11 a.m. Your spot on the shuttle is already reserved.

If you do not join the shuttle, you will be responsible for your own transportation

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

We suggest flying out of the Innsbruck Airport (INN):

1. Train from Fortezza (Franzensfeste) to Innsbruck Hbf (1.5 hours/EUR 20).
2. Taxi as described in arrival instructions

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Tour begins in Bolzano ("Bozen" in German)

DAY 1: Mon, Jun 26th

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.

Meals Dinner

Lodging  Hotel Greif Bolzano

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

DAY 2: Tue, Jun 27th

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 enthusiasts.

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

DAY 3: Wed, Jun 28th

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.

Distance 47 km (29 mi)

Gain 1434 m (4704 ft)

Terrain Mountainous

Level 

Meals Breakfast

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: Thu, Jun 29th

Distance 55 km (34 mi)

Gain 1131 m (3710 ft)

Terrain Very Hilly

Level >>>>>

Meals Breakfast

Lodging 🏠 Hotel Elephant

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: Fri, Jun 30th

Distance 72 km (45 mi)

Gain 1329 m (4359 ft)

Terrain Very Hilly

Level >>>>>

Meals Breakfast, Dinner

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 way 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: Sat, Jul 1st

Distance 60 km (37 mi)

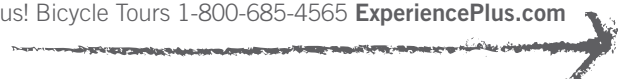
Gain 1099 m (3605 ft)

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".

DAY 7: Sun, Jul 2nd

Distance 54 km (34 mi)

Gain 1429 m (4687 ft)

Terrain Very Hilly

Level >>>>>

Meals Breakfast, Dinner

Lodging  [Cristallo Resort & Spa](#)

Hike in the Dolomites over Cortina

Highlights Hike pristine alpine trails

Leave your cycling shoes behind today as we enjoy a hike along some of the most spectacular trails in the Dolomites. Tre Cime di Lavaredo, Tofane, and Monte Cristallo are just a few of the peaks that will surround us while we enjoy our rest day from biking.

DAY 8: Mon, Jul 3rd

Meals Breakfast, Lunch

Lodging  [Cristallo Resort & Spa](#)

Bicycle to Corvara

Highlights Passo Falzarego, San Cassiano, La Villa, Corvara, Val Badia

A long, steady but gentle climb awaits us this morning as we pedal over one of the most famous passes of the Giro d'Italia, Passo Falzarego. Once at the top of the pass enjoy a cable car ride up the mountain for higher altitude, views, and/or lunch in the rifugio (mountain hut). From the pass, a long gliding downhill takes us into the Val Badia where Ladino, a local language that has controversial origins - is it a mixture of Latin and tribal dialects? Experts disagree, but it remains the first language of locals and is not readily understood by Italian speakers.

DAY 9: Tue, Jul 4th

Distance 37 km (23 mi)

Gain 1138 m (3733 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast, Dinner

Lodging  [Hotel Col Alto](#)

Bicycle Tours in Italy: Cycling Italy's Dolomites Plus! the Sella Ronda**Bicycle the Sella Ronda!**

Highlights Famed Giro d'Italia passes: Campolongo, Pordoi, Sella and Gardena

This morning we'll pedal the legendary loop around the Sella Massif on the Dolomite High Road often a part of the Giro d'Italia! This 52 km (32 mile) loop features 5,600 feet (1707 meters) of climbing over 4 famous passes (Campolongo, Pordoi, Sella, and Gardena). Anybody wanting to relax in town or enjoy some more hiking is free to do so as well.

DAY 10: Wed, Jul 5th

Distance 51 km (32 mi)

Gain 1687 m (5533 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast, Dinner

Lodging 🏠 Hotel Col Alto

Tour ends in Corvara

Highlights Transfer to Fortezza (Franzensfeste)

After breakfast, we'll offer a group shuttle to Fortezza for your trip home. If time allows, why not stay a few extra days in this alpine paradise?

DAY 11: Thu, Jul 6th

Meals Breakfast

INCLUDED**BEFORE YOU LEAVE**

- Tour planning tips on what to bring, what to leave home, and what you might like to read before your trip.
- Bicycle Tour Training program designed specifically for your tour rating by renowned cycling coach, Joe Friel.
- Assistance with flights, trains and booking extra nights at your starting and ending tour hotels.
- A complimentary gift of your choice

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer. See specific tour information for details.
- On many tours we also have 1 or 2 lunches—see specific tour itineraries for details.
- Use of a high quality bike—a Titanium road bike, hybrid, or an aluminum tandem in Continental Europe. For tours in South America, Scotland and Ireland we have aluminum frames. All of our bikes are geared specifically to cruise the flats and help ease you over the mountain.
- Our bikes come with a computer so you can track your miles. They also have an expandable rear rack pack to carry your stuff, and a water bottle that's yours to keep.
- Full van support to carry luggage - and tired cyclists, too!

- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique routes, marked with our signature chalk dust arrows that ensure you won't get lost. They also give you the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and arrows that will lead you to hidden wonders on your bicycle ride.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel
- Helmets - we ask that you bring your own to ensure the best fit
- Meals not listed in the itinerary
- Tour Leader gratuity

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our "Re-Cycle Program." Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!

 **LEVEL RATINGS**

Our itinerary descriptions provide daily mileage to help you determine if a bicycle tour is suited to your physical capabilities and interest. You'll also find a note about the trip's terrain on the "Tour Facts" page of each tour. The purpose of this page is to offer a general explanation of our rating categories.

BIKE TOURS 101

Perfect for people looking for mostly flat terrain, or those newer to cycling. Also great for families traveling with younger children (8—14).

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 101 tours offer flat to gently rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 201

For riders who prefer a combination of flat and rolling terrain with moderate climbs on one or two days. An excellent compromise for friends who have diverse riding abilities.

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 201 tours feature mostly flat and rolling terrain with moderate climbs on one or two days where you might gain up to 2,000 feet. Some 201 tours may have some longer mileage days of up to 85 kms (50 miles) over fairly flat terrain. While others may have days of 30 - 45 kms (18—25 miles) with steeper climbs. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 301

For riders who enjoy some climbing every day. These tours are best suited to intermediate level recreational riders. Fit beginners will likely do well but may want to shuttle on days with steeper climbs.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** For 301 tours expect cumulative daily climbs of 1,500—2,000 feet and several days of climbing in excess of 3,000 feet. You might encounter some longer mileage 80—90 km (50-60 miles) days with rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 401

For cyclists who love to climb (and descend)! If you haven't trained or are an inexperienced rider you will find these trips very challenging and will very likely need to shuttle regularly.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 401 tours are challenging. Expect the possibility of longer mileage days of 80 - 120 kms (50 to 70 miles) with rolling terrain, or some sustained hills for considerable distances - think mountain passes, or steeper (+5%) climbs that come with regularity and could be as long as 10 km (6+ miles). You will have gains of 1000 meters (3000 feet) on a third of the days. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 501

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended 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

It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

Need More Miles? On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the 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.

Chalk Dust Arrows. Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

WHAT TO EXPECT**BICYCLES**

Your bike comes with a pack for the rear rack, lock, cyclometer (bicycle computer), a spare tube and patch kit and pump. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages and straps available. For safety and hygiene reasons you are responsible for bringing a helmet.

Daily Routine (Procedures and Logistics)**DAYSHEETS**

Each day you'll receive a daysheet with information on the day's activities, meals and ride. These also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR

At breakfast each day we will make the "Master Route Map" available so you can highlight your map for the day's ride. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

VAN SUPPORT

The van carries luggage and supports cyclists. It also has water, fruit and snacks. Though the van has snacks, we encourage you to stop and enjoy markets and find your own favorite local specialty.

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture.

We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be

exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS

Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

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 for the entire tour leader team, not each Tour Leader. If you'd like to show your gratitude for your Tour Leaders' excellent service 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, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

PHOTOS

We'll be taking photos throughout the tour and we encourage you to do the same. Please note that we may use these for promotional purposes. Please inform us if you prefer images of you not be used. We realize that many of our travelers are great photographers and often people want to share photos after the trip. We'd love to see and share your photos from the tour with the world so if you don't mind the possibility of being famous (at least in the ExperiencePlus! world) send us a link to your tour photo gallery, or upload your favorite 20 - 30 pictures to your tour departure gallery - we'll send you the link to that online photo gallery in your final email!

CHECKLIST

TO DO TODAY!

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 online at www.experienceplus.com/travelinfo/tourcif
- Apply for trip cancellation/interruption insurance within 21 days of booking your tour. Find details at <http://www.experienceplus.com/assets/files/packingbicycle.pdf>
- Download the bicycle training program found on the Training Program Blog Page at www.experienceplus.com/training

3—6 MONTHS PRIOR TO DEPARTURE

- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed. As you make your plans refer to the Getting To and Away sent to you in your booking confirmation email it provides meeting times and the starting and ending hotels and shuttle information when applicable.
- Book your pre and post-tour hotel nights. Please refer to the Getting To and Away sheet you received in your Reservation Confirmation Email.
- 12 weeks before your tour begin your training program www.experienceplus.com/training.
- Final payment is due 90 days 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 WEEKS—2 WEEKS PRIOR TO DEPARTURE

- Start reading one of the books or watching one of the movies from our Suggested Reading and Movie List which you'll find on the country page linked from the www.experienceplus.com/travelinfo page.
- Plan what you are going to pack and start packing! Refer to the Packing List on our website at www.experienceplus.com/assets/files/packingbicycle.pdf.
- We'll email your Hotel Itinerary information 30 days prior to departure.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack your Getting To and Away information and one day of cycling gear in your carry-on. See you soon!