

# Dolomites Classic Passes

Trip Code: DC



“ Quite simply the first port of call for any cycling or activity holiday. The passion for the job, customer care and sense of humour are the stand out reasons why my friends and I will always go back **Dave Wilson, 2014** ”

 Total 6 days

 Hotel

 Difficulty: 

 Cycling 4 days

 Italy

 July - September

## Overview

Rugged limestone spires and verdant green valleys make the Dolomites in Northeastern Italy a truly unique and distinctive destination. Home to some of the most famous mountain passes in the world, the Dolomites are a highlight of the *Giro D'Italia* each year, and the climbs in this wonderful region have attained almost mythical status.

This trip is based out of the lakeside town of Arabba where you'll be able to unpack, relax and simply enjoy four days of epic cycling along some of the greatest tarmac in the world. Follow legends of Italian cycling - Coppi, Pantani & Gimondi - through this exceptional mountain range, and complete some of the classic climbs that have tested professional riders for decades.

## Highlights

- Pedalling through a world-renowned UNESCO Heritage Site
- Completing the legendary Sella Ronda loop
- Climbing numerous mountain passes featured in the *Giro D'Italia*
- Tasting hearty Italian food and sampling delicious wine of the area
- Relaxing after each day's ride in our beautiful hotel
- Flexible routes to match group abilities and the weather

# Detailed Itinerary

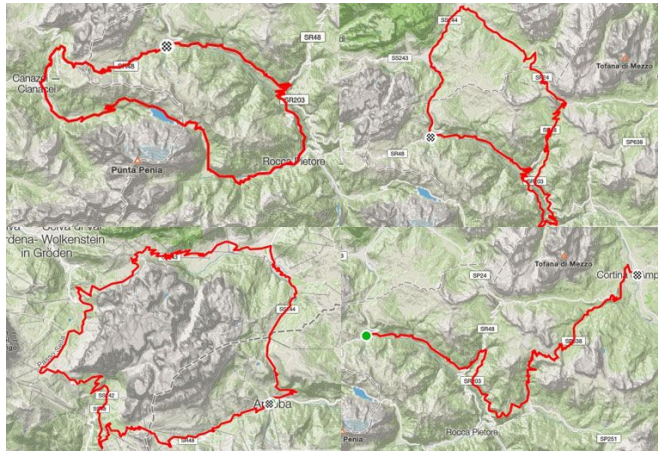
## Day 1: Arrive Venice, transfer to hotel in Arabba

Our tour begins in Venice airport where you'll be met by the More Adventure team and transferred to our hotel in Arabba (approx 2 hours). Here you'll be given a trip briefing, meet the rest of the group, and have the opportunity to freshen up and relax in our gorgeous hotel. Each ride will begin and end in Arabba, so you can settle in, unpack and concentrate on the cycling!

The following day we begin cycling and hope to complete the following routes as a minimum. However, due to the altitude and exposure of some of the passes, we may have to ride alternative routes in lower valleys that will be more sheltered. There will also be the opportunity to extend some of the rides, with plenty of extra passes to challenge even the fittest of riders. Either way, there will be plenty to do and see in this exceptional region of Italy.

## Day 2: **Falzarego (2117m), Valparola (2168m), Campolongo (1875m)** (42 miles & 7500ft ascent)

Our first route begins with a gentle descent following the *Torrente Cordevole* (river) Southeast to the foot of our first climb, the mighty *Passo Falzarego (2117m)*. Nearing the top of this climb, we should get views of the shark-fin summit of *Sass de Stria* to our west and the five mythical towers of *Cinque Torri* to our east. After a coffee stop to admire the views, we'll continue ascending for a short while to the top of *Passo Valparola (2117m)*. There may be the option to explore *Forte Tre Sassi*, a fortress and war museum built by the Austrians that gives a fascinating insight to the history of the area. An incredible descent leads us to La Villa Stern which is home to the *Gran Risa* ski slope, where the annual World Cup giant slalom is held. From here we climb through Corvara-in-Badia, a small resort town nestled between countless spires of rock, then up and over the *Campolongo (1875m)* before a short descent back down to Arabba.



## Day 3: **Pordoi (2239m), Fedaia (2057m)** (37 miles & 7990ft ascent)

It's straight up and out this morning so perhaps a few laps of Arabba may be in order to warm up our legs. There are two main climbs today, the first being the *Passo Pordoi (2239m)* which links Arabba with the Fascia Valley to the west in the heart of the Sella group of mountains. The route drops down to Canazei which is often a base for rock climbers wanting to scale the *Marmolada & Sassolungo* groups of mountains. It is also a popular ski resort over winter, with 26 miles of ski slopes. From Canazei our route climbs east up *Passo Fedaia (2057m)* to a well-earned coffee stop at the summit overlooking the magnificent *Lago di Fedaia*. From here, a long descent to Rocca Pietore is followed by a short gradual ascent back to Arabba and to our hotel.



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## **Day 4: Sella Ronda Circuit - Campolongo (1850m), Gardena (2119m), Sella (2244m) & Pordoi (2241m)**

*(31 miles & 6050ft ascent)*

This classic ride takes on one of the most famous circular routes in the Dolomites - the mighty *Sella Ronda*, climbing four classic passes in one day. Our ride begins Arabba from which we head north towards our first pass of the day - *Passo Campolongo (1850m)*, which we descended on our first day's ride. Our descent the other side takes us back to Corvara-in-Badia, and after a quick coffee in the town, we'll begin our second pass of the day - *Passo Gardena (2119m)*. This long, sustained climb is a real treat and the views from the pass are simply stunning. The descent takes us to the foot of our third climb of the day - *Passo Sella (2244m)* with the impressive Sella Towers looming overhead. *Passo Pordoi (2241m)* is our final climb of the day, over which is an epic descent (19 miles!) back to our hotel in Arabba.



## **Day 5: Giau (2236m) - Cortina D'Ampezzo**

*(32 miles & 6100ft ascent)*

Our final day's ride begins with a gentle downhill south-east before tackling one of the most famous passes in the Dolomites - *Passo Giau (2236m)*. We follow the *Torrente Cordevole* to the village of Caprile before crossing over to head northeast, through Selva di Cadore to the top of the pass. This is a long and sustained climb, but by now your legs will have found the perfect cadence, powering you all the way to the summit! You'll be rewarded by a coffee then a long descent down to Cortina d'Ampezzo, where our riding for this trip ends.

Once we've arrived in Cortina d'Ampezzo, we'll load up the support vehicle with bikes and luggage, and you and the rest of the group will be transferred to Venice airport to catch your flight home.



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## Included

- Cycle leader(s)
- Support driver/bicycle mechanic
- 4 x night's hotel accommodation
- 4 x breakfasts
- Airport transfers from/to Venice Marco Polo airport
- First Aid Cover
- All luggage transported throughout your trip
- Snacks on ride days
- GPX files of the route (if requested)

## Not Included

- Bicycle and helmet (top quality carbon bikes can be hired for a very reasonable price)
- Flights
- Lunches, Evening meals and drinks
- Optional excursions
- European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do))
- Insurance

*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*



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# Trip Notes

## Trip suitability

This is a tough four days cycling and you will need to prepare to be climbing for extended periods each day. There are significant climbs throughout this trip, so you will need to have plenty of climbing experience if you're going to enjoy this fantastic trip.

The mileage for each day may seem on the short side, but there is significant height gain each day and this trip is designed so you have time to enjoy your wonderful surroundings and have plenty of coffee stops throughout. Trust us - we'd take photos at every turn if we could!

This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will definitely run.

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

A link to our trip grades that explains in depth our star rating is here:  
[www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

## Flights

You will need to purchase return flights to Venice Marco Polo airport. Two good websites to find flights are [Skyscanner.net](http://Skyscanner.net) and [Kayak.co.uk](http://Kayak.co.uk).

Numerous airlines offer flights to Venice Marco Polo airport from throughout the UK for between £160 and £250 including your bicycle. You will be met by the More Adventure team at Venice airport who will offer assistance in unpacking and rebuilding your bicycles. They will also be able to assist you repacking your bicycles for the return flight.

**Please only book flights once the trip has been confirmed.**

## Weather & Climate

The Dolomites has a good stable climate during the summer with plenty of sunshine and warm/hot temperatures (20°C's - high 30°C's). It is essential however that you are prepared for poor weather as it can rain at any time of the year and mornings can be chilly. You will also be riding over high mountain passes and on high roads, here the weather can be very changeable and nothing like the weather on the valley floor. Our recommendations on what clothing to bring will be issued upon booking.

## Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.



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## Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

You must also bring a European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do)) which are free and give you access to free healthcare anywhere in Europe.

**Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient.** The insurance company's 24 hour emergency contact number will need to be seen by your leader.

## Money

Lunches cost between £8 and £12, and evening meals tend to cost between £12 and £16. You will also need to budget for any drinks and snacks. You will need Euros to spend in Italy.

## Accommodation

Accommodation for this trip is in a good quality, comfortable hotel with hot water showers, and excellent amenities.

## Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be eaten at local cafes but the More Adventure team will also provide some snacks on riding days. We advise however that you bring any cycling-specific energy bars/powders/gels if require these for your trip.

Evening meals and drinks are not included in the price but you will have the opportunity to eat as a group at a local pub/restaurant or in the hotel. Approximate costs per evening meal £12-£16.

## Equipment

We recommend road bicycles for this trip, please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price so you have two options - either bring your own bike on the flight or hire once you arrive. Good quality road bikes are available to hire, so contact us for current prices at [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

If you bring your own bicycle, it is essential that it is in good working order and please bring at least four spare inner tubes. Your cycle leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.



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## Clothing

It is crucial to be prepared for the weather as the trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Ensure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

## Luggage

We recommend you limit your luggage to one suitcase/large holdall and one daysack, the latter will need to qualify as hand luggage on your flight. If you are bringing your bicycle then you will also need a bike box or bag, this will need to be booked onto your flight.

## Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another experienced leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

*This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

