

TRIP ITINERARY · CYCLING · DOLOMITES, ITALY

# CYCLING IN THE DOLOMITES

Four days on the Giro's most famous climbs: Falzarego, Pordoi, Fedaia, the Sella Ronda and Passo Giau, from one hotel in Arabba.

| 5 days | 4 | 142 miles | Hotels | ★★★★☆ | June – September |
|---|---|---|---|---|---|
| DURATION | DAYS RIDING | DISTANCE | ACCOMMODATION | DIFFICULTY | SEASON |

## OVERVIEW

**Unpack once in Arabba and spend four days riding the passes that have made the Giro d'Italia famous, on some of the finest tarmac in Europe.**

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 mountain village 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.

★★★★★

*"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."*

**Brian Kalms · Google review**

## HIGHLIGHTS

- ✓ The breathtaking, unique geology of the Dolomites
- ✓ Climbing passes regularly featured in the Giro d'Italia
- ✓ The Sella Ronda: four classic passes in one day
- ✓ Miles of perfect tarmac surrounded by jagged peaks
- ✓ Passo Giau and the descent to Cortina d'Ampezzo
- ✓ The food and coffee of the South Tyrol

## DATES & BOOKING

**See the latest dates, availability and book online at moreadventure.co.uk/event/dolomites-classic-passes/**

DAY BY DAY

# DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: ARABBA | VENICE AIRPORT TRANSFER

## DAY 1: ARRIVE IN VENICE, TRANSFER TO 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.

2

42 MILES (68 KM) · 7,500 FT (2,290M) | OVERNIGHT: ARABBA | FALZAREGO | VALPAROLA | CAMPOLONGO

## DAY 2: FALZAREGO, VALPAROLA & CAMPOLONGO

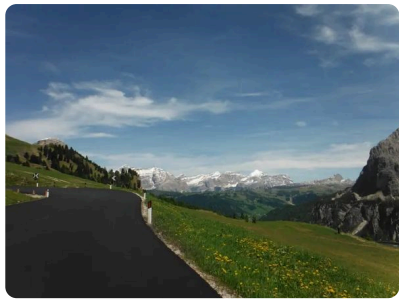


Our first route begins with a gentle descent following the Torrente Cordevole (river) Southeast to the foot of our first climb, the mighty Passo Falzarego (2117m). Nearing the top of this climb, we should get views of the shark-fin summit of Sass de Stria to our west and the five mythical towers of Cinque 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 (2168m). 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.

3

37 MILES (60 KM) · 7,990 FT (2,435M) | OVERNIGHT: ARABBA | PORDOI | FEDAIA

## DAY 3: PORDOI & FEDAIA



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 Fassa 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.

4

31 MILES (50 KM) · 6,050 FT (1,845M) | OVERNIGHT: ARABBA | FOUR PASSES

## DAY 4: THE SELLA RONDA



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 in Arabba from which we head north towards our first pass of the day – Passo Campolongo (1875m) (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 (2239m) is our final climb of the day, over which is an epic descent (19 miles!) back to our hotel in Arabba.

5

32 MILES (51 KM) · 6,100 FT (1,860M) | PASSO GIAU | TRANSFER TO VENICE

## DAY 5: PASSO GIAU TO CORTINA, FLY HOME

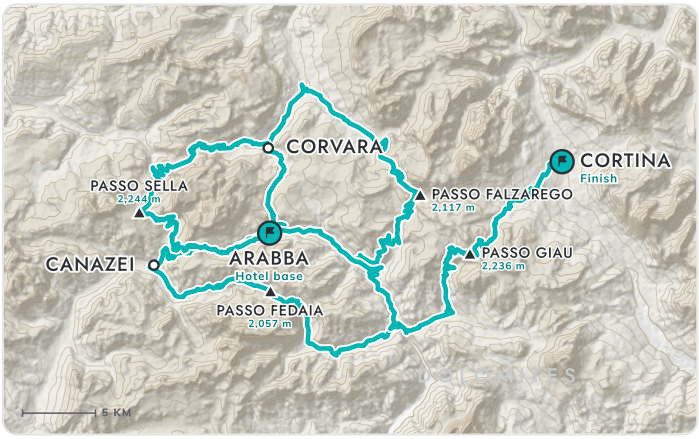
Our final day's ride begins with a gentle downhill south-east before tackling one of the most famous passes in the Dolomites – Passo Giau (2236m). We follow the Torrente Cordevole to the village of Caprile before crossing over to head northeast, through Selva di Cadore to the top of the pass. This is 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.



THE ROUTE

# RIDES FROM ARABBA




| | |
|---|---|
| Day 2 · Arabba → Passo Falzarego | 42 miles |
| Day 3 · Arabba → Passo Fedaia | 37 miles |
| Day 4 · Arabba → Sella Ronda | 31 miles |
| Day 5 · Arabba → Cortina d'Ampezzo | 32 miles |

GPX files of the full route are emailed when the trip is confirmed.

### GRADE: CHALLENGING ★★★★☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

### INCLUDED

- ✓ Cycle leader(s)
- ✓ Support driver/bicycle mechanic
- ✓ 4 nights in a 4* hotel in Arabba
- ✓ 4 breakfasts
- ✓ Transfers to and from Venice Marco Polo airport
- ✓ First Aid Cover
- ✓ All luggage transported throughout your trip
- ✓ Snacks on ride days
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

### NOT INCLUDED

- × Bicycle and helmet (top-quality carbon bikes can be hired locally)
- × Flights
- × Lunches, Evening meals and drinks
- × Optional excursions
- × UK GHIC or EHIC health card
- × Insurance

**Single room:** +£235, added to your final invoice.

**Bike hire:** Top-quality carbon road bikes can be hired locally; we'll help arrange it.

**Flights:** Not included: fly in and out of Venice Marco Polo.

GOOD TO KNOW

# TRIP NOTES

## TRIP SUITABILITY

Four days of 31–42 miles with 6,000–8,000 feet (1,800–2,400m) of climbing each day over high mountain passes. You should be a regular, confident climber comfortable with long ascents at altitude.

## HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

## INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

## LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

# HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

**Questions? We're happy to help.**

**Call** 020 8720 6607

**WhatsApp** 07719 224663

**Email** info@moreadventure.co.uk

**Web** moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.