

TRIP ITINERARY · CYCLING · SWITZERLAND, FRANCE & ITALY

GENEVA TO MILAN

From the shores of Lake Geneva over Switzerland's mighty Nufenen Pass to the Italian Lakes, finishing under the Duomo di Milano.

6 days	4	359 miles	Hotels	★★★★☆	June – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

This amazing journey begins on the banks of Lake Geneva and ends under the iconic Duomo di Milano. Over four days riding you'll pass through charming French, Swiss and Italian lakeside towns and the stunning mountain scenery of this unique region. The ride intensifies on the second day's ride as you tackle Switzerland's second-highest paved mountain pass, the mighty Nufenen Pass. From the summit a dazzling descent leads to the equally beautiful Italian Lakes region where shimmering azure lakes line the colourful waterfront promenades, vibrant piazzas, and inviting cafes. The ride ends underneath one of the most famous cathedrals in Europe, the Duomo di Milano.

A continuation of our ever-popular London to Paris and Paris to Geneva rides, and a fantastic standalone ride too.

★★★★★

"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

- ✓ Picturesque towns of Thonon-les-Bains and Évian-les-Bains alongside Lake Geneva
- ✓ The towering peaks of the Chablais Alps
- ✓ Following the river Rhone through vineyards and dramatic mountain scenery
- ✓ Tackling the mighty Nufenen Pass, Switzerland's second-highest paved mountain pass
- ✓ Exhilarating descents into the Italian Lakes region
- ✓ Magical views of Lake Como from the Passo del Ghisallo climb

FROM **£1,575** per person · secure your place with a 40% deposit (£630)

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/geneva-to-milan-cycle/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: GENEVA

DAY 1: MEET AT GENEVA AIRPORT, MEET AT HOTEL

This trip starts at our hotel in Geneva in the city centre. Details on how to get there will be issued once the trip has been confirmed.

Here you'll be met by the More Adventure team for a trip briefing and evening meal before making any final preparations.



2

98 MILES · 2,300 FT CLIMBING | OVERNIGHT: SIERRE

DAY 2: GENEVA TO SIERRE

After breakfast in the hotel we'll load up the support vehicle then begin our first days' riding. Starting in Geneva, the route follows the southern shore of Lake Geneva, entering France and weaving through the picturesque towns of Thonon-les-Bains and Évian-les-Bains. These lakeside towns are known for their beautiful waterfronts and thermal spas, providing scenic spots for a break.

We cross back into Switzerland at Saint-Gingolph before heading southeast, skirting the towering peaks of the Chablais Alps. Here we follow the river Rhone Rhone inland on some fabulous cycle lanes, climbing gently into the Rhone Valley with dramatic mountain views and vineyards lining the hillsides as we approach Sierre.



3

73 MILES · 7,600 FT CLIMBING | OVERNIGHT: AIROLO | NUFENEN PASS

DAY 3: SIERRE TO AIROLO

Our second day's ride begins with a scenic ride along 30 miles of beautiful, mostly flat cycle paths, tracing the serene Rhone River through the heart of the Swiss Alps. This section offers a relaxed start, with stunning views of vineyards, alpine meadows, and charming villages that line the Rhone Valley. As we approach Brig, the route gradually begins to rise, leading us into more mountainous terrain as we climb toward Ulrichen.

Here, the real challenge begins as we tackle the ascent of the Nufenen Pass (2480m) which is Switzerland's second-highest paved mountain pass. From Ulrichen it's 14km and 1133 metres ascent, with an average gradient of 7.9% and maximum gradient of 12.5%. The climb is demanding but immensely rewarding, with spectacular views of snow-capped peaks, glacial formations, and rugged mountain landscapes.

Upon reaching the summit, we're treated to a thrilling descent into the town of Airolo, where the sweeping alpine vistas make the effort well worth it.



4

95 MILES · 2,550 FT CLIMBING | OVERNIGHT: COMO

DAY 4: AIROLO TO COMO



Today is far easier than the previous day's ride. Departing from Airolo, we'll start our day with an exhilarating downhill ride that takes us across the border into Italy, entering the scenic Italian Lakes region. Our journey will lead us partially around the shores of Lake Maggiore, where the shimmering water and surrounding mountains create a stunning backdrop.

From Lake Maggiore, we'll continue our ride southeast toward the tranquil beauty of Lake Lugano, cycling along its serene banks and soaking in the vibrant Italian atmosphere. Our route then takes us westward to the famous Lake Como, where dramatic cliffs and picturesque towns line the lake's edge. Our overnight stop is the town of Como on the banks of the iconic Lake Como.

5

93 MILES · 4,700 FT CLIMBING | OVERNIGHT: MILAN

MADONNA DEL GHISALLO

DAY 5: COMO TO MILAN



Our day starts with a stunning ride along the shores of Lake Como, cycling toward the charming town of Bellagio. From here, we tackle the day's only climb up to the iconic Madonna del Ghisallo (758m), a revered site for cycling enthusiasts and home to a museum that celebrates the history and culture of Italian cycling. The climb is 9.3km from Bellagio and ascends a total of 573m with an average gradient of 5.7% and the maximum gradient a punishing 14.5%! The climb however rewards us with sweeping views over Lake Como, making each pedal stroke worth the effort. At the summit, we take a well-deserved break at a cosy café, perfect for a morning refreshment.

After soaking in the views, we begin our descent toward the riverside town of Brivio. The final stretch of our journey spans about 32km on a wonderful traffic-free cycle path straight into the heart of Milan. The ride ends near the infamous Duomo di Milano, an architectural marvel that took nearly six centuries to complete. From there, it's just a short ride to our hotel, where we conclude a memorable final day of cycling.

Congratulations on completing this epic journey from Geneva to Milan, it's time to celebrate!

6

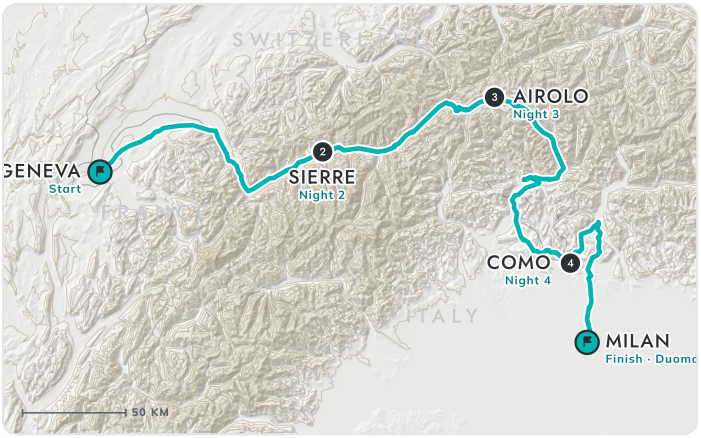
TRIP ENDS

DAY 6: MILAN

Today the trip officially ends and we say our goodbyes.

THE ROUTE

GENEVA TO MILAN



Day 2 · Geneva → Sierre	98 miles
Day 3 · Sierre → Airolo	73 miles
Day 4 · Airolo → Como	95 miles
Day 5 · Como → Milan	93 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
- ✓ Support driver
- ✓ Support vehicle
- ✓ 5 x night's hotel accommodation
- ✓ 5 x breakfasts
- ✓ 4 x lunches
- ✓ Daily fresh fruit and water in support vehicle
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)

NOT INCLUDED

- × Bicycle and helmet
- × Outbound travel to Geneva
- × Airport transfers
- × Homebound flight from Milan
- × Lunch on Day 1 & 6
- × Evening meals & drinks
- × Personal ride snacks
- × Optional excursions in Milan
- × Personal travel insurance

Bike transfers: We may offer bike transfers if enough of the group want them. Details are issued when you book.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

You will be cycling for between eight and ten hours each day but this is not a race, this is a group trip and we like to cycle as such. You will be cycling through mountainous terrain with numerous sustained climbs. If you are unable to keep a moderate pace or you simply want a break, you will be picked up and travel in the support vehicle. You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 8+ hour cycles so you will know what is required. You will need to get some hill practice in! A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades 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 a training plan visit https://www.trainingpeaks.com/ who offer free and paid training programmes (you can also get a British Cycling member discount).

WEATHER

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather, as it can rain at any time of the year and mornings and descents can be chilly. Our recommendations on what clothing to bring will be issued upon booking. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water.

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. For any significant pre-existing medical conditions we will require a comprehensive medical declaration form that may need to be verified by your GP.

INSURANCE

We recommend that you obtain travel insurance for this trip and personal travel medical 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). Yellow Jersey offer cycling-specific travel insurance cover (see below). We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with Yellow Jersey Cycle Insurance. They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off. 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

Meals each evening tend to cost between £15 and £20. You will also need to budget for any excursions in Paris & Geneva, airport transfers and lunch on Days 1 & 6. Transfers from Geneva airport to the centre cost around £3 on the train (10 mins) to £35 in a taxi (20-30 mins). Transfers from Milan city centre to Milan Malpensa airport costs around €10 by bus (50 mins), €13 by train (50 mins) or €100 (50 mins) by taxi. The More Adventure team may be able to assist with getting your bicycles and luggage to/from the airport but this will depend upon timings. You will need Euros to spend in France and Italy, and Swiss Francs to spend in Switzerland. Most shops, transport and cafes accept card payments.

ACCOMMODATION

Accommodation for this trip is in good quality, comfortable hotels, all have hot water showers and excellent amenities. Room allocations are based upon twin sharing but a single room supplement may be possible for an extra cost and this can be added upon booking (based upon availability).

FOOD

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops or will be eaten at cafes. They will usually include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks. Evening meals and drinks are not included but you will have the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

EQUIPMENT

We recommend road bicycles for this trip, please contact us if you are unsure whether your bike is suitable. The number of teeth on your gears and gear ratios makes a huge difference when cycling in the Alps, and having plenty of easier gears makes the whole experience a lot more enjoyable. This is entirely rider choice but if your rear derailleur will allow it, at the very least a cassette that goes up to 32t or 34t will make a significant difference. If you're still unsure, speak to your local bike shop, tell them what you're doing and they'll help. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your cycle leaders will assist you with any minor bicycle repairs. You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Continental Grand Prix 4-Season). We do not provide helmets but it is essential you bring your own to wear.

CLOTHING

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable but please bring a waterproof top and a lightweight windproof top. Make sure 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"! We recommend you bring clothing that you are comfortable cycling in. This may include (but is not limited to) padded cycling shorts/leggings, a 'wicking' t-shirt/long sleeved base layer, and a lightweight waterproof. Please bear in mind that you may be hot whilst in valleys and on the climbs, but descents can be extremely cold due to the mountainous environment. For this reason, we recommend you bring a down/insulated jacket to be carried in the support vehicle in addition to warm hat and gloves. There is a chance we may be arriving into our hotel at dusk or in poor visibility and there are a few tunnels on this ride so please bring high-visibility clothing, and front and rear bicycle lights. There is limited space on the support van so we recommend that you keep clothing and luggage to a minimum. No laundry will be available on this trip. It is essential that all riders wear a cycling helmet. You also need the provision to carry a minimum of 1.5 litres of water when cycling. This can be in the form of cycle-mounted bottles or in Camelback-style backpacks.

LUGGAGE

You will need two pieces of luggage on this trip; a grab-bag with items you may require throughout each day's ride and then one large holdall/suitcase for other items you will need at each hotel. Please also bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a saddle bag, frame fit bag or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day, but it's a good idea to be as self-sufficient as possible. This trip will run on a minimum number of 8 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. 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.

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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.