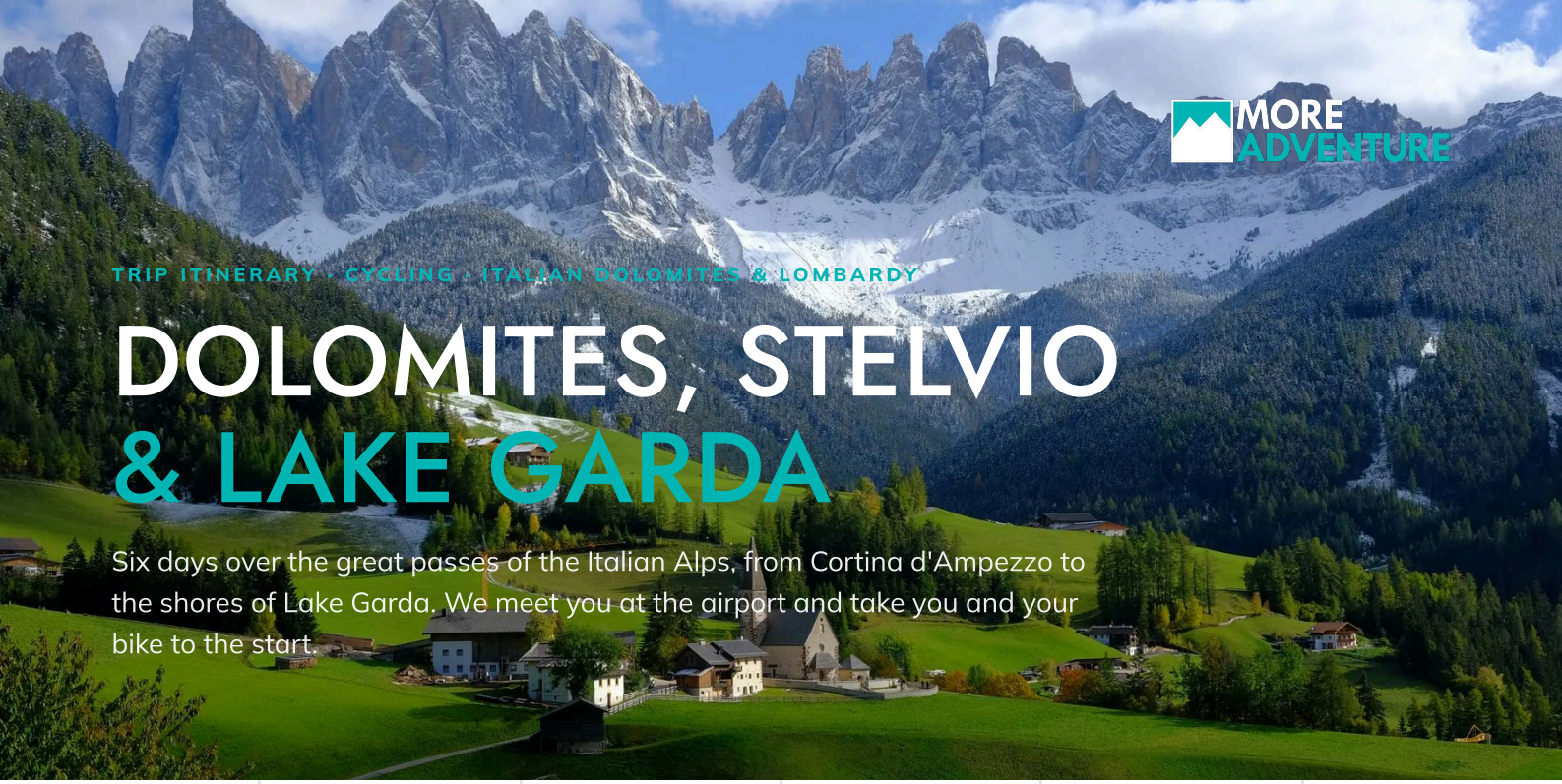


TRIP ITINERARY · CYCLING · ITALIAN DOLOMITES & LOMBARDY

DOLOMITES, STELVIO & LAKE GARDA

Six days over the great passes of the Italian Alps, from Cortina d'Ampezzo to the shores of Lake Garda. We meet you at the airport and take you and your bike to the start.

8 days	6	269 miles	Hotels	★★★★☆	September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Starting in Cortina d'Ampezzo, this six-day ride links the limestone towers of the Dolomites with the legendary high passes of South Tyrol and Lombardy, and finishes beside Lake Garda.

You'll climb the Passo di Giau, ride the full Sella Ronda loop, follow the vineyard-lined Adige valley from Bolzano to Merano, then take on cycling's most famous climb: the 48 hairpins of the Stelvio. The next day brings the Gavia and the Tonale, before the mountains soften over the Campo Carlo Magno and you roll down to Riva del Garda.

We meet you at Venice airport and transfer you and your bike to Cortina, and at the end we take you from Riva del Garda to Verona airport. Two guides run the trip, both first aid qualified: one rides with the group, while the other drives the support vehicle, moving your luggage and taking care of any mechanicals. Every night is in a hotel in a single room, including a final night beside Lake Garda.

★★★★★

"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 Passo di Giau and the classic Sella Ronda loop
- ✓ Tackling the 48 hairpins of the Stelvio Pass
- ✓ Bormio, the capital of Italian climbing
- ✓ Orchards and vineyards from Bolzano to Merano
- ✓ The Passo di Gavia and Passo del Tonale
- ✓ Rolling down to Lake Garda for a final night by the lake

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/dolomites-stelvio-lake-garda-cycle/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: CORTINA D'AMPEZZO | VENICE AIRPORT PICK-UP | YOU AND YOUR BIKE TRANSFERRED

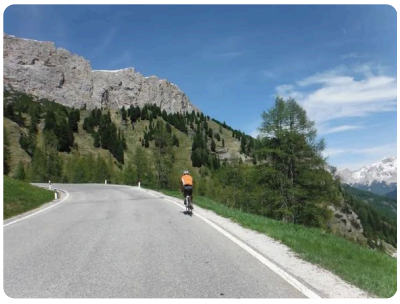
DAY 1: MEET AT VENICE AIRPORT, TRANSFER TO CORTINA D'AMPEZZO

We'll meet you at Venice Marco Polo airport, where the adventure begins with a scenic transfer north into the heart of the Dolomites, with you and your bike travelling together (the transfer meets specific flights, which we'll confirm when you book). As the flat lagoons give way to towering limestone peaks, anticipation builds for the riding ahead. You'll settle into your hotel in Cortina d'Ampezzo, a classic alpine resort surrounded by dramatic mountain scenery. The evening is relaxed, giving you time to rebuild your bike with help from our support guide, while your bike box or bag goes into the support vehicle for the week, and enjoy your first taste of mountain air. We'll have our first group evening meal before making any final preparations to begin our ride the following day.

2

74 KM (46 MILES) · 2,550M (8,370 FT) | OVERNIGHT: ARABBA | PASSO DI GIAU | PASSO DI FALZAREGO

DAY 2: CORTINA D'AMPEZZO TO ARABBA



Your first ride dives straight into iconic Dolomite terrain, climbing out of Cortina toward the spectacular Passo di Giau, one of the most beautiful and demanding ascents in the region. You can choose the longer option including the historic Falzarego Pass, or a slightly shorter route that still delivers plenty of climbing. Jagged peaks, sweeping switchbacks, and quiet mountain roads define the day. The descent brings you into Arabba, a hub of classic Dolomite cycling.

3

52 KM (32 MILES) · 1,700M (5,580 FT) | OVERNIGHT: ARABBA | PORDOI | SELLA | GARDENA | CAMPOLONGO

DAY 3: THE SELLA RONDA LOOP FROM ARABBA



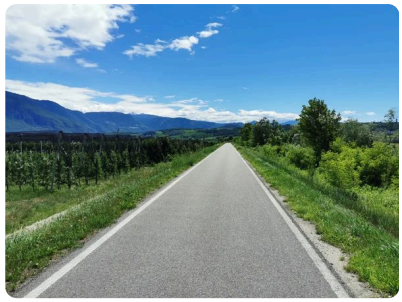
Today is a bucket-list classic: the full Sella Ronda loop, starting and finishing in Arabba. You'll circle the mighty Sella massif, tackling Passo Pordoi, Passo Sella, Passo Gardena, and Passo di Campolongo in one unforgettable ride. Each climb has its own character, with flawless tarmac and endless hairpins. Despite the challenge, the loop feels perfectly balanced and deeply rewarding. Back in Arabba, you'll have earned a relaxed evening in the mountains.

4

83 KM (52 MILES) · 800M (2,620 FT) | OVERNIGHT: PRATO ALLO STELVIO | TRANSFER TO BOLZANO | MERANO | ADIGE VALLEY

DAY 4: TRANSFER TO BOLZANO, RIDE TO PRATO ALLO STELVIO

We'll be transferred after breakfast from our hotel in Arabba to the capital of South Tyrol – Bolzano. Today is a more relaxed day as we undertake a stunning ride through vineyards and apple orchards. From Bolzano, we'll follow the paved Adige Valley cycle path northwest to Merano, climbing gently past Terlano and Vilpiano. We'll then head west tracing the Adige/Etsch river upstream along a scenic dedicated cycle path that links towns like Naturns and Schlanders. It's a gentle, gradual climb, gaining altitude steadily but staying largely flat to moderate compared to what lies ahead, making it a popular warm-up leg before tackling the Stelvio Pass itself. The valley offers striking views of orchards, vineyards, and the surrounding Ortler and Texel mountain ranges along the way.



5

46 KM (29 MILES) · 1,900M (6,230 FT) | OVERNIGHT: BORMIO | PASSO DELLO STELVIO

DAY 5: PRATO ALLO STELVIO TO BORMIO OVER THE STELVIO

Prato allo Stelvio is the gateway to one of cycling's greatest legends, the iconic Passo dello Stelvio, famed for its epic switchbacks and high-alpine drama. It has featured in the Giro d'Italia 14 times since 1953 and is quite simply one of the most iconic climbs in the world. Cresting the pass at nearly 2,800 metres is a true milestone moment, one you'll cherish for years to come. A thrilling descent delivers you into Bormio, steeped in cycling history and where legends like Coppi have crossed the line after conquering the Stelvio.



6

77 KM (48 MILES) · 2,100M (6,890 FT) | OVERNIGHT: ALMAZZAGO | PASSO DI GAVIA | PASSO DEL TONALE

DAY 6: BORMIO TO ALMAZZAGO OVER THE GAVIA

Leaving Bormio, the route heads south through the spectacular Valfurva valley before tackling the legendary Passo Gavia, one of the Italian Alps' most iconic cycling climbs. The road winds its way through increasingly dramatic mountain scenery to the 2,621m summit, before a thrilling descent takes you through the high alpine landscape towards Ponte di Legno and on to Almazzago. After a final short ascent to the Passo del Tonale the ride rolls on to Almazzago, where the terrain begins to soften and we leave Stelvio National Park in our wake.



7

99 KM (62 MILES) · 1,200M (3,940 FT) | OVERNIGHT: RIVA DEL GARDA | CAMPO CARLO MAGNO | LAKE GARDA

DAY 7: ALMAZZAGO TO RIVA DEL GARDA

The final ride heads south, leaving the high mountains behind as the landscape gradually opens up. A steady climb over Passo di Campo Carlo Magno provides a last taste of alpine riding. From there, the road flows downhill toward the shimmering waters of Lake Garda. You'll roll into Riva del Garda, where the ride ends with a night in a lakeside hotel. Our support guide can help you dismantle your bike and pack it back into its box or bag, before a celebration meal together to finish the trip.



8

DEPARTURE DAY | VERONA AIRPORT TRANSFER

DAY 8: TRANSFER TO VERONA AIRPORT

After breakfast there's time for a final stroll along the lakefront before we load the packed bikes and transfer you from Riva del Garda to Verona airport for your flight home. The transfer meets specific flights, which we'll confirm when you book. This is where the trip ends.

THE ROUTE

CORTINA TO LAKE GARDA



Day 2 · Cortina d'Ampezzo → Arabba	46 miles
Day 3 · Arabba → Arabba	32 miles
Day 4 · Bolzano → Prato allo Stelvio	52 miles
Day 5 · Prato allo Stelvio → Bormio	29 miles
Day 6 · Bormio → Almazzago	48 miles
Day 7 · Almazzago → Riva del Garda	62 miles

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

- ✓ Meet and greet at Venice Marco Polo airport (for specific flights), with you and your bike transferred to Cortina d'Ampezzo
- ✓ Your bike box or bag carried in the support vehicle throughout the trip
- ✓ Help from our support guide to rebuild your bike in Cortina and to dismantle and repack it in Riva del Garda
- ✓ 2 professional guides, both first aid qualified (one rides with the group, one drives the support vehicle)
- ✓ Support vehicle for luggage, spares, snacks and mechanical help
- ✓ 7 nights' hotel accommodation (single rooms), including a final night in Riva del Garda
- ✓ 7 breakfasts and 6 lunches
- ✓ Transfer from Arabba to Bolzano
- ✓ Transfer from Riva del Garda to Verona airport on Day 8 (for specific flights)
- ✓ All luggage moved during the trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Full route recce, risk assessments and event insurance
- ✓ Booking and payment protection through IPP Financial Insurance

NOT INCLUDED

- × Flights to Venice and home from Verona
- × Airline charges for flying with your bike, and your bike box or bag
- × Evening meals
- × Bicycle and helmet
- × Personal ride snacks
- × Personal travel insurance

Flying with your bike: Pack your bike in a bike box or bag and book it on your flights. We meet you at Venice airport and your bike travels with you to Cortina. We carry your box or bag in the support vehicle all week, and in Riva del Garda our support guide can help you dismantle and repack your bike for the transfer to Verona.

Stay longer at Lake Garda: Riva del Garda is a lovely place to add a few days of your own. Book a later flight home and make your own way to Verona (extra nights aren't included).

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Six riding days of 46–99 km with up to 2,550m of climbing a day, including the Giau, Stelvio and Gavia. You should be comfortable riding 4–6 hours a day on consecutive days with long sustained climbs. It's a group trip, not a race: if you need a break, the support vehicle is never far away.

WEATHER

Mountain weather changes quickly: be ready for heat in the valleys and cold, wet conditions on the high passes and descents. Carry at least 1.5 litres of water and bring electrolytes.

ACCOMMODATION

Seven nights in good, comfortable hotels in single rooms (on the odd night availability may mean sharing with one other rider).

FOOD

Breakfast and lunch are included every riding day; lunches are in cafés or a buffet from the support team. Evening meals are at local restaurants at your own cost. Bring bars and gels you know, as familiar brands can be hard to find in Italy.

EQUIPMENT

Bring a road bike in good working order with low gears: a cassette of at least 32 or 34 teeth makes the climbs far more enjoyable. Fit reasonably new puncture-resistant tyres and bring spare inner tubes. Helmets are compulsory.

CLOTHING

Bring a waterproof and a windproof jacket, arm and leg warmers and gloves for long descents, and enough kit for each day's riding and evenings out.

FLYING WITH YOUR BIKE

Pack your bike in a bike box or bag and book it on your flights to Venice and home from Verona. We meet you at Venice Marco Polo airport and transfer you and your bike to Cortina d'Ampezzo, where our support guide can help you rebuild it. Your bike box or bag is carried in the support vehicle throughout the trip, and in Riva del Garda our support guide can help you dismantle and repack your bike, ready for the transfer to Verona airport on Day 8. The airport transfers meet specific flights, which we'll confirm when you book.

LUGGAGE

Your main bag travels in the support vehicle. Carry a small saddle or frame bag for a waterproof, snacks and spares; a small 'grab bag' in the van is handy for things you need during the day.

HEALTH

Your health and safety is our number one priority. Both guides 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.

GUIDES AND SUPPORT

Two professional guides run the trip, both first aid qualified. One rides with the group; the other drives the support vehicle along the route, meeting you at regular points, carrying luggage, spares and a first aid kit, and dealing with any mechanicals.

HOW TO BOOK

1. Register your interest on our website and we'll tell you when dates are available
2. Choose a date and click ‘Book now’
3. Fill in your details (you can book for a group) and your medical details
4. Pay a 40% deposit securely by card to secure your place
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.