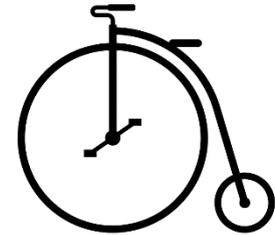


Live Life Cycling



DOLOMITES TOUR 2023

9 days – 8 nights

September 1st-9th 2023

Using our in-depth knowledge of the Italian Dolomites, Live Life Cycling has created a unique 9 day itinerary to join together the most majestic climbs of the Italian Dolomites and the famous climbs seen in the Giro D'Italia. The riders will be supported by a follow vehicle, a ride guide and mechanic. The trip is inclusive of breakfast, morning tea and lunch and 2 dinners. Live Life Cycling offering is industry-leading, with Pro-level support, laundry, on-road support, route GPX files and an experienced ride guide.

Day 1

We will pick you up from a hotel in the Milan Malpensa Area. Transfer to our hotel in Corvara. The afternoon allows for final bike tune-up and settling in before dinner. We will spend 4 nights here. Please contact us for pick up times before booking



Day 2

This area of the Dolomites is famous for a route called the Sella Ronda. It is comprised of 4 climbs, the Passo Campolongo, Pordoi, Sella and Gardena. Today we will do it in a clock-wise direction.

Total distance is 67km and 1845m of climbing



Day 3

The Passo Giau is a climb made famous by the Giro and a bucket list climb for this visiting the area. We start the day by climbing the Campolongo before descending the valley road before climbing the Passo Giau from the classic side. Another beautiful descent awaits us before making our way up the Falzarego and back down to the hotel.

Distance 85km and 2400 m of climbing



Day 4

The Corvara region has so many beautiful climbs and today's is no exception. Our major climb of the day is the Passo Fedia. This amazing winding climb takes us up to a beautiful lake where we will relax and have lunch. With another bucket list climb ticked off we will re-join the Sella Ronda and climb the Sella from the opposite side. Another magical day in the Italian Dolomites.

Distance 80km and 2500m of climbing



Day 5

Today we will transfer to our hotel in Bormio where we will spend the next 4 nights. Bormio is based at the bottom of Passo Del Stelvio and more climbs made famous by the Giro D'Italia.

Day 6

Today we will get to experience something very special, the Passo dello Stelvio. We will make our first ascent up from Bormio to Umbrail Pass. Through the tunnels and open landscape, before descending into Switzerland and coming back up the classic side, negotiating the 48 hairpins on the way to the summit.

If the classic side is all you are after, then you can ride in the car up the first summit, then descend and climb the classic side.

Total distance is 99km and 3100m of climbing (2 ascents)

Total distance is 84km and 1950m of climbing (1 ascent)



Day 7

The Mortirolo Pass is a legendary pass in the Italian Alps, and if you combined that with the Passo di Gavia from the side made famous by Andy Hampsten in the 1988 Giro d'Italia, it will make for a magical day in the saddle.

The Mortirolo Pass has featured several times in the Giro d'Italia, usually as the last or penultimate climb before the finish. Since the death of Marco Pantano in 2004, stages of the Giro that go over the Mortirolo feature a special prize to the first man at the top of the pass, called Cima Pantani .

The Passo di Gavia stands at 2652m and has often been on the route of the Giro d'Italia, with its magical views on the ascent on the lesser ridden side.

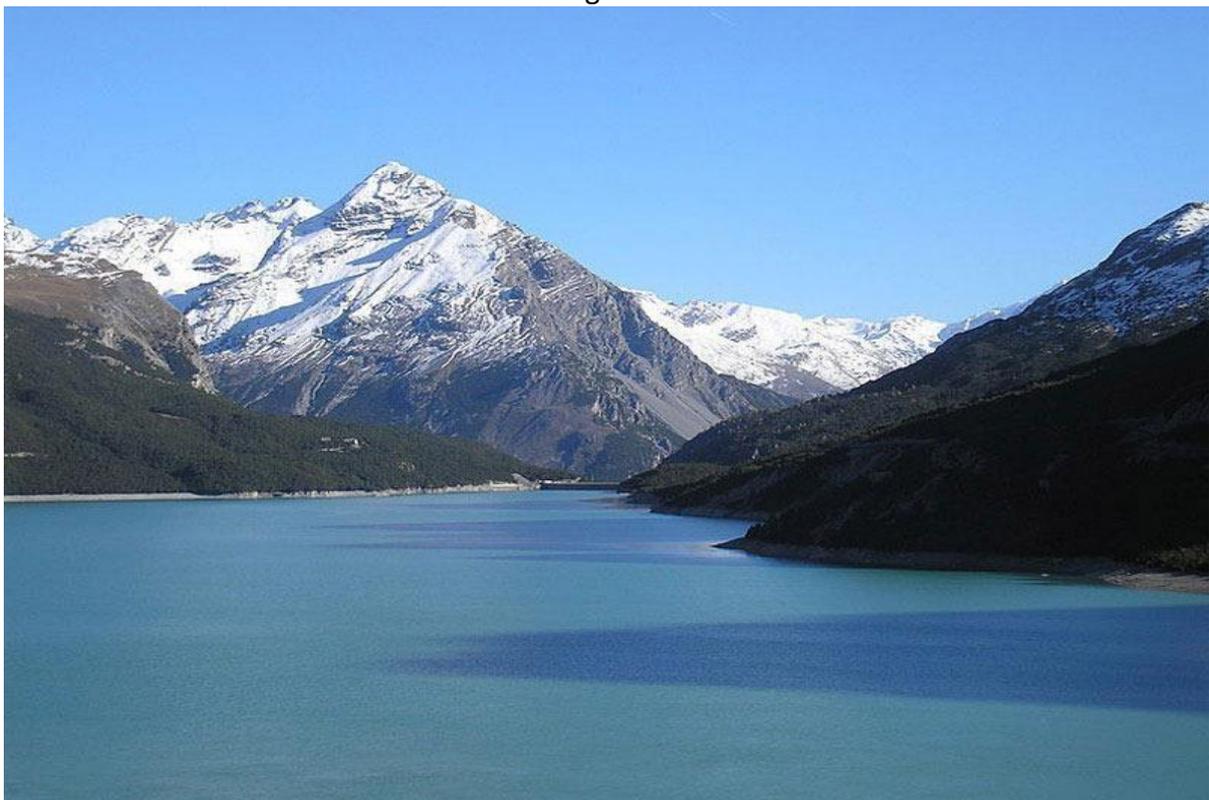
Total Distance 108km and 3097m of climbing



Day 8

Today you will discover one of the hidden gems in the Bormio area, Lake di Cancano. Cancano is a plateau at almost 2000 m in altitude among the mountains of Bormio, Livigno and Switzerland. There are two large artificial lakes which are used to power the nearby hydroelectric dam in Premadio. The view of the Fraele towers - the former defensive outpost in the Bormio area - is beautiful from there. The last part is full of hairpin bends, until you get to two small tunnels before the towers.

Total distance is 39km and 930m of climbing.





With tired legs after some big days on the bike the shorter last day will let you enjoy yourself before our group dinner later that night.

Day 9

Today we will transfer you back to Milan Malpensa. Please make your flights for the afternoon and the next day.

Cost of the trip

3200 euro per person twin share

500-euro single supplement

500-euro deposit needed to secure your spot.

Inclusions

Transfers to and from Milan Malpensa Airport

Fully guided and supported rides

Accommodation at 4* Hotels

Breakfast, lunch and 2 dinners

Cycling Laundry done throughout the trip

Bikes, build, maintained and repacked

Exclusions

Airfares

Accommodation before and after the trip

Dinner except the first and last night

Alcohol

Bike Hire

Travel Insurance (You must have travel insurance to come on this trip)

