

European Cycling Holidays COMPANY NUMBER 9549782 Email: chris@livelifecycling.com

www.livelifecycling.com

DOLOMITES TOUR 2022

9 days – 8 nights

September 2022

Day 1

Self transfer or we will pick you up from a hotel in the Milan Malpensa Area. Transfer to our hotel in Bormio. 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



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 the 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.

Option after this climb, is to climb the Passo di Gavia from the Bormio side

Total distance is 56km and 1520m of climbing.





Today we will get to experience something very special, the Passo dello Stelvio. We will make our first ascent up from Bormio. 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 105km and 3340m of climbing (2 ascents)

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





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





Today we will transfer by car to our hotel in the Alta Badia Valley where we will spend the next 4 nights. This will give you a chance to put your feet up and relax, or explore the surroundings.

Day 6

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





Today we will start the famous Sella Ronda route in the anti-clock-wise direction, before turning off and tackling the Passo Falzarego from its southern side. At the top of the Falzarego is a WW2 monument and it leads to an amazing descent back down to the hotel

Total distance is 100km and 3100m of climbing

Today we are in for something very special. We will be riding from the hotel and climbing the Tre Cime Lavaredo. We will have lunch by the lake. Those wanting to ride back to test the legs can, or you can get a ride back in the car.

Distance 50km and 2000m of Climbing or 98km 3394m





Transfer to Milan Malpensa airport.

Cost of trip 3200 Euro Twin Share

Single supplement 500 Euro