

live life  
cycling adventures

*European Cycling Holidays*

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## **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



## Day 2

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.





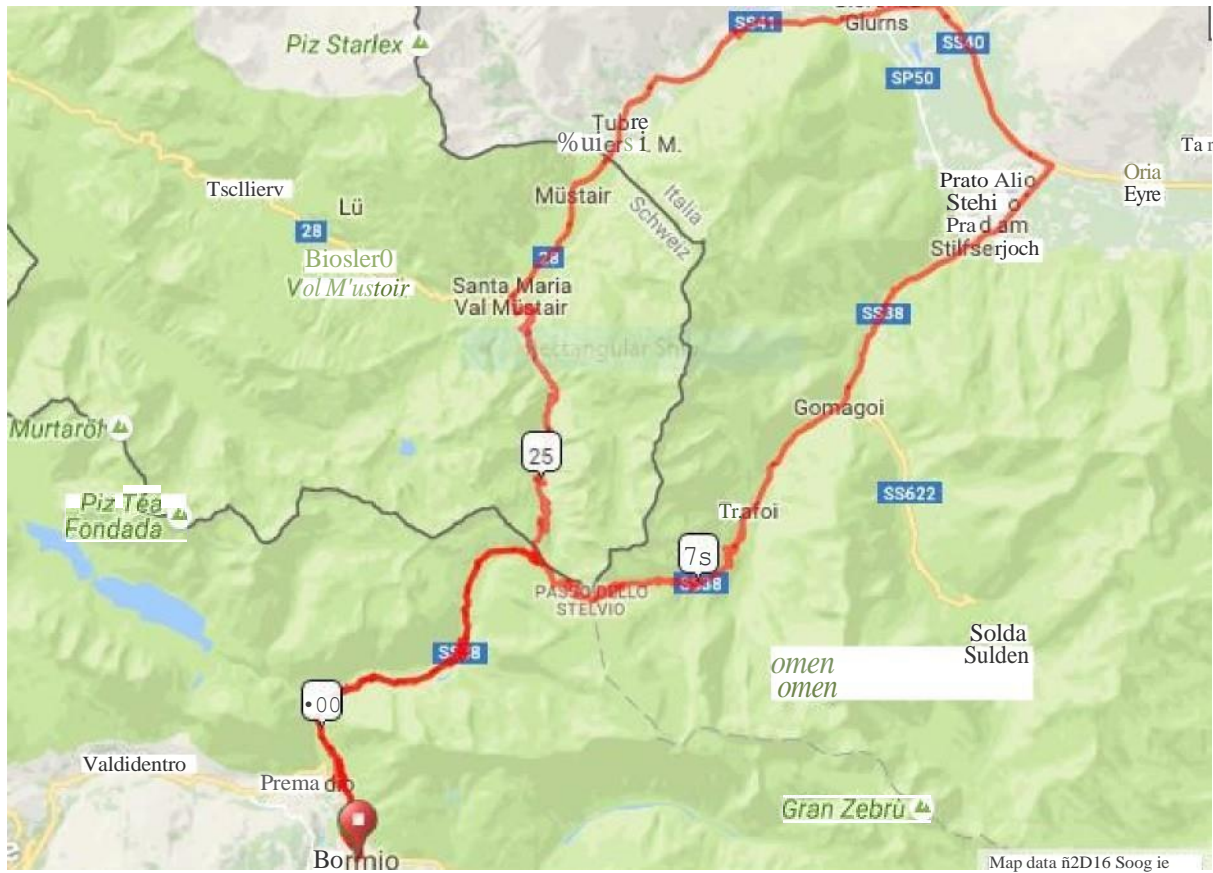
### **Day 3**

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)



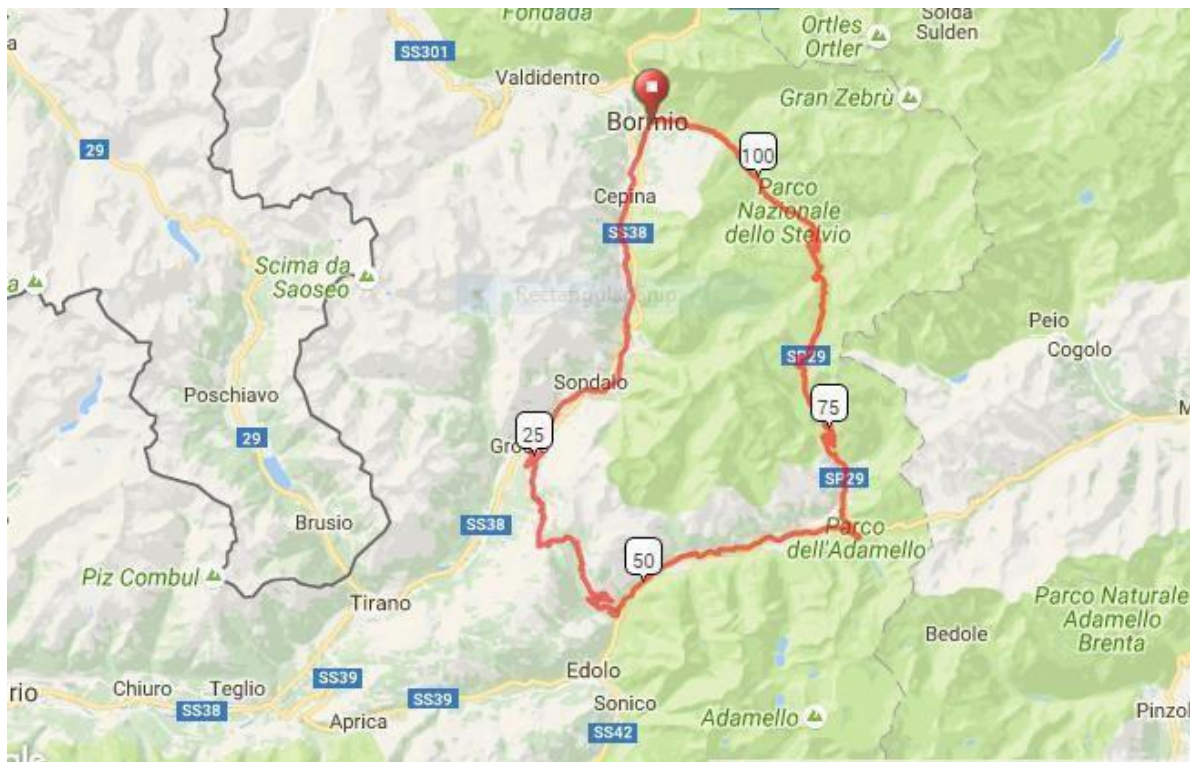
## Day 4

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 5**

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



## Day 7

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



## Day 8

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



## Day 9

Transfer to Milan Malpensa airport.

### Inclusions:

Transfers to and from the airport

- All breakfast, morning tea and lunches and 2 dinners
- Cycling Laundry throughout the trip
- Bikes assembled, maintained and re packed Trip details Based on double-occupancy

Double/Twin Occupancy - \$4800 AUD - 3200 EURO

Single Occupancy - \$750 AUD – 500 EURO extra

Bike Hire 400 euro for the trip.

Full GPX routes are provided prior to departure.

Live Life Cycling Adventures will provide luggage transport during the event from hotel to hotel.

We do recommend guests pack appropriately but limit their luggage to 1 medium size bag and 1 hand carry item.

Bicycles are not included in the package.

Bicycles Riders can fly from Australia with their personal bicycle.

Alternatively it will be possible to hire a Pro-level bicycle from Live Life Cycling Adventures