# Bike the Dolomites

Take on the jagged mountain climbs of the Dolomites!



# **Conquer the Italian Dolomites**

# Over 8000m of climbing An epic weekend of road riding!

Road cycling the Dolomites of Italy is unlike cycling anywhere else. The scenery here is intense! Protected by UNESCO, the mountains cover an area of about 90km north to south and 100km east to west. They are made up of 15 different ranges, each of which is at around 3,000m high.

Vast limestone peaks rise up vertically around you, with the roads weaving their way through the steep-sided valleys flanked by towering turrets of rock.

Join us on a leg burning weekend challenge as we take on this mid-blowing scenery and tackle over 250km and 8000m climbing in some of the most epic road climbing in the world, made famous by the Giro d'Italia and the Maratona dles Dolomites.





### **Detailed itinerary**

### **Day 1: Depart London for Milan**

Upon arrival we will be met and transferred approx. 4.5 hours to the beautiful mountain resort of Cortina d'Amezzo in the heart of the Dolomites. Overnight 3 \*hotel for next 4 nights. Here we will meet our guides and organise our bikes and prepare for an incredible challenge.



### Day 2: Cortina Loop 70.6km / 1919m ascent / 1919m descent

The first stage of our epic adventure begins. We head east from Cortina towards our first climb Passo Tre Croci which has been part of the Giro d'Italia since 1966. It's a 8.1km climb, averaging 7.1 % incline up to the top. We then descend to one of the most photographed spots in the region, Misurina Lake at 1754m for a well-earned coffee. We then face the climb of the day, the Tre Cime di Lavaredo. It's a challenging 7km climb, with the last 4km being an average just below 12%. Once at the top we have a long descent back to Cortina and our hotel.



### Day 3: Passo Giau & the heart of Alta Badia

#### 87.5km/ 2628m ascent/ 2617m descent

Another tough stage, with two main climbs, plus the short smooth climb of Campolongo in the middle! We start with Falzarego pass, 16.4km, averaging a 5% incline and into the stunning Alta Badia, a cycling paradise! The Campolongo pass is straightforward, followed by a twisted downhill to Arabba. We then tackle the mighty Passo Giau, 10.2km of climbing, averaging 9.1% gradient to the 2236m summit. A huge achievement for all dedicated cyclists. The views from the top are spectacular and we can enjoy the 360degrees and twin peaks of Nuvolau and Averau with a cappuccino from the mountain hut. Its then a 12km descent back to the hotel.

### **Detailed itinerary**

## Day 4: Passo Fedia – where the eagles dare!

#### 108km/ 3556m ascent/ 2526m descent

Last stage and Queen stage: its now or never! We start with our second time over Passo Giau, this time from the hotel side. The challenge today – the Passo Fedia, an iconic climb of the Dolomites, both for its steepness and the beauty of its landscape surrounding us. The climb is 12.8km at 8%, but with a very challenging 3km middle section known as Malga Ciapela, averaging between 12-15% incline! A short coffee stop then takes us downhill to Canazei, before another Dolomites myth - Passo Pordoi, another challenging climb over 12.6km, peaking at a 12%. A stop at the summit and Coppi's monument is mandatory before rolling to Arabba, before one last push over Valparola's 9km pass.

Back to our hotel to celebrate our incredible achievements.

**Day 5: Return to London** 

Transfer back to Milan airport for flight home.





### Challenge grade: Challenging

## Best time of year June

© Ultimate Challenges This itinerary is complex and subject to change

### **Breakdown of Costs**

#### Included

- Scheduled international return flights from London
- Transfers upon arrival and departure
- Bike guides
- Bike mechanic
- Medic
- UK Bike leader
- Twin shared accommodation in hotels
- Full board (except lunch on arrival and departure days)
- Celebration dinner

#### **Not Included**

- Road bike (Canyon hire available)
- Airport taxes and fuel surcharges
- Single supplement
- Gratuities
- Personal expenses
- Personal travel insurance

### Our pricing policy

We believe that we are very competitive and offer excellent value for money. However, it can be confusing when comparing prices, a small alteration in an itinerary, can make a substantial difference. We would be happy to review proposals you may have received from other tour operators, as we are confident that we can beat any genuine quote.