



## TOUR ITINERARY

RIDING  
LEVEL

2

Europe / Italy / Dolomites

# Dolomites Bike + Adventure Tour

Alpine Luxury Amidst Wildflowers, Lakes, and Majestic Mountains



## TOUR HIGHLIGHTS

- Spend three luxurious nights in Cortina, host of the 1956 Winter Olympics and featured in the classic James Bond film, *For Your Eyes Only*
- Hike the panoramic ridgeline from Valparola to the Pralongia plateau on a trail encircled by towering peaks and carpeted in colorful wildflowers
- Explore the sobering and still-intact tunnels, trenches, and bunkers of WWI on the Passo Falzarego
- Dine in a secluded mountain chalet in Alta Badia as the sun sinks behind the Alps
- Pedal through vineyards, peaceful pastures, and picture-perfect mountain villages on car-free bike paths





## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Milan or Venice, Italy
- 📍 **Pick-Up Location:**  
Bolzano Train Station
- 🕒 **Pick-Up Time:**  
10:00 am

### Departure Details

- ✈ **Airport City:**  
Milan or Venice, Italy
- 📍 **Drop-Off Location:**  
Venice Mestre Train Station
- 🕒 **Drop-Off Time:**  
1:00 pm

**NOTE:** DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

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### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).

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### Travelers Take Note

Note that air conditioning may not be standard in hotels in this area.

For the hikes on this tour, we strongly recommend bringing hiking boots or trail shoes with good traction (not running shoes or sneakers) and hiking poles. Moisture-wicking clothing or daypacks are also recommended, but not required.



## TOUR ITINERARY

### Tour By Day

DAY  
1

#### Gudon and Bressanone

Your guides will pick you up in Bolzano and transfer you to the starting point for our ride, high above the Isarco Valley. Cycle through mountain pastures with incredible views across the valley, where towns cling to hillsides dotted with narrow church steeples. Enjoy regional wine and local specialties for lunch in the village of Gudon at a historic tavern in the shadow of a medieval castle. After lunch, we'll pedal along the Isarco River to Bressanone, a vibrant city with an incredible medieval core. Transfer or challenge yourself with an extra ride up to our alpine design hotel where you'll have time to enjoy the pool or spa before dinner.

**Meals:** Lunch / Dinner

**Destinations:** San Pietro, Laion, Gudon, Bressanone

**Accomplished:** 18 miles / 29 km, elevation gain: 945 feet / 288 meters

**Longer Option:** 23 miles / 36 km, elevation gain: 2,200 feet / 671 meters

**Accommodations:** [Santre](#)

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DAY  
2

#### Abbey of Novacella and Val Pusteria

Say goodbye to Bressanone as we ride out of town along the Isarco River to the historic monastery of Novacella. Explore the grounds where monks have been making wine since 1142 before continuing our ride upstream. We will pass through the small towns of the Val Pusteria on our way to lunch at a mountain chalet. After lunch, opt to keep riding up the valley, or take a quick shuttle to our next luxury hotel in the alpine village of San Cassiano. Fill your lungs with mountain air and listen to a distant cowbell serenade as we settle into this fairytale landscape. This evening we'll enjoy an incredible mountain dinner with a local farm family

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Abbey of Novacella, Chienes, San Cassiano

**Accomplished:** 28 miles / 45 km, elevation gain: 2,903 feet / 885 meters

**Longer Option:** 37 miles / 60 km, elevation gain: 4,238 feet / 1,292 meters

**Accommodations:** [Ciasa Salares](#)

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## TOUR ITINERARY

DAY  
3

### Dobbiaco and Cortina

Starting from the Passo Furcia, we'll descend into the valley below as ski lifts give way to farmland. Pedal along the valley floor and explore the typical Tyrolean towns of Villabassa and Dobbiaco, known for its Baroque church. After lunch in Dobbiaco, we cross the linguistic border to enter Italian-speaking territory. From here, you may transfer or opt for a longer ride over a gradual mountain pass to Cortina—queen of Italian mountain resort towns—and our final boutique hotel. Tonight you are free to dine at the hotel or in town; your guides are happy to recommend the perfect restaurant.

**Meals:** Breakfast / Lunch

**Destinations:** Passo Furcia, Villabassa, Dobbiaco, Cortina

**Accomplished:** 20 miles / 32 km, elevation gain: 1,633 feet / 498 meters

**Longer Option:** 37 miles / 60 km, elevation gain: 2,641 feet / 805 meters

**Accommodations:** [Hotel de Len](#)

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DAY  
4

### In the Footsteps of the Great War

From 1915 to 1918, the peaks above Cortina became the center of a desperate battle between the Italian and Austro-Hungarian armies. Our hike from Passo Falzarego leads us to the remaining tunnels, bunkers, and traces of this incredible history. The combination of natural beauty and historical interest makes for a fascinating excursion. At the top of the mountain, stop for lunch at a refuge well-known for its gourmet fare before continuing the loop back down to the road. In the evening regroup for dinner here at our hotel's stylish restaurant.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Passo Falzarego, Lagazuoi

**Accomplished:** 4-5 hours hiking

**Accommodations:** [Hotel de Len](#)

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## TOUR ITINERARY

DAY  
5

### Lago Federa

Today we're back in the high mountains above Cortina on a point to point hike that takes us through a series of alpine saddles to the Mondeval meadows where a 7500 year old Cro-Magnon burial site was discovered in the 1980's. Continuing around the Croda da Lago massif we'll arrive at the stunning blue waters of Lago Federa in time for a well-earned lunch. Complete the hike back to the road through a magnificent fir forest with views over the Cortina valley. In the afternoon, relax at the spa or explore Cortina before a final farmhouse dinner where the focus is on locally sourced and foraged ingredients.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Passo Giau, Lago Federa

**Accomplished:** 4-5 hours hiking

**Accommodations:** [Hotel de Len](#)

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DAY  
6

### Departure

This morning you can choose to relax at your hotel or take a final ride down the valley to Calalzo di Cadore. From Calalzo or the hotel, we will transfer you to Venice as you continue on to your next destination.

**Meals:** Breakfast

**Destinations:** San Vito, Borca di Cadore, Calalzo, Venice

**Optional Ride:** 20 miles / 33 km, elevation gain: 712 feet / 217 meters

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## YOUR TOUR DETAILS

### Preparing for Your Tour

#### Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

#### Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

#### Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), **please see our FAQs**.



#### Share Your Experience

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@duvine  
@duvine  
#DuVine #DuVineStyle



**DUVINE**  
CYCLING + ADVENTURE CO.

## YOUR TOUR DETAILS

### Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

### Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

### Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

### Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers.

[Read more](#) about sustainability at DuVine.





# YOUR PACKING LIST

## On The Bike

Cycling jerseys or athletic shirts  
Cycling shorts  
Cycling shoes (if you bring your own pedals)  
Sneakers (if you don't bring your own pedals)  
Cycling sunglasses  
Athletic socks  
Arm/leg warmers  
Lightweight, waterproof, wind-resistant jacket or vest  
Bike gloves  
Bike saddle/cover (if you prefer your own)

## Off The Bike

Walking shoes  
Hiking shoes (if required)  
Long + short-sleeved shirts  
Sweater/jacket for evenings  
Dinner attire (dressy casual) + dress shoes  
Swimsuit

## Travel Items\*

Travel confirmations + tickets for air, rail, etc.  
Passport, including photocopy  
Local currency  
DuVine Tour Itinerary (with meeting + departing info)  
Health insurance information  
Medications  
Cycling gear (+ pedals) if riding on Day 1

\*We recommend keeping these items in your carry-on

## Additional Items

Cell phone + charger  
Photography gear + charger  
Power/plug adapter  
Toiletries  
Sunscreen, hat, + other sun protection gear  
Insect repellent

## What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

## Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact [tourcoordinators@duvine.com](mailto:tourcoordinators@duvine.com). Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

## Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

## Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

## Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

## BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

