



TOUR ITINERARY



Europe / Italy / Dolomites

Dolomites Bike + Adventure Tour

Alpine Luxury Amidst Wildflowers, Lakes, and Majestic Mountains

TOUR HIGHLIGHTS

- Spend two luxurious nights in Cortina, host of the 1956 Winter Olympics and featured in the classic James Bond film, For Your Eyes Only
- Sleep in a 1,000 year old castle that has just reopened as a boutique luxury hotel
- Take in the majestic views as we hike around the towering Plose peak through pastures carpeted with wildflowers
- Meet our friends, a local winemaker and a chef, as they host us for a private dinner at a renowned winery
- 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:**
Venice Mestre Train Station
- 🕒 **Pick-Up Time:**
9:00 am

Departure Details

- ✈ **Airport City:**
Milan or Venice, Italy
- 📍 **Drop-Off Location:**
Bolzano Train Station
- 🕒 **Drop-Off Time:**
11:30 am

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.

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.

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

Cadore to Cortina

Your guides will pick you up in Venice for a transfer to a crystal clear mountain lake at the entrance to the Dolomites. Get fitted on your bikes and set off up the Cadore valley, surrounded by towering mountain peaks. Our route follows the old railway line that is now a dedicated bike path so we'll enjoy traffic-free riding on our way to Cortina. Enjoy a light lunch along the way. Then settle into our first hotel, relax at the spa or explore the town. Tonight regroup for a farmhouse dinner where the focus is on locally sourced and foraged ingredients.

Meals: Lunch / Dinner

Destinations: Calalzo di Cadore, San Vito di Cadore, Cortina

Accomplished: 22 miles / 36 km, elevation gain: 2,538 feet / 774 meters

Shorter Option: 13 miles / 22 km, elevation gain: 1,512 feet / 461 meters

Accommodations: [Hotel de Len](#)

DAY
2

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 afternoon, relax at the spa or explore Cortina. Tonight you are free to explore the local dining scene; our guides are happy to make recommendations or reservations.

Meals: Breakfast / Lunch

Destinations: Passo Falzarego, Lagazuoi

Accomplished: 4-5 hours hiking

Accommodations: [Hotel de Len](#)

TOUR ITINERARY

DAY
3

Dobbiaco and Cortina

We're back on the bikes this morning! Start the day by riding over the pass across the linguistic border into German-speaking territory and the blue-green waters of the Toblacher See. Pedal along the valley floor and explore the typical Tyrolean towns of Villabassa and Dobbiaco, known for its Baroque church. Meet a local farm family for a picnic lunch featuring their cheeses and other products produced onsite. From here, you may opt for an immediate transfer or ride through the heart of Brunico to our next hotel in a 1000 year old castle that dominates the surrounding Pustertal. This evening dine here in the castle as we soak up the history and atmosphere of this special place.

Meals: Breakfast / Lunch / Dinner

Destinations: Villabassa, Dobbiaco, Brunico

Accomplished: 28 miles / 45 km, elevation gain: 1,823 feet / 557 meters

Longer Option: 45 miles / 73 km, elevation gain: 2,515 feet / 767 meters

Accommodations: [Castel Badia](#)

DAY
4

Abbey of Novacella and Val Pusteria

Ride from the castle as we follow a secret road past onion-domed churches and family farms out into the Val Pusteria. This strategic area contains some of the main passes between Germany and Italy and the local bishops used this influence to become important political players in the Middle Ages. We can admire the magnificence of the local church at the impressive Novacella Abbey and the historic wealth of the area in the postcard-perfect town of Bressanone where we'll stop for a wine-paired lunch. After lunch opt to ride or transfer up the mountain to our final spa hotel. Soak in the pools while soaking up the views as we enjoy some well-earned repose before heading to our friend's winery for an intimate evening with a winemaker and his best friend, a local chef.

Meals: Breakfast / Lunch / Dinner

Destinations: Abbey of Novacella, Chienes, Bressanone

Accomplished: 21 miles / 34 km, elevation gain: 1,505 feet / 459 meters

Longer Option: 27 miles / 44 km, elevation gain: 3,185 feet / 971 meters

Accommodations: [My Arbor](#)

TOUR ITINERARY

DAY
5

A Footpath on the Roof of the World

Leave the bikes behind today as we head set off on a hike along the grassy ridgelines of the Plose Massif. Our route takes us through a series of verdant meadows dotted with shepherd's huts. Take in stunning views of the Odle Group, some of the most iconic peaks in the Dolomites. Stop for a mountain lunch and opt for longer or shorter walking options back to the cable car that takes us back to the hotel. Enjoy an afternoon of relax at the spa before we say farewell with a final alpine dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Plose

Accomplished: 3-5 hours hiking

Accommodations: [My Arbor](#)

DAY
6

Departure

This morning you can choose to relax at the spa, sleep in and enjoy a cappuccino on the terrace or take a stroll through the forest. Later in the morning we'll transfer you to the regional capital of Bolzano as you head on to your next destination.

Meals: Breakfast

Destinations: Bolzano

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**.



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DUVINE
- VILLAGE - BIKES - TOURS - GEAR

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. 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.

