

CUSTOM OUTCYCLING SUD TYROL ROLL

Ability Level: Athletic Beginner Duration: 7 days / 6 nights

Ciclismo CLASSICO
PEDAL YOUR PASSION



Custom Outcycling Sud Tyrol Roll

A leisurely spin through the Italian Alps to Lake Garda

A unique combination: cycle from Tyrolean farm villages to old Roman cities on bike paths meandering among the southern Alps – the hills are optional! Leisure cyclists and those who love mountain climbs will enjoy this culturally and scenically diverse tour that glides (mostly downhill) through apple orchards, affording stunning views of the mountains all around. The first days is spent in an area that belongs to Italy but is predominantly characterized by a strong Tirolian culture where German is the official language. Capture the best of the lush Alto Adige and Trentino regions: fill each day with magnificent scenery, natural parks, delicious mountain cuisine, and fascinating encounters with locals and with Ötzi, the 5300-year-old iceman. Enjoy a day of hiking through lush mountain meadows for a change of pace. The tour ends at Lake Garda, Italy's largest lake, an area famous for its mild climate and multi-sport activities.

ITINERARY OUTLINE

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TRIP ESSENCE

- Cycle scenic alpine bike paths through the lush Venosta Valley and along the Adige River
- Enjoy panoramic views of the Dolomites and Southern Alps on gentle, mostly downhill routes
- Visit Reinhold Messner's famous mountain museum inside the medieval Castel Firmiano
- Hike the Renon Plateau, with views of the Catinaccio and Rosengarten ranges
- Discover Bolzano's charming streets and meet Ötzi, the 5,300-year-old Iceman
- Ride Italy's "Ciclopista del Sole," the historic "Bike Path of the Sun"
- Explore Trento's elegant old town and its impressive Buonconsiglio Castle
- Savor Tyrolean flavors and mountain cuisine at traditional farmhouses and beer gardens
- Learn to prepare classic South Tyrolean dishes in a hands-on cooking class
- Taste acclaimed regional wines and visit a local winery for lunch
- Relax in luxury spa hotels surrounded by apple orchards and alpine peaks
- Conclude your journey at beautiful Lake Garda — Italy's largest and most beloved lake

WHAT'S INCLUDED

- Use of a carbon road bike (see page 5 for details)
- Service of local, professional guides throughout the program
- Van support
- Ciclismo jersey and water bottle
- All accommodations
- All breakfasts, and one lunch
- Cycling clinics
- Wine tasting
- Cooking class
- Visit of the Firmian Castle, the Messner mountain museum
- Visit of the Archaeological Museum where Otzi, the 5300-year-old mummy, is housed
- Guided walking tours of Bolzano and Trento with local guides
- Shuttle at the beginning and end of the tour

WHAT'S NOT INCLUDED

- Airfare
- Gratuity for Ciclismo guides
- E-bikes, tandems, and bike upgrades
- Travel insurance
- Alcoholic beverages
- Bike helmets and SPD pedals.

TRIP DETAILS

Ability Level

- Athletic beginner

Summary of Daily Distances

- Day 1: 10 miles
- Day 2: 30 miles
- Day 3: 5-mile walk
- Day 4: 40/45 miles
- Day 5: 30/45 miles
- Day 6: 30/35 miles
- Day 7: Arrivederci!

Total: 140/165 miles

Pricing

Full tour (7 days/6 nights):

- 8 - 9 guests \$ 5,900 pp
- 10 - 11 guests \$ 5,700 pp
- 12+ guests \$ 5,500 pp
- Single supplement: \$ 1,180
- E-bike supplement: \$ 370
- Sign-up by 12/11: individuals save \$ 250



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DAY 1

VENTOSA VALLEY WARM-UP RIDE

Daily Mileage - 10 miles

Elevation Gain - 200 ft

Riding Terrain - Mostly flat

Hotel - Roessl

- Location: Rablà
- Duration: 1 night
- www.roessl.com

Meals - L

Highlights

Today, we meet at 11:00 am at Bolzano's train station for a 45-minute shuttle ride to our hotel, stopping for lunch at a traditional and local beer garden. Once at our hotel, and after checking in, we meet for a bike fitting, safety talk, and warm-up ride. The valley is wide and open, the air is clean with the scent of flowers, and you can enjoy fantastic mountain views. Most of the itinerary is on country roads, often closed to traffic, winding through apple orchards and pastures.

The 4-star superior retreat, nestled just 8 km from Merano, perfectly blends alpine charm with Mediterranean relaxation. Recently renovated, its rooms and suites feature warm Tyrolean décor, modern comforts, and balconies with stunning mountain views. Guests can unwind in the hotel's expansive wellness area, complete with indoor and outdoor heated pools, a natural bathing pond, jacuzzi, saunas, and a full-service spa offering massages and beauty treatments. The on-site restaurant serves refined Tyrolean and international cuisine.

DAY 2

RABLA TO BOLZANO

Daily Mileage - 30 miles

Elevation Gain - 900 / 1,600 ft

Riding Terrain - Generally flat, on bike paths and small roads through apple orchards, climbs on longer route

Hotel - Parkhotel Mondschein

- Location: Bolzano
- Duration: 2 nights
- www.parkhotelmondschein.com

Meals - B

Highlights

A relaxing day through the wide lower Venosta valley heading downhill to the regional capital of Bolzano. Enjoy the views of Merano, the thermal resort frequented by Austrian royalty. Along the ride, you notice how vineyards gradually replace orchards, a sign that you are now on the 'wine roads' of Sud Tyrol. Here, the Gewurztraminer and Sauvignon Blanc rates are at the top of the world. Along the way, we stop to visit the Messner Mountain Museum, an impressive collection of art and crafts put together by the famous alpinist Reinhold Messner, hosted in the historical Castel Firmiano. In the afternoon, we explore the busy town center of Bolzano with a local guide.

Parkhotel Mondschein is a stylish 4-star design hotel in central Bolzano, set in its own leafy park just a short walk from the historic center. Rooms and suites feature high ceilings, vintage details, and park or mountain views, with modern comforts. Guests can unwind in the outdoor pool, wellness area with sauna and gym, join classes in the in-house yoga studio/retreat space, and enjoy creative cuisine and cocktails at Luna Restaurant, Luna Bar, and Alto Pizza.

DAY 3

HIKE ON THE RENON PLATEAU

Daily Mileage - 5-mile walk

Elevation Gain - 900 ft

Hotel - See day 2

Meals - B

Highlights

We take a cable car from Bolzano to reach the Renon Plateau, a high plan overlooking the city. It's a favorite destination for locals on warm summer days. We traverse it through vast fields and splendid forests, with views of the western Dolomites' Catinaccio, Rosengarten, and Latemar ranges. Along the way, we make a short stop at a farm that raises beautiful Avelignesi horses and Tibetan llamas! In the afternoon, we visit the Archaeological Museum that houses Otzi, the 5300-year-old mummy found nearby in Val Senales. Tonight, we participate in a cooking class, where we learn to make traditional South Tyrolean dishes and enjoy a delightful dinner.

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DAY 4

BOLZANO TO TRENTO

Daily Mileage - 40/45 miles

Elevation Gain - 1,400/1,700 ft

Riding Terrain - Mostly flat with a few climbs

Hotel - Hi Hotel Trento

- Location: Trento
- Duration: 1 night
- www.hihotels.it

Meals - B

Highlights

The longest ride is the flattest; we follow the Adige River valley on Italy's most ancient cycle path, the "Ciclopista del Sole" (bike path of the sun). We can admire a series of castles and fortresses on both hillsides, demonstrating the importance of this ancient route linking Italy and Germany. In the afternoon, we enter the regional capital of Trento and stroll its stunning historical center, which is dense with history. A local guide tells us about the many levels of history layered here.

Built on a rocky outcrop overlooking the city, Hi Hotels is a new corner of paradise a few steps from the Buonconsiglio Castle. A fantastic view, its wellness center, and the cozy rooms are tonight's highlights of our home.

DAY 5

TRENTO TO RIVA DEL GARDA

Daily Mileage - 30/45 miles

Elevation Gain - 1,000/1,800 ft

Riding Terrain - Mostly flat with a few climbs

Hotel - Du Lac et du Parc

- Location: Riva del Garda
- Duration: 2 nights
- <https://dulacetduparc.com>

Meals - B

Highlights

In the first part of the day, we continue along the Adige River through a sea of vineyards. We stop in Rovereto, built around an imposing Venetian castle, and eventually, after a short climb, we enter Italy's Lake District, with a grand finale to our Sud Tyrol excursion – a descent to Lake Garda along a spectacular route with breathtaking scenery.

Du Lac et du Parc is a unique 4-star superior holiday resort in the heart of the Italian Lake District. Enjoy the best Italian hospitality in an enchanting park on Lake Garda's shores.

DAY 6

SARCA VALLEY LOOP

Daily Mileage - 30/35 miles

Elevation Gain - 1,200/2,200 ft

Riding Terrain - Flat and rolling

Hotel - See day 5

Meals - B

Highlights

A morning ride on the back roads of the upper Garda Lake District takes us to Arco and the Sarca River Valley—the Italian paradise for outdoor activities, including cycling, rock climbing, fishing, hang-gliding, and mountain biking. Because of its mild climate and abundant greenery, the Sarca Valley is also an important wine-producing region. We are treated to a wonderful wine tasting and family lunch with local "Slow Food" products at the renowned Pedrotti restaurant and winemaker.

DAY 7

ARRIVEDERCI!

Meals - B

Highlights

After breakfast, at 9 am, we provide one 30-minute group shuttle to the Rovereto train station.

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ARRIVAL & DEPARTURE

GETTING TO RABLA' / RABLAND

Meet our 11:00 am group shuttle* on day 1 at Bolzano/ Bozen's train station for a 45-minute drive to the hotel. You can get to Bolzano by train through Milan Malpensa (MXP), Verona V. Catullo (VRN), or Venice M. Polo (VCE). There is also a small airport in Bolzano that has flights connecting through Rome and Munich. For up-to-date train schedules visit www.trenitalia.com and www.trenord.it

** Please inform the office if you plan on taking this scheduled group shuttle at least one month in advance using your travel plan form (which you will receive via email).

DEPARTING FROM RIVA DEL GARDA

After breakfast, at 9am a group shuttle will take you from your hotel in Riva del Garda to the Rovereto train station (approximately 30 minutes). From Rovereto, you can reach Verona (52 minutes), Milan (2.5 hours), or Venice (2 hours).

BIKE INFORMATION

INCLUDED:

La Classica Ribelle (or Equivalent Carbon Road Bike)

- The Ciclismo exclusive and custom-made, "La Classica Ribelle" carbon frame, disc brakes, and Sram electronic shifters, 24 speed (46/33 front – 10/36 rear)
- Hybrid Bikes are also available upon request.

ADDITIONAL BIKE OPTIONS:

E-Bike and Tandem

- Available. Please contact us for more information.

Learn more about [our bikes](#)

OTHER INFORMATION

Flight Reservations

Exitto Travel

Call: 1-800-655-4053 or use the [Flight Request Form](#)

Pre- and Post-Travel Itinerary Assistance

Via Mondo Travel

Call: 315-707-4372 or rosemary@viamondotravel.com

Travel Insurance (highly recommended)

Travel Insured International

www.travelinsured.com

Transportation

Rome2rio

www.rome2rio.com

ON THE BIKE

Included:

- Garmin Edge Explore GPS loaded with the GPX tracks of your rides
- Two water bottles
- Saddle bag with repair kit
- Optional: Map holder on handlebar

Pedal Options:

- Flat pedals
- Half-toe pedals (without straps)

Things to Bring:

- Helmet
- Optional: clipless/SPD pedals with shoes
- Optional: your own saddle