Enjoy stunning mountain views without the arduous mountain climbs on this one-of-a-kind Italian adventure tour through the Dolomites. Nestled in the Italian Alps, surrounded by lush valleys and dramatic limestone massifs, lies a well-kept secret: the mystical Val de Adige. Here, we cycle on quiet bike paths amidst the orchards and vineyards of Merano, hike undiscovered paths, savor the best Austro-Italian cuisine of South Tyrol, and rest our heads in outstanding accommodations! As we travel south on our Dolomites bicycle tour, you’ll discover where the Val de Sarca meets the northern banks of Italy’s largest lake, Lake Garda. Enjoy a cruise on the newly designed bike path network around Lake Garda and dive into the crystal-clear waters as you kayak or paddleboard on the lake. Together, we’ll celebrate a stunning week in one of Trek Travel’s most picturesque destinations with a social hour aboard a private sailboat and dinner at a Michelin-starred restaurant in a charming medieval town. Join us on this luxury Italian adventure, where aperitivo and gelato await us on the shore of an endless glittering blue lake. La vita é bella!

TRIP WOWS
Ride and hike through the idyllic Dolomites, the most monumental mountains in Europe, regardless of your cycling experience
Pedal the network of bike paths surrounding Italy’s crystal-clear Lake Garda and enjoy kayaking or paddle boarding

From $6299
Rider Type Recreational
Hotel Style Luxury
Duration 6 days | 5 nights
Start | End Bolzano, Italy | Verona, Italy
Dates 2021/Jul
TODAY'S RIDE:
Bolzano to Merano
Approximately 15 miles with 500 feet of climbing

DESCRIPTION:
Your Trek Travel guides will meet you just outside the train station of Bolzano at 11:00 AM to start your Dolomites bicycle tour. After a 20-minute private shuttle, you'll arrive at a local family-run restaurant, where we'll sit down to a genuine South Tyrolian lunch prepared especially for you. Your guides will ensure you have a perfect fit on your Trek bicycle before we depart for the first bike ride of the week. This welcome spin takes us on the idyllic bike path of Val d'Adige, running alongside the babbling river. The first alpine views unfold before us as we ride through the orchards and the vineyards of South Tyrolian countryside. We'll soon reach Merano, a town famed for its thermal baths and its distinctive focus on wellness. Our hotel is perfectly situated next to the thermal baths; one could argue that they are a luxurious, exclusive extension of the property. Relax, unpack, and prepare your senses for a week of indulgence and riding. This evening we will gather for an aperitif followed by a first dinner together at the gourmet restaurant of our hotel, elegantly prepared by Chef Karl Heinz Falk.

HOTEL:
Hotel Terme Merano

INCLUDED MEALS:
Lunch | Social Hour | Dinner
**TODAY’S RIDE:**
**Merano to Castelbello to Trauttmandorf Gardens**
Approximately 32 miles with 1,100 feet of climbing

**SHORT OPTION:**
**Merano to Castelbello**
Approximately 17 miles with 1,300 feet of climbing

**AVID OPTION:**
**Merano to Castelbello to Tabland Loop**
Approximately 34 miles with 2,000 feet of climbing

**DESCRIPTION:**
After enjoying the signature breakfast with freshly-made South Tyrolean pastries, homemade jams, and the unparalleled views at our hotel’s patio, we’ll gather to discuss the events of the day. We’ll start the ride with a relaxing spin on the east of the Venosta Valley in the direction of Malles and the iconic Stelvio. We won’t quite get that far as we will stop at the small town of Castelbello and pay a visit to the medieval castle, the town’s jewel. After savoring a typical bistro lunch in this quaint mountain town, you can hop on your bike and ride a similar route back to our starting point. Alternatively, feel free to reward yourself with a shuttle and enjoy the luxury services of our marvelous hotel. This afternoon, we will meet Elizabeta who will introduce us to the history of the ‘flower city’ of South Tyrol. Dinner tonight is at a lovely restaurant in the heart of the medieval center of Merano that wholeheartedly embraces the slow food movement.

**HOTEL:**
Hotel Terme Merano

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner

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**Day 3**

**TODAY’S ACTIVITY:**
**Hike Greiter Farm to Hochsulfen**
Approximately 4.5 miles with 1,500 feet of climbing

**OPTIONAL ACTIVITY:**
**Yoga Class**

**DESCRIPTION:**
Park your bikes for today and lace up your hiking boots. This area has as much to offer on two feet as it does on our beloved two wheels. After your morning cappuccino, we will head out for a hike through the hills surrounding our hotel. Starting from a local farm, we will head out on a circular loop through the edge of the mountains towering over Merano. Take in the views from the top as the mountain-tops stretch as far as the eye can see. We circle inland to visit a real local gem, the Sinichbach cascade. The end of our hiking adventures will find us back where we started, at Greiterhof Farm. There we’ll be rewarded not only with the stunning views of the valley but also with a farm-to-table lunch. Alexandre and his family are happy to welcome us to their mountain home where they farm, produce, and prepare everything on the menu. Take your time to stroll through the grounds and visit the animals before continuing back to the hotel. This afternoon, choose to indulge in a yoga class on the hotel’s terrace, simply relax in one of the three different healing spas of the hotel, or perhaps enjoy their stunning rooftop pool. We will dine in town, in a hidden culinary delight that embodies healthy and simple cuisine with a voyage of flavor and senses.

**HOTEL:**
Hotel Terme Merano

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner

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**Day 4**

**TODAY’S RIDE:**
**Sopramonte to Lago Di Garda**
Approximately 24 miles with 900 feet of climbing

**AVID OPTION:**
**Sopramonte to Lago di Tenno to Lago Di Garda**
Approximately 36 miles with 2,600 feet of climbing

**DESCRIPTION:**
This morning we bid farewell to Merano, South Tyrol, and the Austrian way of life and head toward la vera dolce vita! A morning shuttle through the Brenta mountain range of the Dolomiti Massiff, passing over the colossal Cima Tossa, will bring us to the starting point of our ride today. After savoring a second cafe Macchiato, hop on your Trek Domane and take off around the panoramic lakes and exuberant vineyards of south Trentino. Enjoy a fresh, light Italian lunch and choose to follow the circuitous bike paths all the way to the lake, or exit for a scenic climb and stunning descent to Italy’s biggest lake. Our home for the rest of the trip is the magnificent Riva del Garda, “the jewel” of the lake. Tonight is yours to discover the hidden corners of the town and dine at the restaurant of your choice. Gelato anyone?

**HOTEL:**
Du Lac et Du Parc

**INCLUDED MEALS:**
Breakfast | Lunch
Day 5

**TODAY'S RIDE:**
Riva del Garda to Arco
Approximately 14 miles with 600 feet of climbing

**TODAY'S ACTIVITY:**
Canyoning Adventure

**DESCRIPTION:**
Today Lake Garda will put on a show to impress you. We will start off the day by biking north through lush vineyards and fragrant cypress trees. Views of the impressive Castello d'Arco are sure to inspire awe as we ride next to the quiet, rumbling Arco river. Lunch is on your own to enjoy as you explore the vivid center of the town of Torbole. Don't be late to regroup for our thrilling afternoon canyoning adventure! Our expert canyoning guides will introduce us to the narrows of the Valle di Ledro canyon, where we will swim, slide, and abseil away the afternoon. Che Bellezza! Later, dress up for a date with the sunset. We will embark on a sailboat and head south toward the endless blue waters. Raise a glass to a week of beautiful memories with old and newly-found friends. Our final dinner carries the signature and imaginative preparation of Michelin-starred chef Leonardo Luppi, in a small yet elegant space overlooking the enchanting lake.

**HOTEL:**
Du Lac et Du Parc

**INCLUDED MEALS:**
Breakfast | Social Hour | Dinner

Day 6

**TODAY'S ACTIVITY:**
Stand-up Paddleboard or Kayak

**DESCRIPTION:**
It's the last day of our Italy adventure tour in this spellbinding region, but that doesn't mean we have to go out quietly. Today is your day to enjoy the cool morning breeze out on the waters of the lake. This morning, choose between a stand-up paddle or a kayak for your last excursion on the water. After you have returned, the bountiful breakfast buffet of the hotel will still await you and a second cappuccino is never a bad idea. You will bid farewell to your guides at the hotel at 11:00 AM and board a private shuttle to the enchanting city of Verona.

**INCLUDED MEALS:**
Breakfast

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**WHAT'S INCLUDED**

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- Five nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, four lunches, and four dinners
- Two social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle, and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts, and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photo book of your trip
- Entrance fees for all activities, private tours, and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
- Trek Travel Bontrager cycling jersey to keep
Trek Travel water bottles to keep
Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals
Bontrager WaveCel helmet
Bontrager men’s and women’s specific saddles
Bontrager front and rear Flare R lights and a flat pack
Garmin Edge 1030 GPS computer
Cinch sack day bag to keep
Upgrade your bike to include carbon wheels (+$200)
Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
*For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care, and service.

What’s Not Included
- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS

**HOTEL TERME MERANO**
**MERANO CITY CENTRE**
Located in the center of Merano, this hotel provides access to explore the city and feel the radiant vibe of this mountainous outdoor haven. It’s known for its thermal baths and gorgeous spa, perfect for relaxing at any hour of the day. Enjoy the view of the mountains from its amazing rooftop pool, overlooking all of Merano and Val d’Adige.

**DU LAC ET DU PARC**
**RIVA DEL GARDA, LAGO DI GARDA**
Right on the frontline of Lago di Garda, surrounded by a massive private garden, this 4-star hotel is the perfect place for active relaxation. This property boasts a contemporary design, luxurious amenities, and an extravagant spa. A wide variety of watersports are available on your doorstep alongside an extensive network of bike paths. And for those who want some extra riding, you’ll love the hearty climbs just minutes away.

**HOTEL VARIATION | CASTEL FRAGSBURG**
**MERANO, SUD-TYROL**
Resting on the mountains overlooking the town of Merano, this 18th-century hunting lodge is now transformed into an elegant 5-star, award-winning luxury hotel. The estate is focused on “benessere,” or living well, and it is the ideal place to start your vacation of a lifetime. You will stay at this hotel in place of Hotel Terme Merano on select dates.

MEETING & DEPARTING

**How To Get There**

**Meeting Time And Location**
We suggest that you arrive at least one day prior to the start of your Dolomites bicycle tour, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Milan’s Malpensa Airport (MXP) and then take a train to Bolzano. Alternatively, you can fly into Venice’s Marco Polo Airport (VCE), though there may be fewer connections here compared to Milan. We recommend you transfer to Bolzano the night before in order to make the meeting time of 11:00 AM on the first day of the trip. Italian train schedules can be found on www.TrenItalia.com.

Your Trek Travel guides will meet you at the Bolzano Train Station (Piazza della Stazione, 1, 39100 Bolzano BZ, Italy) at 11:00 AM on the first day of the trip. If you arrive in Milan, we recommend you transfer to Bolzano the night before in order to make the meeting time of 11:00 AM on the first day of the trip. Please have your riding gear, all accessories, pedals, helmet, and shoes in a separate bag as the bus will drop you off at the ride start location while your luggage will be delivered to the hotel.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip starts with their names and contact details. If you cannot reach them, please call our first hotel, Hotel Terme Merano (+39 0473 259000) or Castel Fragsburg (+39 0473 24 40 71), and leave a message with your expected arrival time and contact details. It is possible to take a taxi from Milan to Merano for approximately 450 euros or for 430 euros from Venice to Merano.

### Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Du Parc et Du Lac. You will then shuttle one hour to the Verona Train station and arrive at approximately 12:00 PM. For further information about train schedules and connections, please see www.TrenItalia.com.

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**Before: Bolzano, Italy**

Explore the capital of the South Tyrol region, set in a valley amid hilly vineyards. It’s a popular gateway to the Dolomites mountain range in the Italian Alps. In the medieval city center, the quaint cobbled streets and the small boutique stores punctuate the Austro-Italian cultural mix that symbolizes the character of all of Tyrol. We recommend the following accommodations for your pre-trip hotel:

- **HOTEL GREIF**
  Overlooking the Dolomites and Piazza Walther, Bolzano’s main square, Hotel Greif is a design hotel set in a historical building. It’s conveniently placed in the center just a few blocks away from the Bolzano train station, while the Maretsch Castle is just half a mile away.
  www.greif.it/en/hotel-bolzano/1-0.html

- **PARK HOTEL LAURIN**
  Set in the heart of Bolzano, steps from the cathedral, Parkhotel Laurin is surrounded by a beautiful park where you can dine on warm summer evenings or relax by the pool. This elegant hotel dates back to 1910 and is built in Art Nouveau style. Each room features designer furniture and original artwork by contemporary artists.
  www.laurin.it/en/parkhotel-bolzano/1-0.html

- **STADT HOTEL CITTÀ**
  Located in Bolzano’s main square, Piazza Walther, Stadt Hotel Città is a five-minute walk from the Ötzi Museum. Each room at Stadt Hotel Città has wooden furniture and floors, all complemented by colorful touches. Hotel Stadt Città is a five-minute walk from Bolzano Station and right in the middle of all main city attractions.
  www.hotelcitta.info/en/

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**After: Verona, Italy**

Verona is a medieval city in the Veneto region, built between the meandering Adige River, and is famous as the birthplace of Shakespeare’s "Romeo and Juliet." Roam its narrow, cobbled streets and visit a 14th-century residence with a tiny balcony overlooking a courtyard that is said to have inspire Juliet’s house. Toast to the wonderful Valpolicella wines and maybe even

- **DUE TORRI HOTEL**
  The Due Torri Hotel is situated in the historic center of Verona near the church of Saint Anastasia, a stone’s throw from Juliet’s famous balcony, Piazza Bra, and the Arena, known throughout the world. The superb quality of the furnishings and the professional service are highly valued by its illustrious Italian and international clientele, making it the most renowned 5-star hotel in Verona.
  hotelduetorri.duetorrihotels.com/en

- **HOTEL GABBIA D’ORO**
  Set on the corner of Verona’s most charming square, Piazza delle Erbe, Hotel Gabbia D’Oro is one of the most historic hotels in this city. The luxury hotel is set in an 18th-century building and features wooden ceilings, frescoes, and antique paintings. Rooms at the Gabbia D’Oro include period furnishings, oriental carpets,
Enjoy a concert at the Verona Arena, the town’s huge first-century Roman amphitheater. We recommend the following accommodations for your post-trip hotel:

**HOTEL GABBIADORO, SURE HOTEL COLLECTION BY BEST WESTERN**

This modern yet elegant hotel offers guests the convenience of being near Juliet’s balcony, as well as being close to the Verona Arena amphitheater and other sites. Just 250 meters from Juliet’s balcony, The Verona Arena amphitheater and other sites are just a 10-minute walk away. An excellent choice for travelers interested in food, ambiance and culture.

[www.hotelgabbiadoro.it/hgo.html](http://www.hotelgabbiadoro.it/hgo.html)

**HOTEL FIRENZE, SURE HOTEL COLLECTION BY BEST WESTERN**

Best Western Hotel Firenze offers a comfortable stay in the center of Verona. This historic yet refurbished hotel is on the main road to the center. Hotel Firenze is situated in Corso Porta Nuova, the main street connecting the train station to the historic center and Piazza Bra. If you are looking for simplicity and ease of access for a quick stopover between travels, this hotel is ideal.


* Hotels listed above are local properties we love. We do not have special rates available.

### FAQs

**What Are The Daily Rides Like?**

- Rider Type | 2 - Recreational
- Average Daily Mileage | 19
- Terrain | Undulating
- Average Daily Elevation | 1,200 feet
- Total Miles | 97
- Total Elevation | 6,000 feet

Averages and totals are calculated from our "Today's Ride" options.

The terrain on our Dolomites bicycle tour is moderately undulating, mostly on quiet, winding bike paths of excellent condition. We will also occasionally ride on roads with low traffic. Even though the terrain is flat and/or rolling, you will find yourself surrounded by tall mountains and rushing rivers.

**What are the options for a non-rider travel companion?**

This trip is perfectly designed around Type 2 riders. Our Trek Travel guides can also easily accommodate Type 3 riders, who seek more mileage and steeper inclines, as a very short distance away from the valley and into the mountains lies some spectacular climbs! Level 1 riders are also easily accommodated with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option. Non-Riders will enjoy the ample multisport options that this gorgeous region has to offer:

- Hiking
- Yoga
- Canyoning
- Sailboat trip
- Stand-up Paddleboarding
- Kayaking

**Trip Changes**

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.