

**HEARTCYCLE BICYCLE TOURING CLUB**  
**ITALY'S DOLOMITES: CYCLING, MOUNTAIN BIKING & HIKING**

**This is a two part tour. Part 1 is the Base Tour. You may sign-up for and participate in Part 1 without signing up for the Part 2 Option. To sign-up for and participate in the Part 2 Option, you must sign up for and participate in Part 1**

**PART 1: BASE TOUR (The Part 2: Option is described after Part 1)**

**Dates:** Arrival June 23, 2019. Departure June 30, 2019; 7 nights included  
**Leaders:** John Aslanian, Clare Bena  
**Rating:** ADVANCED TO EXPERT CYCLING plus, Intermediate to Advanced Mountain Biking, Intermediate Hiking, and Beginner Walking Trails  
**# of Riders:** 24 (plus Tour Leaders)  
**Price:** \$1650 (Double Occupancy) Single Supplement +\$200  
\$600 due at Registration); Remainder Due March 15, 2019  
**TRIP CANCELLATION INSURANCE IS RECOMMENDED**

**OVERVIEW**

Please join us for an 8-day fixed-based tour of the beautiful Dolomite Mountain range in Italy. This Part 1 tour begins and ends in Alta Badia, Italy, one of the top cycling, hiking, and mountain biking destinations in the world. This area is known for its quaint valley communities and majestic mountain vistas. Pro-cyclists return here for its challenging climbs and rugged terrain. Throughout the tour, we will stay in a family-owned five-star luxury hotel and spa with an indoor/outdoor pool in the small town of Alta Badia, nestled in the Badia Valley. A light lunch snack, grappa and wine tasting are offered in the lounge after every activity in the afternoon. This hotel provides extraordinary 5-course dinners, a culinary experience that you will not forget. Beverages are not included during dinner. Beginner walking trails are scattered throughout the valley floor into surrounding hillsides and towns. Of course, you may choose to road bike all seven days but everyone has the opportunity to hike for two days with local guides and mountain bike for two days with a local guide. Also, the hotel is located within walking distance of downtown's shops and restaurants. This is a terrific opportunity to include your non-cycling spouse, partner, or friends to join us on a Heart Cycle tour for an experience of a lifetime.

**CYCLING RATING - ADVANCED to EXPERT**

Cycling loops depart daily from the hotel and will include 2-4 mountain passes, consisting of 30-60 miles. and 4000-9000 feet of climbing. Passes will include Passo Gardena, Passo Campolongo, Passo Pordoi, Passo Falzarego, Passo Valparola, Passo Sella, Passo Giau, Passo Furcia, Passo Delle Erbe, and Passo Fedaia. Each route is self-guided and paced. Because the loop routes lead in and out of small villages and mountain pass rest stops, riders may stop and enjoy refreshments and lunch on their own along the way. You will not be on your own on these roads. You will pass or be passed regularly on each descent, climb and around each bend. THERE WILL BE A VEHICLE AVAILABLE FOR EMERGENCY PICKUPS Medical & Bike Breakdowns ONLY. **THERE WILL BE NO SAG SUPPORT.**

## **INCLUDED IN TOUR PRICE**

**Breakfast**

**Light lunch snack with wine and grappa tasting after activities in the afternoon.**

**5-course dinner, a culinary experience**

**Indoor/outdoor pool with Spa**

**Sport clothes washing/drying everyday**

**Transportation to and from Venice Airport**

**Mountain biking local guided rides**

**Road cycling guides**

**Guided hikes**

**Heartcycle souvenir**

**Secure bike storage/washing facility**

**EMERGENCY MEDICAL OR BREAKDOWN PICKUPS ONLY**

## **NOT INCLUDED IN TOUR PRICE**

**Beverages with dinner**

**Lunch**

**Bike rental**

**Massage or Facial Treatments, etc.**

**SAG SUPPORT (will not be provided)**

## **ALTA BADIA, ITALY**





Pro-cyclist Tyler Hamilton was once asked by John Aslanian, “I know that you’ve raced all over the world. By far, which place is your favorite place to ride?” Tyler, “The Dolomites.” If you like to climb, this is the perfect area to challenge yourself with heart-pumping hills among awe-inspiring scenery. Always, you will enjoy mouth-watering gastronomic meals.



In 2009, UNESCO declared the Dolomites a World Natural Heritage Area for their unique formation and monumental beauty. The natural architecture of the Dolomites offers incomparable scenery that includes forest covered ridges that gently descend towards valleys below.



**A guided hike in the Dolomites.**

## **WEATHER**

The weather in this region can range from 50-80 degrees Fahrenheit during this time of the year.

**GETTING TO US - Alta Badia, Italy** Airport code for the Venice Marco Polo Airport is VCE. Transportation to and from the Venice Marco Polo Airport to the hotel in Alta Badia is provided and included in the price. However, this is limited to those staying in Alta Badia from June 22-23 (arrivals) and June 30 (departures).

## **ROAD BIKE RENTALS AVAILABLE**

**HIGH END CARBON Specialized, Scott, Pinarello (45 EURO/DAY)**

**ALSO AVAILABLE Pinarello with DI2 Shifting (99 EURO/DAY)**

## **MOUNTAIN BIKE RENTALS AVAILABLE**

**Specialized, Scott**

**29ers and 27.5 FULL SUSPENSION (54 EURO/DAY)**

## **PART 1 ITINERARY**

**Day 0 - June 23 - Sunday - Evening Orientation at Hotel at 6pm.**

**Day 1 - CYCLING or HIKING - June 24 - Monday**

CYCLING - 3 mountain passes. Distance: 51.1 km with Elevation Gain: 1373 meters

OR HIKING - Day 1: 2-5 hours HIKE

**Day 2 - CYCLING or MOUNTAIN BIKING - June 25 - Tuesday**

CYCLING - 3 mountain passes. Distance: 56.3 km - Elevation Gain: 1736 meters

OR MOUNTAIN BIKING - 3-4 hours

**Day 3 - CYCLING - June 26 - Wednesday**

CYCLING - 2 mountain passes Distance: 92.2 km - Elevation Gain: 2396 meters

**Day 4 - CYCLING or HIKING - June 27 - Thursday**

CYCLING - 4 mountain passes. Distance: 80 km - Elevation Gain: 2200 meters

OR HIKING - 2-5 hours HIKE

**Day 5 - CYCLING or MOUNTAIN BIKING - Day 5 - June 28 - Friday**

CYCLING - 4 mountain passes (with 5th optional, out and back). Distance: 109.7 km (with optional, 120 km) - Elevation Gain: 2783 meters (with optional, 3100 meters)

OR MOUNTAIN BIKING - 3-4 hours

**Day 6 - CYCLING - Day 6 - June 29 - Saturday**

CYCLING - TWO OPTIONS

OPTION 1 - Distance: 105.5 km - Elevation Gain: 3096 meters

OPTION 2 - Distance: 89 km - Elevation Gain: 2730 meters

**Day 7 - June 30 – Sunday. DEPARTURE.** Departure to Venice, Marco Polo Airport OR, to continue onto Part 2: Dolomites - Italian Alps,, departure to Bormio, Italy.

**SAVE ROOM  
FOR SOME  
APPLE  
STREUDEL  
YUM!**



**Heart Cycle member, James Petraca, enjoying homemade pasta in Sardenia.  
Come and join us for more culinary experience!**

**For additional information on Park 1, contact the Tour Leaders:**

John Aslanian (Part 1)  
864-404-9098  
[22flatrock@gmail.com](mailto:22flatrock@gmail.com)

Clare Bena (Part 1 and Part 2)  
505-412-5526  
[cbvamoots@gmail.com](mailto:cbvamoots@gmail.com)

## **PART 2: DOLOMITES: ITALIAN ALPS FROM BORMIO, ITALY**

**YOU MUST SIGN UP FOR /PARTICIPATE IN PART 1 TO SIGN-UP FOR/PARTICIPATE IN PART 2**

**Dates:** June 30, 2019, Transfer to Bormio. Ride July 1-3, Depart July 4. 4 nights.

**Leader:** Clare Bena

**Rating:** EXPERT

**# PD Riders:** 23 (Plus Tour Leader)

**Price:** \$650 (Double Occupancy) Single Supplement +\$230  
\$300 due at Registration); Remainder Due March 15, 2019

***TRIP CANCELLATION INSURANCE IS RECOMMENDED***

### **OVERVIEW**

Please join us for an 4-day fixed-based tour of the beautiful Dolomite, Italian Alps region. This tour begins and ends in Bormio, Italy. This region of Italy is well-known for its epic, big mountain passes. Many of these passes have been featured in the Italian Giro stages. This region is also known for its food. We will be staying at a luxury 5-star hotel and spa. Mountain passes will include Stelvio loop and its 48 switchbacks including Umbrail pass. Also included will be Cancano Lake loop, Mortirolo and Gavia passes.

#### **Included in Tour Price:**

Transportation from Alta Badia to Bormio Italy is included in price.

Breakfast is included.

Guided and sag supported tours are included.

Cycling clothes laundry included in price.

#### **NOT Included in Tour Price:**

Return transportation IS NOT INCLUDED IN PRICE.

Airports close to Bormio, Italy:

- Munich Airport (MUC) 4 hours, 22 minutes
- Milan Airport (MXP) 5 hours, 52 minutes
- Milan Linate Airport (LIN) 5 hours, 15 minutes
- Venice Marco Polo Airport (VCE) 4 hours, 13 minutes

Clare Bena will coordinate a group price and transportation to Milan.

During tours, lunch stops will be provided but are not included in tour price. Dinner is on your own. There are many fine restaurants within walking distance in Bormio.

**RENTAL BIKES: 3 DAYS - \$115.50 Total**

**HIGH END CARBON BIKES AVAILABLE: Wilier Triestina GTR, Bianchi Infinito**

**11 Speed Ultegra with provided Compact Gearing - 50/34 -11/32 cassette**

### **PART 2 ITINERARY:**

**Day 1 - Monday, July 1**

**Stelvio Loop Ride. Distance: 102 km, Elevation Gain: 3150 meters**

**Day 2 - Tuesday, July 2**

**Cancano Lake Loop Ride. Distance: 40 km, Elevation Gain: 566 meters**

**Day 3 - Wednesday, July 3**

**Mortirolo & Gavia Loop Ride. Distance: 115 km, 3200 meters**

**Day 4 - Thursday, July 4**

**Transport to Milan with group or on your own.**



## **STELVIO PASS**

**For additional information on Park 2, contact the Tour Leader:**

Clare Bena (Part 1 and Part 2)

505-412-5526 [cbvamoots@gmail.com](mailto:cbvamoots@gmail.com)