

Bicycle Tours in Italy: Cycling Italy's Dolomites

OVERVIEW

The Italian Alps are renowned for their pristine rivers and streams, their exquisite cheeses and smoked hams but most of all for their most precious gem: the eastern most mountains called Dolomites, a paradise for any outdoor activity. Join us to pedal this region's stunning valleys and passes, listed since 2009 as a UNESCO World Heritage site to recognize and preserve its "exceptional natural beauty". Inhabited by ancient civilizations, traces of which got to us thanks to the finding of the mummy Otzi, these mountains also straddle a cultural boundary that gives us the best of Italian and Austrian-German cuisine, hospitality and blended history. Our tour gives you a chance to enjoy Dolomitic landscapes, learn about the peculiar local history as well as discover hidden corners where life still flows as if tourism never got there. Spend 8 days exploring breathtaking mountain roads, pedaling through ancient forests where Nature sets the rhythm of life. All the while enjoying traditional Tyrolean meals and top quality local wines.

Extend this bicycle tour by 3 days. Click [here](#) to review our Cycling the Dolomites Plus! the Sella Ronda

HIGHLIGHTS

The Dolomites!, Multiple two night stays, Unique part of German speaking Italy, Well-maintained long distance bike paths, Cortina

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	8 days, 7 nights accommodation; meals as noted in itinerary; wine tasting; essential oil distillery visit
Countries	Italy
Begin/End	Bolzano ("Bozen" in German) / Cortina
Arrive/Depart	Innsbruck (INN) or Venice (VCE)
Total Distance	305 km (190 miles). Extra Ride: 14 km (9 miles).
Avg. Daily Distance	61 km (38 miles) per riding day
Tour Level	
Keep in Mind	<p>We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour.</p> <p>We use charming and modern hotels but A/C or fans may not always be available since they haven't been needed traditionally. Read more on the use of air conditioning in Europe here.</p>

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/italy/dolomites/bicycle-touring-italian-dolomites>

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DATES & PRICES

Dates	Price	Single Supplement*
Jun 30, 2025	USD\$5095	USD\$550

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	59km / 677m (37mi / 2221ft)	Very hilly	▶▶▶▶▶	
3	27km / 1059m (17mi / 3474ft)	Mountainous	▶▶▶▶▶	
4	50km / 884m (31mi / 2900ft)	Very hilly	▶▶▶▶▶	
5	72km / 1329m (45mi / 4359ft)	Very hilly	▶▶▶▶▶	
6	60km / 1099m (37mi / 3605ft)	Very hilly	▶▶▶▶▶	Today's ride is an optional loop ride
7	54km / 1429m (34mi / 4687ft)	Very hilly	▶▶▶▶▶	
8	Last Day			

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ARRIVAL INFO

Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.

Note: As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

Airports: The closest airport is Innsbruck Airport (INN). Vienna International Airport (VIE) and Munich International Airport (MUC) are also good options.

Getting from the Innsbruck airport to the tour starting hotel:

1. Bus line F (20 min/EUR 6.10) or Taxi from Innsbruck airport to Innsbruck Hauptbahnhof (20 min/EUR 20-55)
2. Train from Innsbruck Hbf to Bolzano/Bozen (2 hours/fares vary)
3. [Walk 5 min](#) or taxi from the Bolzano Central Station to the Day 1 Hotel (5 min/EUR 10)

Train times from other cities/airports to Bolzano/Bozen:

- about 5 hours from Vienna
- about 4 hours from Munich

Look up Austrian train schedules at [Oebb](#) or [Trainline](#). Questions? See our [information on taking trains in Europe](#) or [ask us](#).

DEPARTURE INFO

Your trip ends on the final day after breakfast.

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

Airport: We recommend flying out of the Venice Marco Polo Airport (VCE).

Getting from the tour end to the Venice airport:

1. [Walk 4 min](#) to the Cortina central bus station, or Taxi (5 min/EUR10)
2. [Cortina Express Shuttle](#) from Cortina to Venice Airport. Pre-booking is recommended (2 hours/EUR 15-25).

Note: If you are planning to depart by train, the closest train station is Calalzo-Pieve di Cadore which can be reached by DolomitiBus in 1 hour. The bus schedule is available at [DolomitiBus](#).

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Tour begins in Bolzano ("Bozen" in German)

Highlights Bolzano historical center

Explore the heart of Bolzano, the capital of the Trentino-Alto Adige region. Enjoy the beauty of the central Piazza Walther with its Gothic style cathedral and have a stroll in Piazza delle Erbe, a vibrant market corner where Italian daily life naturally flows. Get a glance over the charming via dei Portici (Arcade Street) and don't miss the opportunity to visit the Archeological Museum where you'll find the remains of Ötzi, a man who lived in the area during the Copper Age (3300 BC) and whose frozen body was found in the mountains in 1991.

DAY 1: Mon, Jun 28th

Meals Dinner

Lodging  Hotel Greif Bolzano

Loop ride to Caldaro, the heart of the wine region!

Highlights Vineyards, traditional villages of Caldaro and Termeno, views over Lake Calda. Optional climb to Passo Mendola.

We start our ride pedaling southwest out of Bolzano to reach the heart of one of the northernmost wine making areas of Italy. Vineyards dominate the landscape and the "wine-road" takes us to the traditional villages of Caldaro and Termeno, known worldwide for their production of Gewürztraminer, Lagrein and Caldaro Classico Superiore. On the way back to Bolzano enjoy quiet country roads that offer unique views over Lake Caldaro, a mecca for sailing and windsurfing enthusiasts.

DAY 2: Tue, Jun 29th

Distance 59 km (37 mi)

Gain 677 m (2221 ft)

Terrain Very hilly

Level 

Meals Breakfast

Lodging  Hotel Greif Bolzano

Bicycle to Seis am Schlern

Highlights Views over Sciliar-Catinaccio peaks, alpine meadows

Our bicycle ride today features a climb that brings us to the foot of some of the most spectacular rock faces in the Dolomites. This road offers stunning views over the Sciliar-Catinaccio Natural Park and its alpine peaks. Our hotel offers you the opportunity to get a massage, take a hike, or relax and enjoy the view. If you want an extra ride, head to Tires for jaw dropping views over the Rosengarten.

DAY 3: Wed, Jun 30th

Distance 27 km (17 mi)

Gain 1059 m (3474 ft)

Terrain Mountainous

Level 

Meals Breakfast, Dinner

Lodging  Florian Parc Hotel

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Bicycle to Bressanone (Brixen)

Highlights Agostinian Abbey of Novacella, wine tasting

Today's ride features unforgettable views of alpine meadows and sheer Dolomite cliffs. This afternoon we'll visit the Agostinian Abbey of Novacella, founded in the 12th century, and known today not just for its spiritual importance but also for its wine production which we will take time to sample!

DAY 4: Thu, Jul 1st

Distance 50 km (31 mi)

Gain 884 m (2900 ft)

Terrain Very hilly

Level 

Meals Breakfast

Lodging  Hotel Krone

Bicycle to San Candido

Highlights Spectacular views of the Pusteria Valley

Enjoy the beauty and perfection of Tyrolean bike paths before leaving the Rienza river valley and climbing to the "sunny road." Your efforts will be rewarded with captivating views over the Pusteria Valley. We'll stop in Brunico to explore its charming historical town center. After a snack or a proper lunch, it's back on our bikes to San Candido, a gem of Alta Pusteria Valley.

DAY 5: Fri, Jul 2nd

Distance 72 km (45 mi)

Gain 1329 m (4359 ft)

Terrain Very hilly

Level 

Meals Breakfast, Dinner

Lodging  Parkhotel Sole Paradiso

Loop ride to Lake Braies

Highlights Lake Braies, views over Tre Cime di Lavaredo Natural Park

This morning we continue on towards Lake Braies, often described as the most beautiful lake of the entire Alps. On our way back to San Candido, we will gain elevation for some of the most impressive views over Tre Cime di Lavaredo Natural Park, which is part of UNESCO World Heritage Site, a recognition given to the entire Dolomites in 2009.

DAY 6: Sat, Jul 3rd

Distance 60 km (37 mi)

Gain 1099 m (3605 ft)

Terrain Very hilly

Level 

Meals Breakfast

Lodging  Parkhotel Sole Paradiso

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Bicycle to Cortina

Highlights Landro lake, Tre Cime di Lavaredo, Misurina lake, Passo Tre Croci, Cortina

Today we head south and pedal along the Landro Valley. Landro Lake is an excellent spot for a mid-morning coffee before you continue your ride to Lake Misurina where you'll have the option to climb 7 km up to Tre Cime di Lavaredo to enjoy the views. Anybody who prefers to enjoy the lake or pedal straight to Cortina can do so. Those who challenge themselves with the mighty climb to the base of three majestic peaks will have a quick descent to lunch at Lake Misurina. The more modest Passo Tre Croci is the last climb of the day, after which it's a glide down into Cortina d'Ampezzo, known as "Queen of the Dolomites".

DAY 7: Sun, Jul 4th

Distance 54 km (34 mi)

Gain 1429 m (4687 ft)

Terrain Very hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel de la Poste

Tour ends in Cortina

Highlights Cortina

Stick around and explore this lovely town!

DAY 8: Mon, Jul 5th

Meals Breakfast

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to

RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know.

*Tips are included in Expedition pricing and not expected on self-guided tours.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

STYLES

OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers.

Classic Tours: Dream of traveling through a region by bike? Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!