

Bicycle Tours in Italy: Cycling Italy's Alpine Valleys

OVERVIEW



Pedal along bike paths in two of Italy's finest bike-friendly regions! Begin your ride cycling through the lush meadows of the Venosta Valley with views of Alpine peaks and glaciers in the distance. Perfect for couples or friends with varied cycling abilities, this tour takes you along pristine bike paths and small towns as you enjoy pedaling by the lush meadows and glaciers in the background. Along the way, you'll pedal past some of the best preserved castles in the region, vineyards and orchards, and visit historic cities including Merano, Bolzano, Trento and Bassano del Grappa - with plenty of opportunities to explore cafes in central plazas. This tour is a perfect blend of fascinating Austro-Italian history and the famous beauty and tranquility of Northern Italy's mountains, lakes and valleys.


If this sounds great but want to spend more time on your bike, check out our [Cycling Italy's Alpine Valleys Plus! Venice](#), which extends this tour by 4 days.

HIGHLIGHTS

3 - two night stays, Small medieval walled town of Glorenza, Adige River riding, Merano and its chic thermal spa town center, Gondola ride and dinner in a traditional "maso" in a mountain valley, Dedicated scenic bike paths, Views to the Dolomites and the Alps, Guided visit of Trento and Vicenza, Land art installation visit of Arte Sella.

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	8 days, 7 nights' accommodation; meals as noted in itinerary; guided walk of Glorenza; guided walk Trento; Lasa marble visit; scenic train to Valsugana; and the usual (see below).
Countries	Italy
Begin/End	Shuttle from Bolzano (Bozen) to Glorenza / Bassano del Grappa
Arrive/Depart	Innsbruck (INN) / Venice (VCE) or Innsbruck (INN)
Total Distance	187km (116 miles)
Avg. Daily Distance	37km (23 miles) per riding day
Tour Level	 Mostly flat, on bike paths, some easy gravel stretches, a few gentle uphill

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/guided-bike-tours/italy/easy-italian-alps>

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DATES & PRICES

Dates	Price	Single Supplement*
☞ Jul 9-16, 2022	☞ USD\$4095	☞ USD\$550
☞ Jun 17-24, 2023	☞ USD\$4350	☞ USD\$550
☞ Jul 8-15, 2023	☞ USD\$4350	☞ USD\$550

*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	31km / 234m (19mi / 768ft)	Gentle	▶▶▶▶▶	
3	60km / 61m (37mi / 200ft)	Gentle	▶▶▶▶▶	
4	40km / 235m (25mi / 771ft)	Gentle	▶▶▶▶▶	
5	Rest day			
6	68km / 234m (42mi / 768ft)	Gentle	▶▶▶▶▶	
7	56km / 240m (35mi / 787ft)	Gentle	▶▶▶▶▶	
8	Last day			

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ARRIVAL INFO

Meet the complimentary ExperiencePlus! shuttle on Day 1 at at 10:00 a.m. at the Meeting Hotel, the [Hotel Greif](#) in Bolzano (Bozen). Your spot on the shuttle is already reserved.

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.

We recommend flying into the Innsbruck Airport (INN).

How to get to the Meeting Hotel

1. Taxi from Innsbruck Airport to Innsbruck Hauptbahnhof (central station) (20 min/EUR 20-25)
2. Train from Innsbruck Hbf to Bolzano Bozen (several direct departures a day) (2 hours/fares vary)
3. Taxi from the Bolzano (Bozen) station to the Day 1 Hotel (5 min/EUR 10)

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

We recommend flying out of Venice (VCE).

How to get to the Venice Airport

1. Taxi from the ending hotel to the Bassano del Grappa train station (5 min/EUR 10))
2. Train from Bassano del Grappa to Venezia Mestre (if you plan to go explore Venice, go to Venezia Santa Lucia) (1 hour/fares vary)
3. [Airport Shuttle Bus](#) from Venezia Mestre to the Venice Airport (20 min/EUR 8)

Look up Italian train schedules at [Trenitalia.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

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Meet in Bolzano (Bozen) shuttle to Glorenza

Highlights Medieval Glorenza, visit of Castel Coira, bike fitting, welcome dinner

Meet at 10 a.m. in Bolzano (Bozen in German) for our transfer to Glorenza where the cycling portion of our journey will begin. We highly recommend arriving a few days early in Bolzano to visit the archaeological museum and see its most famous resident, Otzi, a man from the Copper Age who was perfectly preserved in ice until his discovery in the early 90's. In a few days we'll pedal under the peaks where he was found, so take time to visit him and learn more about the area. This afternoon, we'll visit one of the best preserved castles in the entire region, fit our bikes and enjoy a welcome dinner in a local restaurant.

DAY 1

Meals Lunch, Dinner

Lodging  Flurin
 Hotel Gruner Baum (4*)

Resia Lake loop

Highlights Lake and glacier views, bell tower in the lake, Burgusio castle, guided walk of Glorenza

This morning we'll shuttle to the picturesque Alpine Lake Resia. We'll bicycle around the gorgeous lake that hides the village of Curon beneath its waters. The only remnant of the village is its bell tower which rises from the midst of the lake. It's an exciting descent from here and you'll have a chance to visit the Burgusio Castle before returning to Glorenza for a guided walk and a visit to its historic mill before a light dinner together. Anybody with free time or an interest in whisky can visit Italy's only distillery located just outside Glorenza's city walls!

DAY 2

Distance 31 km (19 mi)

Gain 234 m (768 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Flurin
 Hotel Gruner Baum (4*)

Ride Glorenza to Lasa and the chic town of Merano

Highlights Bike paths along the Adige river, Lasa marble, the gardens of Traumannsdorf Castle, home of Forst beer

We'll enjoy a quiet ride through apple orchards on the bike path to the small town of Lasa. Despite its small size, Lasa's marble craftsmanship can be found worldwide. Interestingly enough Lasa's first large order was 86,000 crosses and Star of David in the 1950's for U.S. military cemeteries around the world. After our visit of this impressive artisan industry, pedal along a pleasant bike path to Merano where you can explore its trendy streets and cafes, take one of the two well-signed walks around town, or enjoy Italy's most famous gardens at Trautmannsdorf Castle. Rivaling Cortina d'Ampezzo as a destination for jet-setting European visitors to the Italian Alps, Merano has long been a mountain resort for heads of the Austrian Empire, European princes

DAY 3

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and princesses and modern day celebrities.

Distance 60 km (37 mi)

Gain 61 m (200 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  City Hotel Merano

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Ride Merano to Bolzano along the Adige river

Highlights Langrein vineyards, apple orchards, old city of Bolzano/Bozen, special dinner

We'll leave the Venosta Valley today and head back to the large town of Bolzano - or Bozen in German. Pedal through vineyards and apple orchards as the valley widens and then narrows as you approach the city under the shadow of the Firmiano Castle. The castle is now a museum founded by one of the world's most famous mountaineers from this region, Reinhold Messner. Enter the city along tranquil bike paths and enjoy our centrally located hotel. This evening, a special gondola ride above town brings us to a local farm where we'll enjoy views on the Dolomite mountains and hearty homemade dishes.

DAY 4

Distance 40 km (25 mi)

Gain 235 m (771 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Hotel Greif Bolzano

Borgo Valsugana

Highlights Guided walk of Trento, train ride, Borgo Valsugana, hotel spa

This morning we'll leave Bolzano by train and head to Trento, capital of the Italy's autonomous region of Trentino Alto Adige/ Südtirol. This compact colorful city center was the seat of the Council of Trent in the 16th century, where the Catholic Church held one of its most important councils for over 20 years to determine how to handle the Protestant Reformation. Enjoy a special visit of the city and castle before we take a short train ride to our next valley and the small town of Borgo Valsugana, a quaint village nestled between the striking cliffs of the Alps' foothills. You'll have time this afternoon to enjoy the hotel's spa.

DAY 5

Meals Breakfast

Lodging  Locanda in Borgo

Borgo Valsugana

Highlights Scarecrow museum, Arte Sella

Take a leisurely spin upstream along a gentle bike path that meanders through orchards, and skirts small villages - one of which hosts an interesting Scarecrow Museum featuring a few 'retired' scarecrows. A highlight along the way is Lake Caldonazzo where you can enjoy a refreshing dip. A special evening event in the mountains awaits!

DAY 6

Distance 68 km (42 mi)

Gain 234 m (768 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Locanda in Borgo

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Valsugana to Bassano del Grappa

Highlights WWI fort, wooden bridge of Bassano, grappa

Continue your journey along the Valsugana bike path enjoying stunning views, and WWI forts that overlook the valley. The route follows "Via Claudia Augusta," an ancient Roman road which ran 550 km and crossed the Alps to link the Po valley (which is just south of us) and Germany (to the north of us). You'll slowly emerge from the narrow valley to reach the town of Bassano, with its iconic wooden bridge across the river. Bassano is a key producer of grappa and there are several distilleries in town.

DAY 7

Distance 56 km (35 mi)

Gain 240 m (787 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  [Villa Ca Sette](#)

Farewell!

Highlights Continue exploring Italy

We hope you've enjoyed your bike tour through some of Italy's most beautiful alpine valleys. Venice is nearby as is Milan or Bologna. Wherever your onward travels take you - buon viaggio!

DAY 8

Terrain Gentle

Level 

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 the three most important aspects of a guided bike tour.

- 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. More details on our bikes page: <https://www.experienceplus.com/what-to-expect/our-bikes/>
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

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/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Not included on Explorer Tours.)

ON TOUR

- See "What's Included" on your tour Itinerary for tour-specific inclusions.

BICYCLES

For a full list of what's included with your bike see our bikes page (<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 tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. 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 also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat, Spotlight 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 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.

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Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

TIPPING YOUR TOUR LEADER TEAM:

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% 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.

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 taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform 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. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! 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, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: 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, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Spotlight Tours: Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- 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.
- Road Type: Pavement
- Navigation: 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, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**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 (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/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Review the arrival and departure information under the "Travel Information" tab to see meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, and 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 Deposit Payment Invoice and the Final Payment Reminder e-mail you have received 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/blog/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists on our website at <https://www.experienceplus.com/blog/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, Spotlight 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!