

## **Dolomite Bike Tour Sample Itinerary**

- Day 1 Sunday      Arrival (pick up in Bolzano available for groups arriving on same day) Welcome gathering, Orientation, and dinner.
- Day 2 Monday      Check-out bikes (helmet and bike included).  
Approximately 3 hr. orientation ride on Alpe di Siusi. An afternoon excursion to an Area village or free time for more cycling. Use of Spa. Orientation meeting for the following day. Breakfast and Dinner included
- Day 3 Tuesday      estimated 5 hour tour in the heart of the dolomites, overall medium Difficulty. Late afternoon free for hiking or Spa use. Orientation meeting for the following day. Breakfast, dinner included.
- Day 4 Wednesday      Day 1 of 2-day ride to one of the high passes of the Dolomites. For example Passo Pordoi or Passo Sella by way of Val Gardena. Breakfast, lunch and dinner are included. Medium difficulty
- Day 5 Thursday      Return to Alpe di Siusi by way of Val di Fassa and Val Duron with spectacular views of the Rosengarten. Breakfast, lunch, dinner included. Medium difficulty. Orientation for next day
- Day 6 Friday      Giro Day! The first 12 kilometers today will be a warm-up and prelude to 28 kilometers tracing the route of Stage 5 of the 100<sup>th</sup> Giro d'Italia, 2009. Over the course, you will climb over 1500 meters, ending at Compact (2 blocks from your hotel!). (Medium-difficult levels). Tonight we celebrate with dinner and awards for all participants!
- Day 7 Saturday      Departure after breakfast.