



TOUR ITINERARY



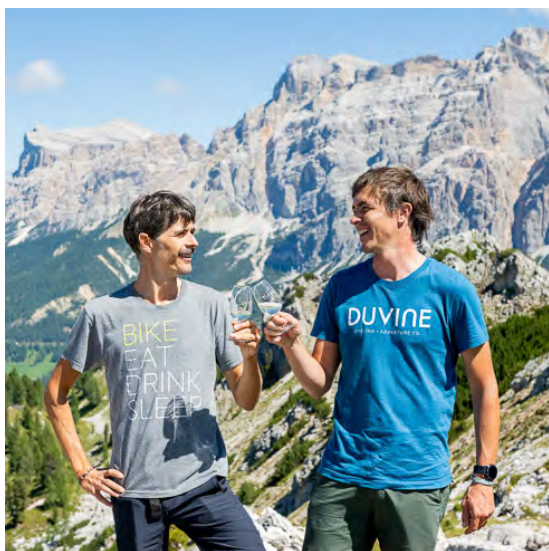
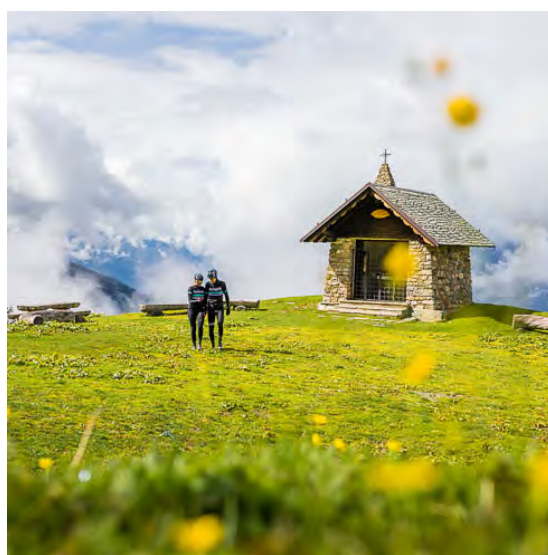
Europe / Italy / Dolomites

Dolomites Bike + Adventure Tour

Alpine Luxury Amidst Wildflowers, Lakes, and Majestic Mountains

TOUR HIGHLIGHTS

- Spend three luxurious nights in Cortina, host of the 1956 and 2026 Winter Olympics and featured in the classic James Bond film, For Your Eyes Only
- Sleep in a 1,000-year-old castle that has recently been transformed into a boutique hotel
- Explore the sobering and still-intact trenches and bunkers of WWI on the Passo Falzarego
- Pedal through vineyards, peaceful pastures, and picture-perfect mountain villages on car-free bike paths



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Milan or Venice, Italy
- 📍 **Pick-Up Location:**
Bolzano Train Station
- 🕒 **Pick-Up Time:**
11:00 am

Departure Details

- ✈ **Airport City:**
Milan or Venice, Italy
- 📍 **Drop-Off Location:**
Venice Mestre Train Station
- 🕒 **Drop-Off Time:**
1:00 pm

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.

Travelers Take Note

Note that air conditioning may not be standard in hotels in this area.

For the hikes on this tour, we strongly recommend bringing hiking boots or trail shoes with good traction (not running shoes or sneakers) and hiking poles. Moisture-wicking clothing or daypacks are also recommended, but not required.



TOUR ITINERARY

Tour By Day

DAY
1

Gudon and Bressanone

Your guides will pick you up in Bolzano and transfer you to a small farm outside of Bressanone, where we'll enjoy a warm welcome to the region over a traditional lunch. Afterward, get fitted to the bikes then set out along a scenic bike path that winds through the small towns of the Val Pusteria. Our destination is our first hotel, an 11th-century castle set high above the Puster Valley. Explore the property, with its frescoed walls, lush gardens, and ancient chapels—the oldest which dates to the year 1030—or enjoy the pool and spa. This evening we'll regather for dinner, soaking up the history and atmosphere of this special place.

Meals: Lunch / Dinner

Destinations: Bressanone, Chienes, San Lorenzo

Accomplished: 20 miles / 32 km, elevation gain: 2,335 feet / 712 meters

Accommodations: [Castel Badia](#)

DAY
2

Alta Badia Loop

Just south of the Val Pusteria lies Alta Badia, an enchanting high-alpine region in the larger Val Badia. Today's loop ride takes us along quiet farm roads at the base of the valley, past steeply pitched fields where locals still hand-harvest hay with scythes. Pause for a coffee and strudel in a quaint mountain village then continue cycling down to the valley floor for lunch. Back at the hotel, the afternoon is yours: unwind at the spa or head into Brunico to wander the cobbled streets of its medieval town center. Tonight we'll gather for dinner at one of our favorite local restaurants.

Meals: Breakfast / Lunch / Dinner

Destinations: Longega, Pieve di Marebbe

Accomplished: 26 miles / 42 km, elevation gain: 3,441 feet / 1,049 meters

Accommodations: [Castel Badia](#)

TOUR ITINERARY

DAY
3

Dobbiaco and Cortina

This morning we'll set out from the picturesque village of San Lorenzo, pedaling along the valley floor to the typical Tyrolean towns of Villabassa and Dobbiaco, the latter known for its Baroque church. Along the way, we'll stop to meet our friend David at his farmhouse, where we'll have the chance to sample some fresh cheeses. After lunch in Dobbiaco, we cross the linguistic border to enter Italian-speaking territory. From here, you may transfer or opt for a longer ride over a gradual mountain pass to Cortina—queen of Italian mountain resort towns—and our next boutique hotel. Tonight you are free to dine at the hotel or in town; your guides are happy to recommend the perfect restaurant.

Meals: Breakfast / Lunch

Destinations: Villabassa, Dobbiaco, Cortina

Accomplished: 24 miles / 38 km, elevation gain: 2,342 feet / 714 meters

Longer Option: 41 miles / 67 km, elevation gain: 3,234 feet / 986 meters

Accommodations: [Hotel de Len](#)

DAY
4

In the Footsteps of the Great War

From 1915 to 1918, the peaks above Cortina became the center of a desperate battle between the Italian and Austro-Hungarian armies. Our hike from Passo Falzarego leads us to the remaining tunnels, bunkers, and traces of this incredible history. The combination of natural beauty and historical interest makes for a fascinating excursion. At the top of the mountain, stop for lunch at a refuge well-known for its gourmet fare before continuing the loop back down to the road. Spend the afternoon relaxing at the hotel's rooftop spa or take a stroll through Cortina before regrouping for dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Passo Falzarego, Lagazuoi

Accomplished: 4-5 hours hiking

Accommodations: [Hotel de Len](#)

TOUR ITINERARY

DAY
5

Lago Federa

Today we venture back into the striking limestone mountains above Cortina. Our point-to-point hike crosses a series of alpine saddles before reaching the Mondeval Plateau, a stunning, pasture-filled basin where a 7,500-year-old Cro-Magnon burial site was discovered in the late 1980's. From here, continue around the Croda da Lago massif to Lago Federa, arriving in time for lunch at a charming mountain rifugio. Afterward, descend back to the road through a magnificent fir forest with views that stretch across the Ampezzo Valley. This evening we'll gather for a final farmhouse dinner, where the focus is on locally sourced and foraged ingredients.

Meals: Breakfast / Lunch / Dinner

Destinations: Passo Giau, Lago Federa

Accomplished: 4-5 hours hiking

Accommodations: [Hotel de Len](#)

DAY
6

Departure

This morning you can choose to relax at your hotel or take a final ride down the valley to Calalzo di Cadore. From Calalzo or the hotel, we will transfer you to Venice as you continue on to your next destination.

Meals: Breakfast

Destinations: San Vito, Borca di Cadore, Calalzo, Venice

Optional Ride: 22 miles / 36 km, elevation gain: 738 feet / 225 meters

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), **please see our FAQs**.



Share Your Experience

f [fb.com/duvine](https://www.facebook.com/duvine)
@duvine
@duvine
#DuVine #DuVineStyle



DUVINE
WINE TOURS • CYCLE TOURS • SAIL TOURS

YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers.

[Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

- ☐ Cycling jerseys or athletic shirts
- ☐ Cycling shorts
- ☐ Cycling shoes (if you bring your own pedals)
- ☐ Sneakers (if you don't bring your own pedals)
- ☐ Cycling sunglasses
- ☐ Athletic socks
- ☐ Arm/leg warmers
- ☐ Lightweight, waterproof, wind-resistant jacket or vest
- ☐ Bike gloves
- ☐ Bike saddle/cover (if you prefer your own)

Off The Bike

- ☐ Walking shoes
- ☐ Hiking shoes (if required)
- ☐ Long + short-sleeved shirts
- ☐ Sweater/jacket for evenings
- ☐ Dinner attire (dressy casual) + dress shoes
- ☐ Swimsuit

Travel Items*

- ☐ Travel confirmations + tickets for air, rail, etc.
- ☐ Passport, including photocopy
- ☐ Local currency
- ☐ DuVine Tour Itinerary (with meeting + departing info)
- ☐ Health insurance information
- ☐ Medications
- ☐ Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

- ☐ Cell phone + charger
- ☐ Photography gear + charger
- ☐ Power/plug adapter
- ☐ Toiletries
- ☐ Sunscreen, hat, + other sun protection gear
- ☐ Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

