

ITINERARY AT A GLANCE

Day 1 SATURDAY - HIGHER VENOSTA VALLEY
 Day 2 SUNDAY - LAKE RESIA
 Day 3 MONDAY - MID VENOSTA VALLEY
 Day 4 TUESDAY - RABLA - BOLZANO
 Day 5 WEDNESDAY - HIKE ON THE RENON PLATEAU
 Day 6 THURSDAY - BOLZANO - TRENTO
 Day 7 FRIDAY - TRENTO - LAKE GARDA
 Day 8 SATURDAY - LOOP TO PACENGO
 Day 9 SUNDAY - ARRIVEDERCI

Day 1: SATURDAY - HIGHER VENOSTA VALLEY
 Shuttle from Bolzano's train station to our hotel in Burgusio. After a short intro meeting we begin the tour with a warm up ride to the towns below Burgusio: Clusio, Laudes and the small fortified village of Glorenza.

Day 2: SUNDAY - LAKE RESIA
 We shuttle to the lower tip of Lake Resia and start our ride on the bike path along its eastern shore. We'll stop in Curon for a look at its partially submerged bell tower. Then off to Nauders in Austria for lunch. After dinner we will relax on the terrace overlooking the valley and enjoy the hotel facilities.

Day 3: MONDAY - MID VENOSTA VALLEY
 On today's ride we go from Burgusio at 3600 ft, to Rabla at 1500 ft in the beautiful Val Venosta/Vinschgau along the River Adige. Most of the itinerary is on country roads, often closed to traffic, winding through apple orchards, pastures and forests. We visit Glorenza, a perfectly preserved 16th century town, and have lunch close to the historical center of Silandro. In the afternoon we arrive in the Hotel Hanswirt in Rabla.

Day 4: TUESDAY - RABLA - BOLZANO
 A relaxing day through the wide lower Venosta valley heading downhill to the regional capital of Bolzano. Take an optional detour to Appiano and Caldaro, visit the winemakers in S. Michele, and in the afternoon take time to wander around the bustling town center of Bolzano with a local guide.

Day 5: WEDNESDAY - HIKE ON THE RENON PLATEAU
 An unforgettable day. We take a cable car from the center of Bolzano to reach the Renon Plateau which we then traverse through wide fields and splendid forests, with a view on the Catinaccio, Rosengarten, and Latemar ranges of the western Dolomites. On our way back there is our first picnic in Oberbozen in the company of beautiful Avelignesi horses and Tibetan lama's.

Day 6: THURSDAY - BOLZANO - TRENTO
 Slowly savor a long, flat ride past vineyards, orchards, rivers and the lovely Lake Caldaro on the "Ciclopista del Sole" (bike path of the sun). After lunch we'll visit Francesco Moser's bicycle factory and, then enter into the regional capital of Trento and have the opportunity to wander around this ancient Roman town.

Day 7: FRIDAY - TRENTO - LAKE GARDA
 Pedaling on along Adige River through a sea of vineyards, enter Italy's Lake District and stop in culturally diverse Rovereto, built around an imposing Venetian castle. The second part of the day offers two options: A boat ride on the crystal blue shores of the magical Lago di Garda or a longer ride along the Val Lagarina all the way to our stay in the Venetian-inspired Lazise, a special grand finale to our Sud Tyrol excursion.

Day 8: SATURDAY - LOOP TO PACENGO
 A morning ride on the back roads of the lower Garda Lake District that takes us to Cola. We get back for a picnic and wine tasting. In evening we will have a farewell dinner in one of Lazise's finer restaurants. You have two options today. You can choose a shorter easier ride along the "Olive Oil road" in the morning, followed by a relaxing afternoon by the lake. Or you may choose a long ride with a very challenging climb up to Ferrara di Mt. Baldo.

Day 9: SUNDAY - ARRIVEDERCI
 We bid you a fond farewell and shuttle you to the Peschiera del Garda train station. Why not spend a couple of days in Verona, the fair city of Romeo and Juliet, or head to Venezia for a complete sensory immersion.

Total mileage: 192
Daily average: 27

Included:

- All accommodations
- Six dinners & two picnics
- Two wine tastings
- Cycling clinics
- Walking tours of Glorenza, and Bolzano with local guides
- Mountain hikes
- Evening of local music

Not Included:

- A 27-speed lightweight road or 24-speed hybrid bicycle (available in Italy at additional \$170.00 rental cost)
- Transport of bike case (for guests who bring their own bike; shipping available in Italy for additional fee)
- Wine and alcoholic beverages
- Most lunches
- Airfare
- Transfers to the starting point or from the finishing point unless specified; we can assist you in planning and arranging for any necessary shuttles
- Helmets (Bring your own, can not be rented in Italy)
- Personal expenses (laundry, supplies, phone calls, etc)
- Guide tip

Price per person	DbI	Sgl	TrI
Land Only			
Departs Saturday from March 19 to October 29, 2005			
March 19 - July 15 and Sept 1 - Oct 29	\$1,466	\$1,884	\$1,389
July 16 - August 31	\$1,323	\$1,692	\$1,259

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Special departures on request with supplement

Selected Hotels

CROCE BIANCA	Burgusio (2 nights)
HOTEL HANSWIRT	Partschins/Rabland (1 night)
HOTEL GREIF	Bolzano (2 nights)
ACCADEMIA	Trento (1 night)