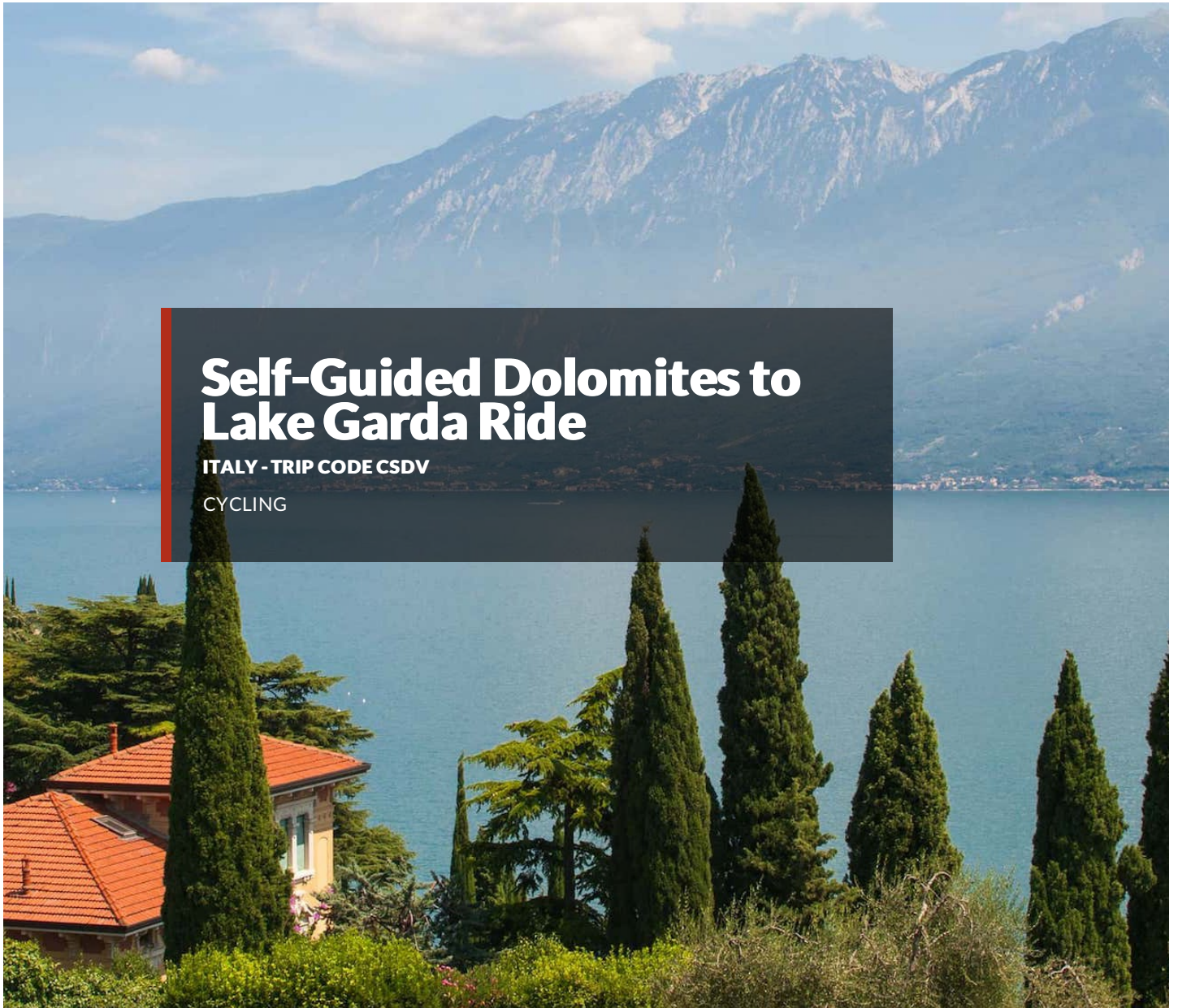


EXPLORE!



Self-Guided Dolomites to Lake Garda Ride

ITALY - TRIP CODE CSDV

CYCLING

Why book this trip?

Descend by bike from the magnificent glacial valleys of the South Tyrol to the dramatic setting of Lake Garda. Ride past charming alpine villages, historic towns, premium vineyards with grand views of the Alps and Dolomites.

- **Easy, quiet cycling** - Ride mostly on dedicated cycle paths with a downhill bias
- **Lake Garda** - Admire the azure waters of Lake Garda and visit the castle of Arco
- **Dramatic Scenery** - Cycle past rugged mountain peaks, pristine lakes and gentle alpine meadows.



INCLUDED MEALS
Breakfast: 6



TRIP STAFF
None



TRANSPORT
Bicycle
Car



ACCOMMODATION
6 nights standard
hotel



CYCLING GRADE:
Easy

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Holiday starts in Silandro

After arriving in the quaint little town of Silandro (also known as Schlanders), settle-in to the family-run hotel that will be your base for the next two nights. Should time permit, we recommend taking a leisurely stroll around this traditional town, perhaps stopping to view its 92-metre church steeple - the highest in South Tyrol. Your bike will be delivered either today or tomorrow morning and you will be required to sign an agreement of care upon receipt of the bike.



ACCOMMODATION:
Hotel Goldene Rose (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Bike to Silandro, via Lake Resia, Glorenza and Lasa

A private transfer will take you up to the starting point of today's ride at the Passo Resia - a journey of about an hour. Once in the saddle, you will coast alongside Lake Resia, passing the submerged church tower rising out of the water. Your route then winds down a panoramic bike path amidst alpine meadows

and passes through beautiful villages like Burgusio and Clusio, before reaching the impressive fortified town of Glorenza. A quiet cycle path along the Adige River takes you through endless apple orchards to the village of Lasa, where you may choose to visit the fascinating marble museum. From here it's only a short stretch back to your accommodation in Silandro. Please note that in April it is possible that there is still snow at the Resia pass, in which case the ride would start from the lower dam in San Valentino.

Your total cycling distance today is approximately 50 kilometres (total 350 metres ascent and 1300 descent).



ACCOMMODATION:
Hotel Goldene Rose (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Peddle to the spa town of Merano, via lively Naturno

Leaving Silandro behind you and descending through the Venosta Valley, you will ride through marvellous scenery of snow-capped mountains and endless pine forests. You may choose to stop for a break and a cappuccino in the lively town of Naturno, watching local life taking place around you. The bike path then winds down a narrow gorge before entering a broad glacial valley. The elegant spa town of Merano is today's destination. Later, you may choose to take a stroll on its beautiful promenade, or spend some time relaxing in its very modern public spa.

Your total cycling distance today is approximately 38 kilometres (total 105 metres ascent and 470 descent).



ACCOMMODATION:
Hotel Garni Zima (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE





MEALS PROVIDED: BREAKFAST

DAY 4 - Bike to Lake Caldaro via South Tyrol's capital, Bolzano

From Merano, you ride to Bolzano - the majestic capital of South Tyrol. You may choose to spend some time exploring this city before taking the Adige bike path south, winding through rolling vineyards. Tonight's accommodation can be found on the shores of spectacular Lake Caldaro, just past the village of the same name.

Your total cycling distance today is approximately 48 kilometres (total 340 metres ascent and 475 descent).



ACCOMMODATION:
Hotel Mendelblick (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Cycle through vineyards to Trento

From the crystal clear waters of Lake Caldaro, your cycling route continues along the beautiful 'Strada del Vino' (Wine road), meandering through numerous small wine villages. Descending into the Adige Valley, you will join a bike path that takes you all the way to Trento. Along the way, we recommend making a stop at one of the 'Bici Grills' (cyclist bars), perhaps also allowing time to visit the traditional villages of Egna and Salorno. After arriving in Trento, you have the rest of the afternoon to explore this university city. Your accommodation is in the old city centre, surrounded by pretty Medieval and Renaissance architecture.

Your total cycling distance today is approximately 53 kilometres (total 295 metres ascent and 325 descent).



ACCOMMODATION:
Hotel America (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Cycle to Riva del Garda on Lake Garda

On your last day's cycle ride, the first part of your route follows a bike path along the blue-green waters of the Adige River towards the town of Rovereto. From here, you head westward, reaching a small pass from where a short descent offers spectacular views of Lake Garda. Cycling down to the lakeside, you will peddle through narrow Medieval alleys to your final night stop in the picturesque old town of Riva del Garda. This evening, you may choose to enjoy this spectacular Lake Garda setting with a glass of local wine, perhaps toasting what, we hope, has been an enjoyable week's cycling.

Your total cycling distance today is approximately 48 kilometres (total 150 metres ascent and 500 descent).



ACCOMMODATION:
Hotel Portici (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Holiday ends in Riva del Garda

After breakfast, the organised part of your holiday comes to an end.

If you would like to extend this tour by one day there is the option to add another night in Riva del Garda, hire your bikes for longer and do an optional 45 kilometre loop cycle ride around Riva del Garda, via Lago di Cavedine. Please enquire at time of booking if you wish to arrange this.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Day 2 - Glorenzo is a very picturesque medieval walled town and well worth spending time today exploring. The Church Gate (Tubre Gate) holds a history exhibition and there are several noteworthy buildings, including Castel Glorenza and Frolich House. You can also do a parapet wall walk of the town.

Day 3 - Visit the public spa in Merano or the gardens of Trauttmadorff Castle.

Day 4 - Perhaps today stop off at the South Tyrol museum in Bolzano.

Day 5 - En-route to Trento we suggest stopping off at a cyclist bar 'Bici Grills'. Trento itself has a number of interesting sites, including Forte Belvedere, the Science museum, Piazza Duomo and Buonconsiglio castle.

Clothing

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. Remember that the weather is more changeable in northern Italy and in the mountains it can be cool, especially at night and at the start and end of the season, so bring a warmer jacket/fleece. A waterproof cycle jacket is recommended in case of rain. A light windproof jacket is always useful.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage if using public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

Luggage transfer

Included between each hotel.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

General maps

Trentino Alto Adige 1:200.000 TCI Touring Club Italiano, ISBN: B003P4VSW2

Topographic maps

Alta Badia - Arabba - Marmolada 1:25000 Tabacco, ISBN: 8883150074

Tipping

Local fees

Local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from 1 to 3 Euros per person per night, with the higher amount relating to higher category hotels. It is only applicable to a number of towns and cities in Italy but it is being rolled out to cover more places in time so please allow accordingly in your budget.

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5.00 - 10.00	£15.00 - 20.00	£2.00 - 4.00	£1.00 - 2.00

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bicycle, Car

Recommended airport

Verona or Innsbruck.

Flying to your destination

We'd recommend outbound flights into Innsbruck or Verona Airports which is served by both budget (including Easyjet) and non-budget airlines (including British Airways) from multiple airports in the UK. We'd recommend return flights from Verona Airport which is served by budget (including Easyjet) and non-budget airlines (including British Airways).

Accommodation notes

Premium - Hand-picked and chosen for their character, location or local importance, these properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

Standard - Our mid-range accommodation offers a good level of service often with other amenities such

as a restaurant, bar, garden or swimming pool (pool opening may be seasonal). Generally rooms will be comfortable with en-suite facilities.

Arrival and departure information

At the start of your trip you can fly into Verona or Innsbruck airports.

By public transport from Verona

From Verona Airport take the public Aerobus shuttle to the central Railway Station 'Verona Porta Nuova' and take a train to Silandro. The Aerobus shuttle runs every 20 minutes from 6am to 11pm (cost 6 Euros, duration 10 mins)

http://www.aeroporto.verona.it/en/aerobus_t2

The train to Silandro takes about 4 hours with a change in Bolzano and one in Merano. Timetable information:

www.trenitalia.com

By public transport from Innsbruck

From Innsbruck airport you can take a train that runs every 25 minutes to Innsbruck Hbf train station (cost 2 Euros, duration 15 mins).

www.innsbruck-airport.com/en/train-bus/

From Innsbruck Hbf you take a train to Silandro, departing every hour and changing trains in Brenner and Merano.

www.trenitalia.com

At the end of your trip you can fly back from either Verona or Innsbruck airport.

By public transport to Verona airport

Take the public bus from Riva del Garda to the train station in Rovereto. From Rovereto take a train to Verona Porta Nuova (departs every 30 minutes, duration 1 hour). From Verona Porta Nuova take the shuttle bus to the airport, departs every 20 minutes from 6am to 11pm (cost 6 Euros, duration 10 mins)

By public transport to Innsbruck airport

Take the public bus from Riva del Garda to the train station in Rovereto. From Rovereto take a train to Verona Porta Nuova (departs every 30 minutes, duration 1 hour). From Verona Porta Nuova take the train to Innsbruck Hbf station, departs every 2 hours, duration 3 hours).

A private arrival transfer from Bolzano train station to Silandro can be arranged. Also a departure transfer to either Verona airport or to Rovereto train station (all at additional cost). These transfers must be booked in advance.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, E.U nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have

selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore](#)

Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Cycling information



General cycling information

On this journey you cycle 237 km over five days (an average of 47 km per day). The terrain is mostly downhill and flat with some short uphill stretches. Most of the route is on paved cycle paths with some secondary roads (busier near the major towns). We have graded the route as easy.

Bike included

21 gear hybrid bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Bike information

Your included bike is a 21 gear hybrid bike and will be the correct frame size for your height. Each bike is fitted with one lateral pannier bag (20 litre capacity) as well as a handlebar bag that doubles as a map note holder. A lock, pump, spare inner tube and puncture repair kit with tyre levers is included. If you would like to bring your own pedals this needs to be mentioned at time of booking. All you need to bring is your own helmet. You will be required to sign an agreement of care upon receipt of the bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Cycling grade

Easy



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**