

# *Italian Alps*



Passo dello Stelvio

*BikePlusTours*



# Epic cycling in the Italian Alps

If you love big climbs, our 2024 Italian Alps trip is made for you. You'll be riding the mythical Stelvio, Gavia and San Marco passes and many more.

Our trip begins and ends in Sondrio, the main town in the Valtellina valley. We'll be staying in Sondrio's most prestigious hotel, right on the beautiful historic main square.

After two nights in Sondrio, we'll cycle to Bormio, Italy's center of outdoor Alpine activities. Our hotel in Bormio has been a favorite of our guests on

previous trips. It is a family run hotel with excellent facilities for cyclists and a fantastic restaurant. We'll spend three nights here before returning to Sondrio for another two nights at our first hotel.

There is certainly a lot of climbing on this trip, but if you'd like to take it a bit easier, we offer shorter and easier routes on most days.

This trip is very suitable for non-riding partners because there is a lot to do in this region besides cycling. See the dedicated section in this brochure.



## At a glance

**Trip dates:** September 7th to 15th, 2024

**Duration:** 8 nights

**Cycling distance/vertical:** 369 miles / 52,900 ft

**Small group:** maximum 12 guests

**Supported rides** with staff in support vehicles and on bikes

**Hotel** accommodation with all breakfasts and dinners included

**Price:** \$3,495 per person, single room surcharge: \$795

## Itinerary and Elevation Profiles

### Friday September 6th or before:

Overnight flight to Milan Malpensa airport.

### Saturday September 7th:

We meet you at Milan Malpensa airport. A private bus will take us to our four star hotel in the center of Sondrio, a historic town in the Valtellina valley surrounded by the Alps.

In the afternoon we'll help you to put your bike together and you can go for a test ride or explore the town.

### Sunday September 8th: Passo San Marco (distance: 66 mi / vertical: 7,200 ft)

We start our first ride with a nice flat warm-up along the valley roads, partially on a dedicated paved bike path. We then turn south and start the 15 mile 'beyond category' climb of the Passo San Marco on a lightly trafficked road with spectacular views. The return to Sondrio is flat through the valley again.

Route profile:



Sondrio - Our hotel is on the right



# Passo di Gavia

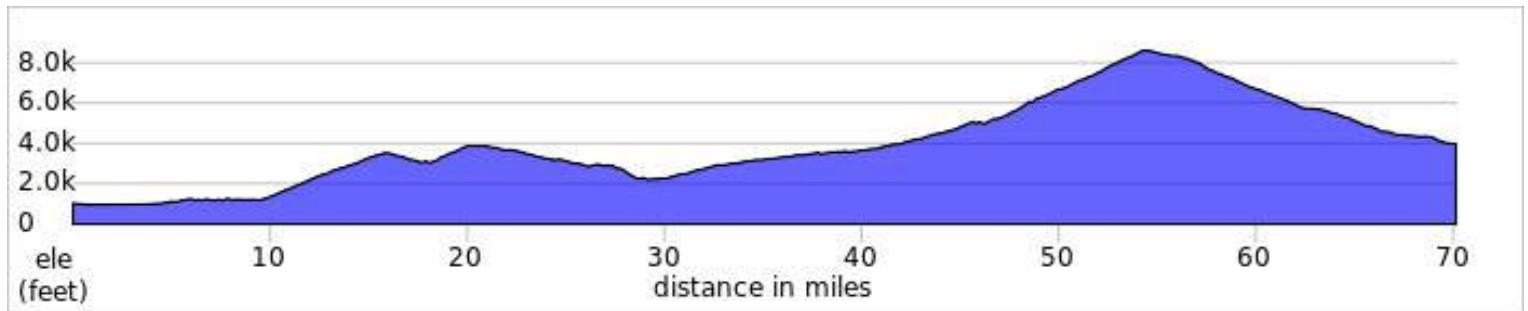


## Monday September 9th:

to Bormio via Passo di Gavia

(71 mi / 11,000 ft)

Today is the biggest vertical day of the trip and there is only one route. After a flat stretch in the valley, we follow a tiny backroad to Aprica and then continue on to Ponte di Legno, mostly on a paved bike trail. Then we have our main climb of the day: the famous south side of Passo di Gavia. It's known as one of the biggest but also most scenic of all Alpine passes. At the top is a refugio for some refreshments and souvenirs. Then it's all down to Bormio. For the next three nights we'll be staying at one of our favourite hotels of all our trips. It's a family run hotel that is dedicated to cyclists. There is a fully equipped bike area with storage, tools and a bike washing station. The hotel also has a gourmet restaurant with regional specialties and wines. There is also a brand new spa in the hotel to help you recover from all the riding.



# Passo di Gavia



This page: our hotel in Bormio

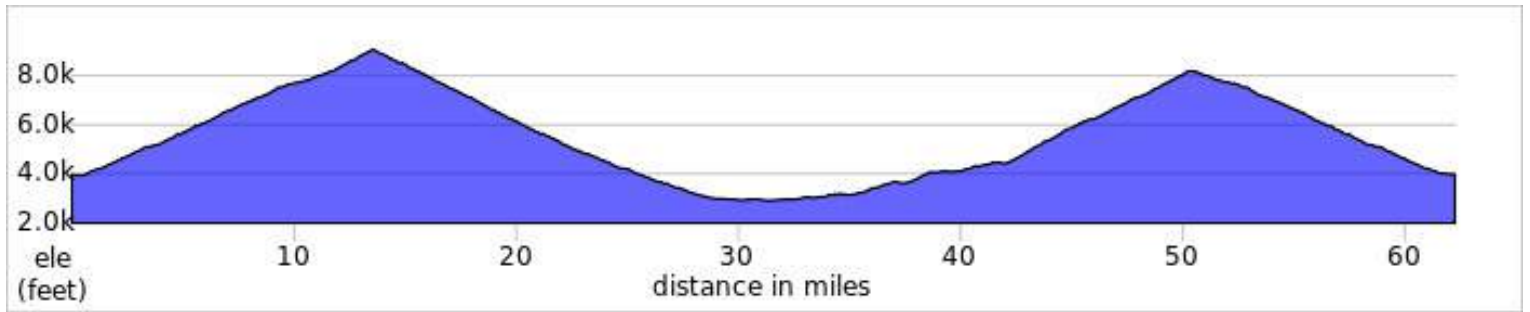




Passo dello Stelvio

**Tuesday September 10th:      Passo dello Stelvio and Passo Umbrail      (62 mi / 10,900 ft)**

Another spectacular route today. We'll climb the south side of Passo dello Stelvio from Bormio to reach an altitude of 9,045ft. Next we descend the famous 48 switchback of the north side of Stelvio into South Tyrol. We then cross into Switzerland and ride up through a national park to the Umbrail Pass, where we enter Italy again before descending back to Bormio. For an easier ride you can turn back at the top of Stelvio.



Passo dello Stelvio



**Wednesday September 11th:**

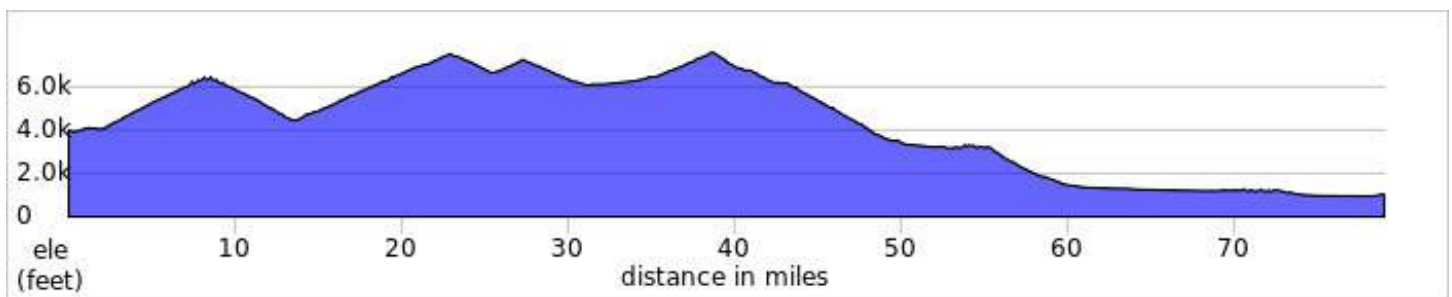
**Rest day**

A well deserved break from cycling today. There is much to do in Bormio. For example, you can take a ski lift to high altitude hiking trails or enjoy a lunch in a mountain hut. There are also two large spa complexes with natural hot springs. Alternatively, Bormio is a great town to hang out in, full of little shops, cafes and restaurants. The hotel also offers massages (pre-booking required).

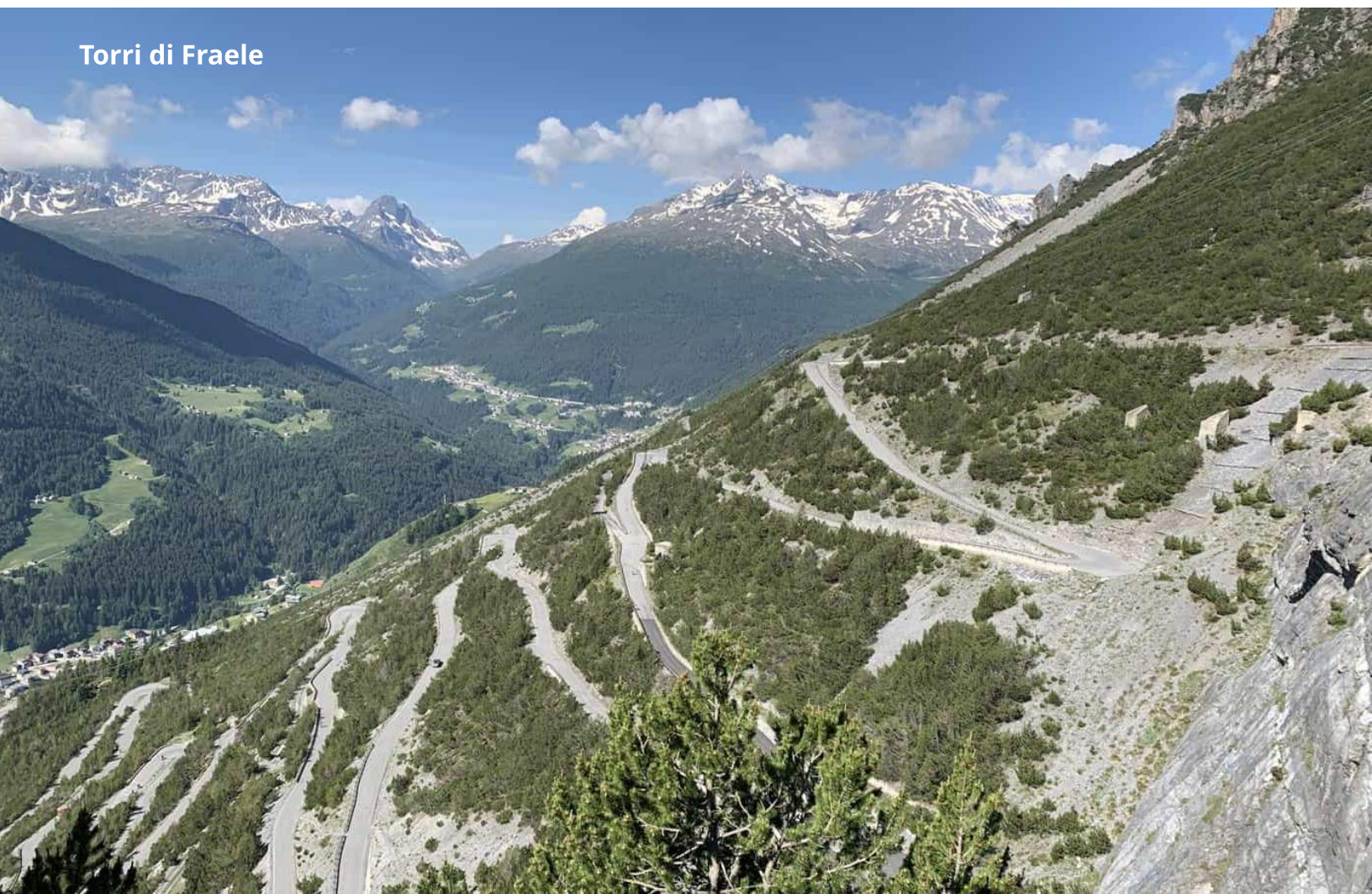
**Thursday September 12th:**

**to Sondrio via Livigno (79 mi / 8,800ft)**

We're cycling back to Sondrio today via Switzerland. We start off with the picture perfect switchbacks of the Torri di Fraele climb. This is an out and back climb, so you can make your day easier by skipping this. That saves you 2,100ft of vertical. Next, we climb the Passo di Foscagno, a long and gradual climb on the way to Livigno. We ride the scenic valley road followed by the Forcola di Livigno pass, which marks the border with Switzerland. We descend the Bernina Pass road all the way down to Tirano in Italy. Finally, we follow the Valtellina bike path back to Sondrio, where we will be staying again for two more nights.



**Torri di Fraele**







This page: Campo Moro



**Friday September 13th:**

**Campo Moro and Barchi (53 mi / 9,200 ft)**

It's immediately uphill from the start today. Our route of of town is mostly on a paved bike trail crowned by an impressive cyclists bridge over a deep gorge. We then turn into a side valley towards Campo Moro. This road is a remarkable piece of engineering but not for the faint of heart. It is a throwback to what Alpine roads looked like many decades ago. The road is narrow, with guardrails along high drop-offs and changes in gradient all the time. It even has a number of unlit tunnels! It takes us up to some restaurants surrounded by beautiful Alpine scenery. After carefully descending, we have the optional climb to the Barchi ski area, where there are also some restaurants. Skipping the Barchi climb saves you 2,700ft of vertical.





**Traditional winery in Valtellina**

## Activities for non-riders

This region has lots to offer in terms of culture, nature, food and wine, as well as outdoor activities. Sondrio serves as the commercial and administrative heart of the region and has a well preserved historic center filled with interesting buildings and palaces, traditional shops, cafes and restaurants. There is also a 'via ferrata' secured climbing course nearby as well as lots of hiking trails. We can arrange for guides.

Valtellina is known for its wines and there are many beautiful wineries where you can go for a tasting.

Bormio has all the usual mountain outdoor activities as well as two spa complexes from natural hot water springs. One of these even has baths dating back to Roman times.

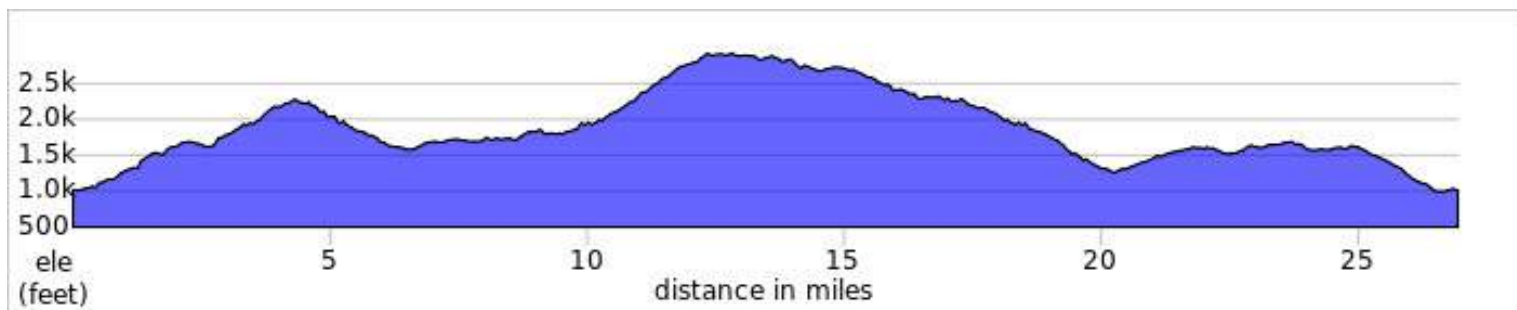
We can arrange for rental e-bikes on Sunday, Tuesday, Friday and Saturday. So it is possible to join the rides on these days and cycle all or part of the routes on those days with a lot less effort.



**Palace in Sondrio**

**Saturday September 14th: Strada del Vino (27 mi / 3,500 ft); afternoon transfer to Milan Airport**

A gorgeous ending of the trip along small roads through the vineyards with panoramic views. Then it is time to pack your bike. After lunch, a private bus will take us to our hotel at Milan Malpensa Airport. We'll have a celebratory dinner in the evening to mark the end of our tour.



**Valtellina Strada del Vino**

**Sunday September 15th: Flight home**

The hotel shuttle will take you to the airport for your flight home.



Valtellina Strada del Vino

## Why travel with BikePlusTours?

- Over 20 years of experience in organizing cycling trips in Europe
- Unique routes that combine famous climbs with beautiful local byways and paved bike trails
- Small group size
- Owners Carolyn and Pieter guide every trip
- Great value



Sondrio's cyclists bridge

## Our package includes:

- Group airport transfers to and from Milan Malpensa Airport
- Support vehicle during the rides with Carolyn and Pieter guiding on bikes
- Eight nights of quality hotel accommodation
- All breakfasts and dinners
- Water, snacks, energy bars, gels, sports drink and fruit on the rides
- GPS files of all rides

## Excluded items:

- Flights to and from Milan Malpensa Airport
- Travel and medical insurance
- Lunches, drinks, gratuities for guides and personal expenses

**Price:** \$3,495 per person in a shared double or twin room  
Private room fee: \$795

**To request a booking, please use the online sign-up form on our website:**

<https://www.bikeplustours.com/sign-up/>

**Any questions? Please e-mail Carolyn and Pieter for more information:**

[info@bikeplustours.com](mailto:info@bikeplustours.com)



We reserve the right to change this itinerary due to availability of guides, accommodation, activities, road closures, weather or other unexpected circumstances.

Our trips are for experienced cyclists with excellent bike handling skills. Please read the Terms and Conditions on our website before signing up.



## About BikePlusTours

We are a small company owned and operated by Carolyn and Pieter Maessen.


BikePlusTours was born out of a desire to share our love for cycling on the great mountain roads of Europe with our guests. We have been organizing group cycling trips since 2002 and we feel very lucky that our hobby has become our profession.

Pieter has been a cyclist all his life. He has competed in junior and elite races in his native Netherlands as well as in Belgium, Germany and the USA. Although more of a classics rider than a climber, Pieter has had a passion for cycling in the mountains ever since riding up Passo dello Stelvio at age 16.

Carolyn has had a lot of success as a triathlete. She was a sponsored athlete for seven years and has won races in every distance from sprint to Ironman. She has competed in World Championships in Ironman in Kona (Hawaii), Ironman 70.3 in Las Vegas (Nevada) and Sprint Triathlon in London (UK).

Please get in touch with us if you would like more information about our trips.

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