

Self-Guided Cycling Bolzano to Venice

Trip Code: SGBV

Version: SGBV Self-Guided Cycling Bolzano to Venice



CYCLE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Cycle to fair Verona, home of Romeo and Juliet
- Relax on a boat cruise across Lake Garda
- Enjoy a glass of wine in Piazza San Marco and soak in Venice's splendour
- Discover the fantastic architectural designs of Palladio in UNESCO town Vicenza

AT A GLANCE

- Self-Guided
- Cycling and sightseeing
- Bike Hire Included
- Weekly departures Wednesday to Sunday
- Join at Bolzano / Venice

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 8 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Italian Alps, vineyards, spa towns, Renaissance architecture, Italian Lakes, spectacular Verona and Venice all in just one week. This fantastic one week cycling holiday takes you on a journey from Bolzano, gateway to the Dolomites, along the inviting waters of Lake Garda to Verona, home of Romeo and Juliet ending in Venice and all its Venetian glory. Covering a distance of 325km on generally flat cycle paths, you will witness the landscape and way of life change. Towering mountains and the Germanic alpine culture of South Tyrol melt away to the laid back pastures and vineyards of Trento. Experience the deep rooted operatic passion of Verona before reaching the sea and Venice's six sestieri.

Cycling at your own pace you can choose where and when to stop and explore. Staying in 3 and 4* hotels along the way and bike hire included in the price of your holiday we have everything taken care of. All you need to do is enjoy being submerged in the unique culture of Northern Italy.

Is this holiday for you?

This cycling holiday is the perfect balance between cycling on cycle paths and quiet roads, through spectacular lakes and mountain scenery, and the cultural experience of city breaks. This trip is ideal if you want to experience northern Italy on two wheels and witness the change of landscape as you cycle from the Alps to the coast at your own pace. Pedalling an average of 50km most days, with one longer day of 70km on generally flat terrain you will have plenty of time to explore along the way, while your luggage is transported to your hotel for the evening. Staying in 3 and 4* hotels along the way you can unwind at the end of the day in comfort knowing everything is taken care of for you.

Itinerary

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DAY 1

Arrive in Bolzano, capital of South Tyrol. Bike fitting and explore the town.

Arrive in Bolzano, capital to South Tyrol and the gateway to the Dolomites. This fascinating city was once a popular stop on the coach route between Austro-Hungary and Italy, making this natural basin not only the meeting point of valleys but also cultures. This is German speaking Italy, with 95% of the county having German as their first language despite Italian now the most popular spoken. Depending on your arrival you will have time to settle into your hotel and explore this picturesque city of meticulously painted houses against a backdrop of mountains green pastures. We recommend visiting the South Tyrol Museum of Archeology, home to Otzi the Iceman, dating back to 3300 BC or pay a visit to the imposing 13th Century fortress of Maretsch Castle. Before the end of the day our representative will provide you with a bike fitting and some information about your week of cycling.



Accommodation
Hotel

DAY 2

Cycle along the Adige through vineyards, explore Salorno and enjoy an Aperol Spritz in Trento's Piazza del Duoma.

Leaving Bolzano behind, your first day on your bike takes you along a lovely flat well maintained cycle path alongside the River Adige which, like your weeks cycling flows from the Alps in the north to the Adriatic Sea. See the landscape change as you leave the city and pedal through orchards and into South Tyrol's largest wine growing region, and the town of Salorno. Salorno is the last village of the South Tyrol and is typified by ancient residences with Haderburg Castle dominating high above the village atop a limestone rock. It is no wonder this pretty town has been a popular destination amongst past celebrities Napoleon, Martin Luther and Albrecht Durer with its splendid mix of culture, architecture and fine wine.

After time exploring and maybe a spot of lunch you continue on the pathway to Trento, your final destination of the day. A hub for cyclists and walkers alike Trento is a vibrant town with Piazza del Duoma at its heart, the perfect spot to enjoy an Aperol spritz and absorb the beautiful medieval frescoes of the town after a days cycling.

Meals: **B**



Accommodation
Hotel



Distance
70KM

DAY 3**Discover the museums and palaces of Rovereto, enjoy a ferry cruise down Lake Garda and explore Sirmione.**

Feeling refreshed your day begins cycling alongside the Adige once more bringing you to the historical town of Rovereto and its many museums and palaces. For classical music lovers the church of San Marco is a must. It is here where Austrian composer Wolfgang Amadeus Mozart held his first concert in Italy amongst the beautiful frescoes and magnificent marblwork. From Rovereto you continue to Mori for a tasting of the world famous pistachio gelato in the Gelateria Bologna before breaking away from the river heading west towards Lake Garda.

Fuelled by gelato you tackle a short ascent of approx. 100m followed by the enjoyment of the downhill to reach the lake at Torbole. A little further you reach Riva del Garda, a popular holiday destination for watersport enthusiasts. Your route to Riva del Garda is almost all on a designated cycle path. From Riva del Garda you take the ferry cruise down the length of the lake to the medieval town of Sirmione at the south of the lake and your hotel for the evening. The narrow streets house many restaurants and bars for you to sample the catch of the day or you may wish to relax in the Terme as you watch the sun set behind the mountains.

Meals: **B**



Accommodation
Hotel



Distance
50KM

DAY 4**Cycle to fair Verona and soak in the city that inspired Shakespeare's Romeo and Juliet.**

Today's route presents some hills to tackle as you pedal towards Verona on quiet back roads. Your efforts are rewarded with fair Verona, setting to Shakespeare's tragic love story of two star crossed lovers, Romeo and Juliet and an array of sights to visit. Take a stroll over the beautifully constructed bridges over the river Adige, marvel at the remarkably well preserved 1st Century Amphitheatre and visit Juliet's famous balcony at Casa de Giulietta. Verona is a bustling city with a thriving Opera scene, if you are visiting during the annual summer Opera festival we recommend booking tickets for a show in the amphitheatre and feel the hairs on your arms stand to the powerful emotion of the music.

Meals: **B**



Accommodation
Hotel



Distance
50KM

DAY 5

Ascend through the Monti Berici Hills and be rewarded with the magnificent architecture of UNESCO town Vicenza.

Your ride today will take you east away from the river Adige initially on a flat route until you reach the Monti Berici hills where you have 300m of ascent to a fantastic view over Vicenza, your next destination. Despite the town's glamour, art and Andrea Palladio designed architecture it often remains under the radar for many tourists, instead opting to visit its famous neighbours, Venice and Verona. Vicenza became the adoptive home of Palladio in the 16th century and was soon influenced by his design with his sophisticated architecture soon popping up, including the beautiful Palladian Basilica. It is Palladio's architectural flair and the wealth of the area which created this spectacular town with its many palaces and villas now owning UNESCO status.

Today is the most challenging of the week with 300m of elevation gain; however, it is possible to take a train to San Bonifacio to bypass the first section of the day and the majority of the ascent.

Meals: **B**



Accommodation
Hotel



Distance
70KM

DAY 6

Cycle to the spa towns of Abano Terme and Padua. Relax in the thermal baths.

With the ascents over with and feeling rested you say goodbye to Vicenza, cycling past numerous Venetian villas along the way, including the dramatic Villa Rotonda. Pedalling alongside the river Bacchiglione as it meanders its way through the landscape on a cycle path bringing you to Abano Terme, one of Italy's most famous spa towns set at the foot of the Euganean Hills. Legend has it that Hercules and his heroic companions left Greece to defeat Geryon. After defeating him, feeling exhausted they were restored by the virtuous hot springs of the town and did not want to return to Greece. Taking a local bus from Abano Terme to nearby Padua you will have time to explore the city of St Anthony and the scholars and enjoy the thermal baths before returning to Abano Terme and your hotel for the evening.

Meals: **B**



Accommodation
Hotel



Distance
50KM

DAY 7

Discover romantic Venice and Mestre. Enjoy a Grappa tasting and sample cicchetti.

Your final day on your bike is a gentle one on a flat route through meadows and fields as you cycle towards the coast and your final goal Mestre and Venice. Your week on the bike comes to an end on the

mainland before Venice, Mestre. From here, it is a short bus journey across to the magnificent city of lagoons where you can toast to an excellent week of cycling with a Grappa tasting, and an afternoon of exploring the maze of narrow streets and canals that is Venice. Take a gondola down the Grand Canal under the Ponte de Rialto, relax with a glass of Prosecco in Saint Mark's Square or get off the main tourist track and enjoy cicchetti (small snacks similar to tapas) in a bacari bar; a delicacy unique to Venice!

Please note that from January 2023 Venice will introduce a day visitor tax for all visitors to the island (cost €3-10 per day).

Meals: **B**



Accommodation
Hotel



Distance
45KM

DAY 8

Enjoy a relaxing breakfast before your onward journey.

Your trip ends shortly after breakfast, however we recommend taking time to explore Venice and its many islands before your onward journey. Or even better book an additional nights accommodation and really soak up the Venetian culture. Ask our sales team for more details.

Meals: **B**



Accommodation
Hotel

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Venice city guide book
- Luggage transfer
- 21 gear bike hire
- Bike accessories (panniers/ milometer/ puncture repair kit/ pump)
- Boat cruise across Lake Garda
- A classic pistachio ice cream in Rovereto
- A Grappa tasting in Venice

What's not Included

- Travel insurance
- Bike Helmet
- Travel to Bolzano
- Travel from Venice
- Visas (if applicable)
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Day visitor tax for Venice Islands (approx. 3 - 10 Euros from January 2023)
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

This trip starts at your hotel in Bolzano. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airports are Verona or Venice Marco Polo and both have great low cost flight options from UK regional airports.

The rail network in this part of Italy is extremely good and offer regular connections from both Verona and Venice making it the best option for getting to your hotel.

If you are flying into Verona Airport you can either take a taxi from outside the airport or the shuttle bus to Verona Porta Nuova train station. From here you can take the direct train to Bolzano Bozen station. The journey takes approx. 1 and half to 2 hours.

If you are flying into Venice Marco Polo airport you can take the shuttle bus to Venezia Mestre train station. From here you take the train to Bolzano Bozen. The journey takes approx. 3 hours with one change at Verona Porto Nuova.

Tickets for the Italian trains can be booked through Trenitalia in advance of your holiday, simply visit their website www.lefrecce.it

You may even wish to make cycling from Bolzano to Venice part of a bigger trip or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

One of the great things about this trip is being able to see the change in influences on the local cuisine from the German inspired delicacies of South Tyrol such as Apfelstrudel and Groustl (a beef stew) to the Cicchitti of Venice (similar to Tapas). With so many culinary delights to enjoy along your route, we have designed this programme on a bed and breakfast basis, allowing you to sample as many as possible. Breakfasts are typically continental with fruit, cereals and fresh pastries on offer, served with a cup of coffee. Along your route you will find many cafes and in the evening there are many fine restaurants to choose from. We recommend always asking for the house wine, they are usually from the local vineyards you have been cycling through each day, not to mention that they are fantastic.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

This trip has been designed with comfort in mind, staying in 3* and 4* hotels each evening all with plenty communal space to relax after a busy day exploring on your bike. Facilities include pools, wellness centres for soothing any tired legs, pretty gardens for settling down with a good book and rooftop terraces for the perfect breakfast view. Just picture enjoying your breakfast with a view over to the refreshing waters of Lake Garda.

In Verona you will stay in the fantastic 4 * Hotel Palace in a quiet part of the city with great transport links into the hustle and bustle of the city centre. Similarly in Venice you will stay in the 4* Hotel Elite in Mestre which allows the perfect base for exploring not just Venice's San Marco and Castello but also the photogenic colourful streets of Burano.

All the hotels have been hand chosen for their wonderful hospitality and all offer a great breakfast buffet to fuel you for the day ahead with rooms are on a double or twin basis.

It is possible to arrange additional nights accommodation if you would like to extend your time in Venice. Please speak to one of our sales team for further information.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

Bike Hire

Since 2011 reflective vests are mandatory in Italy as soon as cyclists leave a village/town and cycle during night time hours (half an hour before sunset until half an hour before sunrise). They are also mandatory when cycling in tunnels with traffic. Please pack a reflective vest or jacket.

Bikes come with 21 gears and all bikes come equipped with a pannier and handlebar bag for your daily essentials plus a milometer, a bike lock, pump and repair kit.

The bikes provided for this trip come in two different frame types- unisex or male bike frame. Unisex bikes being provided for passengers up to a height of 185cm and male bike frames are provided for those above 185cm. If you would prefer a specific frame bike i.e. a male bike frame, please request this with our sales team.

You also have the option of upgrading to bike plus hire on this trip for an additional supplement of £ 70. The bike plus option provides a slightly sportier sitting posture and comes with upgraded items such as 27 gears, hydraulic brakes and a front suspension fork. This is a great option for those looking for a slightly comfier ride without upgrading to an e-bike.

We strongly recommend you to bring your own helmet with you for the best comfort however, you can purchase a helmet to collect on your arrival in Bolzano for an additional €40.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts, whilst the cycling is leisurely and there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

E-bikes are also available at an additional supplement of £ 259. We are also able to arrange tandem bikes, children's bikes, trailers and child seats. Please ask our sales team for details.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your bike. We ask that you please ensure your luggage is under 20KG and that your luggage is ready for collection each morning.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists and does not require you to be in peak fitness. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling 40-60 km a day on easy cycle paths or quiet roads and we advise you to dust off your bike and head out on a few rides before your holiday.

Climate

North Italy is still in the middle European climate zone making for warm summers and cold winters. Spring brings beautiful wild flowers across the meadows, warm days and particularly in the South Tyrol cool evenings. Temperatures in the Autumn are similar. As you make your way towards the Adriatic coast the temperatures will increase but the sea breeze makes cycling pleasant. Rainfall in the region occurs in all seasons and so we recommend you pack your waterproofs just in case.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts

- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote. This trip is available for departures Wednesdays to Sundays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

Why Choose KE

Why KE?

Explore the best of the South Tyrol, Trento and Veneto in just one week on two wheels and fall in love with the unique cultures & traditions of these three fascinating regions. Bike hire is included in the cost of your trip, so you can enjoy more gelato along the way!

Please Note This document was downloaded on 16/05/2024 and the trip is subject to change