Cycling Bolzano to Venice

Trip Code: SGBV

Version: SGBV Cycling Bolzano to Venice

CYCLE	SELF-GUIDED	LEISURELY
		3

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 Palladio's fantastic architectural designs in the UNESCO town of Vicenza

AT A GLANCE

- 6 days cycling and sightseeing
- Upgraded bike hire included
- Fri / Sat / Sun departures before 10th Apr and after 26th Sep
- Wed / Thu / Fri / Sat / Sun departures Sundays between 11th Apr and 25th Sep
- Join at Bolzano / End in Venice

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 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, and on to glorious Venice. Covering a distance of 325km on generally flat cycle paths, you will witness the landscapes and ways of life evolve all around you. The towering mountains and Germanic alpine culture of South Tyrol melt away into 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-star and 4-star hotels along the way, and with bike hire included in the price of your holiday, we have everything taken care of. All you need to do is enjoy being immersed in the unique culture of Northern Italy.

Is this holiday for you?

This cycling holiday strikes the perfect balance between cycling on cycle paths and quiet roads alongside spectacular lakes and through majestic mountain scenery, with the cultural experiences of a city break. This trip is ideal if you want to experience Northern Italy on two wheels and witness the changes in the landscape as you cycle from the Alps to the coast at your own pace. Pedalling an average of 50km on most days - with two longer days of around 70km - on generally flat terrain, you will have plenty of time to explore along the way whilst your luggage is transported to your next hotel. Staying in 3-star and 4-star hotels, you can unwind at the end of the day in comfort, knowing that everything is taken care of for you.

Itinerary

Version: SGBV Cycling Bolzano to Venice

DAY 1

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

Arrive in Bolzano, capital of 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 the meeting point of valleys and cultures alike. The South Tyrol is German-speaking with 70% of the province's inhabitants speaking German as their first language, although Italian is also spoken and is more likely to be heard in urban areas and amongst the younger generation. Depending on your arrival, you will have time to settle into your hotel and explore this picturesque city of meticulously painted houses set against a backdrop of mountains and green pastures. We recommend visiting the South Tyrol Museum of Archaeology, home to Otzi the Iceman - Europe's oldest natural mummy, dating back to around 3300 BC - or paying a visit to Maretsch Castle, a small yet imposing 13th-century Romanesque fortress surrounded by vineyards. This evening our representative will meet you to get you fitted with your bike for the week, provide information about your trip, and answer any questions you may have.

Accommodation
Hotel

DAY 2

Cycle through orchards alongside the Adige, explore Salorno, and enjoy an Aperol Spritz in Trento's Piazza del Duomo.

Leaving Bolzano behind, you will set out on the lovely, flat, well-maintained cycle path that runs alongside the River Adige that, like your route this week, flows south and then east from the Alps to the Adriatic Sea. See the landscape change as you leave the city and pedal through orchards into South Tyrol's largest wine growing region and the town of Salorno. This is the last village in the South Tyrol and is typified by its ancient residences, including Haderburg Castle that soars high above the village atop a limestone rock. This is one of the most important monuments in the South Tyrol and marks the dividing line between bilingual inhabitants who speak German and Italian, and those who speak only Italian. You are leaving South Tyrol and crossing into Trentino! Salorno is a pretty town with a splendid mix of culture, architecture, and fine wine, so it is no wonder that it has been a popular destination amongst past luminaries such as Napoleon, Martin Luther, and Albrecht Durer. After some exploring and maybe a spot of lunch, you will continue on your way to Trento - 'the Painted City' - your destination today. A hub for cyclists and walkers alike, Trento is a vibrant town with the Piazza del Duomo at its heart - the perfect spot to enjoy an Aperol Spritz and gaze at the beautiful Renaissance frescoes that surround you.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	70M	140M	65KM

DAY 3

Discover the museums and palaces of Rovereto, and enjoy a ferry cruise down Lake Garda.

Feeling refreshed, your ride today begins by cycling alongside the Adige once more. First you will reach the historical town of Rovereto, an ancient centre for silk production and renowned for its many museums and palaces. For classical music lovers the Church of San Marco is a must, and it is here amongst the beautiful frescoes and magnificent marblework that Austrian composer Wolfgang Amadeus Mozart held his first concert in Italy, in 1769.

From Rovereto you continue to Mori, where you might decide to sample the world-famous pistachio gelato at the Gelateria Bologna before breaking away from the river and heading west towards Lake Garda. After tackling a short ascent of around 100m in elevation, you can delight in a downhill section before reaching the lake at Torbole. A little further on, taking a designated cycle path for much of this section, you will reach Riva del Garda, a popular holiday destination for watersports enthusiasts. From here, you will hop onto a boat with your bike for a ferry cruise down to the south end of the lake, and your hotel for tonight. The narrow streets house many restaurants and bars so you can sample the catch of the day, and watch the sun set behind the mountains.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	150M	270M	50KM

DAY 4

Cycle to fair Verona and immerse yourself in the city that inspired Shakespeare's Romeo and Juliet.

Today's route presents a few hills to tackle as you pedal on quiet back roads towards Verona, 'the City of Love'. Your efforts will certainly be rewarded when you reach fair Verona, the setting for Shakespeare's tragic love story of two star-crossed lovers, Romeo and Juliet. There is an array of sights to visit - take a stroll over beautifully constructed bridges spanning the river Adige, marvel at the remarkably well preserved 1st-century Roman amphitheatre, and visit Juliet's famous balcony at Casa de Giulietta, where it is said she revealed her love to Romeo. Verona is a bustling city characterised by ochre-painted buildings, and has a thriving opera scene. If you are visiting during the annual summer Opera Festival (mid-June to the end of August) we recommend booking tickets for a show in the amphitheatre and feel the hairs on your arms stand on end at the powerful emotions from the music.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	300M	300M	40KM

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 before reaching 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. 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. Palladio's architectural flair and the wealth of the area created this spectacular town, with its many palaces and villas now awarded UNESCO status. Today is the most challenging of the week with the 300m elevation gain, however it is possible to take a train to San Bonifacio to bypass the first section of the day and a large part of the ascent.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	470M	490M	70KM

DAY 6

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

With the climbs over with and feeling rested, you say goodbye to Vicenza, cycling past numerous Renaissance villas along the way, including Palladio's dramatic Villa Rotonda just outside the town. Pedalling on a cycle path alongside the river Bacchiglione as it meanders its way through the landscape, you'll reach Abano Terme - one of Italy's most famous spa towns - set at the foot of the Euganean Hills. It is then time to cycle on to nearby Padua - one of the oldest cities in Northern Italy and home to one of the oldest universities in the world. Here you can explore the cobbled streets of 'the city of St Anthony', immerse yourself in the authentic essence of Italian culture, and enjoy its thermal baths if you wish, before your evening meal.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	20M	50M	48KM

DAY 7

Discover romantic Venice and Mestre.

Your final day on the bike is a gentle one on a flat route through meadows and fields as you cycle towards the coast and your final goal of Mestre and Venice. Your cycling journey comes to an end on the mainland in Mestre, just before the island-city of Venice. From Mestre it is just a short bus journey across to the magnificent city of lagoons, where you can toast to an excellent week of cycling. Spend an afternoon exploring the maze of narrow streets and canals that is Venice. Take a gondola down the Grand Canal under the Rialto Bridge, relax with a glass of Prosecco in Saint Mark's Square, or get off the main tourist track and pop into a bacari bar to enjoy cicchetti - small snacks similar to tapas - a delicacy unique to Venice!

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	10M	20M	37KM

DAY 8

Departure Day. 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. Even better, book an additional night's accommodation and really soak up the culture of this fascinating city - just ask our Sales Team for more details.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Venice city guide book
- Luggage transfers
- Boat journey across Lake Garda with your bike
- Upgraded bike hire
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- 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 per person per day)
- Some meals as described in the Meal Plan
- Personal equipment
- Bike helmet
- Any e-bike upgrades
- 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 and 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 a signed-for courier so that you can track your package and know that it is safely on its 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 setting 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 inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

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 most of 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, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

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

Your 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 that 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 offers regular connections from both Verona and Venice, making train travel the best option for getting to your hotel.

If you are flying into Verona airport you can take either a taxi or the shuttle bus from outside the airport to Verona Porta Nuova train station. From here you can take the direct train to Bolzano Bozen station. The journey takes approximately 1.5 - 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 approximately 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.

Meal Plan

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

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

One of the great things about this trip is being able to experience the changes in the local cuisine from the German-inspired delicacies of the South Tyrol such as Apfelstrudel and Grostl (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 to allow you to sample as many as possible. Breakfasts tend to be continental, with fruit, cereals, fresh pastries, and coffee. You will find many cafes along your route, and in the evening there are many fine restaurants from which to choose. We recommend to always ask for the house wine as this is usually from the local vineyards through which you have been cycling, and the wines are fantastic.

Accommodation

This trip has been designed with comfort in mind, staying in 3-star and 4-star hotels each night with plenty of communal space to relax after a busy day exploring on your bike. Facilities include pools, wellness centres for soothing your legs, pretty gardens for settling down with a good book, and rooftop terraces for the perfect breakfast view.

All the hotels have been hand-picked for their wonderful hospitality and all offer a great breakfast buffet to fuel you for the day ahead, with rooms on a double or twin basis, typically with Austrian style twin beds as is traditional in this area (two beds within one bed frame and separate bedding).

It is possible to arrange additional nights' accommodation if you would like to extend your time in Venice. Please speak to our Sales Team for more information.

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

Bike Hire

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.

Upgraded 'Bike Plus' bike hire is included in the cost of this holiday.

Upgraded bikes are lighter than standard hybrid bikes and have a crossbar for improved stiffness and stability, offering a sportier ride. Utilising higher-grade bike components such as hydraulic brakes and Shimano 20/27-speed gears, you can enjoy more precise handling and smoother gear changes. High-quality front suspension forks and a more athletic saddle offer increased comfort over a variety of surfaces and distances.

Upgraded bikes are available in the following frame sizes: 46 / 50 / 51 / 55 / 60 / 63 cm. These bikes are suitable for rider heights between approximately 155cm and 205cm.

All bikes come equipped with a pannier and handlebar bag for your daily essentials, plus a milometer, bike lock, pump, repair kit, and spare inner tube. Hire bikes do not come fitted with bottle cages as these impede with securing the bikes during transportation.

We strongly recommend that you bring your own helmet with you for the best comfort. We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as 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 more comfortable ride.

We are also able to arrange children's bikes, trailers, and child seats. Please ask our Sales Team for details.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes have four different modes and an 8-speed internal gear hub with back-pedalling brake, along with disc brakes and front suspension. E-bikes are suitable for rider heights between approximately 148cm and 190cm.

E-bikes are available on this holiday at a supplement of £110 - please request this upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you whilst you are riding.

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

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

Northern Italy is in the middle European climate zone, making for warm summers and cold winters. The warm days of spring fill the meadows with beautiful wild flowers, although the evenings can still be cool particularly in the South Tyrol. Temperatures in the autumn are similar. As you make your way towards the Adriatic coast the temperatures rise, however the sea breeze makes cycling pleasant. Rainfall in the region occurs in all seasons, 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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

Land Only Information

Please note that 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 on Fridays, Saturdays and Sundays before 10th April and after 26th September. Departures are available Wednesdays, Thursdays, Fridays, Saturdays, and Sundays between 11th April and 25th September.

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 - please ask our Sales Team to find out more about this.

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

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE?

Explore the best of the South Tyrol, Trento, and Veneto on two wheels in just one week, and fall in love with the unique cultures & traditions of these three fascinating regions. We have included upgraded bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are also available.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change