

DOLOMITES, The classic climbs

From 6th to 11th July 2025



Hirides

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DOLOMITES: The Classic Climbs

The Dolomites, the most famous mountains in the world, climbs and descents that have made the history of cycling. Many climbs, each different, what you will take home will be the **pink of the rock cathedrals**.

1st day – Arrival in Italy, welcome and warm-up ride

2nd day – Valparola and Falzarego Passes, the mountain of Big War

3rd day – Campolongo, Pordoi, Sella, Gardena, the legendary 4 passes

4th day – 3-Cime Lavaredo Pass, the rock kingdom

5th day – Erbe Pass, the Plose Mountain

6th day – Greetings and see you soon with us on the Italian roads



Road Tour



Summer Tour

Regular itinerary: **For enthusiast cyclist level**

Total ride distance 110 miles (180 km)

Total climbing 17,400 feet (5.300 mt)

Extended itinerary: **For avid cyclist level**

Total ride distance 155 miles (250 km)

Total climbing 23,600 feet (7.200 mt)

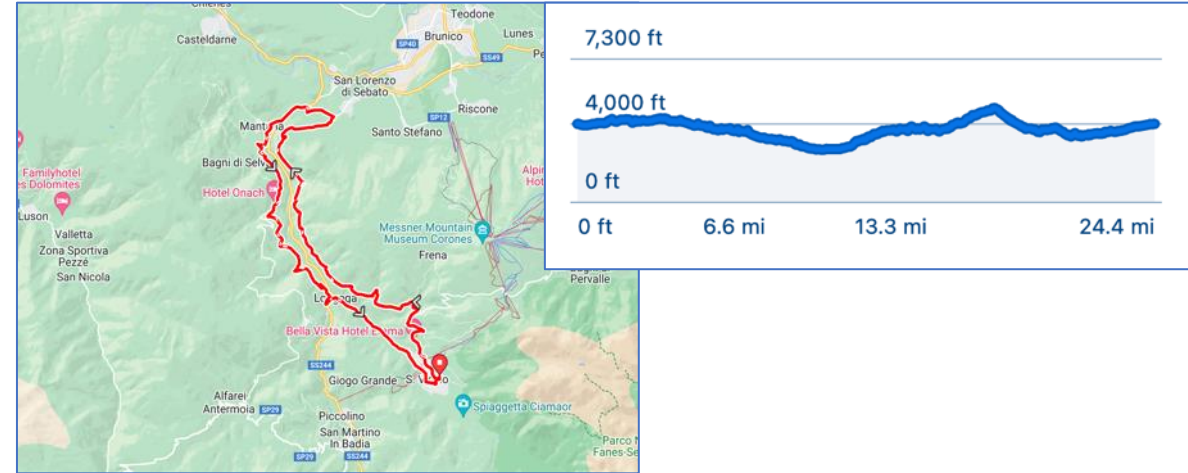


1st day – Arrival in Italy, welcome and warm-up ride

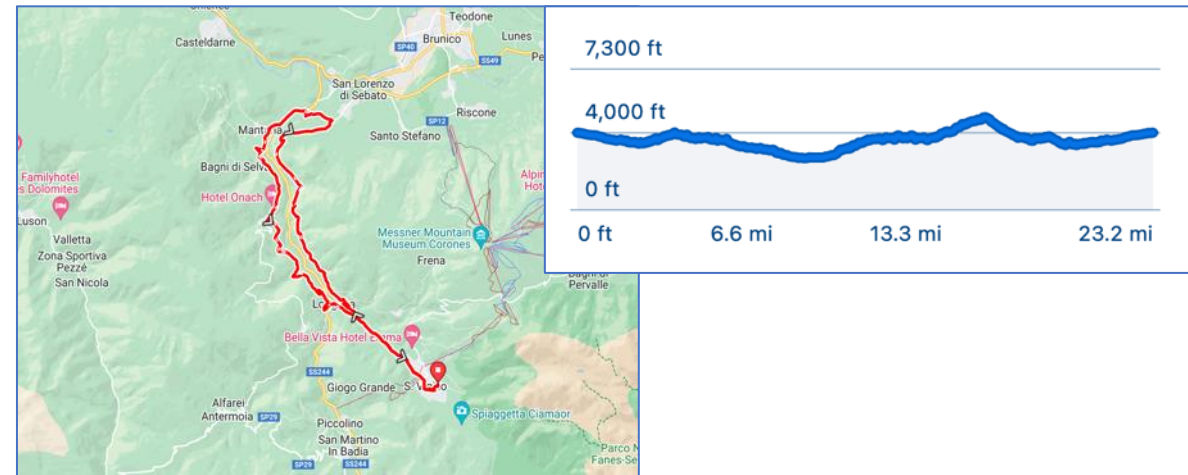
Arrival in Italy. We pick you up at Verona Airport (VRN), approximately three hour van transfer to San Vigilio di Marebbe, Val Badia the heart of Dolomites. Hotel Check-in and after a light lunch you have two options: few hours to recover from the fatigues of the trip and relax in the hotel's or setup the bike and go for a ride to try your bike.



LONG TOUR: 25 miles – 2,300 feet



SHORT TOUR: 23 miles – 1,500 feet



2nd day – Valparola and Falzarego Passes, the mountain of Big War

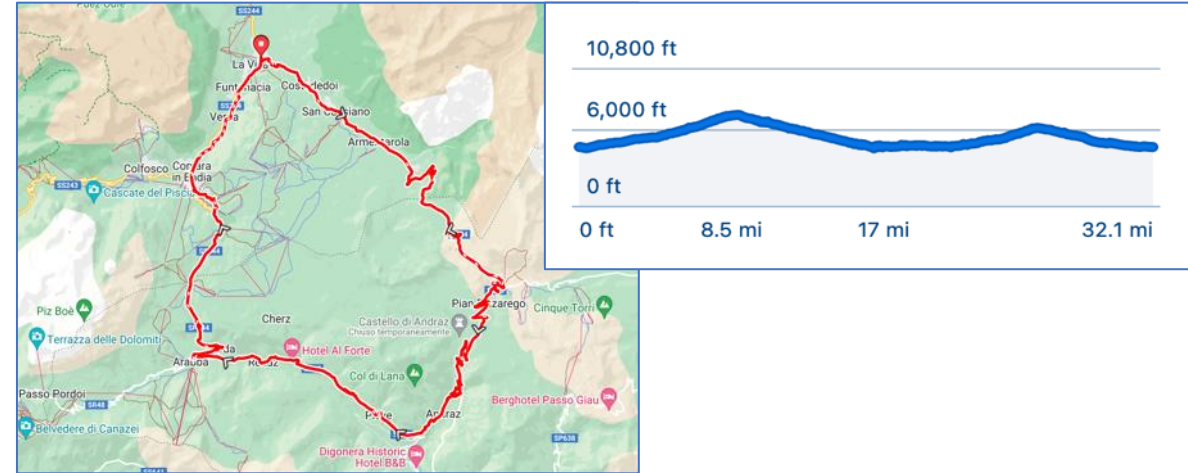
Valparola and Falzarego, the mountains of the Big War (WW1 1915-1918), the hardest fighting in the high mountains took place here. Two quiet climbs, first through the coniferous woods and then in front of the rocks of the Dolomites. It's always fascinating the first time you encounter the pink light of the reflection of these rocks

SUMMARY OF DAY FATIGUES:

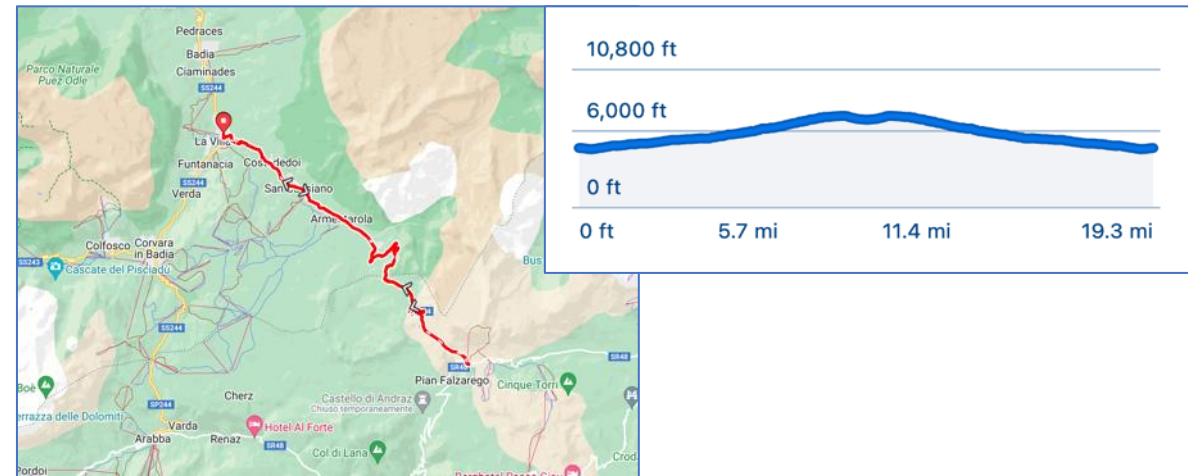
- **Valparola Pass (2192 m.a.s.l.)** was part of the Giro d'Italia 7 times, first time in 1976 → #2 climb of the Giro d'Italia. **DONE**
- **Falzarego Pass (2109 m.a.s.l.)** was part of the Giro d'Italia 19 times, first time in 1940. → #2 climb of the Giro d'Italia. **DONE**



LONG TOUR: 32 miles – 4,500 feet



SHORT TOUR: 19 miles – 3,100 feet



3rd day – Campolongo, Pordoi, Sella, Gardena, the legendary 4 passes

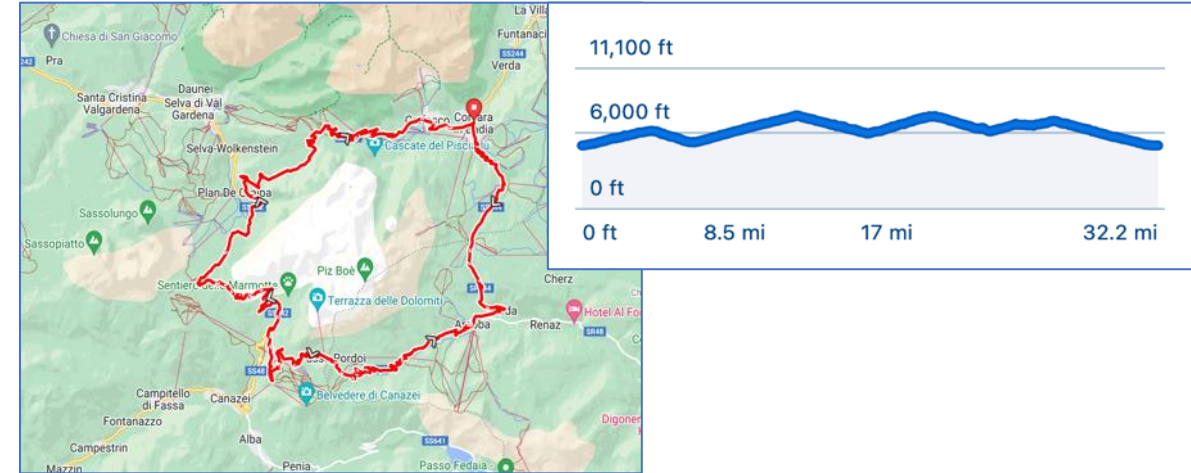
Big day in the Dolomites, the route of 4 passes is the most beloved route of European Cyclo Tourism, a sequence of 4 climbs and descents right in the center of the most amazing peaks of the world.

SUMMARY OF DAY FATIGUES:

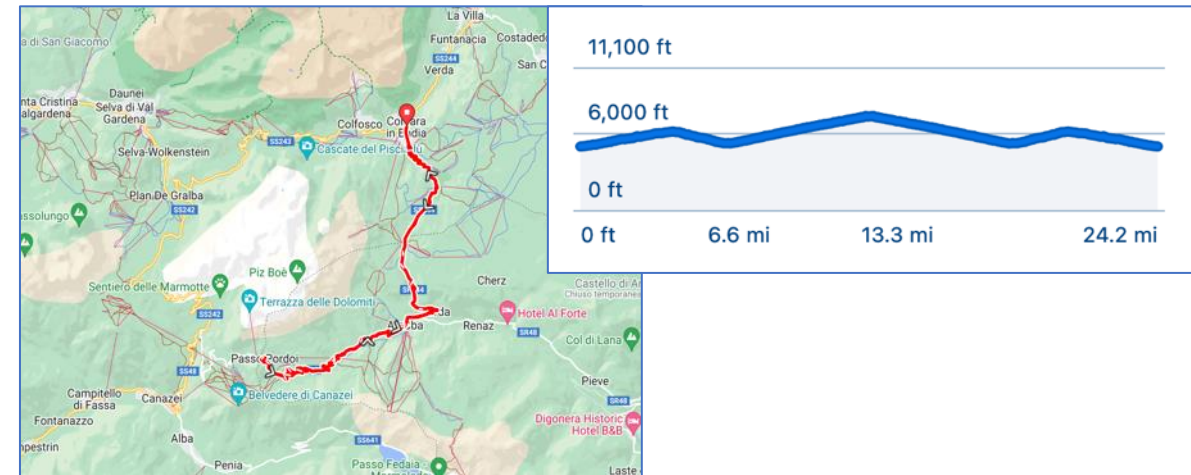
- **Pordoi Pass (2239 m.a.s.l.)** was part of the Giro d'Italia 35 times, first time in 1940 → **#3 climb of the Giro d'Italia. DONE**
- **Sella Pass (2240 m.a.s.l.)** was part of the Giro d'Italia 17 times, first time in 1940 → **#4 climb of the Giro d'Italia. DONE**
- **Sella Gardena (2121 m.a.s.l.)** was part of the Giro d'Italia 18 times, first time in 1949 → **#5 climb of the Giro d'Italia. DONE**
- **Sella Campolongo (1975 m.a.s.l.)** was part of the Giro d'Italia 16 times, first time in 1949 → **#6 climb of the Giro d'Italia. DONE**



LONG TOUR: 32 miles – 5,500 feet



SHORT TOUR: 24 miles – 4,200 feet



4st day – 3-Cime Lavaredo Pass, the rock kingdom

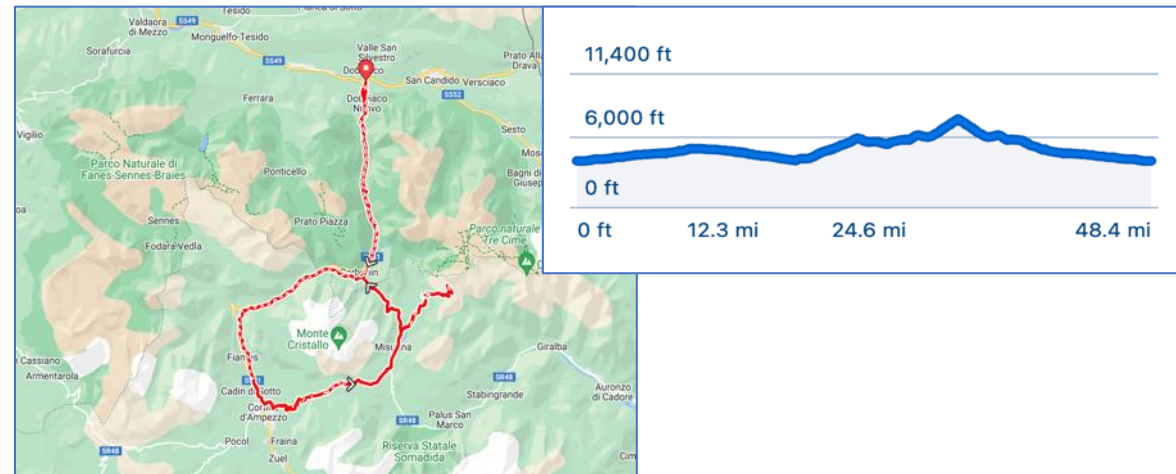
3 Cime di Lavaredo have witnessed the performances of the best Pros at Giro d'Italia with several stage finishes right on top of the pass. Once left Cortina the climb to the 3 Croci Pass displays the massive shape of Mount Cristallo right before the pass. Fast descent to the green pearl of Misurina Lake followed by a very challenging climb toward the 3 Cime di Lavaredo Pass located right in the middle of the most famous peaks of Dolomites.

SUMMARY OF DAY FATIGUES:

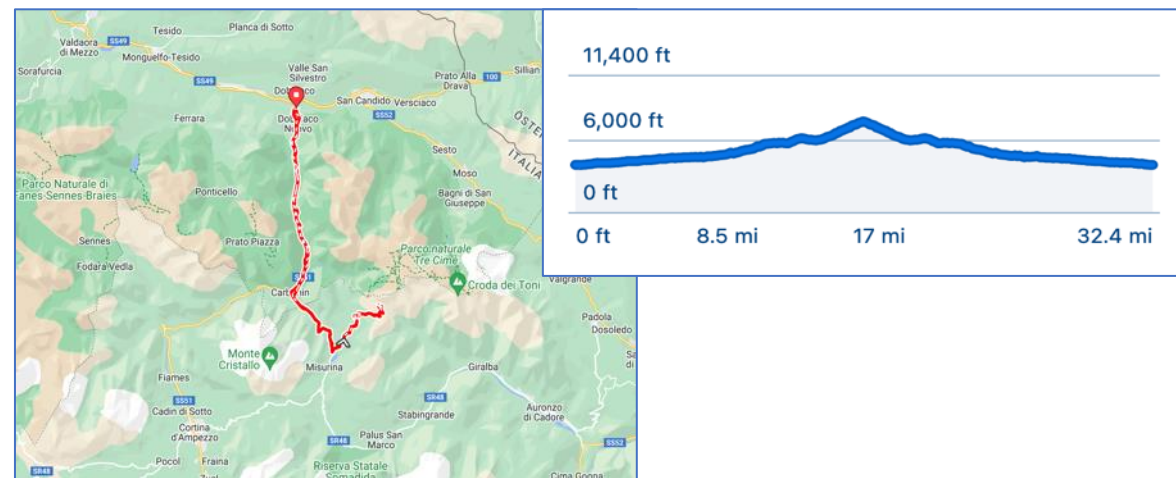
- **3 Croci Pass (1085 m.a.s.l.)** was part of the Giro d'Italia 10 times, first time in 1966 → **#7 climb of the Giro d'Italia. DONE**
- **3 Cime Lavaredo Pass (2337 m.a.s.l.)** was part of the Giro d'Italia 7 times, first time in 1967 → **#8 climb of the Giro d'Italia. DONE**



LONG TOUR: 47 miles – 5,400 feet



SHORT TOUR: 32 miles – 4,100 feet



5st day – Erbe Pass, the Plose Mountain

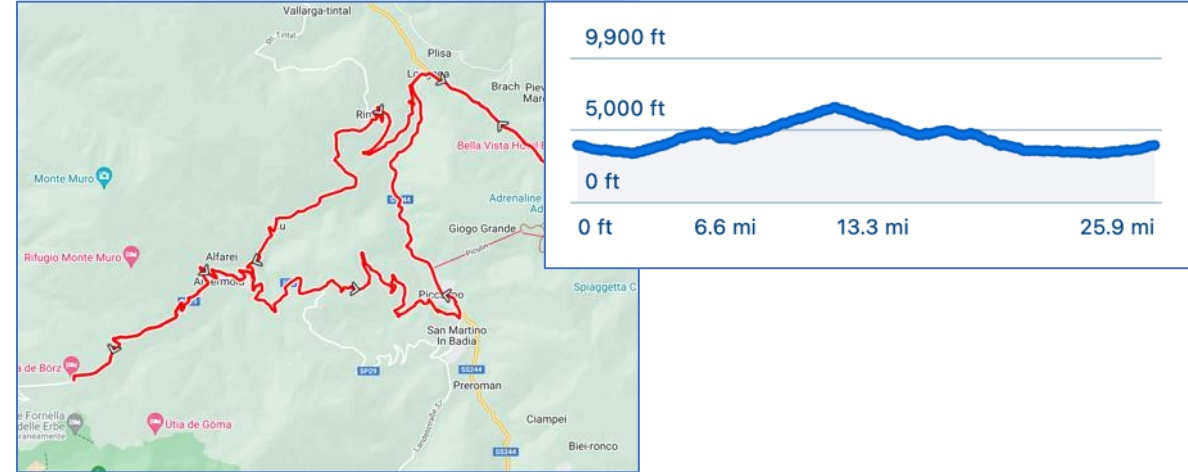
This itinerary is the most intimate of the Dolomites, it connects the Badia valley to the 'Adige valley, a climb in the woods that trembles under the peaks of the Plose mountain. A splendid end to your holiday in the Dolomites

SUMMARY OF DAY FATIGUES:

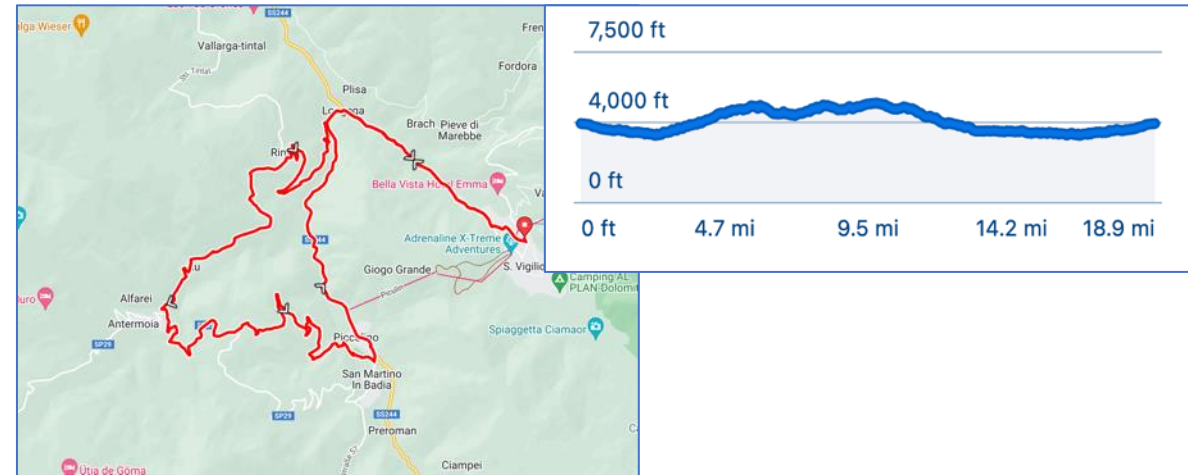
- **Erbe Pass (1987 m.a.s.l.)** was part of the Giro d'Italia 3 times, first time in 1993 → #9 climb of the Giro d'Italia. **DONE**



LONG TOUR: 25 miles – 4,900 feet



SHORT TOUR: 19 miles – 3,200 feet



6th day – Greetings and see you soon with us on the Italian roads



After breakfast, it's time to say goodbye and start the journey back home.

If you come back home, we will take you to Verona (VRN) airport, or if you plan to stay longer to visit Italy, we will be happy to help you.

We hope to see you soon on one of our tours on the roads of Italy

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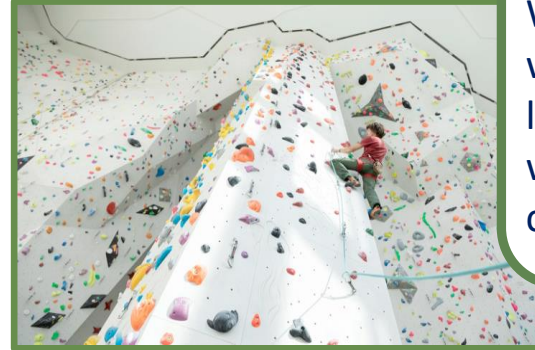
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AFTERNOON ACTIVITIES

Don't want to get bored? The activities we propose for the afternoon:



Tasting of South Tyrolean cheeses matured in the Second World War bunker, paired with cider and beer (unimaginable)



We will hang you on the wall, you will go for an indoor free climbing lesson (different levels of difficulty) with an instructor from the Heliks climbing center in Brunico



Brunico is the largest city in the Pusteria Valley. You can visit it by walking aimlessly through the streets up to the castle. Or you can go shopping to buy a gift for those who did not accompany you to Italy.



Wine tasting of the finest south-tyrolean wines in the kingdom of Paolo in his «Cianó dal vin». Who is Paolo? you will find out!

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DINNER IN THE GREAT ITALIAN “TRATTORIA”

MAREO RESTAURANT

www.instagram.com/mareodolomites

Welcome to Val Badia (hometown of the elderly Ladin people) with a "Ladin" dinner. A special evening dedicated to Ladin gastronomy, traditional clothes, Alpine notes, ancient recipes and simple and authentic flavours. Culinary journey between tradition and creativity of «Ladin» cuisine, to discover the Ladin gastronomic heritage

Highlights dishes ¹

Starter: Crafun môre, Savoury doughnut filled with minced meat sauce

Pasta or Risotto: Cancì blanc, Ravioli filled with potatoes, spinach and ricotta cheese, served with poppy seeds

Main course: Venison medallions with cranberry sauce



GASTHOF OBERRAUT

www.instagram.com/gasthof.oberraut

Among soft meadows and pine woods, at 1,240 meters above sea level, stands this radiant family-run hotel restaurant, which has its point of honor in the vegetables from the garden and in the meats from its own farms, together with a welcome that immediately warms the heart. In the menu a lot of substance and simple but well cared for South Tyrolean dishes.

Highlights dishes ¹

Starter: Chanterelle soup

Pasta or Risotto: Buckwheat tagliatelle with venison ragout

Main course: Sliced local beef with Parmesan cheese crust



MASO RUNCH

www.instagram.com/masorunch

Maso Runch is an ancient rural construction of wood and stone of the Ladin tradition (16th century) where there are stables and barns that house Noriker horses and dairy cows. The restaurant offers typical Ladin cuisine, a simple and authentic place where you are welcomed with the friendliness reserved for family members.

Highlights dishes ¹

Starter: Homemade panzerotti and ravioli, fried and stuffed with spinach and ricotta and poppy seeds and blueberry jam

Pasta or Risotto: Homemade dumplings with goulash

Main course: Pork shank with polenta and sauerkraut



DINNER IN THE GREAT ITALIAN “TRATTORIA”

RESTAURANT DURNWALD

www.facebook.com/restaurantdurnwald

Gasthaus with family-run restaurant, where the owner Sylvia Mayr reinterprets the classics of the South Tyrolean gastronomic tradition every day, starting from ancient recipes, revised with taste and creativity, inspired by the flavors of the neighboring woods. In the dining room is the mother Barbara, who also takes care of the selection of wines.

Highlights dishes ¹

Starter: Smoked trout mousse with garlic croutons and braised cherry tomatoes

Pasta or Risotto: Spinach "canederli" on mature mountain cheese

Main course: Local beef fillet in chanterelle and porcini mushroom sauce



LERCHNERS RUNGGEN RESTAURANT

www.instagram.com/lerchners.runggen.restaurant

As our farewell dinner we chose a restaurant dedicated to typical South Tyrolean cuisine. Not far from Brunico, in the midst of nature, Johannes Lerchner has added a restaurant offering traditional cuisine alongside his beef farm. Beautiful attention to detail and products from sustainable sources, here the most delicious recipes of the region are cooked in harmony with the rhythm of the seasons.

Highlights dishes ¹

Starter: Marinated alpine beef tartare and fried artichokes

Pasta or Risotto: Grey cheese risotto

Main course: “Geröstel” local beef, onions, potatoes, sauerkraut and bacon



OSTARIA POSTA

www.instagram.com/ostariaposta

I'm not talking about the good food/wine that await you, but about the Stüa (dining rooms) where we can dine:

"Salf di pasć" - It is the main room of the House. It dates back to 1906

"Gran Mësa" - It is the large convivial wooden table with a large window overlooking the Sas dla Crusc massif

"Stüa nöia" - It is the new room in pine wood combined with precious walnut wood

"Stüa Herrenzimmer" - It is the oldest room dating back to 1895, dedicated to passing guests. WHICH ONE WILL WE CHOOSE?

Highlights dishes ¹

Starter: Smoked trout tartare in a phyllo pastry basket and liquorice reduction

Pasta or Risotto: Homemade organic purple wheat tagliolini with red radicchio, speck and walnuts

Main course: Roasted potatoes with pork fillet tips, apple cider vinegar roast sauce, fried onions and cabbage salad



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SOME ACCOMODATIONS RESERVED FOR YOU

LIVING IN THE CHARM ¹

We have selected some beautiful boutique hotel, historical house or vinery house, where you will enjoy to stay in relax during you holiday.

Most of them have SPA treatment available in a charming exclusive environment.

Our tours involve staying in a single hotel for the entire holiday, to avoid the commitment of transfers and to have more time to immerse yourself in the culture of the area.



MAREO HOTEL– S.VIGILIO

www.instagram.com/mareodolomites

Blessed with the fortune of a wonderful landscape and located in a privileged and evocative position, a stone's throw from the center of San Vigilio di Marebbe, the Hotel Mareo is the ideal setting for a regenerating stay in the Dolomites. At the foot of Plan de Corones, surrounded by greenery and guarded by a crown of Dolomite peaks. it is the ideal place for a break in nature.



OSTARIA POSTA – PICCOLINO

www.instagram.com/ostariaposta

The scent of hospitality
The Dolomites have a particular scent, in Ostaria Posta you have breathed this pure and beneficial air for over a century. We are in Piccolino along the road, because the ancient post stations were located along the main road. We are in the middle of a valley that holds ancient treasures made of spiers and rocks that arose from the sea of time like atolls of infinite beauty. Our name is Tolpeit, we are Ladin and the first thing we say to anyone who comes to visit us is Begn Odüs, welcome.

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WHAT'S INCLUDED, NOT INCLUDED

What's Included

ACCOMODATION

- 5 night in Historical Mansions, 4* Luxury Hotels, Villas or Wine Resort located in special places
- All gratuities at hotels and restaurants
- Concierge & suggestion service for additional vacation

TRANSPORT

- Guest pick-up / drop-off in airport or other meeting point
- All-vacation long, guests, bikes and luggage transport, as planned

MEALS

- 5 daily breakfasts in hotel
- 5 lunches during the pedaling time
- 5 social hours aperitivo
- 5 dinners in **5 different GREAT ITALIAN TRATTORIA** with the best Italian regional wines

MORNING ACTIVITIES

- 5 riding days, 2 daily itineraries with different grade of effort
- 2 expert local certified guides multilingual will ride with you and support all day
- 1 professional mechanic with support/SAG Van during the tour
- Energy bars and sports drink during bike time
- Daily bike maintenance and daily laundry service for bike clothing
- GPX daily tours documentation
- Hirides cycling kit

AFTERNOON ACTIVITIES

- Usually our hotels have a swimming pool, sauna, SPA and gym where relax and unwind after cycling
- Visits of tourist cities with professional guides, and other activities as described in the tour program
- Wine tasting/oil tasting at the producers' premises. Visits to dairies with demonstration of cheese making, as described in the tour program

YOUR BELOVED BICYCLE OR RENTAL BIKE/EBIKE

- Please see further ahead our bicycle policies

PERSONAL INSURANCE

- Civil Liability Insurance and Italian Health Insurance for non European citizens

Not Included

AIRFARE TO FROM ITALY

- Through our partners we can organize the flight for you (**ON-REQUEST**)

BEFORE AND AFTER TOUR

- Meals, transportation, hotel costs or expenses in the days before and/or after the tour

HIRIDES.COM STAFF GRATUITIES

- Staff Hirides.com gratuities is not included

TRAVEL INSURANCE

- Personal Travel Protection Plan not included, **but heavily suggested**

HIRIDES CYCLING KIT

- We prepare you the cycling kit for you that you can find on www.hirides.com/gears. You can order more than one, but it will have an additional cost

LUGGAGE AND BIKE TRANSPORTATION SERVICE

- Luggage service, before/after tour days (**ON-REQUEST**)
- Bike transport service, before/after tour days (**ON-REQUEST**)
- Door-2-Door bike transportation service (**ON-REQUEST**)

UPGRADE BIKE/E-BIKE RENTAL LEVEL

- Upgrade rental for advanced bike or dream bike

PERSONAL EXPENSES

- Cost of passport and visas
- Personal expenses while on the vacation
- Personal transportations when not included on the Tour
- Beverages not specifically agree/included
- Additional hotel expenses, mini-bar, wellness treatments
- Optional activities not scheduled in Hirides.com Tours
- All not explicitly declared in the tour description

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CYCLIST SKILLS LEGENDA

With the e-gravel bike that **we prepare for you**, your pedaling will have up to 40% more assistance. You will be able to easily keep up with the group, make the challenging climbs and enjoy the views and Italian roads.

RECREATIONAL LEVEL

For RECREATIONAL cyclists

Active vacationer, adventure rider and enjoys sightseeing.

Ideal day for this cyclist:

- Average activity duration: 2/3 hours
- Average daily mileage: up to 30 miles (50 Km)
- Average daily altitude difference: up to 2600 feet (800 mt)



ENTHUSIAST LEVEL

For ENTHUSIAST cyclists

Has participated in a gran fondos or other bike charity event, adventure rider, active vacationer. Not too interested in racing

Ideal day for this cyclist:

- Average activity duration: 3/4 hours
- Average daily mileage: up to 40 miles (65 Km)
- Average daily altitude difference: up to 4000 feet (1200 mt)



AVID LEVEL

For AVID cyclists

Participates in bike races, rides gran fondos, loves adventure riding and big days in the saddle.

Ideal day for this cyclist:

- Average activity duration: 4/6 hours
- Average daily mileage: over 50 miles (80 Km)
- Average daily altitude difference: over 6000 feet (1800 mt)



BICYCLE POLICIES: e-Bike

Embark on your cycling adventure your way! Whether you prefer to travel light and let us provide the perfect bike for your journey or bring along your beloved two-wheeler, we've got you covered. **Explore the tailored options we've prepared just for you below.**

Standard e-Bike (included in the tour price)

We make it easy for you to travel light and enjoy an extended vacation. Let us prepare a high-performance e-bike for your tour, ready for you upon arrival at hotel.

Bianchi e-Arcadex Carbon E-Gravel → Shimano GRX Disc 11-Speed, BOSCH CX Motor Drive with 500W Battery

Each bike is prepared for you, the rental costs are included in your tour package.

Advanced e-Bike

For those seeking even greater performance, we offer an upgraded e-bike option tailored to your preferences:

Scott Solace Carbon Performance E-Gravel → SRAM Rival XPLR eTap AXS Disc 12-Speed, TQ Mid Motor Drive with 300W Battery

This high-performance bike is designed for those who want to push their limits and enjoy a premium riding experience. A small additional fee applies for this upgrade.



BICYCLE POLICIES: Muscolar Bike

Embark on your cycling adventure your way! Whether you prefer to travel light and let us provide the perfect bike for your journey or bring along your beloved two-wheeler, we've got you covered. **Explore the tailored options we've prepared just for you below.**

Standard Muscolar Bike (included in the tour price)

For those who love the pure joy of pedaling, we offer high-quality muscular bikes prepared just for you. Travel light and extend your adventure—your bike will be ready and waiting at your hotel upon arrival.

Bianchi Arcadex Carbon Gravel → Shimano GRX Disc 11-Speed

Each bike is prepared for you, the rental costs are included in your tour package.

Advanced Muscolar Bike

For cyclists seeking superior performance, we offer an upgraded option tailored to your preferences:

Scott Addict Carbon Performance Gravel → SRAM Rival AXS Disc 24-Speed, Syncros Capital X40 Carbon Wheelset

This high-performance bike is designed for those who want to push their limits and enjoy a premium riding experience. A small additional fee applies for this upgrade.



BICYCLE POLICIES: Your beloved bike & Your dreams bike

Embark on your cycling adventure your way! Whether you prefer to travel light and let us provide the perfect bike for your journey or bring along your beloved two-wheeler, we've got you covered. **Explore the tailored options we've prepared just for you below.**

Bring Your Beloved Bicycle to Italy

Fly to Italy with your cherished bicycle by your side—no extra hassle!
At Hirides.com, we'll reimburse all your bicycle transport costs, making your journey as smooth as your ride.

Your Dream Bicycle

Have you always imagined exploring breathtaking landscapes on your dream bike? Let it come true.
Together, we will create a meticulously prepared bike, perfectly tailored to your desires, ready for you upon your arrival in Italy.
Your journey begins here: make it extraordinary.
We can prepare the following bikes: Colnago, Trek, Specialized, Wilier



Hirides

Many thanks for your attention

<https://www.hirides.com>

[mail to: info@hirides.com](mailto:info@hirides.com)

[whatsapp to: +393279635036](https://www.whatsapp.com/chat?phone=393279635036)