

DOLOMITES ROAD BIKE



*Cycling through some of the most beautiful mountains
in the world*

July 4-10, 2015

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Tour Overview

The goal of this new PA-CYCLISM's bike tour, is to make you cycle in Italy, through one the most beautiful mountains in the world, the Dolomites, declared world heritage site by UNESCO.

A week of great cycling, along the roads that have marked the history of the "Giro d'Italia"

We have included in this itinerary, even the Brenta Dolomites, less famous of the ones in the Belluno area, but that will surprise you with their beauty.

Departure from the shores of Lake Garda and finish in the beautiful Cortina d'Ampezzo where we will spend two days.

In the middle, as we said, the "legendary" climbs that continue to make the history of cycling: Sella, Giau, Tre Croci, from which you can admire the peaks of the Dolomites in all their splendor: Marmolada, Sassolungo , Tre Cime di Lavaredo and many more.

There will be moments of well-deserved rest at the end of the days of cycling, and this will happen in the facilities that we have selected for you, where the excellent local cuisine will complement the great effort made.

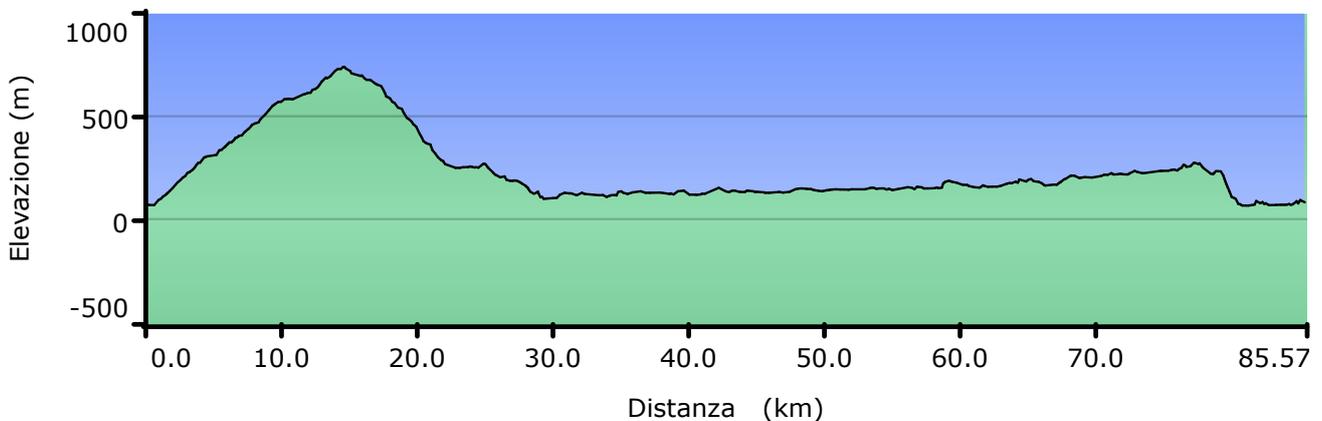
Stage Descriptions and Itinerary

July 4, 2015 - Torri del Benaco

Arrival of the participants in Verona (train station or airport) where the organization's vehicles will be waiting to take you to the hotel in Torri Del Benaco, the starting point of the first stage. A part of the day is dedicated to preparing your bike and making sure everything works properly. The rest of the day is free and you can admire the beauty of the Garda Lake, the biggest lake in Italy. Dinner and overnight stay at the hotel.

July 5, 2015: Torri del Benaco - Riva del Garda

1st Stage - Kilometers 86 - Elevation 1,200 metres



We start from Torri del Benaco facing a climb of about 14 km with an average gradient of 4% and then continue downhill until km 30. The following kilometres we will ride on a winding road with a slight elevation gain, in very scenic landscape on the Adige Valley. Once we reach the town of Mori we will leave the Adige Valley to head back to the Garda Lake and our destination in Riva del Garda.

July 6, 2015: Riva del Garda - Cavalese

2nd Stage - Kilometers 128 - Elevation 2,900 metres



We leave Riva del Garda and move north towards Tenno. A steady climb of 15 km brings us to cross the Ballino Pass at 750 meters of elevation.

After a short descent we continue up the valley to get to Molveno and its lake.

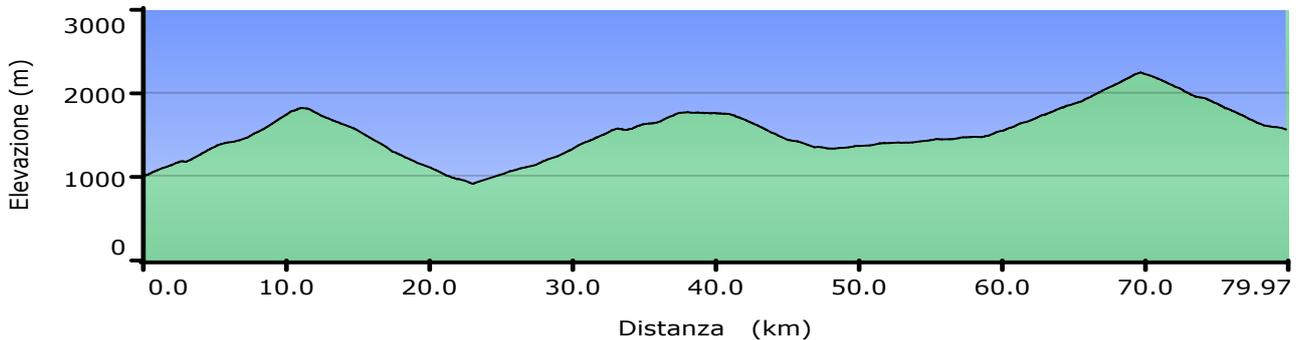
To our left we will enjoy a broad view of the Brenta Dolomites.

After the ski area of Fai della Paganella begins a rapid descent of about 14 km that leads us again in the large Adige Valley.

Just before the town Lavis we take a steep climb that in ten kilometers leads us to Cembra, from where, following the Floriana Valley, we reach the Fiemme Valley and the cozy town of Cavalese

July 7, 2015: Cavalese - Selva Val Gardena

3rd Stage - Kilometers 80 - Elevation 2,600 metres



From the town of Cavalese we go uphill for 11 km reaching the 1,805 meters of the Lavazé Pass. The following descent brings us in the Ega Valley where, after some kilometres, we will enjoy the beautiful colors of the Carezza Lake. With an eye to the Catinaccio massif we will enter the Fassa Valley and we will follow it up to Canazei. From here will start the climb that takes us to the highest point of our tour, the legendary Sella Pass at 2.244 mt. A stop at the refuge and a look at the Sassolungo Peak, before the descent to Selva Val Gardena.

July 8, 2015: Selva Val Gardena - Cortina d'Ampezzo

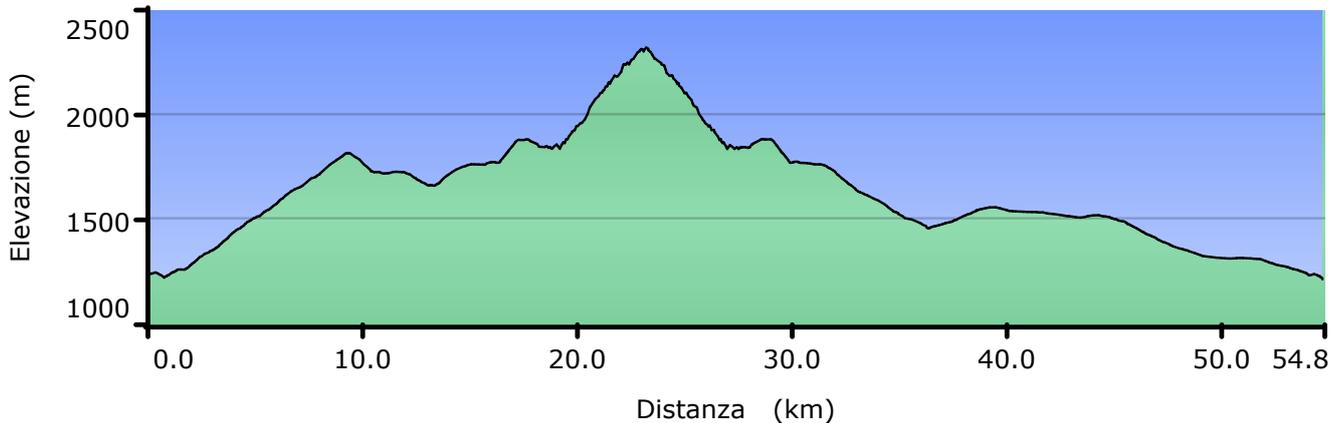
4th Stage - Kilometers 76 - Elevation 2,150 metres



From the town of Selva we ride back some km of the road the previous day, to climb to Gardena Pass (mt. 2136) that we will reach after about 12 km. Another great descent from the pass to reach Corvara and then the road immediately begins to climb towards Arabba and Campolongo (m. 1875). From here we continue and catch the Cordevole Valley and Giau Pass (m. 2236). From the pass, another fast descent to our destination: Cortina d'Ampezzo.

July 9, 2015: Cortina d'Ampezzo - Tre Cime di Laveredo

5th Stage - Kilometers 55 - Elevation 1,550 metres



The last stage of our tour is a loop that starts and finishes in the beautiful Cortina d'Ampezzo, the town that hosted the Winter Olympic Game in 1956.

We will reach to the Tre Croci Pass to admire the Misurina Lake and then continue to the Tre Cime di Lavaredo, the same arrival of the penultimate stage of the Giro d'Italia 2013.

Once back we will have the time to walk in the beautiful downtown of Cortina.

July 10, 2015

In the morning transfer to Verona Airport (at least 3 hours and half)

End of services.

Arrival and departure times

Arrival in Verona Airport (VRN) before 3.00 pm - July 4, 2015

Fly back Verona Airport (VRN) after 2.00 pm - July 10, 2015

PRICES

The individual cost of participation is:

Price for a group of: **5 or more** People **€ 1.290** each

Price for a group of: **4** People **€ 1.390** each

Price for a group of: **3** People **€ 1.490** each

Minimum number: **3** people

Maximum number: **20** people

The price includes

- Transfer Verona Airport/Torri del Benaco on July 4
- Transfer Cortina d'Ampezzo/Verona airport on July 10
- Vehicles for luggage transportation
- Logistic team with Bike guides and driver
- Full board during the 5 bike stages
- Overnight in 3/4 stars hotel (double occupancy)
- Travel insurance

The price does not include

- Airfare or train ticket, extra baggage, bicycle shipping costs.
- Bicycle
- Hotels before July 4 and after July 10, 2015
- Extra Services and transportation before July 4 and after July 10, 2015
- Lunch on arrival and departure days
- Single room supplement
- Tips, extra services and alcoholic drinks in hotels
- Shipping of bulky bike bags at the hotel in Cortina
- Everything not present in "The price includes"

HOW TO BOOK AND PAY

1. Pay now with your [credit card](#) the total amount of the tour
2. Pay with bank transfer the total amount of the tour
3. Split the payment:
 - Make a down payment of **50% of th total cost** to reserve your spot
 - Send the balance 30 days before departure*

*This option can be done both with credit card or bank transfer. A surcharge of **€ 60** will be applied.*

****30 days before departure you will receive an e-mail with the balance to be send.***

METHODS OF PAYMENT

Credit Card: <http://pa-cyclism.com/en/tpv/>

Credit Card Companies will often flag transactions for larger amounts that are completed online and out of country as fraud suspicion. If high-value (€) online transactions are outside of your normal spending habits, please ensure that you contact your credit card company BEFORE registration to approve the transaction

Bank Transfer

Beneficiary: Banco "La Caixa" - Account nº: 2100-3897-89-0200079853

IBAN: ES88-2100-3897-89-0200079853

BIC/ SWIFT: CAIXESBBXXX

payable to: PROJECTING ADVENTURE CYCLISM - Paseo de la Castellana 121, Esc. Dcha 4ªA - Madrid - Spain

We will not consider a person subscribed until we receive at least the down payment.

Refund and cancellation

Where, for whatever reason, one person is obliged to withdraw, the person must give written notice to Projecting Adventure Cyclism.

Refund will be calculated with this penalty:

- Within 45 days from date of departure the penalty fare is 10% of the total cost of the trip.*
- Within 30 days from departure the penalty fare is 30% of the total cost of the trip.*
- Within 21 days from departure the penalty fare is 50% of the total cost of the trip.*
- Within 14 days from departure the penalty fare is 75 % of the total cost of the trip.*
- After this date no refund will be given.*

No refunds for those who will not show at the start or withdraw during the course of the tour.

No refunds for those who could not make the tour due to lack or inaccuracy of the personal travel documents (i.e Visa or Passport).

Traveler understands that some destinations pose more risk than other destinations due to weather conditions, political conditions and the geography of the region. Traveler acknowledges that factors such as, but not limited to, weather conditions, landslides, floods, flight cancelations or delays, strikes, labor troubles, failure of power, restrictive governmental laws or regulations, riots, insurrection, war or other reason of a like nature not the fault of Projecting Adventure Cyclism (hereinafter "Force Majeure Event") can hinder, delay or even prevent the Traveler's ability to make or complete the trip. Traveler acknowledges that the Projecting Adventure Cyclism shall not be liable to Traveler for any delay or cancelation of the trip due to a Force Majeure Event. Traveler shall not be entitled to a refund or any other payment for damages from the Projecting Adventure Cyclism in the event that the trip is cancelled or delayed due to a Force Majeure Event. Please note that we are never responsible for any airfare ticket expenses.

INFORMATIONS

Information about a stage: We will wake up early and after breakfast and the personal preparation the organization will start the daily stage. The departure is scheduled between approximately 9.00/10.00 am, depending on the mileage on the program. It is recommended to take the ride everyday with calm and try to enjoy the wonderful scenery surrounding us. The excursions are not a competition but will require good preparation. In the early afternoon, depending on the pace, the stage will end: it is time to rest and regenerate. After dinner, the Organization holds a briefing on the next stage. End the day chatting about the day's ride.

Important Note: The organization reserves the right to change the route of each stage in case of force majeure or simply to protect the safety of all participants.

Travel Documents Each participant must have a passport and a valid visa for Italy (in the event that passport holders from your country need one). Passports must be valid for six months from the date of departure. Projecting Adventure Cyclism will not be held responsible for invalid passports, visas or other necessary documents as required by the Italian Government. Please contact the Italian Consulate in your country for more details on required documentation.

Medical Assistance Throughout the trip a first-aid kit will be available in the support wagon. If the nature of assistance needed is greater than can be treated by first aid, local medical assistance will be sought out. If you have allergies or other medical conditions you must notify us at least one week prior to the start of the tour. Riders who have specific medicinal needs should bring enough medicine for the duration of their time abroad. In the event that a local doctor deems you unfit to ride after an accident or for whatever reason, Projecting Adventure Cyclism reserves the right to not allow you to continue the ride and you will not be compensated for lost riding time or additional travel expenses incurred if you need to leave the tour. Any activities engaged prior to or after the specific dates of the trip are your own responsibility.

Weather : July is usually an excellent month for riding in this part of Italy. However, rain, and even snow at higher elevations, is possible. All riders are expected to take extra care in wet conditions. On warm or sunny days, it is a rider's responsibility to stay properly hydrated and apply sun protection. Please bring your own sun screen.

Mechanical Assistance: Everyone is responsible for their own repair of flat tires, cleaning of the chain or other mechanical problems. So it's essential that everyone brings with him a kit for repairs. Each participant can bring spare parts from home, that the organization will carry on the vehicle and give to the rider at the end of the stages. In any case the organization will help anytime it will be possible.

The organizer will not be held liable for bike damage as a result of improper packing, maintenance or transportation, accidents, or whatever other reason. While local parts are available, they may not match those of your specific bike or equipment. In the event that your bike is unrideable, we will make every reasonable effort to find a suitable replacement bicycle. The rider will take responsibility for incurred rental costs and you will not be compensated for possible lost riding time.

How to pack the bike: Your bike must be packed in soft bike bags or boxes. Remove the wheels. Deflate the tires. Disassemble the rear derailleur and wrap it in something soft. Remove the pedals

Bike Bags: We will have a reduced space for carrying the luggage so we will not bring with us bulky plastics baggage for bike. Please use soft bags or carton box.

Any bulky baggage will be shipped at the hotel in Cortina at the owner expenses.

BASIC RULES

In order to achieve the greatest effectiveness we believe it convenient to adopt some basic rules.

a. Equipment needed

We will have a limited space for the transport of the equipment of the expedition, so each person must carry strictly what you list below:

- ❖ An identifiable travel bag
- ❖ Cycling clothing (short and long kit)
- ❖ Leggins and sleeves
- ❖ Light and heavy gloves
- ❖ Light and wool cap
- ❖ Waterproof riding jacket
- ❖ Wind breaker
- ❖ Socks and shoes that are suitable for cycling
- ❖ A fleece or wool sweater
- ❖ Helmet (mandatory)
- ❖ Two 750 cl water bottles
- ❖ Tire repair kit + 2 spare inner tubes
- ❖ Small back red light (for tunnels)
- ❖ Moisturizing cream and sunscreen
- ❖ A small personal first aid kit
- ❖ Sunglasses

b. Lunch bag

Before departure, the organization will give each participant energy bars and gel to take with them during the stage. In any case, the vehicles will be available to refill water bottles and supply additional food.

c. Environment

Each participant is responsible for helping protect the local environment. Hold on to any garbage until you meet up with the support vehicle or find a wastebasket / recycling bin. Stay on the main trails as much as possible.

d. Safety

Without trying to limit your riding enjoyment, we ask all participants to ride responsibly in order to reduce the likelihood of injuries to themselves and others. Helmets are mandatory at all times. Alert the staff if you notice any problems with your bicycle.

e. Right of the organization

The organization reserves the right to change the route for the safety and security of participants. We also reserve the right to terminate the tour of any participant who refuses to ride responsibly or repeatedly puts other at risk. No compensation will be provided for tours cancelled as a result of non-compliance.

f. Waiver of Liability

All participants will be asked to sign a waiver before the start of the tour. If you have any questions, please contact us in advance.

ORGANIZATION

The technical and logistic organization of this tour is the responsibility of:
Projecting Adventure Cyclism.

The Organization has solid experience in creation of events such as:

- ❖ ATLAS BIKE MAROC & BIKING SAHARA (Morocco)
- ❖ ATACAMA BIKE MARATHON (Chile)
- ❖ ATTRAVERS-ANDE PATAGONIA BIKE (Argentina e Chile)
- ❖ AROUND ANNAPURNA BIKE (Nepal)
- ❖ MONGOLIA BIKE CHALLENGE & BIKING MONGOLIA (Mongolia)
- ❖ TRANS CANADA BIKE (British Columbia-Canada)
- ❖ BIKING CHINA (Sichuan Province & Tibetan Plateau)
- ❖ ROME to FLORENCE & SICILY OFF ROAD (Italy)
- ❖ ETHIOPIA WILD BIKE (Etiopia)
- ❖ TENACE SARDEGNA EXPERIENCE (Italy)
- ❖ LA VIA DEI CAROVANIERI (Italy)

CONTACT

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Projecting Adventure Cyclism (Spain)

Mobil: +34-656-997105 (Willy Mulonia)

skype: progettoaventura / willy@pa-cyclism.com

www.pa-cyclism.com

info@pa-cyclism.com

Waiver of Liability

Undersigned:

SURNAME

NAME

Born in the/...../..... ..

Document Type

No.

- ✓ I declare to know the program of travel and accept it.
- ✓ I declare that I have made a satisfying workout in order to participate the **DOLOMITES - ROAD**, to be in very good physically and psychologically conditions, which allows me to participate in the above test cycle, and not suffer any illness or injury.
- ✓ I declare to be voluntarily present and accept the risk and situations of psycho-physical discomfort, any kind of accident with mechanical vehicle or not, accidents with animals and / or persons and any other situation could occur, declining so any liability of PROJECTING ADVENTURE CYCLISM.
- ✓ I declare to know the intensity of the **DOLOMITES - ROAD** and the high risk that the practice of mountain biking involves and that it will respect all the indication that the organization will give with the intent to protect my and others' safety.
- ✓ I will correctly use the helmet during the entire stages in mountain bike.
- ✓ I understand that the Organization may change the dates, mileage and the program if it considers necessary to protect the safety of all participants.

With this declaration I confirm that I voluntarily and freely subjected myself to the video-cameras shootings made by PROJECTING ADVENTURE CYCLISM during the **DOLOMITES - ROAD**

I allow the use of my image with the times and the way that PROJECTING ADVENTURE CYCLISM deems appropriate.

Sign to accept all of the above.

In witness

..... the