

# Cycling Bolzano to Venice

Trip Code: SGBV

Version:



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

## AT A GLANCE

- Self-Guided
- 6 days cycling and sightseeing
- Luggage transfer
- Bike hire included
- E-bike upgrade available
- GPS travel app
- Wednesday / Thursday / Friday / Saturday / Sunday departures
- Join at Bolzano / End in Venice

## ACCOMMODATIONS & MEALS

[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

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Version:

## Holiday Information

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### 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
- 21 gear bike hire
- Bike accessories hire (pannier, handlebar bag, milometer, bike lock, pump, repair kit, inner tube)
- Welcome briefing
- Boat cruise across Lake Garda
- A classic pistachio ice cream in Rovereto
- A Grappa tasting in Venice
- Navigation App and GPX tracks available

## 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 per person per day)
- 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 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 either take 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.lefrece.it](http://www.lefrece.it)

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make cycling from Bolzano to Venice part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

## Meal Plan

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

## 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.

## 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.

## Accommodation

This trip has been designed with comfort in mind, staying in 3-star and 4-star hotels each evening 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.

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.

Standard hybrid bikes come with 21 or 24 gears, and 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.

The bikes provided for this trip come in two different frame types - unisex bike frame or male bike frame. Bikes with unisex bike frames are 21/24-speed and are available for riders who are 148cm-190cm tall; bikes with male bike frames are 21-speed and are available for riders who are 165-205cm tall. If you would prefer a specific bike frame, e.g. a male bike frame, please request this when making your reservation with our Sales Team.

You also have the option of upgrading to "Bike Plus" hire on this trip for a 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. Bike Plus bikes are 20/27-speed, have male bike frames, and are available for riders who are 155-205cm tall.

We strongly recommend that you bring your own helmet with you for the best comfort, however you can order a helmet in advance to collect in Bolzano before you begin cycling for an additional €40. Please contact our Sales Team to reserve this in advance of travel.

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

## Upgrade to an E-bike

If you are looking for a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even 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 are available on this holiday at an additional supplement of £255. 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

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## 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 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

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](https://www.gov.uk/travelaware)' 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](https://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](https://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 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

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## 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 Wednesdays, Thursdays, Fridays, Saturdays, and 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 - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with 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 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

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## 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 standard 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 available.

**Please Note** This document was downloaded on 06/08/2025 and the trip is subject to change