



AEMME
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THE BIKE PROPOSALS

Val di Fiemme

Trentino-Dolomites

Val di Fiemme is one of the most astonishing valleys in Trentino. incredibly good for a biking experience!

PREMISE

It's essential to establish whether the group who take part of a tour like this is dedicated to touring-bike or competition-bike.

If we are talking about a touring-bike, the package we offer with E-Bike is highly recommended. Being a bicycle competition it is possible that customers want to bring their own personal bike and consequently the group should be made up of athletes used to compe.

TRANSFERS FROM/TO AIRPORT

The service, as well as the costs, is identified for groups of 8 people. Depending on a higher or lower number of participants, we will have to adjust the cost.

ACCOMMODATION

Accommodation is provided in 3-star hotels on a half-board basis.

DAILY BIKE TOURS

In our proposal, we offer many possibilities and all of great naturalistic interest and beautiful roads: we simply have to know in advance the tour chosen as well as the foreseen relaxing day.

HELMET

For the client's' safety it is necessary to always wear a helmet when riding a bike/e-bike or Mtb. The helmet can be rented.

SHOES FOR RACING BIKES

This is a personal item. Upon arrival, the pedal will be adapted to the type of shoe attachment.

ROAD BIKE

The cost does not includes the "ROAD BIKE" which can be rented when booking. Merida Ride 4000 or Scultura 5000.

FOR THOSE NOT PHISICALLY FIT

Less experienced people can rent electric-road bikes or e-bikes but have to book the bike when booking.

FOR FAMILIES

As already mentioned, quieter customer willing to drive on bike path can consider the "e-city bike" which can be rented when booking.

CAN I TAKE THE E-BIKE BY PLANE?

Bringing an e-bike on board requires special permits and more costs; it is the up to you bring your bike or rent one that we will take care to set up in the best way.

ROAD BIKE

It is possible to bring private "road bike". The basic cost does not include any bike.

MTB

We can rent and bike on MTB with specific tours.

VAN SUPPORT

The tours include a van on a daily basis, which will follow the bikers for technical assistance.

BIKE DAYS AND LEASURE

The package is offering 5 days of bike tours.

The 6th day is free for relaxing or organize a mountain hike excursion or a stroll to Bolzano, Trento, or Verona.

Remaining days are foreseen for handling the arrival and departure.

THE EXTRA DAY BIKE COST

ROAD BIKE		€ 45
MTB		€ 20
E-ROAD		€ 45
E-MTB	Front suspension	€ 37
E-MTB	Full suspension	€ 47

THE COST

The accommodation is based in a three star hotel, half board base.

Starting from **€ 1.300** per person.

The cost is based on group already formed by 7 paying persons in double bed room.

For a less participants we'll have to amend the cost.

DELUXE ACCOMODATION

Starting from **€ 270** per person per day, in a double bed room, we may have a de luxe accommodation.

THE PACKAGE TOUR INCLUDE

- Local tax
- Transfer to/from airport of Verona or Venice
- Luggage transfer
- hotel welcome cocktail with wine bubbles and prawns
- 7 nights accommodation
- 7 dinners
- 7 breakfasts
- 2 wine taste
- 5 days tour with bike guide+van and driver when biking
- Tire repair kit for bicycles with inner tube and tire levers and pump.
- Technical assistance

THE PACKAGE TOUR DOES NOT INCLUDE

The bike, tips, laundry, service, drinks at dinner, medical insurance, any lunch, pre & post tour accommodation programme and any item not included in "the package tour include".

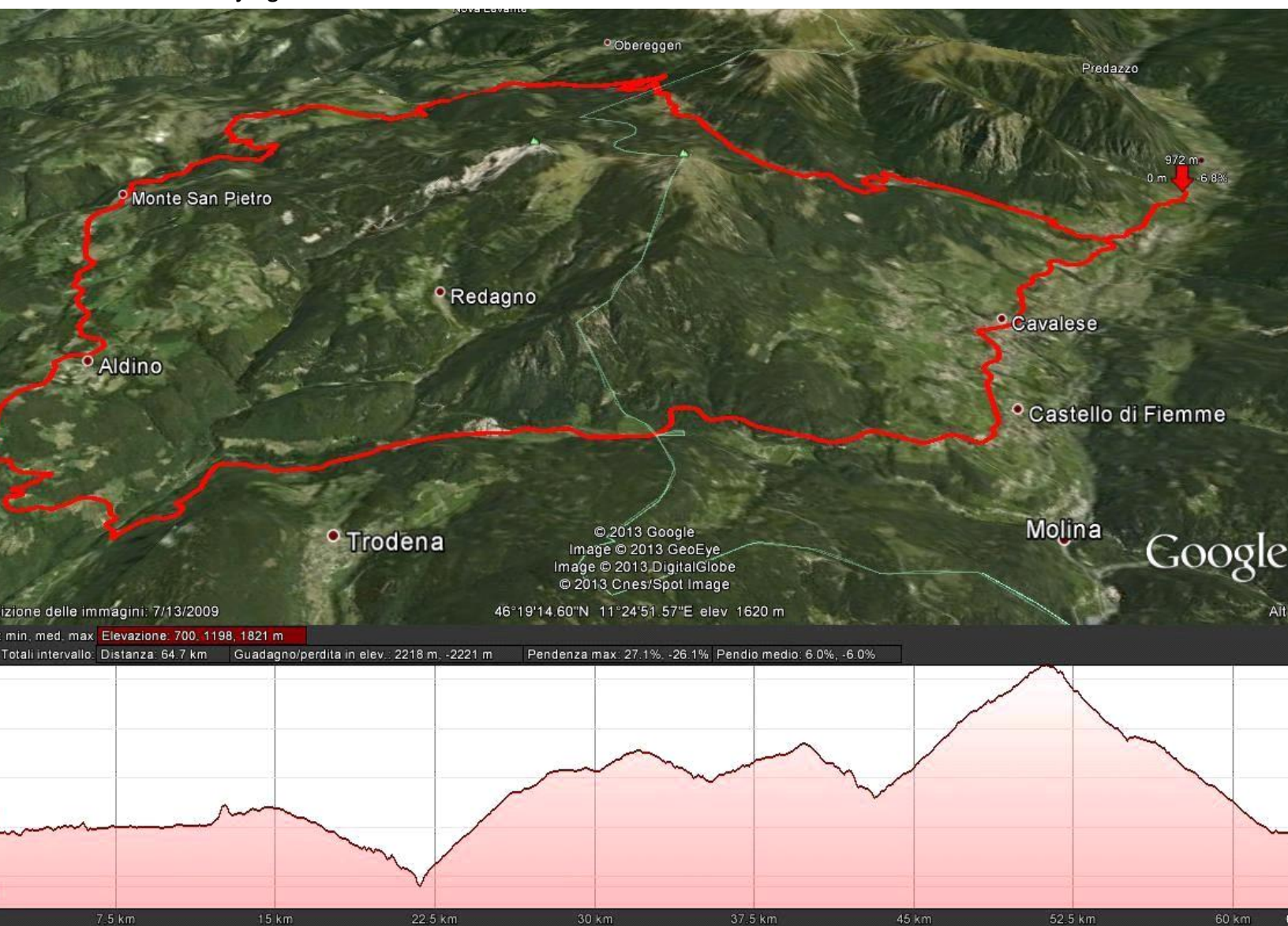
SANCTUARY OF PIETRALBA (65 km)

Description of climbs:

Not very long but demanding climb from the Aldino Bridge to the beautiful Sanctuary of Pietralba, one of the main sanctuaries in South Tyrol, at 1520 m. of altitude. From Pietralba to Passo Lavazè meet the first uphill quite smooth up to the area called "Chiusa", then ready to climb up the last 3 km with a 16% gradient leading to the mountain pass.

The tour lasts: 4 hours for about 65 km.

Technical judgment:



Medium tour, smooth and quick tracks.

After Faver, a quaint village in Cembra Valley, known for its wine production, a short and gentle rise from the valley bottom up to magic of the Segonzano pinnacles; a short but demanding final climb to the area named "Cascata" (Waterfall) and to Cavalese.

The tour lasts: 4 hours for 77 km.

Technical judgment: Medium tour, smooth and quick tracks.

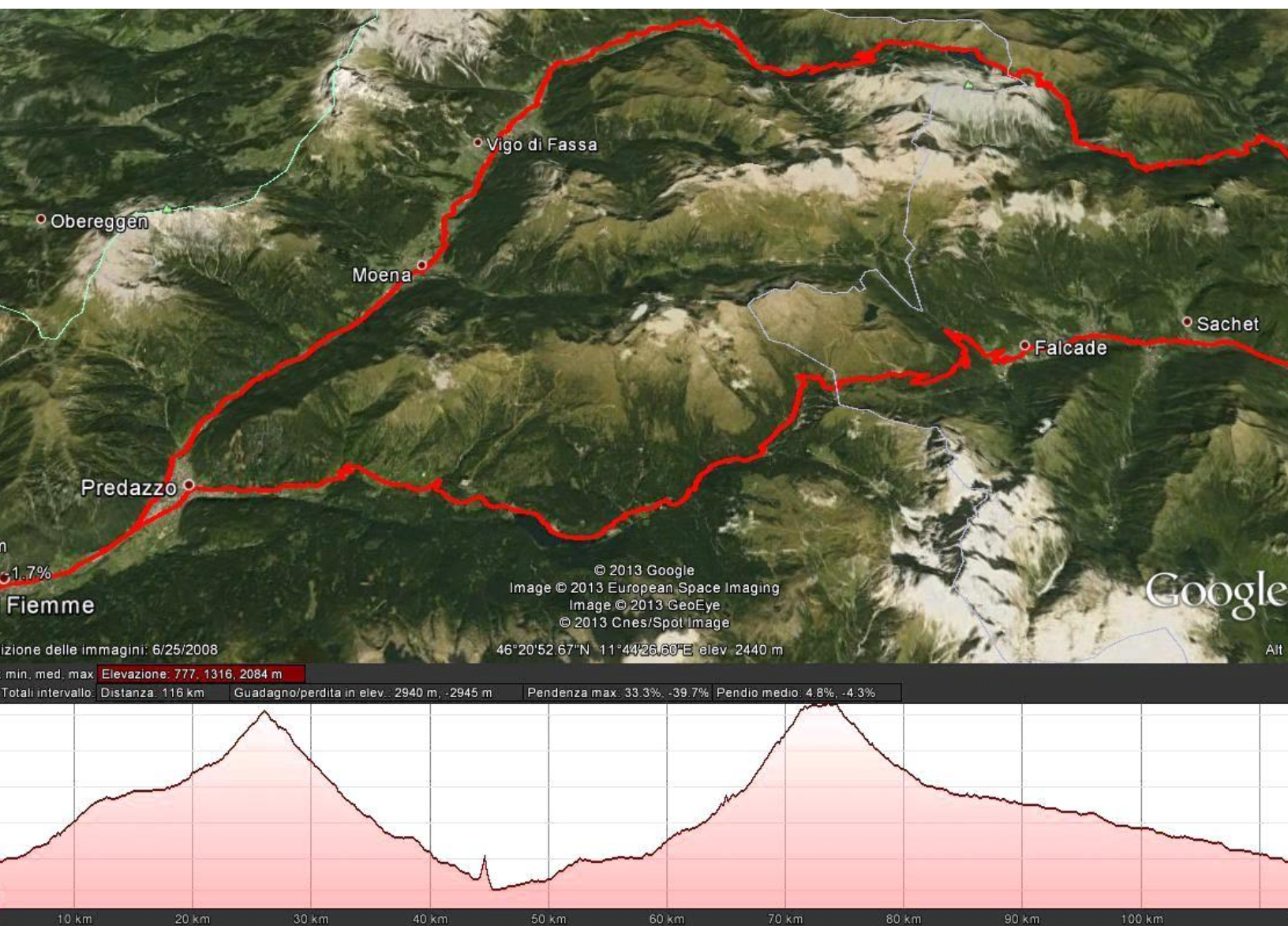
INTO THE DOLOMITES (116km)

The Queen of the Dolomites is a kind of a journey that will take you to the majestic mountain peaks of the Dolomites, in contact with nature and steeped in history.

The one we suggest in this magnificent area:

Moena Falcade, Alleghe and back via Passo Valles and down Canazei, Predazzo and Panchia.

Definitely demanding, ramps with a 15 – 18 % slopes; it is an interesting trip for the scenery and natural beauty. It covers 116 km of paved roads, bike paths.



The tour lasts: 7/8 hours.

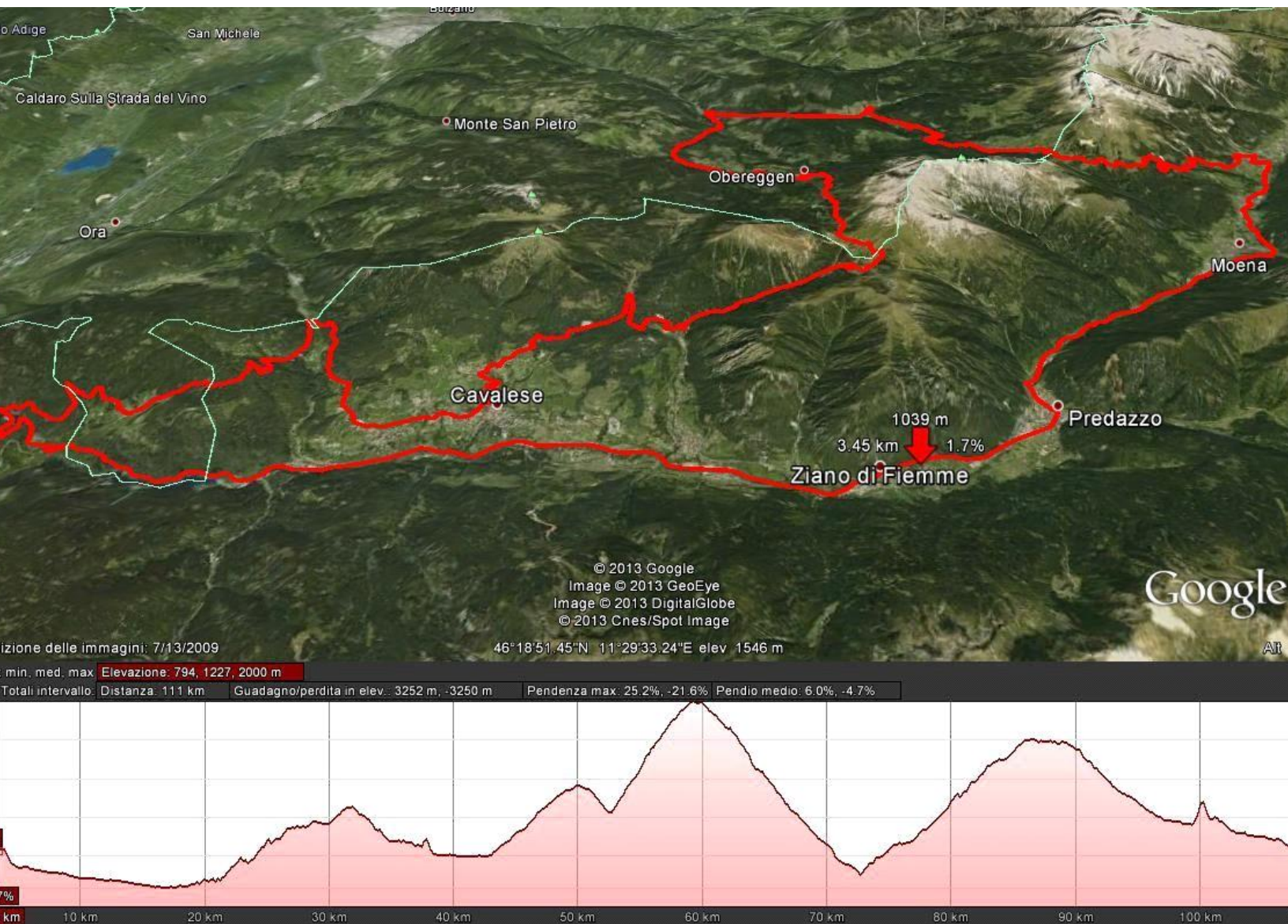
Technical judgment: It is a very hard tour but the efforts are well rewarded

MARCIALONGA CYCLING (66 or 111 km)

Description of climbs:

The Marcialonga Cycling is a cycling race, marathon specialties was born in 2007 and is held on the first Sunday in June.

Depending on the degree of "training", the participants in the Marcialonga Cycling can choose between two types of path, of varying difficulty, a 111 km long, with climbing to Passo Pampeago and Passo Costalunga, and a mediofondo of 66 km with only two uphill (Anterivo and Passo Pramadiccio, near Stava). You will ride on the roads which have often been the scene of major sports battles of the Tour of Italy



The tour lasts: 7/8 hours (long ride) - 4/5 hours (short ride).

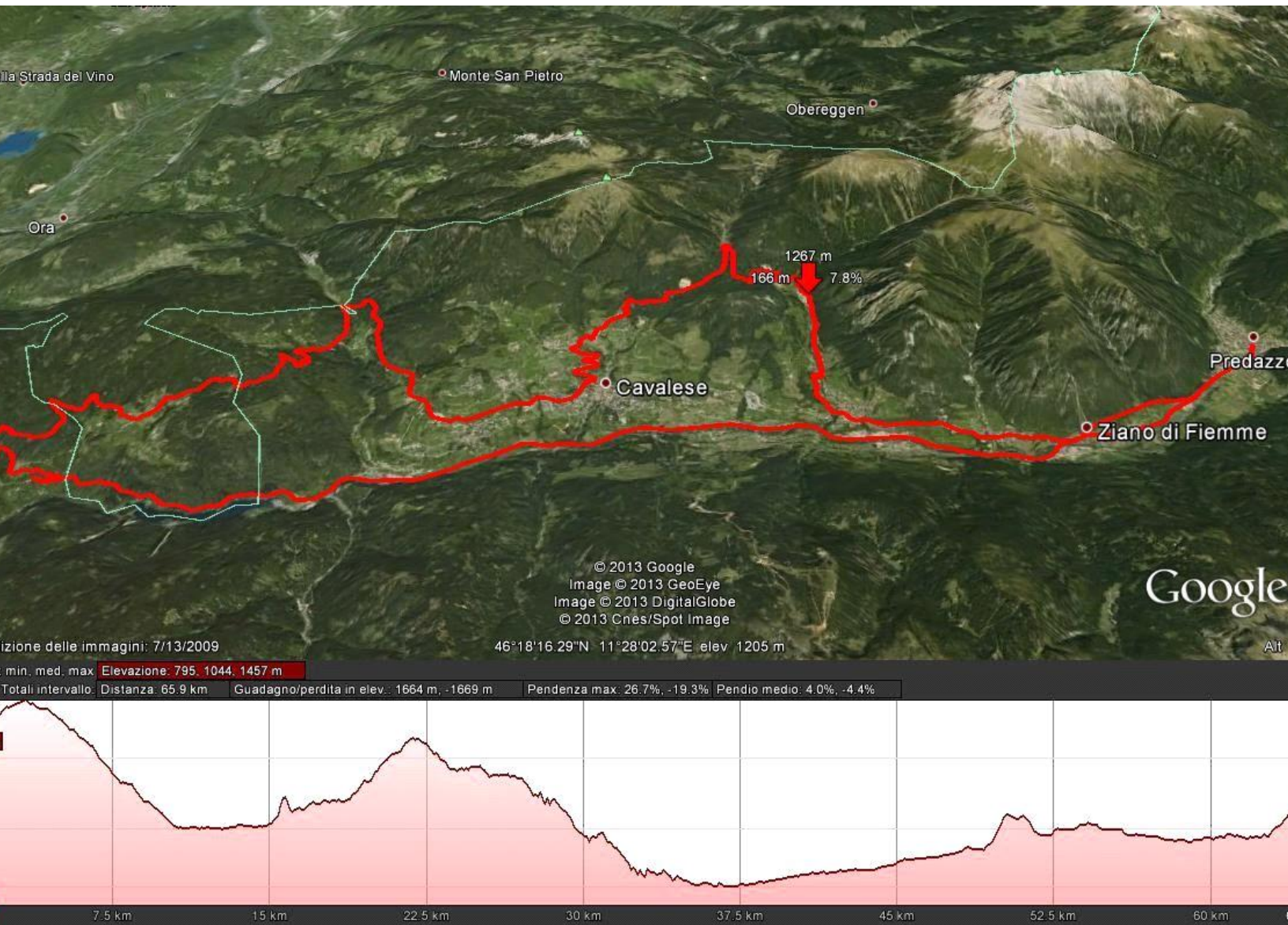
Technical judgment: It's a quite demanding track where steep climbs alternate with quick and technical descents. The hardest stretch is the climb to Passo Pampeago (long ride).

PASSO PAMPEAGO-PASSO LAVAZE-CAVALESE-Panchià (46 km)

Technical judgment:

A very hard tour; the impressive Alpe di Pampeago, 1757 m., has a vertical drop of 765 meters in less than 8 kilometers with an average gradient of nearly 10% (very hard the last 4 km).

Famous bikers such as Marco Pantani Pavel Tonkov, Gilberto Simoni, Emanuele Sella, Roman Kreuziger marked its history. Many times the tour of Italy arrived here.



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The tour lasts: 3/4 hours

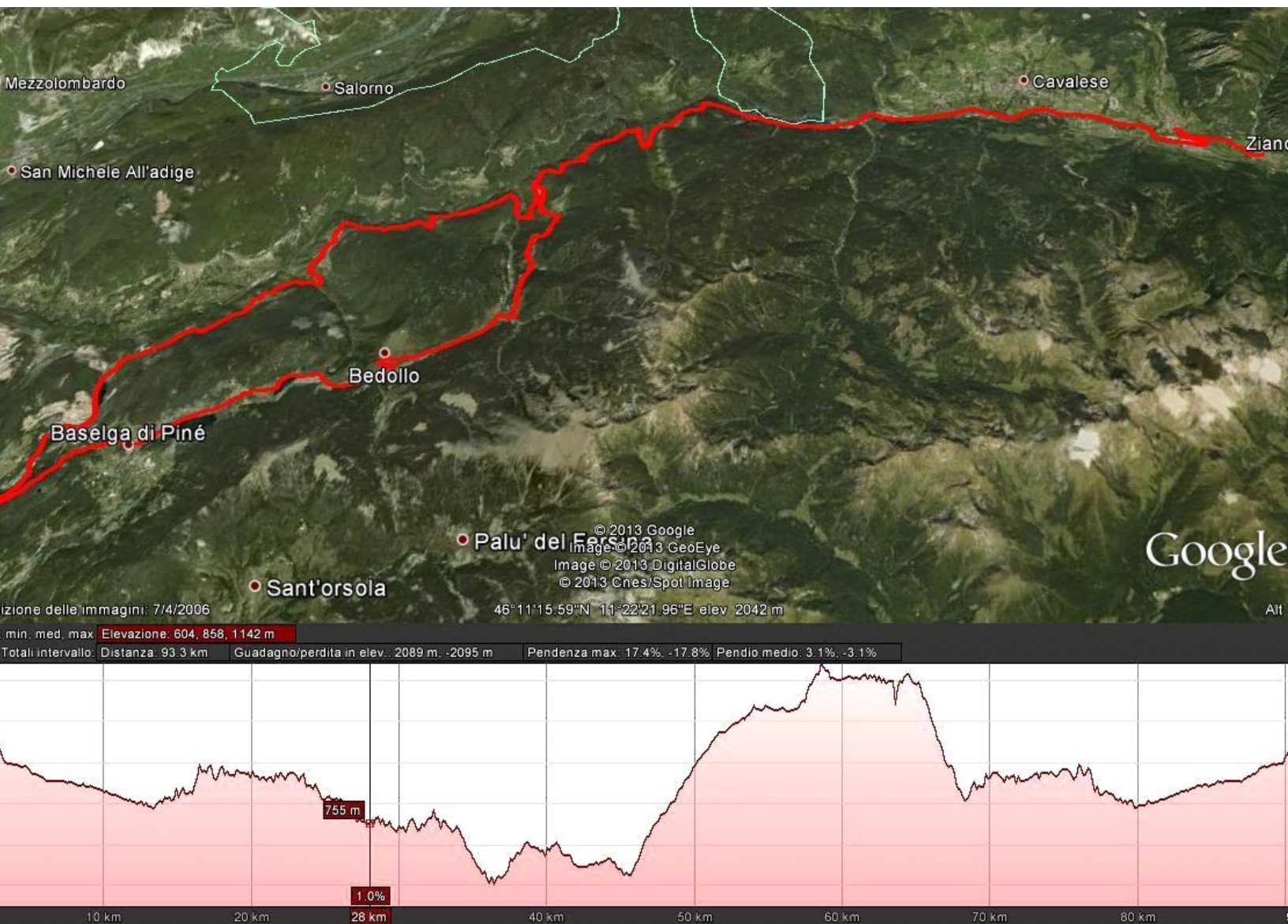
Technical judgment: very hard.

Incoming Italy – info@aemmeviaggi.it – www.aemmeviaggi.it – would you please contact: Roberto or Ludovica

PANCHIA'-ALBIANO-PINE'- PANCHIA' (93 km)

Description of climbs:

Popular and easy tour to discover the hard extraction of porphyry, the magic of the Segonzano pinnacles, the nature of the Pine plateau cultivating small fruits such as strawberries, raspberries, blackberries, currants. You will be enthralled by these peculiar areas marked by ancestral life.



The tour lasts: 4/5 hours, about 90km.

Technical judgment: medium to challenging tour

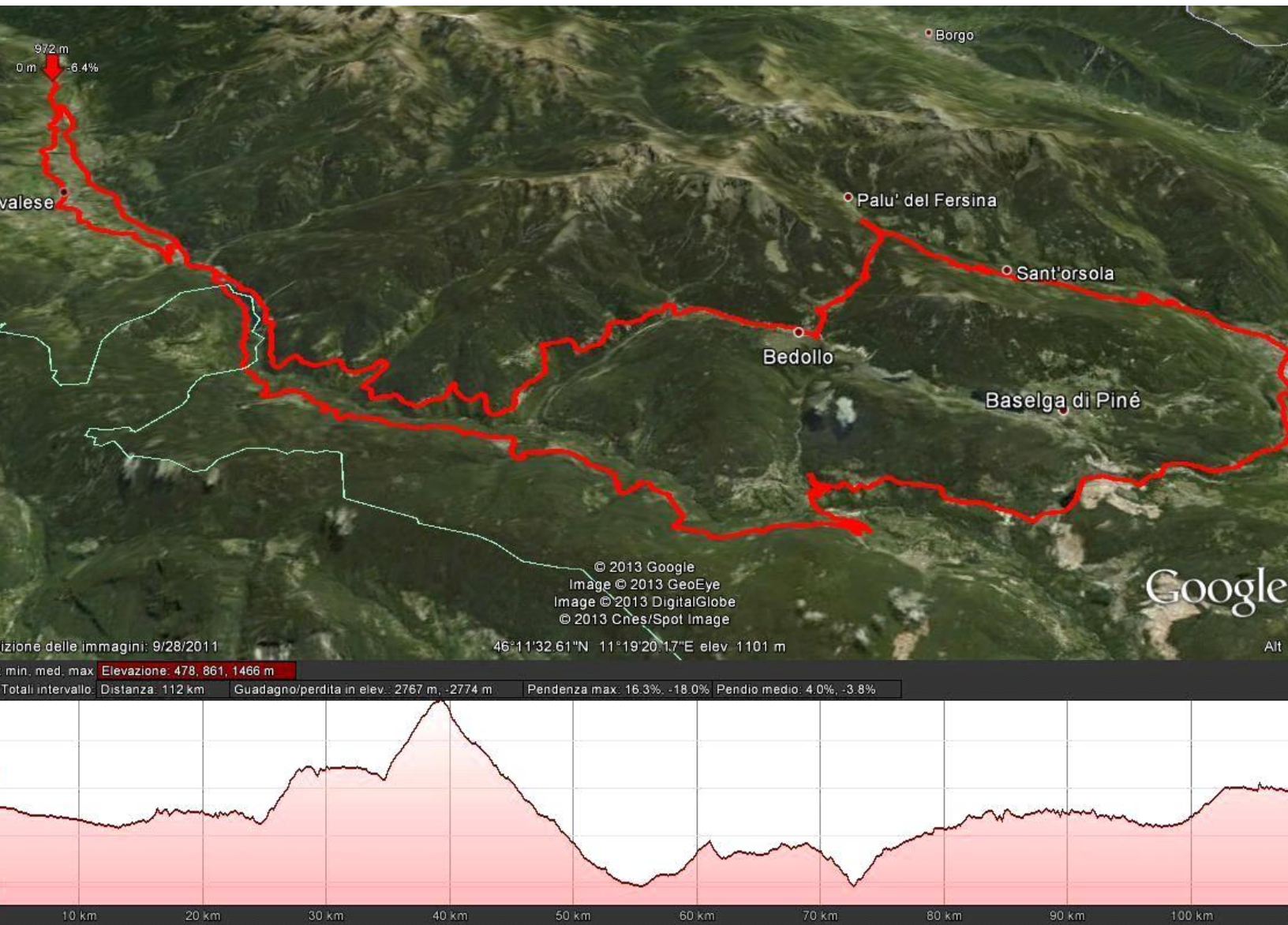
PASSO REDEBUS CHALLENGIN WILD (125km)

Challenging but satisfactorily track offering wild and often solitary scenarios.

In the Passo del Redebus at 1,440m., which connects the Piné Plateau to Mocheni Valley, lies the archaeological site of Cold Water, one of the most important prehistoric foundries of the late Bronze Age. In the area of Segonzano, Val di Cembra, the beautiful pinnacles of land, same as the Zion park in the Utah, resulted from the breakup of the mountains and the action of water.

The tour lasts: 6/7 hours.

Technical judgment: medium to challenging tour



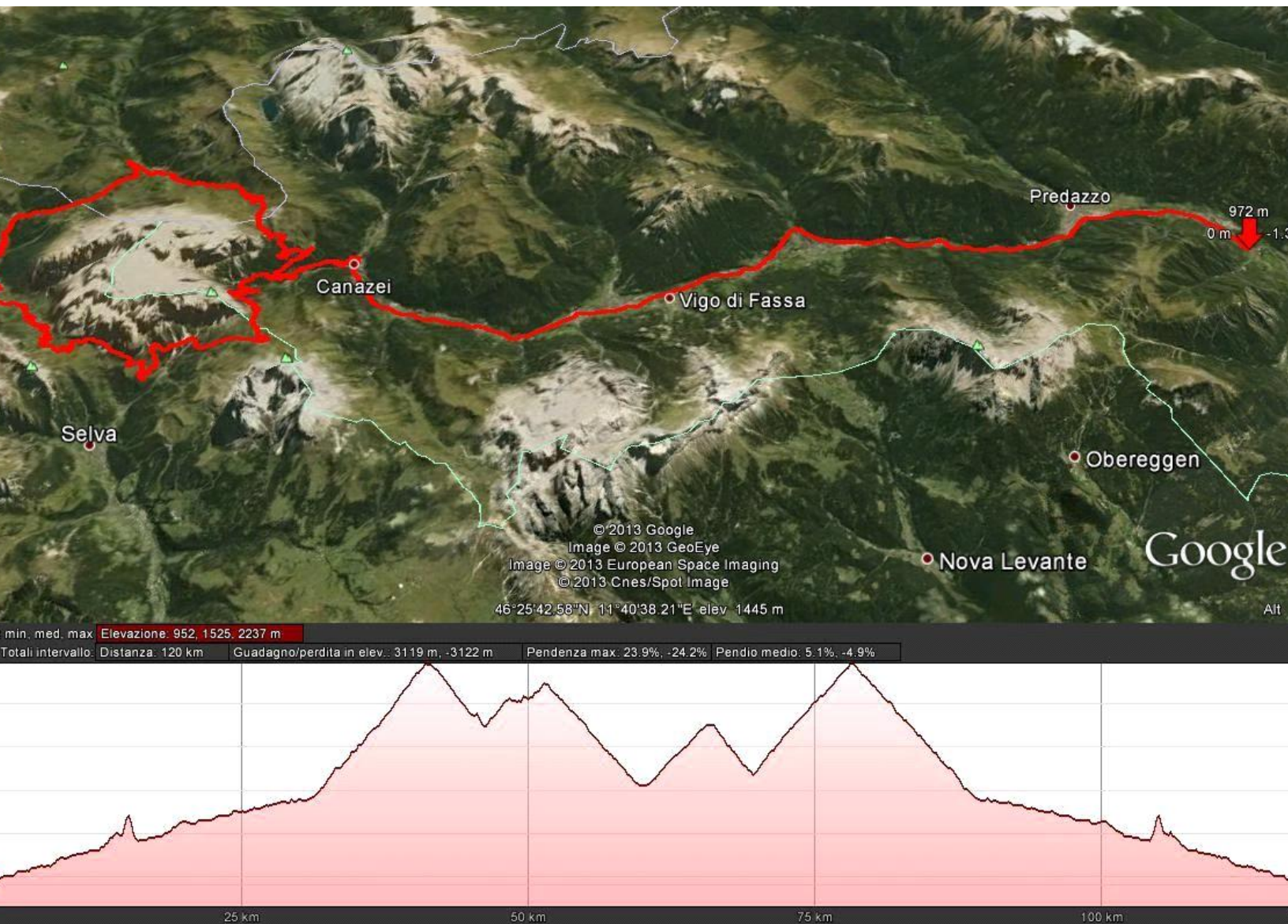
Some challenging tracks in parallel with flat and easy paths able to penetrate into the Italian and German soil of this wonderful and sometimes wild nature. After lunch in Ora, at the "Bici grill" possibility to return to the hotel by bus.

The tour lasts: 6 to 7 hours for about 125km.

Technical judgment: medium tour

THE FOUR PASSES (120km)

One of the most beautiful tracks in the Dolomites around the Sella massif. The famous four Passes are: the Sella Pass (2244m), the Gardena Pass (2121m), the Campolongo pass (1875m) and the Pordoi one (2239m). Alternate continuously up and down, without any significant flat stretches where you can recover energy. Beautiful landscape.

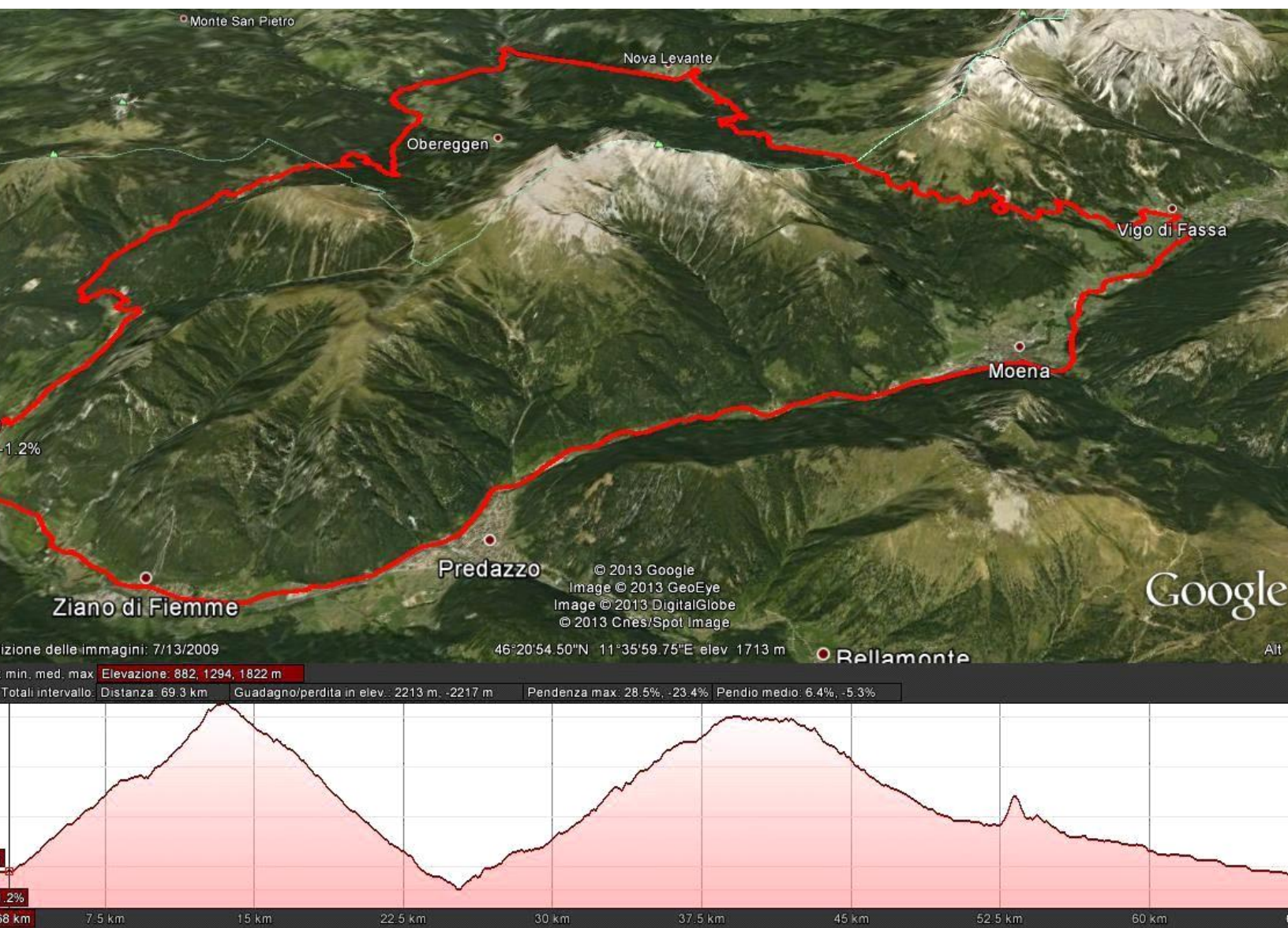


The tour lasts: 5 hours for about 120 km.

Technical judgment: challenging but what a scenarios!

FIEMME, OBereggen, NOVA LEVANTE

A challenging riding you up to the **Passo di Lavazè** at 1.805 m., further down to the **Passo di Costalunga** at 1.753 set between the scenic mountains group of the [Catinaccio](#) and the [Latemar](#). Often included in the Giro d'Italia bike.

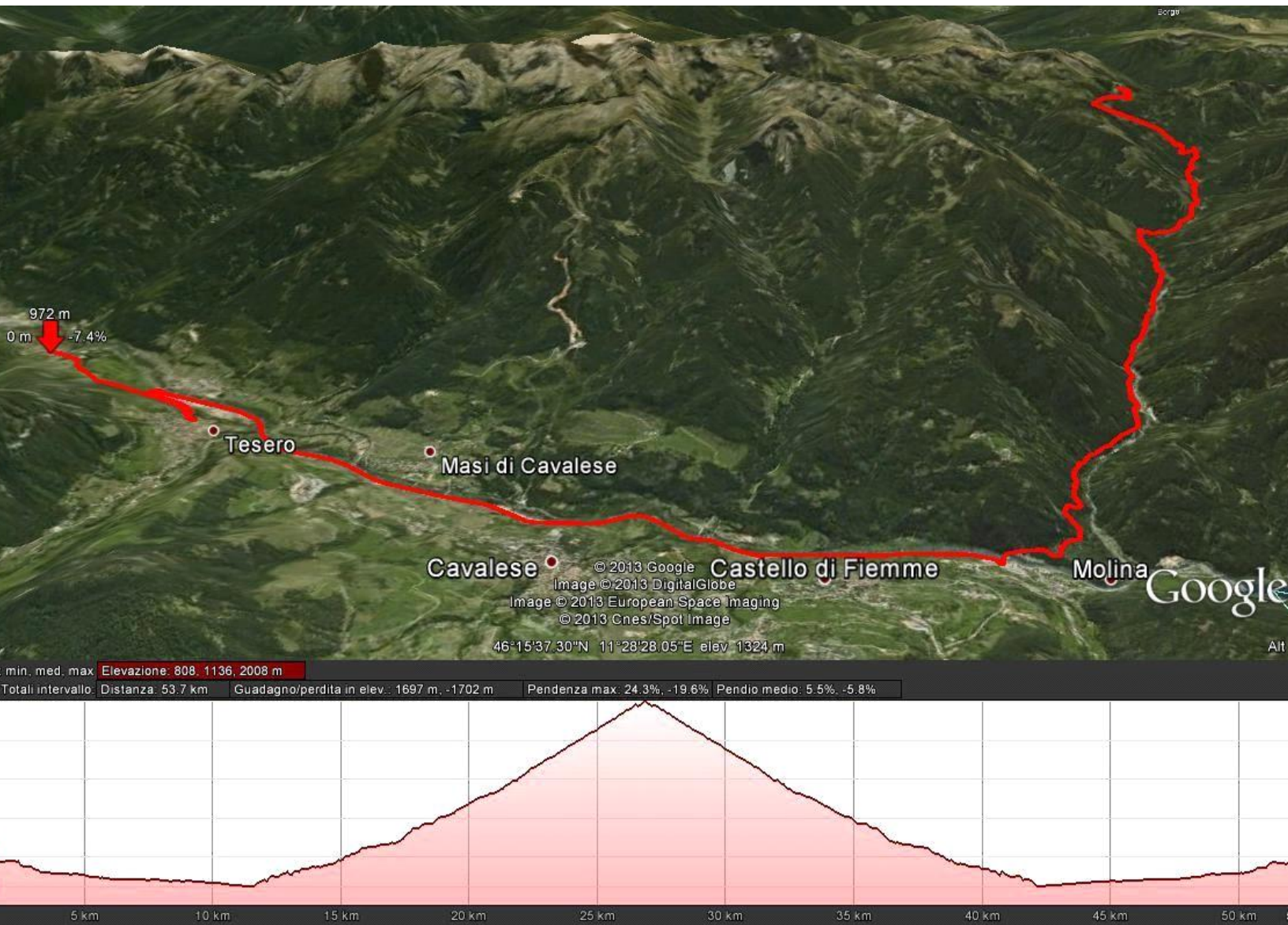


The tour lasts: 4/5 hours

Technical judgment: A demanding tour that requires a lot of physical effort.

THE MANGHEN PASS, UNFORGETTABLE CLIMB (70km)

The Step Manghen is one of the most famous mountain passes paths in the Tour of Italy, particularly hard because of its length. Until 2007 the bike marathon Campagnolo included such an uphill; then the marathon changed its name (Sportful) and location: Passo Duran and Valles took its place.

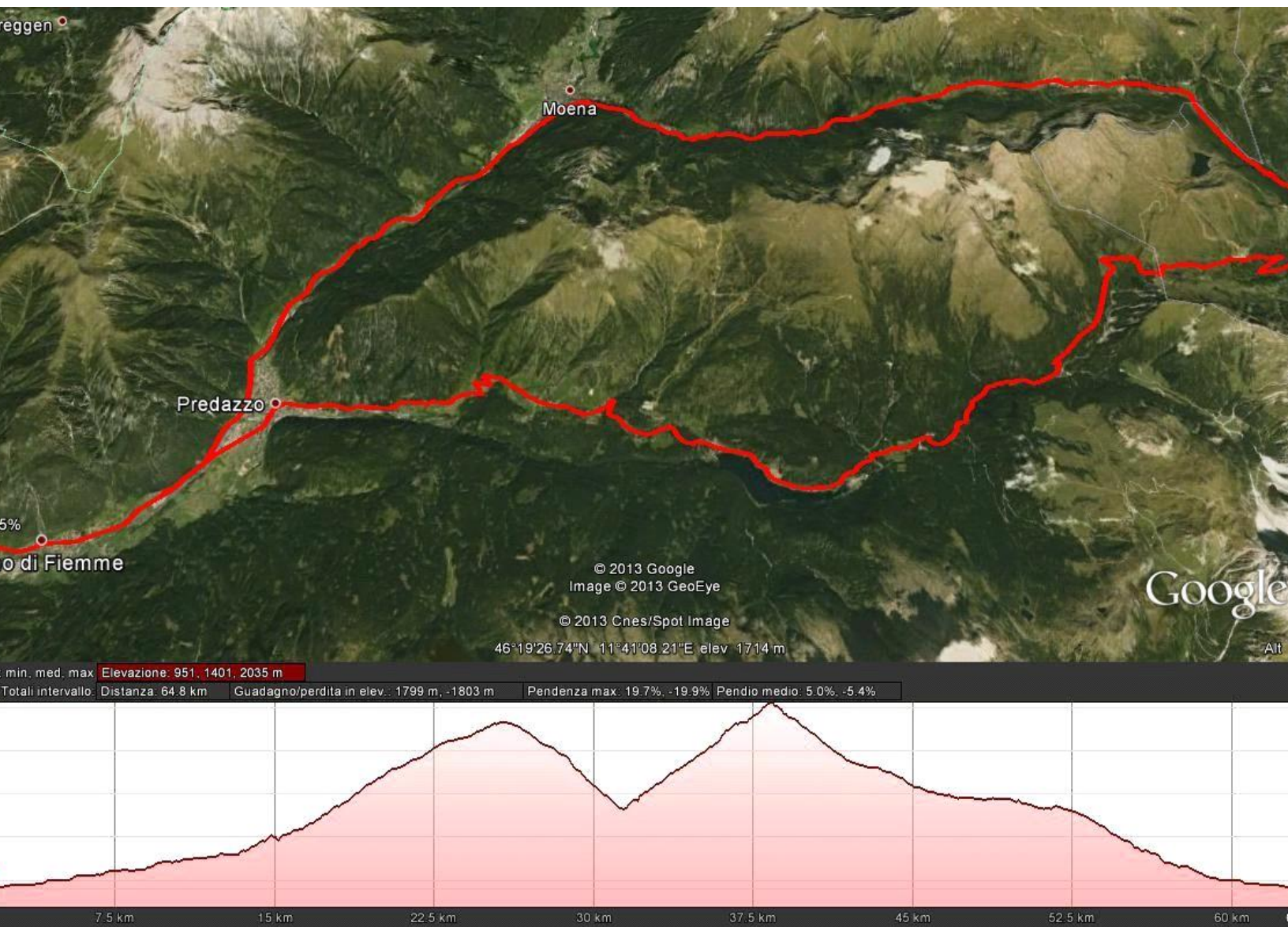


The tour lasts: 3/4 hours for about 70 km.

Technical judgment: Hard and challenging with a 7,5% average gradient.

FIEMME, FASSA AND PANEVEGGIO PARK

An astonishing tour with unforgettable climbing up to over 2.000 meter then down to the beautiful Paneveggio park area reaching the world championship village of Predazzo lying on an extinct volcano bed.



The tour lasts: 3/4 hours for about 70 km.

Technical judgment: Challenging tour where the hard climb undertakes the maximum yield.



MERIDA RIDE 4000



MERIDA SCULTURA 5000