



Alpine Cols
CRANK UP THE POWER 

Discovering the Dolomites
7th to 14th September 2019

A cycling trip you will never forget

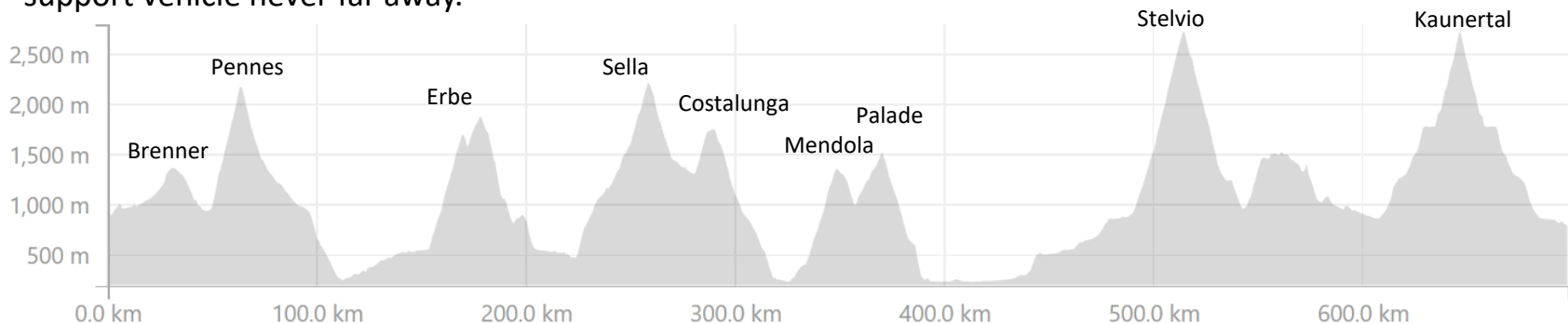
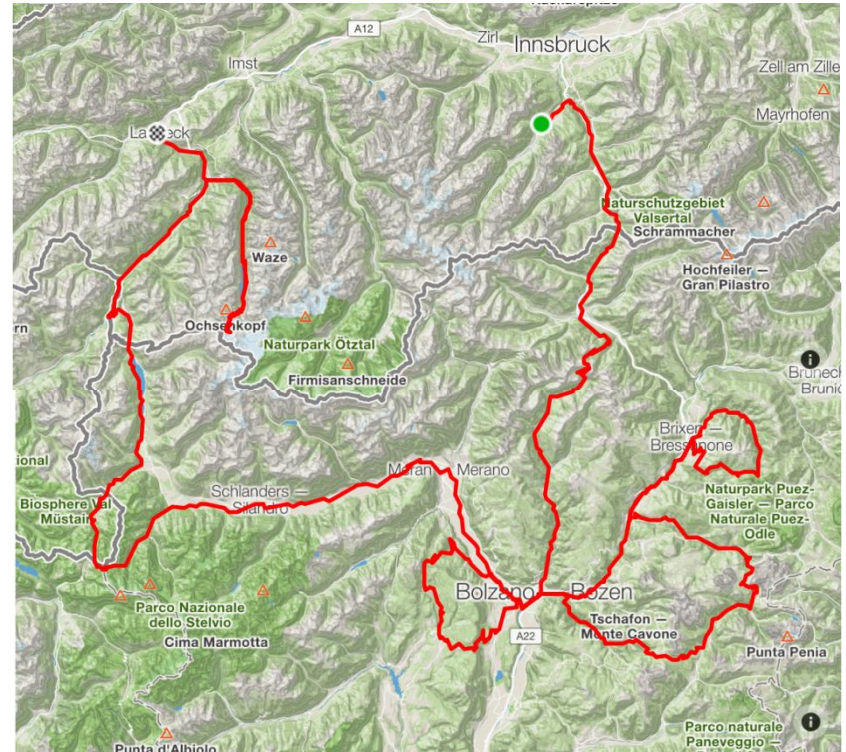
Justly famous for their beauty, the **Dolomites** and the **Italian Alps** are truly a cyclist's dream. This Bolzano-based trip showcases the very best of the area.

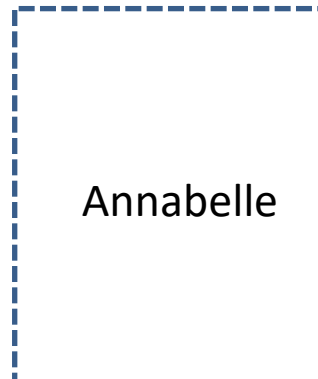
On the way you will cycle over many of the great iconic climbs of the Dolomites and Italian Alps, including:

- Passo Pennes
- Passo Sella
- Passo Costalunga
- Passo delle Erbe
- Passo Stelvio (and many more).

During the 7-day trip you can expect to ride around 100km per day and climb 2,200m. Strong riders can do more (and you can always do less).

You will be supported every metre of the way by the Alpine Cols/Verve Cycling team riding with you and the support vehicle never far away.





Welcome!



The Alpine Cols difference:

- *A real expertise and focus on one-on-one coaching for performance.*
- *Charming, “boutique” hotels full of character.*
- *Wonderful meals: not just to refuel, but truly to enjoy!*

Together with partners **Bryan** and **Annabelle Taylor** (Verve Cycling InfoCrank®), **Marvin** and **Emmanuelle** are looking forward to a wonderful week's cycling with you. September is the perfect time to explore the Dolomites, with most of the summer tourists back at work.

We have designed the tour to show you the very best of the Dolomites and Italian Alps, while staying on the quieter roads and away from heavy traffic. Highlights include the **Pennes**, **Sella**, **Costalunga** and **Erbe** passes, followed by the **Mendola**, **Palade** and the mighty **Stelvio**. We will climb this from Prato, the most dramatic and photogenic side, and then go on to the **Umbrail**. Our last day will see us climb to the **Kaunertal Glacier**, at the same altitude as the Stelvio but almost tourist-free!

The trip is also a great opportunity to learn more about the **use of power in cycling**, since Bryan is one of the world's foremost power experts. Don't worry, however, if you are not interested in power. It is certainly not essential to have a power meter to enjoy your riding.

Our goal is that you have a wonderful time and leave us with unforgettable memories of your week's cycling in some of the most beautiful mountains in the world. More than that, we hope you become friends who will come back again and again - as is already the case for many of you!

Marvin & Emmanuelle



Passo dello Stelvio



Is this cycling trip for you?

YES: if you want to **discover the magic of the Dolomites**.

YES: if you want to **make friends** and **have fun** with **other like-minded people**.

YES: if you enjoy the **intimacy of small groups** and **small, unique hotels**.

YES: if you want to **improve your climbing** and **descending technique**.

NO: *if you prefer large groups and big hotels.*

CAN I
KEEP UP?

BOOK
NOW

Trip highlights

On the bike

- This goals of this trip are discovery and enjoyment, rather than speed and performance. However our coaches are always delighted to cycle faster and will give you as much advice and as many tips as you wish.
- The coach to rider ratio is 1:5 or better, ensuring that you have the opportunity for plenty of one-on-one coaching.
- Throughout the trip you ride at your own pace. Different groups will form so that you ride comfortably with others.
- We recommend an easy endurance pace, but you can always ride harder if you wish.

Off the bike

- Recovery is the first priority, with a great post-ride buffet lunch back at the hotel followed by optional stretching sessions, massage and/or use of electro-stimulation.
- There is an optional daily debrief with a coach looking at your ride file and power data.
- Time to relax in wonderful, authentic surroundings. Enjoy a coffee and pastry in one of the local cafés.
- The coaches are always available to chat informally about climbing and descending technique, using power meters, training for target events, nutrition, etc.

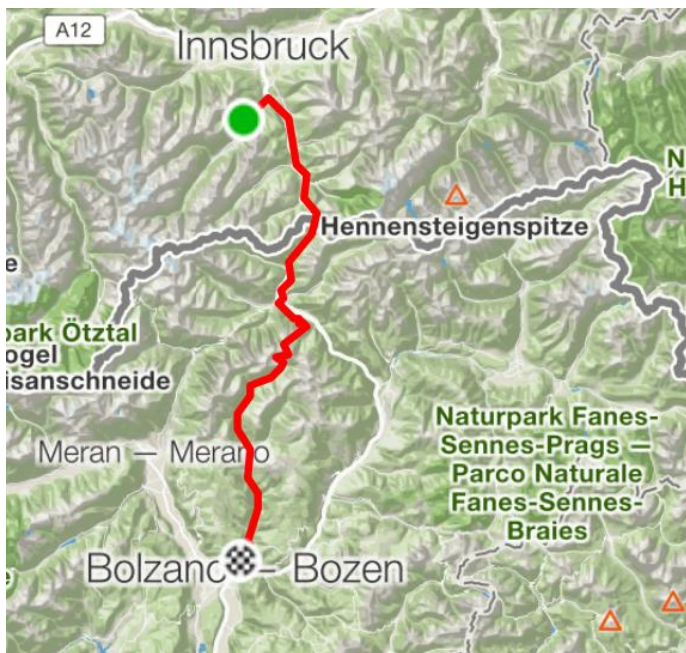
CYCLING PROGRAMME

Date	Alpine Cols programme	Timings	Logistics	Major climbs	Distance / vertical
Sat Sep 7	Arrival day Set up bikes; briefing for the week	tbc	Arrive in Innsbruck; transfer to hotel. Acclimatisation ride (if time allows)	Part of UCI World Championship course	50-60km / 1,000m
Sun Sep 8	Day 1: Over the mountains to Italy	8h30 15h-16h	Depart Stubai (on the bike) Arrive Bolzano	Passo Brennero Passo Pennes	109km / 2,120m
Mon Sep 9	Day 2: Glories of the Dolomites	8h30 16h-17h	Depart Bolzano (on the bike) Arrive Bolzano	Passo Sella Passo Costalunga	119km / 3,170m
Tue Sep 10	Day 3: Mendelkamm	8h30 14h-15h	Depart Bolzano (on the bike) Arrive Bolzano	Passo Mendola Passo delle Palade	89km / 2,200m
Wed Sep 11	Day 4: A Hidden Gem	8h00 15h-16h	Depart Bolzano (on the bike) Arrive Bolzano	Passo delle Erbe	129km / 2,610m
Thu Sep 12	Day 5: Stelvio (from Prato)	8h30 16h-17h	Depart Bolzano (train) Arrive Nauders	Passo Stelvio (from Prato) Passo Umbrail	85km / 3,030m
Fri Sep 13	Day 6: Kaunertal Glacier	8h30 17h-18h	Depart Nauders (on the bike) Arrive Stubai (by train)	Kaunertal Glacier	127km / 2,430m
Sat Sep 14	Departure day Final spin (if time allows)		Early morning ride (flight-dependent) Depart to the airport		

658 km | 15,500m | 9 major climbs

Stage 1: Stubai to Bolzano

109km | 2,120m



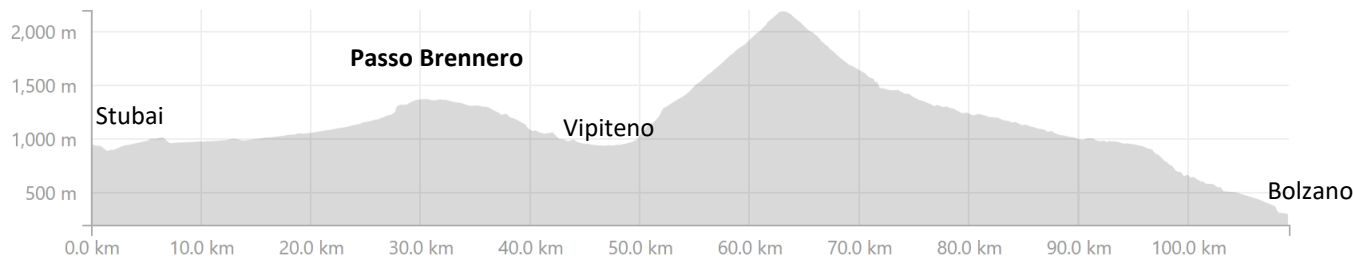
Into the heart of the Dolomites

Our destination is the wonderful Magdalener Hof hotel in Bolzano, but first we have some climbing to do. After a gentle warm-up on the 30km climb to the **Brenner** we make an easy descent to Vipiteno, where the real work starts.

The challenge of the day is called **Passo Pennes**, a classic of the Giro d'Italia. The first of many beautiful climbs to come, the initial 2km are the hardest!

Passo Brennero:	30 km, 470m+
Passo Pennes:	14.5km, 1,260m+

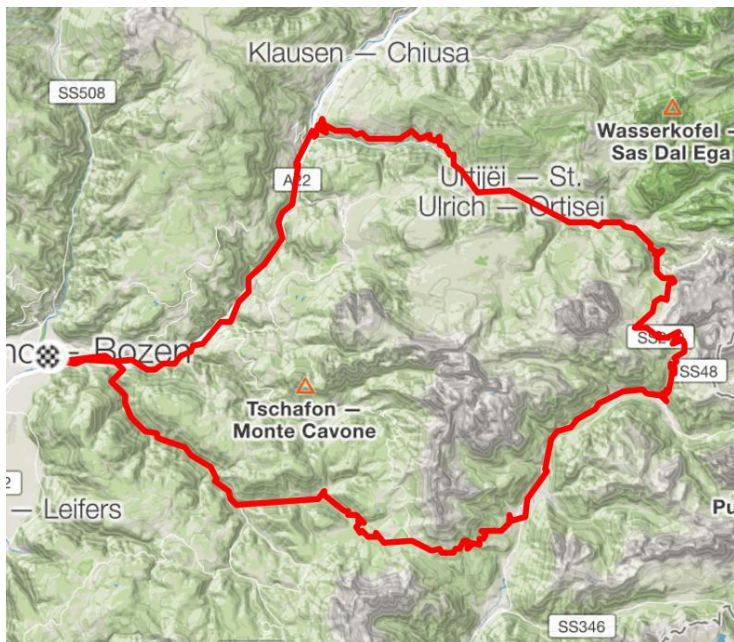
Passo Pennes (2,211m)





Stage 2: Passo Sella, Passo Costalunga

119km | 3,170m



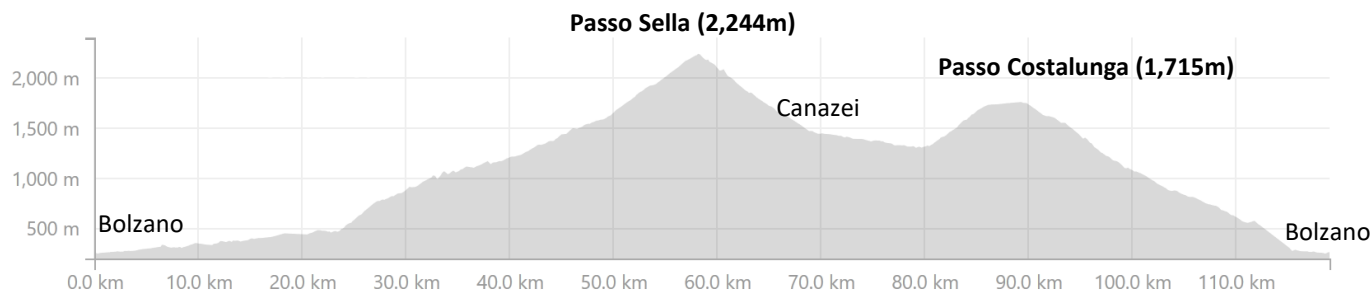
A classic Dolomites loop

Starting and finishing in Bolzano, this stunning ride starts with almost 60km of climbing to reach the **Passo Sella**. The first 25km are on a cycle track by the river. From Ponte Gardena we take a quiet road to Ortisei and then follow the iconic route to the Sella.

There's a wonderful descent to Canazei, followed by the relatively easy climb to the **Costalunga** and the final 30km descending back to Bolzano. You have truly earned your dinner tonight!

Passo Sella: 35 km, 1,780m+

Passo Costalunga: 10.3km, 401m+





Stage 3: The Mendelkamm

89km | 2,200m



From the Tour of the Alps

This is another beautiful ride on quiet roads over classic climbs. We cross the valley on cycle paths before beginning the 15km climb to the **Passo Mendola**. This is high above the valley and affords the most incredible views over the Bolzano basin and the Dolomites.

Down the other side to Fondo, from where we climb to the **Passo delle Palade** (Gampenjoch). There is an exhilarating 20km descent to the valley floor before a flat ride back through the apple orchards to Bolzano.

Passo Mendola: 14.8km, 958m+

Passo delle Palade: 12.9km, 530m+

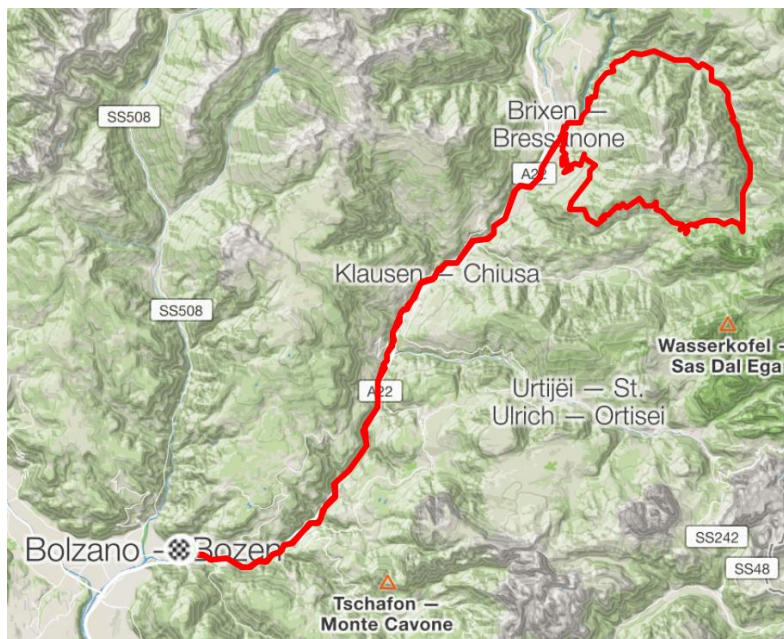




View from the Passo Mendola

Stage 4: Passo delle Erbe

129km | 2,610m

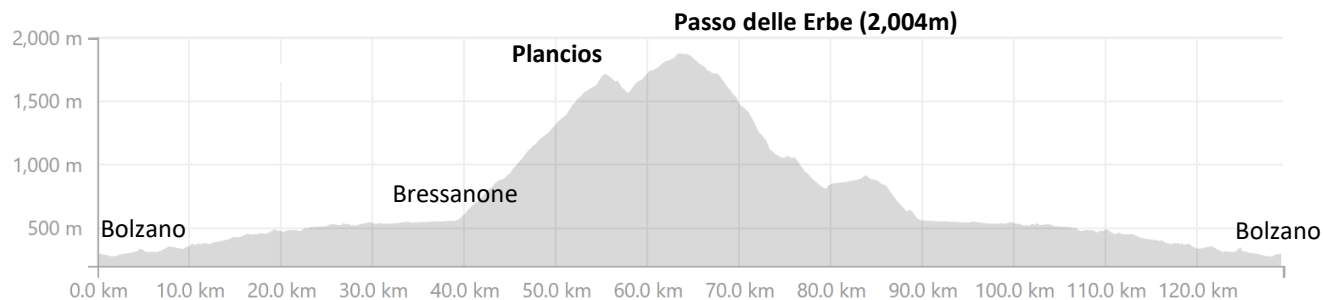


One of the hidden gems!

The first 40km up the valley to Bressanone follow the river on a quiet cycle track. We then turn off for the long haul to the **Passo delle Erbe**, some 1,300m higher up. This climb was used for the Time Trial in the Haute Route Dolomites 2017. It is a beautiful road with little traffic.

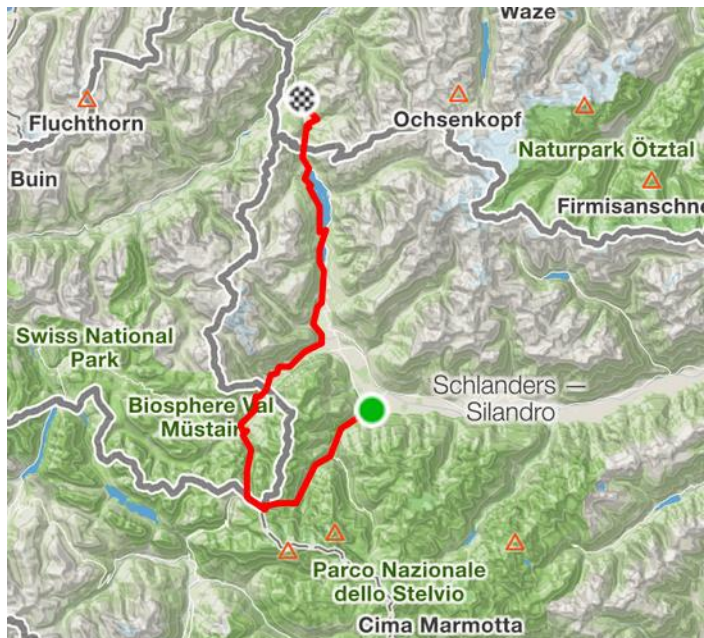
After the pass we loop round the back of the mountain for a swooping, high-speed descent back down to Bressanone. The 40km false-flat descent back down the valley to Bolzano will pass quickly, dreaming about cakes and massage back at the hotel!

Passo delle Erbe: 24km, 1,580m+



Stage 5: Passo Stelvio

85km | 3,030m



The greatest of them all

We start the climb to the **Stelvio** in Prato. This is the side most often photographed. The innumerable descending hairpins seem to have been thrown carelessly across the mountainside like spaghetti, and the view from the top is breath-taking.

It is a long, hard climb, as befits such a legendary giant.

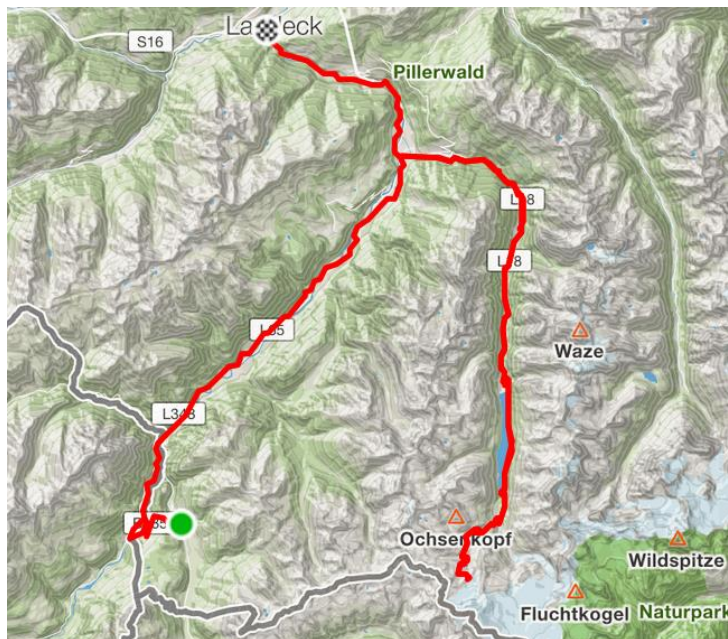
After a well-earned coffee at the top we cross briefly into Switzerland as we go over the **Passo dell'Umbrail**. We re-enter Italy during the descent to the valley floor, and finally cross another border to spend the night at Nauders, in Austria.

Passo delle Stelvio: 24.3km, 1,808m+



Stage 6: the Kaunertal Glacier

127km | 2,430m

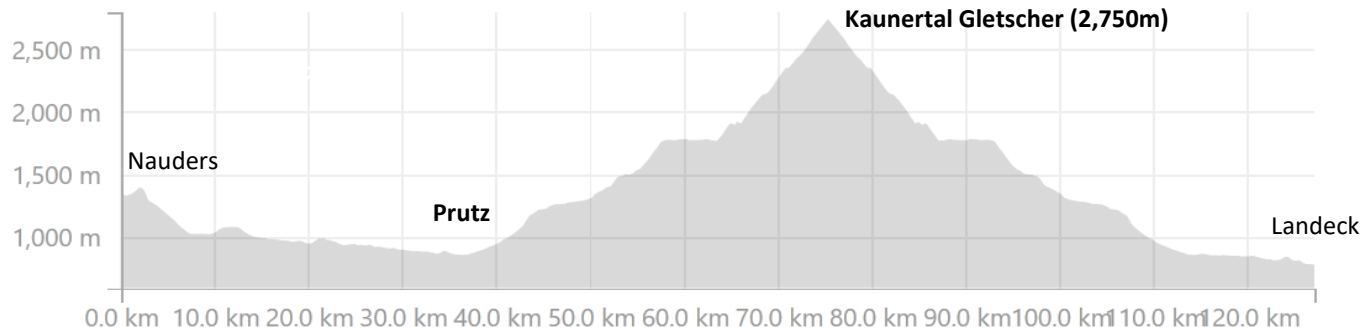


A huge climb to finish

After a short climb out of Nauders we descend into Switzerland and follow the beautiful gorge and valley of the Upperental. We cross back into Austria for a fast false-flat descent to Prutz, where we turn off and begin the final climb, but not the least!

The road to the **Kaunertal Glacier** is very quiet and the scenery is stunning. It is a fitting way to finish the week. The first 20km or so to the dam are easy, but the last 10km are anything but, with an average gradient of 10% and pitches of up to 18%!

Kaunertal Gletscher: 39km, 1,935m+





Hotel Magdalener Hof, Bolzano

We will spend 4 nights at the Hotel **Magdalener Hof**, which is ideally situated in the vineyards, just a couple of kilometres from the historic city centre of **Bolzano**. There are beautiful views on the surrounding mountains.

The Magdalener Hof is a family-run 3* hotel in the best traditions of the Tyrol.

The hotel is rated “Fabulous” (89%) on Booking.com in over 800 reviews.

The deluxe rooms and suites are delightful, with stylish untreated oak wood floors and charcoal coloured stone flooring in the bathrooms. Many of them have a balcony overlooking the gardens.

The restaurant provides great food, sourced locally, with plenty of variety and everything a hungry cyclist could ask for.

Last but not least, there's a secure room for the bikes!





How fast are the rides?

You may be asking yourself, “*will I be able to keep up with these guys?*” This is a perfectly normal question: nobody wants to be left behind or to feel they are always holding the group back!

The answer is that *so long as you are comfortable riding the daily distances and especially the elevation you will experience on the trip*, you will be fine. This is not a beginners trip, but neither is it for Elite athletes. The average age of our guests is ~45, with many in their 50’s. About 20% are women.

We use a number of techniques to support riders of different levels:

- The group of ~10 riders typically splits into two or three smaller groups by level.
- Each group is supported by a coach at all times.
- The faster riders will often ride extra distance or do more climbing.
- The faster riders may start later.

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Rest assured that we have long experience of supporting mixed groups in the mountains. We treat everybody the same way, regardless of whether you are the fastest or the slowest.

Everybody climbs at their own pace, and we judge the timings so that the group comes together whenever required.

If you have any concerns about your ability to fit in, please contact Marvin at info@alpinecols.com



PACKAGE PRICES

From **Sat 7 Sept** to **Sat 14 Sept**

- Twin-share: **€3,300**
- Single supplement: **€315**

BOOK
NOW

WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers (to and from Innsbruck, at a fixed time only)
- Accommodation and meals (breakfast, lunch and dinner)
- On-the-bike coaching (and guiding)
- Use of an **InfoCrank®** power meter, free of charge, from Jun 15th to Sep 14th.
- On-the-road support vehicle with free energy drinks and snacks
- Mechanical assistance
- Coach's Corner evening sessions on cycling performance
- Photographs taken during the week (digital copies)

ADDITIONAL NIGHTS

Please contact us for your personal quote if you would like to stay additional nights in the region.

WHAT IS NOT INCLUDED

- Travel to/from Innsbruck
- Bicycle hire
- Minibar or drinks at the hotel bar
- Coffee or snacks during café stops
- Massage (optional extra)



Bryan Taylor is one of the world's foremost power experts. He works on a daily basis with World Tour and Olympic athletes and their coaches and the development teams at the UCI, British Cycling and other national federations to push the boundaries of training with a power meter.

- All participants are invited* to join the #MyPower program to benefit from the **free use of an InfoCrank®** from June 15th to September 14th (on a purchase or return basis).
- **Take the guesswork out of your riding** with an accurate, reliable measure of your power output.
- **Use your power data** to set accurate training zone boundaries and maximise your training effectiveness.
- **Daily de-brief** on your riding/power at the camp.
- Insights from Bryan on **how Olympic athletes use power** (and especially torque) to train.

* There is absolutely no obligation



Verve Cycling's InfoCrank® is the power meter of choice for the UCI World Cycling Centre and for British Cycling, chosen for their world-leading accuracy, robustness and measurement stability.

Practical matters

- **Airport transfers**
 - The closest airport is Innsbruck, but for many people it is easier to fly to Munich. There is an easy train connection from Munich airport to Innsbruck central train station.
 - We will pick you up either at Innsbruck airport or train station, or we can organise a special pick-up at Munich airport (at extra cost).
- **Weather**
 - The normal weather at this time of year is 19°-25°C, and mostly sunny.
 - HOWEVER, rain is possible and it may be cooler, or even cold near the summits.
 - Bring cycling clothes appropriate for both wet and dry conditions and for temperatures between 0° and 30°C.
- **Shops, currency and language**
 - Bolzano (where we will spend 4 nights) is an attractive town with a long history and plenty of medieval buildings still standing, including castles, churches and the town hall. There are plenty of shops and supermarkets and several bike shops.
 - The language in Austria is German, but English is widely understood. Perhaps surprisingly, the preferred language in this part of Italy is also German, although you can usually get by in either Italian or English.
 - The currency is Euros. Visa and Mastercard are widely accepted or can be used to withdraw Euros from a bank machine.

Tips before travel

Preparing your bike

- Please get your bike serviced by a qualified mechanic. Tell the mechanic that you will be riding 650km or so through the mountains so the bike needs a thorough check, including the bottom bracket, the head tube and the wheels as well as the obvious brakes, gears, cables and chain.
- Make sure you have appropriate gears. We recommend a **compact chainset (50/34)** and a **cassette suitable for steep climbs (preferably 11/32)**.
- The bike should have new puncture-resistant tyres. Many of the roads have a rough, granular surface and sharp flints are common, especially if it has rained recently.
- Ride the bike for at least 50km after the service to make sure any stretch in the cables or other kinks are ironed out.

Travelling with your bike

- If you are new to travelling with your bike, give yourself plenty of time to pack it, preferably the day before travel.
- Follow the instructions of the bike box manufacturer carefully.
- Remember to deflate your tyres and leave the CO2 cylinders at home.
- Include any special tools required to re-assemble your bike.
- If you need help setting up your bike on arrival we will be happy to assist.

Insurance

Accident & illness

Please note that you must have insurance in place in order to cover the cost of assistance and repatriation in the event of accident or illness. The insurance must provide specific cover for cycling and should cover the following risks:

- medical expenses,
- personal accident,
- personal liability,
- emergency rescue,
- repatriation if you become too ill to travel,
- cancellation or curtailment of your holiday,
- travel delay,
- loss or delay to your baggage,
- loss or theft of personal effects and legal expenses.

If you are based in the UK, we suggest you contact one of the specialist cycling insurance firms.

Please make sure that your cover specifically includes Austria, Italy and Switzerland.

Cancellation

You should also take out cancellation insurance to cover the cost of your cycling holiday should you be forced to cancel for any reason. Cancellation charges will be applied on the following scale:

- | | |
|---|-----------------------------------|
| – More than 8 weeks prior to your holiday start date: | Deposit only |
| – 4-8 Weeks prior to your holiday start date: | 50% of the total amount invoiced |
| – Less than 4 weeks prior to your holiday start date: | 100% of the total amount invoiced |

Suggested Kit List

ITEM	CHECK
Bike (unless hiring)	
Spare tyres & inner tubes (2 each)	
Spare brake pads	
Spare derailleur hanger	
Any special tools or spare parts	
Spare power meter batteries	
Charger for electronic gears	
Heart rate chest strap	
Cycling computer & charger	
Mobile phone & charger, adaptor	
Cycling helmet	
Water bottles (2)	
Base layer short sleeve	
Base layer long sleeve	
Cycling jerseys short sleeve	
Cycling jerseys long sleeve	
Cycling shorts	
Cycling tights ¾ or long	

ITEM	CHECK
Cycling socks	
Cycling Cap or balaclava	
Cycling Gloves (summer)	
Cycling Gloves (long, waterproof)	
Arm warmers	
Leg warmers	
Warm waterproof jacket	
Lightweight rain jacket	
Windproof jacket	
Cycling sun glasses	
Cycling shoes (with spare cleats)	
Waterproof overshoes	
Chamois cream	
Sun cream	
Swimming costume	
Gym shorts and tee-shirt	
Medical certificate	
Insurance	



Photo © Alpine Cols



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