

8 Day Road Bike Tour - All Inclusive – 2017 Euro 1,200.00

Lakes of Northern Italy Bike Tour - Lake Maggiore – Lake Varese – Lake Lugano – Lake Como

8 days / 7 nights / 6 days of cycling – a guided bike tour based in one bike hotel

2017 scheduled dates:

May 6th – 13th	June 17th – 24th	July 29th – August 5th	September 23rd - 30th
May 13th – 20th	July 1st – 8th	August 19th - 26th	September 30th - October 7th
May 27th – June 3rd	July 8th – 15th	September 2nd - 9th	
June 3rd – 10th	July 22nd – 29th	September 9th - 13th	

Other dates are possible and we'll create a departure especially for you if there is a minimum number of 4 guests a maximum of 12 guests.

Average daily distance:	Main Tour approx. 49 miles - 80 km;	Avid option approx. 59 miles – 95 km
Total distance:	Main tour 286 miles - 461 km ;	Avid option 352 miles - 569 km
Total ascent:	Main tour 16,043 feet – 4.890 metres;	Avid option 27,930 feet - 8.513 metres

Accommodation

All daily rides start from our **Eco Bike Hotel Ungheria** (a 3 star hotel) located in the town of **Varese**.

The hotel is a family business and all the siblings work there. Our staff shares the Italian passion for cycling with our guests. There is a special locked with CCTV bicycle storage room, where the bikes are protected against weather and theft. We also have a bike workshop with a bench, bike stand and racks. **All meals are included.**

Everyday we prepare **fresh baking** at breakfast, a **bike packet** (strengthened and protein content snack with bananas and sandwiches) for your daily ride and a **afternoon buffet snack** when you'll be back at the hotel.

The **Giro d'Italia** almost always visits the region. The one day Autumn classic, **Tour of Lombardy**, or "the race of the falling leaves", marks the end of the UCI World Tour calendar. Other cycling events include **Tre Valli Varesine** and the **Coppa Bernocchi** in September, one-day road races included in the UCI Europe Tour calendar. In March, the Province of Varese hosts the **Trofeo Binda**, a one-day road race included in UCI Women's Road Cycling World Cup calendar.

Tours feature **undulating and peaceful roads with little traffic** among gently rolling hillsides, valleys and mountains, challenging climbs, descents and above all, views across the Prealps, Alps, the Monte Rosa Massif and Italy's northern lakes.

Eleven lakes of different sizes surround Varese. You will mainly follow small and scenic roads, with few road signs.

Our professional guides are natives of Varese and their experience can help you **find** the best routes including **those hidden lanes** and special discoveries **you will not find on a map.**

Our guide does the navigation so you can relax and enjoy the ride. Some stops are planned along the tour. You can visit villas, gardens, museums, churches, castles and other attractions.

Please take a look at Road Cycling Area : <http://www.gpsvarese.it/hu/10.html>

The **AIS** European Training Centre (ETC) for Australian athletes is located in Gavirate on the shores of Lake Varese. **Orica-Bike Experience**, the professional Australian cycling team, has **their secondary training base in Gavirate** on the shores of Lake Varese. The team trains on our roads.

Level of difficulty: intermediate and challenging - Terrain: rarely flat, mostly rolling / hilly

The tours are geared toward riders with experience, good fitness and a decent level of skill who should be able to ride 50 miles - 80 km daily with 2,900 feet - 900 metres elevation gain.

Some climbs are challenging but not very long, from 1.2 mile - 2 km up to 5.6 miles - 9 km. Our region has a typically hilly and mountainous landscape and therefore the tour profile is characterized by a continuous up and down. However there are shortcuts for getting back to hotel.

Highlights

- Rides through two historic sites on the UNESCO Worldwide Heritage List (Sacro Monte of Varese and Castrum Sibirium at Castelseprio).
- Panoramic view from the top of the Regional Park Monte Campo dei Fiori with the Alps on one side and flatlands on the other.
- Historic villas and gardens in Varese.
- Historic village of Castiglione Olona, known as “Tuscan Island in Lombardia” and the quaint village of Arcumeggia, known as “Painted Village”.
- Villa Della Porta Bozzolo at Casalzuigno, the hermitage of Santa Caterina del Sasso, the Cloister of Voltorre, Fortress of Angera, the Abbey of Ganna and Monastery of Torba.
- Loop of Lake Lugano.
- Shrine of Madonna del Ghisallo at Magreglio (CO)
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Tour details / Daily plan

Each day you'll decide between an **easier route** with some climbs and an **avid option** with more climbs. We have planned three extra daily rides: **Madonna del Ghisallo**, Mottarone and Lake Orta , Alpe Trarego. See the description at the bottom.

Day	Description	Distance approx. Main/easier route (Challenging route)	Ascent approx. Main/easier route (Challenging route)	Meals included
1 – Saturday	Arrival in Varese and pre tour-briefing			D
2 - Sunday	Tre Valli Varesine, option Brezzo di Bedero, Mesenzana, Monte Sette Termini	60.3 miles – 97,2 km (59 miles– 94,6 km)	3,412 ft - 1.040 m (5,184 ft – 1.580 m)	B L D
3 – Monday	Loop of Regional Park Monte Campo dei Fiori, option Sacro Monte and top Monte Campo dei Fiori	28 miles – 45 km (38 miles – 61,4 km)	1,780 ft - 540 m (4,413 ft – 1.345 m)	B L D
4 – Tuesday	Loop of Lake Lugano, option Malcantone, Colmegna, Luino	53.8 miles – 86,7 km (70.2 miles - 113 km)	1,608 ft - 480 m (4,528 ft - 1.380 m)	B L D
5 – Wednesday	Arcumeggia, Sant’Antonio, San Michele, option Passo Cuvignone	38.3 miles – 61,7 km (47 miles – 75,3 km)	4,003 ft - 1.220 m (4,442 ft - 1.354 m)	B L D
6 – Thursday	Azzate, Fortress of Angera, Lake Comabbio , Lake Monate	55.3 miles – 89 km	2,592 ft - 790 m	B L D
7 – Friday	Loop of 7 lakes North stretch, option Alpe Tedesco, Cuasso, Ardena, Marzio	56.2 miles – 90,6 km (72 miles - 116 km)	2,953 ft - 900 m (5,748 ft - 1.752 m)	B L D
8 - Saturday	Breakfast and departure			B

B = high-calorie continental breakfast

L = Bike packet, strengthened and protein content snack with bananas and sandwiches
+ Afternoon buffet snack when you'll be back at the hotel.

D = Dinner in a local Italian restaurant, with a typical menu.

1 – Saturday - Arrival

After your arrival in our Bike Hotel Ungheria there will be evening pre-tour briefing.

2 – Sunday - Tre Valli Varesine, option Brezzo di Bedero, Monte Sette Termini

Daily route: distance 60.3 miles – 97,2 km; ascent 3,412 ft – 1.040 m.

Avid option: distance 58.7 miles – 94,6 km; ascent 5,184 ft – 1.580 m.

Look at the map: <http://www.gpsvarese.it/hu/12.html>

daily route profile: <http://www.gpsvarese.it/hu/12m.jpg>; avid option profile: <http://www.gpsvarese.it/hu/12a.jpg>

Today's ride crosses three valleys in the upper region of Varese: Valcuvia, Valganna, Valmarchirolo. The route is very undulating. You will find peaceful roads and lakes with panoramic views, with some short climbs. The Ardena climb is the longest (length 2 miles – 3,2 km, average gradient 6,0%, max 8%). We ride along Lake Maggiore, Lake Lugano, Lake Brinzio, Lake Ganna and Lake Ghirla. Along our route there is the Abbey of Ganna and Villa Della Porta Bozzolo at Casalzuigno where you can stop and visit. There are two climbs in the avid option: Brezzo di Bedero climb (length 1.1 mile - 1,8 km, average gradient 8%, max 10%), and Sette Termini climb (length 7 miles - 11,2 km, average gradient 6%, max 10%).

3 - Monday - Loop Regional Park Monte Campo dei Fiori, option Sacro Monte and top Monte Campo dei Fiori

Daily route: distance 28 miles - 45 km; ascent 1,780 ft - 540 m .

Avid option: distance 38 miles – 61,4 km; ascent 4,413 ft – 1.345 m.

Look at the map: <http://www.gpsvarese.it/hu/11.html>;

daily route profile: <http://www.gpsvarese.it/hu/11m.jpg>; avid option profile: <http://www.gpsvarese.it/hu/11a.jpg>

Our route today follows the loop around the Regional Park Monte Campo dei Fiori. If you are able to climb, you have the choice to straight up Sacro Monte of Varese, UNESCO Worldwide Heritage Site. We continue to the summit of Monte Campo dei Fiori. The climb is challenging (length 5.2 miles – 8,2 km, average gradient 8%, max 13%). From here a magnificent panorama opens before us of the Alps and of Monte Rosa on one side and flatlands on the other. Monte Campo dei Fiori is known as the “balcony of Varese”.

4 – Tuesday - Loop of Lake Lugano, option Malcantone, Colmegna, Luino

Daily route: distance 53.8 miles – 86,7 km; ascent 1,608 ft - 490 m.

Avid option: distance 70.2 miles - 113 km; ascent 4,528 ft – 1.380 m.

Look at the map: <http://www.gpsvarese.it/hu/13.html>

daily route profile: <http://www.gpsvarese.it/hu/13m.jpg>; avid option profile: <http://www.gpsvarese.it/hu/13a.jpg>

The main route is a beautiful flat ride around the Lake Lugano, almost completely in Switzerland. We cross the Valcuvia valley, and then our ride unwinds along Lake Lugano, with views of Monte Generoso and of Monte Lema. The ride of Malcantone, Colmegna, Luino (avid option) offers great landscapes in Switzerland. It will take in some climbs and offer spectacular views across Lake Lugano, the swiss region of Malcantone and the surrounding mountains: Monte Generoso and Monte Lema. You may meet profession cyclists training in this area. Then the route flattens along the shores of Lake Maggiore, Tresa River and Lake Lugano. There are two climbs in the avid option: Vernate climb (length 2.6 miles - 4,2 km, average gradient 6%), and Cademario climb (length 5 miles - 8 km, average gradient 7,5%, max 12%).

5 – Wednesday - Arcumeggia, Sant'Antonio, San Michele, option Passo Cuvignone

Daily route: distance 38.3 miles – 61,7 km; ascent 4,003 ft - 1.120 m.

Avid option: distance 46.7 miles – 75,3 km; ascent 4,442 ft – 1.354 m.

Look at the map: <http://www.gpsvarese.it/hu/14.html>

daily route profile: <http://www.gpsvarese.it/hu/14m.jpg>; avid option profile: <http://www.gpsvarese.it/hu/14a.jpg>

Today we ride in Valcuvia valley again. Along our route there are Villa Della Porta Bozzolo at Casalzuigno, the quaint village of Arcumeggia, known as “Painted Village”, and the small village of San Michele. There are three climbs in the main route: Arcumeggia climb (length 2.2 miles - 3,6 kms, average gradient 7%), San Michele climb (length 1.5 mile - 2,4 km, average gradient 10%) and Brinzio climb (length 5.1 miles - 8,2 km, average gradient 3,5%, max 8%). There is a challenging climb in the avid option: Passo del Cuvignone (length 5.9 miles - 9,5 km, average gradient 8,2%, max 13%). This climb however offers rewarding views across Lake Maggiore, Lake Varese and Monte Rosa.

The Passo Cuvignone is many cyclists' favourite training ground.

6 – Thursday - Azzate, Fortress of Angera, lake Comabbio, Lake Monate

Daily route: distance 55.3 miles - 89 km; ascent 2,592 ft - 790 m.

Look at the map: <http://www.gpsvarese.it/hu/15.html>

daily route profile: <http://www.gpsvarese.it/hu/15m.jpg>

The route in the lower region of Varese is winding, with lots of up and down, through a number of the small villages and through the gently rolling hillside, among Lake Varese, Lake Comabbio, Lake Monate and Lake Maggiore: Italy's second largest lake. We

see the panoramic view from Azzate and then we reach Angera, a medieval town on the shores of Lake Maggiore, where you can visit the Fortress of Angera. This ride includes a soft climb known as the "Sasso di Gavirate" (length 3.4 miles - 5,4 km, average gradient 3%, max 6%).

7 – Friday - Loop of 7 lakes North stretch, option Alpe Tedesco, Cuasso, Ardena, Marzio

Daily route: distance 56.2 miles – 90,6 km; ascent 2,953 ft - 900 m.

Avid option: distance 72 miles - 116 km; ascent 5,748 ft – 1.752 m.

Look at the map: <http://www.gpsvarese.it/hu/16.html>

daily route profile: <http://www.gpsvarese.it/hu/16m.jpg> ; avid option profile: <http://www.gpsvarese.it/hu/16a.jpg>

The ride in the upper region of Varese is undulating and there are some short climbs. We reach Lago Maggiore and follow its shores between the towns of Luino and Laveno. Woods surround most of the route. Next we reach the hermitage of Santa Caterina del Sasso, on the banks of Lake Maggiore, that, if you want, you can visit. After a winding and panoramic road we come back following a climb known as the "Sasso di Gavirate" (length 3.4 miles - 5,4 kms, average gradient 3%, max 6%).

If you choose the avid option there are challenging climbs and exhilarating descents in a pristine and well preserved natural environment. If you want we can climb towards and over Alpe Tedesco ridge (length 2.9 miles - 4,7 km, average gradient 8%) that separates Valganna from Valcuvia. After 2.5 miles - 4 km of flat along the shores of Lake Lugano, we climb again towards Ardena (length 2 miles - 3,2 km, average gradient 6%, max 8%) and we finally arrive in the village of Marzio (length 2.4 miles - 3,9 km, average gradient 8,2%, max 10%).

Extra daily ride – Madonna del Ghisallo - dist. 97 mi - 156 km; (by train 72 mi - 116 km); ascent 5,740 ft - 1.750 m

Look at the map: <http://www.gpsvarese.it/hu/17.html> and the route profile: <http://www.gpsvarese.it/hu/17m.jpg>

During your stay, you can choose to ride over towards Lake Como and go up to the Shrine of Madonna del Ghisallo. The small Chapel is at Magreglio (CO) between the two branches of Lake Como. It's an all-day ride. We can come back to hotel by train from Como station, so the ride is will long 72 miles - 116 km.

The Madonna del Ghisallo is venerated by international cycling as patroness of cycling and the place has become the focus of many riders' pilgrimages. Just follow these links: http://en.wikipedia.org/wiki/Madonna_del_Ghisallo and: <http://www.cyclingnews.com/features/la-madonna-del-ghisallo-the-patron-saint-of-cycling>

To ride over towards Lake Como and up to the Shrine of Madonna del Ghisallo, we cross the Swiss pre-alpine mountains and we ride along Lake Lugano and Lake Como's shores, passing through the lake side villages of Menaggio and Bellagio where the Madonna del Ghisallo climb starts (length 6,5 miles – 10,5 km, average gradient 5,2%, max 11%) .

Extra daily ride – Alpe Tzarego - distance 73.3 miles - 118 km; (by train 51 miles - 82 km); ascent 8,100 ft - 2.470 m.

Look at the map: <http://www.gpsvarese.it/hu/18.html> and the route profile: <http://www.gpsvarese.it/hu/18m.jpg>

It's a very challenging ride, however it's possible come back by train, so the ride is will long 51 miles - 82 km. The Alpe Tzarego climb is a back road riding through dense woods and arriving on a natural balcony that takes in some of the most beautiful scenery of the region. From Laveno (by bike) we take a ferry to Intra and we cross Lake Maggiore. After a short section along the shores of Lake Maggiore we reach Cannero Riviera. From there we climb up to the Alpe Tzarego (length 6.4 miles – 10,3 km, average gradient 9%, max 11%). After a short descent there is another climb (length 1.7 miles – 2,7 km, average gradient 9%). A long descent leads us directly into Intra and crossing Lake Maggiore again we come back to hotel passing behind Regional Park of Monte Campo dei Fiori.

Extra daily ride – Lake Maggiore, Lake Orta and Mottarone – dist. 85 miles - 136 km; ascent 6.725 ft - 2.050 m.

Look at the map: <http://www.gpsvarese.it/hu/19.html> and the route profile: <http://www.gpsvarese.it/hu/19m.jpg>

It's an all-day ride. It unwinds through the gently rolling hillside, among Lake Orta Lake and Lake Maggiore. From Angera (by bike) we cross Lake Maggiore on a boat ride. After a short initial flat section along the shores of Lake Maggiore we continue over towards Lake Orta and the village of Orta San Giulio. We climb towards and over the Alto Vergante ridge that separates the Lago d'Orta from the Lago Maggiore. Then our ride takes us along the foothills of Mottarone Mountain and to Stresa, on the shores of Lago Maggiore again, after a descent. From there we climb up to the village of Magognino near a golf camp , before returning to Arona and crossing Lake Maggiore again. The route has continuous ups and downs. There are 2 small climbs: from Orta San Giulio to Armeno and from Stresa to Magognino. If you want, you have the choice to climb up to the summit of the Mottarone Mountain, where there is a panoramic views of the Alps, including Monte Rosa and all lakes (additional length 7.2 miles – 11,6 km, average gradient 7 %, max 11%).

8 – Saturday - Departure

Breakfast and departure.

Tour details / 2017 Prices and services - 8 Day Road Bike Tour - All Inclusive

Arrival days:	6 th May 2017	17 th June 2017	29 th July 2017	23 rd September 2017
	13 th May 2017	1 st July 2017	19 th August 2017	30 th September 2017
	27 th May 2017	8 th July 2017	2 nd September 2017	
	3 rd June 2017	22 nd July 2017	9 th September 2017	

Train stations: Trenord and Trenitalia (both 1.2 mile - 2 km far from Eco Bike Hotel Ungheria).

Airport: Milan Malpensa (22 miles - 35 km): <http://www.milanomalpensa-airport.com/en/flights/destinations>

Transportation: upon request from/to Malpensa Milan Airport

Parking and accomodation: at Eco Bike Hotel Ungheria Varese, a 3-star hotel

Prices per person in Euro:

Double room	€ 1,200.00
Single room supplement	€ 245.00
Bike hire	€ 180.00
Additional night double room and breakfast	€ 50.00
Additional night single room and breakfast	€ 85.00

Included services:

- 7 nights in double room
- 7 high-calorie continental breakfasts
- 6 bike packets, strengthened and protein content snack with bananas and sandwiches
- 6 afternoon buffet snacks on your return to the hotel
- 7 dinners in a local Italian restaurant (menù: Italian aperitivo, first course, main course with side dish, water and coffee)
- A skilled bike guide for 6 loops
- Maps and information material
- Safe storage with CCTV for your bike at the hotel
- Workstand tool bench for basic maintenance
- Isotonic drink or water for your ride
- Washing and cleaning area for bikes
- Daily laundry service for your cycle clothing
- Bicycle recovery assistance in case of breakdown
- Free Internet Wi-Fi
- Car parking

Upon request:

- Bike hire: http://www.gpsvarese.it/hu/bike_hire_2.pdf
- Electric bike rental
- Access to Gym
- Medical and physiotherapy services
- Transfer to and from Airport Milan Malpensa

Other information:

- Entrance fees Castles, Villas, Museums not included
- Tickets or other extras not included
- Price doesn't include any extra-beverage and other extras at dinner

Contacts for any information and reservation:

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