

VIA CLAUDIA

SELF GUIDED CYCLING TOUR FOR FAMILIES

A bike tour of 8 days / 7 nights



Following the ancient route of La Via Claudia from Lake Resia, on the Austrian border, to the northern shores of Lake Garda, this self-guided cycling holiday has been thought specifically for families. Covering both the emblematic and the lesser visited, this trip offers the perfect balance of stunning views, tasty treats and family fun!

Whilst the Via Claudia was originally used for the transportation of wine and olive oil from Spain, oysters from the Mediterranean and even spices from Asia, it now serves as the perfect cycling route, along secondary roads, country lanes and cycle paths. You will be provided with route notes, maps, and GPS so navigating the day's rides couldn't be easier, letting the kids join in too!

The route winds along the River Esch with lots to see and do along the way for kids and adults alike: a visit to the [Acquaprad centre in Prato](#), some fun time in the [adventure park in Lasa](#), the mystical Castelbello castle and the dominating Val Venosta. On the way, you have the option to stop off at several small lakes for a dip or try out some lake fishing. For the adults, day 4 will see you riding "La Via del Vino" where the Gewurztraminer white and Kalterer See red wines originate from, indulging in a well deserved glass of wine in the evening! Day 7 will allow for some fun on the water at Lake Garda with an abundance of watersports, as well as Via Ferrata or canyoning specifically for families.

This trip is designed for families who cycle regularly and are looking to enjoy more on a family cycling holiday. The trip is place to place so your children must be comfortable cycling the distances stated on the trip notes, with some challenging sections and small climbs being inevitable in such rolling terrain.

Accommodation during your journey will be in a selection of quality hotels and a warm welcome will be waiting for you on arrival at each accommodation.

We'll book all your accommodation, transfer your luggage and provide you with routes, so all you have to think about is having fun!

Highlights:

- Cycling through the Val Venosta along the river Etsch
- The medieval village of Glorenza
- Delicious Italian gelato and pizza
- Lake Garda
- Views of the surrounding mountainous landscape

Programme:

Day 1. Individual arrival a Nauders in Austria

On arrival into Nauders, your local representative will chat you through the week to come and will provide you with your route notes, maps and hire bikes (if hiring). You'll have plenty of time for your first meal of the trip, as the excitement begins.

Day 2. Lake Resia to Prato Allo Stelvio approx. 19 Miles / 30 Kms

Buon Giorno Italia! Following a hearty breakfast you'll start your cycling adventure on the cycle path along the lake side. Enjoying the landscape you'll cycle downhill into the Vinschgau Valley. Stretching from the Reschen Pass to Kastelbell/Tschars, the valley is on the border with Switzerland and Austria and is a beautiful basin of sparkling lush meadows, gigantic glaciers and glittering lakes. Our path heads through apple plantations, which supply European markets and, from here, you'll see the castle Juval belonging to the famous Alpine climber Reinhold Messner. Your first stop for today is Glorenza, located at 907 meters above sea level. Characterised by its medieval walls, Glorenza

is perfectly preserved and is the smallest town in South Tyrol. Take a break and try some Italian Gelato, before carrying on towards your final destination of Prato allo Stelvio. Here you'll have time to stop and visit the Aquaprad centre, an Aquarium showing river and lake species.

Day 3. Prato to Lagundo approx. 25 Miles / 40 Kms

Leaving Prato, you'll follow the Adige Valley, passing expanses of apple plantations and vineyards. The riding is mostly downhill and lots of fun can be had on the sections that follow the River

Etsch, weaving in and out of wooded areas and meandering through agricultural land, with towering mountains surrounding you. In Lasa, the adventure park is open for kids of all ages and is a fun way to break up the cycling, enjoying swings and tree-bridges through a fun adventure course. After a snack, you carry on following the cycle path again, this time with an option to stop off and visit Castelbello, a short detour from the route. With plenty of picnic spots on the way, small villages in true Tyrol style and icecream stops, the day is a perfect balance of family fun. Your destination today is Lagundo, a typical Tyrol village on the outskirts of Merano.



Day 4. Lagundo to Appiano approx. 25 Miles / 40 Kms

Leaving Lagundo, the cycling continues along the Via Claudia route, entering the wine making region of Tramin. From here you'll continue making your way through vineyards, taking in superb panoramic views, small villages with market squares and historical sites along the way. This part of Italy is German speaking, with the famous Gewurztraminer white and Kalterer See red wine originating here, so the route you'll be riding is actually called "La Via del Vino". We will point out a few good places to stop – it's not all about the kids after all! Your final destination for today is Appiano, a small Tyrolean village with small piazzas and welcoming places where you can enjoy a pizza, or a spot of wine tasting for the parents.

Day 5. Appiano to Trento approx. 31 Miles / 50 Kms

Setting off from the accommodation in Appiano, the first part of the day will take you to idyllic Lake Caldaro, an ideal place to stop for a dip in the cool water or to hire a rowing boat and enjoy

a lap around the small lake; the location is idyllic. Cooled down and moving on from here, the terrain is very easy going following the Adige river and so you'll cover the distance quickly.

You will notice that the mountains have now become rougher on the side of the Adige Valley as you ride closer to Trento. Trento is a bustling city bursting with Italian flair, with gelaterias, capuccino bars and trendy boutiques all ready to lure a few Euros from your grasp! A place full of history, there is plenty to see for the kids too, as you can explore the underground [Roman Tridentum](#) beneath the cathedral square, visit the [Buonconsiglio](#) Castle and still have the remaining afternoon to explore the many other points of interest. If you'd like to take today a little easier, there is the option of catching a train to Trento, from one of the many train stations that wind their way along the Adige Valley.

Day 6. Trento to Lake Garda approx. 19 Miles / 30 Kms

We will arrange a pick up for you today to take you over the pass on the last leg towards Lake Garda. After dropping you off, your riding follows the stunning Sarca river, with towering limestone mountains all around you. Riding towards Lake Garda, the cycle path meanders past mountain lakes and rocky outcrops. Cycling past Pietramurata, there is an idyllic place for a break amongst shady vineyards to grab a bite to eat before moving further south. The kids might enjoy a refreshing stop on the Sarca river, where local children have created pools of water to play in. From the Dro roman bridge, the last section to Arco is below the towering limestone cliffs, where you might spot some rock climbers roped up to the wall face. After an ice cream stop in the main church square of Arco, time to ride the last few kms to Lake Garda, where the kids can celebrate the sense of achievement with a well deserved plunge into the lake!

Day 7. Lake Garda - Activity Day or Rest Day

There're plenty of things to do on Lake Garda! We can arrange some fun family canyoning or a Via Ferrata for children – supervised by qualified instructors it is a fun day of activities for the children!

Canyoning for families: Ideal for those just getting started with canyoning, alternating dives, slides and falls; adventure and excitement combine for an unforgettable experience. Mountain

guides have the IFMGA certificate – minimum age 10 Via Ferrata for kids: Drena Castle – Salagoni for families: Situated below the castle of Drena, the route develops through a beautiful canyon hidden in vertical walls. The landscape is impressive as the Via Ferrata winds itself through the gorge.

Alternatively, a pleasant and relaxing way to explore Lake Garda is by boat; you can enjoy the peace and quiet of the lake on one of the slower pleasure boats that connects the idyllic towns around the lake, such as Limone and Malcesine. Of course you can also dedicate your day to swimming or [visiting a waterpark](#) , [Gardaland](#), [the aquarium of Gardaland](#) or [recreationpark Caneva](#) world



Day 8. Departure from Lake Garda - Transfer to Verona Airport

After breakfast it's time to say arrivederci to this beautiful region and jump in the support vehicle for your transfer to Verona airport (approx 1 hour).

LEVEL 2. For those energetic families that exercise frequently. May include some steeper, cheeky climbs and possibly sections of varying terrain (eg. forest tracks, gravel paths etc).

Distances generally of between 20-31 miles / 32-50 km per day.

- Total Km: 190 km / 119 miles
- Terrain: The Italian region of Trentino is renowned for its excellent network of cycle paths. This trip has been designed to follow the cycle paths of the Val Venosta and Adige valleys. The routes meander through apple plantations, along river sides (traffic free!) and you will find facilities along the route, including toilets, cafe stops, picnic tables and occasionally a

children's park. On some sections, the cycle paths become part of the county roads, but since cycling is well accepted here the riding is safe. Most paths are paved but you can expect some short sections on gravel. Since you will be following two valleys, there are no large or steep climbs. For Day 6 we will arrange a transfer that will take you over a pass, from where you will cycle the remaining section to Lake Garda.



Dates: daily from 01 May to 1 October

Price per person in double room

In double room € 915,00

Supplement single room € 220,00

Reductions

30% discount for any child (under the age of 18) travelling with 2 fully-paying passengers

35% discount for any child (under the age of 18) sharing a room with 2 fully-paying passengers

The trip includes

- 7 nights with breakfast in hotels/guesthouses
- 5 days cycle tour
- 1 activity or rest day with options of Canyoning or Via Ferrata
- Route notes and maps
- Airport transfers
- Assistance in case of problems

The trip does not include

- All not specified under "The trip includes"

Participants

Minimum 2 people

Optional:

- Adult Bike Hire: € 175,00
- Electric Bike Hire: € 230,00
- Child Bike Hire: € 130,00
- Tag-Along: € 45,00
- Trailer: € 45,00
- Child Seat: € 45,00