



TRIP ITINERARY
ITALY: MEDIEVAL FLOW

SPRINGTIME IN ITALY...A TECHNICAL ALL-MOUNTAIN FEAST – 8 DAYS, 7 NIGHTS.

TRIP DETAILS

Big climbs on quiet country roads and technical singletrack descents. Ride back in time on trails where Romans roamed through ancient towns. Unpack your bag in a great little hotel in the well-preserved medieval town of Arco, with its castle perched above and surrounded by olive groves and vineyards.

2010 DATES: Sunday, May 23 to Sunday, May 30

2010 LAND COST: \$2375 USD

SINGLE SUPPLEMENT \$175 USD

JOINING IN *Milan*

ITINERARY

The following is a general outline for the Medieval Flow trip.

Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.

DAY 1 – ARRIVE IN MILAN, TRANSFER TO LAGO DI GARDA

Leave your hometown and fly to Milan Italy where you'll be greeted by your Big Mountain guides. From Milan, we'll drive towards Verona in the Lombardy region, then head up into the Trentino Alto Adige region and the Southern Alps and the shores of beautiful Lago di Garda. This afternoon we'll set up our bikes at our hotel and go for a short spin.

DAY 2 – RIDE ANCIENT ROMAN ROUTE

This morning we'll start off with a steep climb on a quiet paved road, then a bike path, to the town of Lappio then onto the town of Santa Barbara. Some of us might opt to take the van part of the way up this climb as it tends to keep going up, and up – through little towns and finally double track and singletrack. When we reach the high alpine there is an old stone hut with a jaw-dropping view of the lake. Here, we'll regroup, relax and have a snack. Then it's a spectacular traverse across the mountain top, then we dive down the mountain on an initially smooth singletrack that leads into an old cobbled Roman road that is really rough at times. Then we dive all the way down to Arco's main square for a gelato!

DAY 3 – RIDE LIMONE LOOP

This morning we'll drive about 30 minutes, through the town of Riva, along the western shore of the lake and up the mountainside from the town of Limone. We'll park the van and climb for an hour on a scenic paved road that switchbacks up a mountainside to an

a refugio at a high pass and old gun on display from World War II. After a bite to eat it's a mellow climb and hike a bike to spectacular singletrack that makes its way back down to the lake shore. This descent requires some walking at times – for everyone! After beers at the end of the day we'll hop the boat back to Riva and ride home from there.

DAY 4 – RIDE MONTE BALDO

Today we are going to take advantage of the region's only lift. After a sleep in, we'll either ride or drive down to the lakeside town of Malcesine and grab the lift to 1752 meters to the top of Monte Baldo. From the top of the lift we can either come straight back down, or climb an hour to the Bocca del Creer refugio, the real top of the mountain! The views from here are unreal. From here we ride the 651 trail that traverses a high ridge where we can explore WWI bunkers that look down on the lake far, far below. Then it's downhill through the forest on a loose rock ripper. Depending on how we are feeling we can do two laps on Baldo.

DAY 5 – RIDE VILLE DEL MONTE

This morning we drive 30 minutes out of town towards the towering Alps. From a sleepy little town we start climbing, up through a mature oak forest and onto a grassy mountain top with flowers and an alpine wind. This climb is steep at times, get ready! Then it's a rolling XC ride on doubletrack and singletrack towards San Giovanni Monti and onto the medieval town of Ville del Monte that was built in the year 400. Then it's downhill all the way to Riva where we can sip cold beer on a patio in the main square.

DAY 6 – RIDE VALLE BELLE NOCI

Today we'll drive to the town of Vesio and ride from there. After a 1 hour climb we'll hit a gorgeous ridge with a sweet singletrack on it – up and down for a few hours with tunnels and some exposure. This goes all the way to Valle Belle Noci than loops around to a cool river – perfect for a dip! Then it's a gravel road cruise back around the mountain and down to Limone where we can grab a gelato and board the ferry back to Riva.

DAY 7 – RIDE OLIVE TRAIL, PACK BIKES AND TRANSFER TO MILAN

This morning we'll start out with a steep climb out of Arco, through olive groves and onto a paved climb to the town of Padaro and onto a view point and religious cross overlooking the town of Dro far, far below. We're not there yet...we keep climbing on gravel to a hidden singletrack that ducks left and flows all the way back down to Arco. This afternoon we'll pack our bikes and drive to Milan where we stay at an airport hotel.

DAY 8 – FLY HOME

Depending on departure times, transfer to the airport for the flight home.

DETAILS

WHAT'S INCLUDED?

- Expert Leadership
- Accommodation in 3-star hotel.
- All meals except lunches and three dinners
- Airport pick-up and all transportation including: shuttle vehicle and lift.
- Detailed pre-departure information and Big Mountain t-shirt
- Trip extension assistance

WHAT'S NOT INCLUDED?

International and domestic airfare; personal travel and medical insurance; optional tipping to leaders and local staff; airport taxes and excess baggage charges (if any); your bike and related equipment needed to ride; personal items like drinks and snacks. We recommend approx \$20-30 USD per day for lunches and extras.

ACTIVITY LEVEL

The **technical ability** required for Medieval Flow is rated as advanced to expert. In other words, the trails are technical with loose rocks, hidden rocks, steep sections and some exposure. For **fitness level**, participants must be fit. With a private group, this trip could be modified to suit less fit or less technical riders. All participants must train accordingly to fully enjoy this trip. Please talk with Big Mountain for more information on levels required.

BIKE AND EQUIPMENT

The perfect bike for this trip is a beefed-up light weight dual suspension with hydrolic disk brakes. Fat tires are a must and a short stem and riser bars are strongly recommended. Also required: helmet, good riding shoes, gloves and clothing for all types of weather. All participants are required to bring extra brake pads, tubes, a patch kit, extra cleats for shoes and any other parts specific to your bike – and a hydration pack such as a Dakine Apex. All participants are required to have their **bikes in excellent working order** before the trip begins. We will send you a detailed list of required equipment before departure. Riva has great bikes shops so we will be able to get whatever we need in terms of parts.

LODGING AND FOOD

On the Medieval Flow trip we are based in a great little hotel in the beautiful town of Arco. The food is typical of the region and...excellent!

CLIMATE

In big mountains, weather can change quickly and drastically - it could be 30 degrees celcius one day and then nearly freezing on a mountain top the next day. All riders must be ready for big mountain weather: all of the above.

YOUR SAFETY

Our trips take place in remote to very remote regions with limited evacuation options available and there are always risks and hazards on the trails that we ride. If you choose to participate in our trips, it is up to you to ride well within your limits, to ride conservatively and to be safe as mountain biking is a dangerous sport. Participants must keep their bikes in good working condition, they must be hydrated and rested and alcohol and drugs are not permitted while riding. Our guides have basic first aid training and if a serious injury is suspected they will call helicopter search and rescue at the cost of the participant. Personal medical travel insurance is mandatory.

THE NEXT STEP

Call us toll free at 1-866-894-0220, or email at info@ridebig.com if you are interested in joining us in Italy. Then, fill out our secure online registration form on our website. Make sure that you have read and understand our Terms and Conditions and Waiver. Upon booking, we will send you detailed pre-departure information to make sure that you are well prepared for the adventure ahead.

WHY BIG MOUNTAIN IS YOUR CHOICE

Big Mountain Bike Adventures is the pioneer for performance XC, all-mountain, DH and freeride mountain biking adventures. We know that to find the very best trails, you have to ride with locals. All of our trips are designed in part by local riders and often guided with local riders and professional Big Mountain guides. We aim to provide safe, quality trips and the best customer service to our participants.

REFERENCES

We'll be happy to provide you with references.

QUESTIONS

Feel free to call us at 1.866.894.0220 or email info@ridebig.com if you have any questions. We are here to help!

CONTACT US

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