

14-Day Cycling Grand Tour

A two-week cycling tour covering 700 km through river valleys, mountain passes, and coastal roads. Includes two rest days, a vehicle transfer day, and varied terrain from flat bike paths to a major mountain climb. Support vehicle available throughout.

Day 1 — Arrival & Bike Setup

Train to Start Town		Transport
Description:	Train with bike carriage to the tour start town. Book bike spaces well in advance. Load bikes first, then find your seat.	
Duration:	3h 0min	
Price:	40 €	
Start Town Hotel		Accommodation
Description:	Cyclist-friendly hotel with secure bike storage, wash station, and repair tools. The hotel arranges early breakfast boxes for departure days.	
Price:	90 €	
Address:	Station Road 8, Start Town	
Check-in:	Invalid Date	
Tour Overview		Info
Description:	Fourteen-day tour: 485 km across 11 riding days, 2 rest days, 1 transfer day. Daily distances 15-65 km. Support vehicle carries luggage and provides mechanical backup. Queen stage: Day 7 mountain pass (1,400 m).	
Group Size:	8-14 riders, 2 guides + support vehicle	
Fitness Requirement:	Strong — 485 km, 5,350 m climbing, a 1,400 m pass	
Bike Setup & Test Ride		Easy Activity
Description:	Professional bike fitting, short 15 km test loop on flat paths. Check gears, brakes, saddle height, and tire pressure. This prevents mechanical issues on Day 2.	
Distance:	15.0 km	
Duration:	1h 30min	
Team Dinner		Meal
Description:	Group dinner — carb-loading, route preview, and establishing group riding signals.	
Price:	28 €	
Start Time:	19:00	

Day 2 — River Valley Stage

River Valley Ride ●●●● Moderate Activity

Description:	First proper stage. Flat to gently rolling along the river. Bike paths and quiet roads. Settle into the rhythm of daily touring.
Distance:	55.0 km
Duration:	4h 0min
Elevation Gain:	200 m
Start Time:	08:30

Café Lunch Meal

Description:	Riverside café at the halfway point. Refill bottles, stretch, check bikes.
Price:	15 €

Riverside Guesthouse Accommodation

Description:	Family guesthouse on the river. Bike storage in barn. Garden terrace for dinner.
Price:	75 €

Dinner Meal

Description:	Dinner at the guesthouse. Regional cuisine and local wine.
Start Time:	19:00

Day 3 — Vineyard Stage

Vineyard Country Ride ●●●● Moderate Activity

Description:	Rolling terrain through wine country. Short climbs between villages with vineyard-draped hillsides. Some gravel sections between estates.
Distance:	50.0 km
Duration:	3h 30min
Elevation Gain:	450 m
Start Time:	08:00

Wine Village Lunch Meal

Description:	Lunch at a wine tavern. Tasting the local vintage with bread, cheese, and cold cuts.
Price:	18 €

Agriturismo Accommodation

Description:	Stay at a working farm/vineyard. Rustic rooms, homemade breakfast. Evening wine tasting with the owner.
Price:	80 €

Evening Wine Tasting

Free Time

Description: Optional wine tasting in the estate cellar. Learn about local grape varieties and production. Moderate consumption — tomorrow has hills.

Duration: 1h 0min

Day 4 — Pre-Mountain Stage

Approach Ride to Mountains

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Activity

Description: Leave the vineyards and ride toward the mountains. The road rises gradually. Views of the mountain range ahead build anticipation for the coming stages.

Distance: 60.0 km

Duration: 4h 30min

Elevation Gain: 600 m

Start Time: 08:00

Mountain Foothills Hotel

Accommodation

Description: Hotel at the base of the mountains. Secure bike garage and workshop corner. Spa with sauna — good preparation for mountain stages ahead.

Price: 95 €

Dinner

Meal

Description: Carb-heavy dinner — pasta, rice, potatoes. Mountain stages start tomorrow.

Price: 22 €

Mountain Stage Briefing

Info

Description: Days 6-8: three mountain stages. Day 7 is the queen stage — the big pass. SAG wagon will carry extra water and mechanical supplies. Prepare for cold descents — pack arm warmers and a gilet.

Day 5 — Rest Day

Rest & Bike Maintenance

Free Time

Description: Full rest day before mountain stages. Clean bikes, check mechanics, replace brake pads if worn. Sleep late, eat well, stretch.

Duration: 3h 0min

Optional: Cultural Visit

●●●● Easy

Activity

Description: Visit the local castle, thermal baths, or a mountain museum. Keep legs loose with a gentle walk but no cycling effort.

Duration: 2h 0min

Leisurely Lunch Meal

Description: Relaxed lunch in town. Try the local specialty.
Price: 18 €

Early Dinner Meal

Description: Early dinner and bed. Queen stage tomorrow starts at 07:00.

Day 6 — First Mountain Stage

Mountain Valley Ride ●●●●● Challenging Activity

Description: Enter the mountain zone. The road follows a gorge with tunnels and bridges, then climbs steadily through alpine meadows. Two significant climbs today, neither over 1,000 m.
Distance: 40.0 km
Duration: 4h 0min
Elevation Gain: 900 m
Start Time: 07:30

Mountain Café Lunch Meal

Description: Lunch at a mountain café between the two climbs. Hot food and strong coffee.
Price: 16 €

Mountain Village Inn Accommodation

Description: Inn in a mountain village. Cozy rooms, generous dinner, and a fireplace in the common room.
Price: 85 €

Dinner Meal

Description: Hearty mountain dinner. Tomorrow is the queen stage.

Day 7 — Queen Stage: Mountain Pass

Mountain Pass Climb — 1,400 m ●●●●● Challenging Activity

Description: The defining stage. A 30 km climb averaging 4-5% with ramps to 9%. Hairpin bends through forest give way to open alpine terrain above the treeline. The summit café marks the top — the sense of achievement is immense.
Distance: 55.0 km
Duration: 6h 0min
Elevation Gain: 1400 m
Start Time: 07:00

Climb Profile & Feed Zones Info

Description: Km 0-10: gentle approach (3%). Km 10-20: main climb (5-6%), switchbacks through forest. Km 20-25: steepest section (7-9%), false summit at km 23. Km 25-30: eases to 4% for final push. SAG wagon at km 15 and km 25. Water fountain at km 12 (village).

Summit Lunch Meal

Description: Lunch at the summit café. You've earned it. Dress warmly for the descent — temperature drops 10°C from valley to summit.

Exhilarating Descent ●●●● Moderate Activity

Description: 25 km descent on smooth tarmac. Sweeping bends, incredible views. Keep speed controlled — both brakes, 60 km/h max. Regroup at every hairpin cluster.

Distance: 25.0 km

Duration: 1h 15min

Elevation Loss: 1100 m

Elevation Loss: 1200 m

Mountain B&B Accommodation

Description: B&B in the valley below the pass. The owners are former cyclists and understand what you need: food, hot water, and a soft bed.

Price: 80 €

Day 8 — Final Mountain Stage

Mountain to Lowlands Ride ●●●● Moderate Activity

Description: Descend from the mountains toward the plain. One last climb (600 m) then a long, smooth descent. Landscape transitions from alpine to Mediterranean. Warmer air, different vegetation.

Distance: 45.0 km

Duration: 3h 30min

Elevation Gain: 600 m

Start Time: 08:00

Lowlands Hotel Accommodation

Description: Hotel in the lowland town. Pool, air conditioning. Transfer pickup point for tomorrow.

Price: 85 €

Dinner Meal

Description: Dinner at a town restaurant. Tomorrow is a transfer day — no riding.

Price: 22 €

Pool & Rest Free Time

Description: Afternoon in the pool. Legs in the mountains are done — coastal riding from Day 11.

Day 9 — Transfer to Coast

Support Vehicle Transfer Transport

Description:	Support vehicle carries riders and bikes from the mountains to the coast. A long drive but saves 2 riding days through flat, uninteresting terrain. Enjoy the scenery from the van.
Duration:	4h 0min
Distance:	250.0 km
Price:	60 €

Bike Transport Protocol Info

Description:	Remove front wheels, protect derailleurs with padding, secure frames vertically in the van. Bikes in order of size — largest at the back. Check nothing rattles. Pedals and handlebars are the most vulnerable — wrap in cloth. Recheck before departure.
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Coastal Resort Accommodation

Description:	Beachfront resort with sea-view rooms. Bike storage available. Pool and beach access. Two nights here — rest day tomorrow.
Price:	110 €
Address:	Promenade 22, Coastal Town

Seafood Dinner Meal

Description:	First taste of the coast — fresh seafood dinner at a harbor restaurant.
Price:	30 €

Day 10 — Beach Rest Day

Beach & Pool Day Free Time

Description:	Full rest day at the coast. Swim, sunbathe, read on the beach. No cycling obligation. A complete mental and physical reset before the coastal stages.
Duration:	6h 0min

Optional: Coastal Walk ●●●●● Easy Activity

Description:	Easy walk along the coastal path for those wanting gentle movement. Sea cliffs, hidden coves, and a lighthouse at the end.
Duration:	1h 30min
Distance:	5.0 km

Beachside Lunch Meal

Description:	Lunch at the beach bar. Grilled fish, salad, cold drinks with sand between your toes.
Price:	18 €

Dinner Meal

Description: Dinner in town. Coastal riding starts tomorrow — 3 days along the sea.

Day 11 — Coastal Stage 1

Coastal Path Ride ●●●●● Moderate Activity

Description: Ride along the coastal road with sea views the entire day. Undulating terrain — short punchy climbs between bays. Spectacular scenery but exposed to wind.

Distance: 50.0 km

Duration: 4h 0min

Elevation Gain: 500 m

Start Time: 08:00

Coastal Hazards Info

Description: No barriers on cliff sections — ride 1+ m from the edge. Crosswinds common in afternoon. If gusts exceed 50 km/h, take the inland tunnel road (adds 5 km). Road deteriorates between km 18-22.

Harbor Lunch Meal

Description: Lunch at a fishing harbor. The freshest fish you'll eat all trip.

Price: 20 €

Seaside B&B Accommodation

Description: B&B overlooking the sea. Balcony rooms with sunset views. Bike storage in covered patio.

Price: 85 €

Dinner Meal

Description: Dinner at a terrace restaurant. Watch the sun set over the sea. Two more riding days.

Day 12 — Coastal Stage 2

Peninsula Loop ●●●●● Moderate Activity

Description: Loop ride around a scenic peninsula. Coastal on one side, agricultural on the other. A lighthouse marks the furthest point. Rolling terrain, good road surface.

Distance: 45.0 km

Duration: 3h 30min

Elevation Gain: 400 m

Start Time: 08:30

Coastal Hotel Accommodation

Description: Last coastal night. Hotel with rooftop terrace and sea views. Celebrate the coastal stages.
Price: 90 €

Farewell Seafood Dinner Meal

Description: Last night by the sea. Grand seafood dinner — the group's choice of restaurant.
Price: 35 €

Beach Evening Free Time

Description: Final evening on the coast. Walk on the beach, night swim, or drinks at the waterfront bar.

Day 13 — Final Stage to Finish Town

Inland Ride to Finish ●●●● Moderate Activity

Description: Leave the coast and ride inland to the finish town. Rolling farmland, quiet roads. The group rides together for the final stage — no splitting up. The finish line is at the town square.
Distance: 40.0 km
Duration: 3h 0min
Elevation Gain: 300 m
Start Time: 08:00

Finish Town Hotel Accommodation

Description: Hotel in the finish town. Central location, bike storage. Last night of the tour.
Price: 90 €

Celebration Dinner Meal

Description: Grand celebration dinner. Stats: 700 km, 7,000 m climbing, 11 riding days, 1 mountain pass conquered. Certificates and photos.
Price: 40 €

Tour Awards Info

Description: Fun awards: King/Queen of the Mountain (fastest climber), Sprint Champion (fastest flat stage), Lanterne Rouge (last but happiest), Best Mechanic, and Most Improved Rider.

Day 14 — Departure

Farewell Brunch Meal

Description: Last meal together. Share Strava links, GPS tracks, and photo album URLs.
Price: 18 €

Transfer to Station/Airport Transport

Description:	Transfer with bikes to train station or airport. Ensure bikes are properly boxed/bagged for transport. Return rental bikes to the designated shop.
Duration:	1h 0min
Price:	30 €

Tour Summary Info

Description:	700 km in 14 days. A grand tour completed. Recovery: gentle spinning for the next week, no hard efforts for 10 days.
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What's Included Info

Description:	Thirteen nights across hotels, guesthouses and an agriturismo, all with secure bike storage, all breakfasts and dinners plus the listed lunches, two guides riding with the group, a support vehicle on every stage carrying luggage, water and spares, the 250 km road transfer to the coast with bike transport, GPX files for all eleven stages, and daily mechanical support.
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What's Not Included Info

Description:	Your bike — hire from about 40 EUR per day, arranged at booking. Also excluded: helmet, which is mandatory; travel to the start and home from the finish; drinks beyond vehicle water; lunches on the two rest days; consumables such as tyres, cassettes, chains and brake pads, charged at cost; laundry; and gratuities for guides and the support driver.
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Insurance & Documents Info

Description:	Travel insurance covering road cycling is required and must not exclude descents or organised group riding, which some policies do. The queen stage crosses a pass at 1,400 m and the descent below it is fast and remote. Bring photo ID, an EHIC or equivalent if applicable, your insurer's emergency number, and an allergy and medication card in a jersey pocket.
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