

7-Day Cycling Tour

A week-long cycling tour through varied terrain — river valleys, rolling hills, a mountain pass, and coastal stretches. Covers 350 km with a rest day on Day 4. Includes detailed route profiles, mechanical support info, and accommodation for each stage.

Day 1 — Arrival & Warm-up

Tour Overview Info	
Description:	Seven-day cycling tour covering approximately 295 km through diverse landscape: river valleys, vineyard country, mountain passes, and coastal roads. Daily distances range from 15-70 km. The queen stage (Day 5) crosses a 1,400 m mountain pass. One full rest day (Day 4) at a lakeside town. All roads are paved with some well-maintained gravel sections.
Group Size:	8-14 riders, 1 guide + support vehicle
Fitness Requirement:	Good — 295 km over 6 riding days, 3,380 m climbing

Train to Start Town Transport	
Description:	Train with bike carriage to the start town. Book bike spaces in advance — most regional trains have limited capacity. Arrive at the platform early to load bikes. If driving instead, the hotel has secure bike parking.
Duration:	2h 30min
Price:	35 €

Start Town Hotel Accommodation	
Description:	Cyclist-friendly hotel with secure bike storage, wash station, and basic repair tools. Twin rooms with breakfast included. Close to the train station and start of the cycling route. The hotel can prepare early breakfast boxes for early departures.
Price:	90 €
Address:	Station Road 12, Start Town
Check-in:	Invalid Date
Notes:	https://example-hotel.com/book

Warm-up Ride on Bike Path ●●●●● Easy Activity	
Description:	Easy introductory ride on a flat, traffic-free bike path along the river. Use this to check bike setup — gears, brakes, saddle position, tire pressure. The group rides together at a relaxed pace. Turn back at the bridge and return to town.
Distance:	20.0 km
Duration:	1h 30min
Start Time:	15:00
Elevation Gain:	100 m

Team Dinner Meal

Description:	Group dinner at a local restaurant. Carb-loading for tomorrow's first proper stage. Discuss the route, share cycling experience levels, and establish group riding rules: signals, drafting etiquette, regrouping at junctions.
Price:	30 €
Start Time:	19:00

Day 2 — River Valley Route

Morning Ride Along River Valley ●●●● Moderate Activity

Description:	Follow the river downstream through a wide valley. Mostly flat with a few gentle rollers. Pass through small villages, orchards, and farmland. The bike path runs alongside the river with occasional road crossings. Refill water at the village fountain at km 22.
Distance:	45.0 km
Duration:	3h 0min
Start Time:	08:30
Elevation Gain:	200 m

Café Lunch at Historic Town Meal

Description:	Lunch stop in a charming historic town at the river confluence. Lock bikes at the town square rack. The café terrace overlooks the old bridge — a popular photo spot. Keep lunch light if the afternoon section has climbs.
Price:	15 €
Duration:	1h 0min

Afternoon Ride Through Vineyards ●●●● Moderate Activity

Description:	Leave the river and climb gently into vineyard country. Rolling terrain with short climbs and descents between wine villages. Beautiful views from the hilltops. The road is narrow but low-traffic. Some gravel sections between vineyards — rideable on road bikes with care.
Distance:	25.0 km
Duration:	2h 0min
Elevation Gain:	350 m

Vineyard Guesthouse Accommodation

Description:	Family-run guesthouse in the vineyard region. Simple but comfortable rooms. Bike storage in the barn. The owners produce their own wine — evening tasting is often offered. Breakfast features homemade preserves and fresh bread.
Price:	75 €

Dinner at Guesthouse Meal

Description:	Dinner at the guesthouse or a nearby wine tavern. Regional dishes paired with local wines. Early bed recommended — tomorrow's stage has more climbing.
Start Time:	19:00

Day 3 — Hill Stage

Morning Climb Through Rolling Hills ●●●●● Challenging Activity

Description:	The first truly hilly stage. The road climbs steadily out of the vineyards into forested hills. Three significant climbs of 2-4 km each at 5-7% gradient. Regroup at the top of each climb. The descents are fast — maintain safe speed and keep right on blind corners.
Distance:	35.0 km
Duration:	4h 0min
Elevation Gain:	750 m
Start Time:	08:00

Hilltop Lunch Meal

Description:	Lunch at a hilltop restaurant with panoramic views over the countryside. Well-earned rest after the morning climbs. Refill bidons and check tires before the descent.
Price:	18 €
Duration:	1h 0min

Descent to Lakeside Town ●●●●● Moderate Activity

Description:	Long, sweeping descent from the hills to the lakeside town. Mostly smooth tarmac with a few hairpin bends. Keep speed in check — the corners tighten at the bottom. The lake appears through the trees about 5 km before town. Exhilarating and scenic.
Distance:	20.0 km
Duration:	1h 30min
Elevation Loss:	600 m
Elevation Loss:	700 m

Lakeside Inn Accommodation

Description:	Charming inn on the lake shore. Rooms with lake views available on request. Bike storage in the garage. The inn has a small terrace restaurant right on the water.
Price:	85 €
Check-in:	Invalid Date

Evening at the Lake Free Time

Description:	Free evening at the lakeside. Swim in the lake, walk along the promenade, or simply sit on the terrace and watch the sunset over the water. Rest day tomorrow — relax and enjoy.
Duration:	2h 0min

Day 4 — Rest Day

Rest & Bike Maintenance Free Time

Description: Rest morning. Sleep in, stretch, and tend to any saddle sores or muscle tightness. Check bikes: clean chains, check tire wear, inspect brake pads, tighten any loose bolts. The inn may have a pump and basic tools, or visit the bike shop in town.

Duration: 2h 0min

Optional Easy Ride Around Lake ●●●●● Easy Activity

Description: Flat, scenic loop around the lake for those who want to keep legs spinning. Entirely on a bike path with no traffic. Beautiful lakeside scenery, several cafés along the way for stops. No pressure — ride as much or as little as you like.

Distance: 15.0 km

Duration: 1h 30min

Elevation Gain: 80 m

Leisurely Lunch Meal

Description: Long, relaxed lunch at the lakeside restaurant. No rush — enjoy the food, the view, and the rest. Try local fish dishes if available.

Price: 20 €

Optional: Local Attraction Visit ●●●●● Easy Activity

Description: Visit a local castle, museum, or botanical garden if interest allows. The town has historical significance and the tourist office provides walking tour maps. An alternative to cycling for those wanting a culture break.

Duration: 2h 0min

Tomorrow's Stage Brief Info

Description: Tomorrow is the queen stage — the mountain pass. Review the climb profile: 30 km of ascent at 4-6% average gradient, reaching 1,400 m. Start early. Carry extra water and food. The SAG wagon will be positioned at the halfway point of the climb.

Dinner Meal

Description: Pre-stage dinner. Carb-load for tomorrow. Early bed — set alarms for 06:00. Pack everything tonight; early breakfast at 06:30.

Start Time: 19:00

Day 5 — Mountain Pass

Climb to Mountain Pass ●●●●● Challenging Activity

Description:	The queen stage. A long, steady climb from the lake valley to the mountain pass at 1,400 m. The road is well-surfaced with regular hairpin bends. Gradient averages 5% with steeper ramps of 8-9% in the upper section. Pass through alpine meadows and past waterfalls. The summit has a café and a monument marking the pass.
Distance:	30.0 km
Duration:	5h 0min
Elevation Gain:	1100 m
Start Time:	07:00

Climb Profile & Support Info

Description:	Km 0-10: gentle approach through the valley (3-4%). Km 10-20: main climb begins, steady 5-6%, two switchback sections. Km 20-25: steepest ramps (8-9%), false summit visible from km 22. Km 25-30: eases to 4% for the final approach. Water fountain at km 15 (village), café at km 25 (last buildings).
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Summit Lunch Meal

Description:	Packed lunch at the pass summit or at the café just below. Celebrate — the hardest climb of the tour is done. Photos with the pass sign. Dress warmly for the descent — temperature drops significantly at altitude.
Duration:	45 min

Descent to Mountain Village ●●●●● Moderate Activity

Description:	Thrilling 25 km descent from the pass. Fast, sweeping bends with excellent road surface. Keep speed below 60 km/h and use both brakes. The gradient eases in the lower section as you enter the mountain village. Regroup at every hairpin cluster.
Distance:	25.0 km
Duration:	1h 30min
Elevation Loss:	900 m
Elevation Loss:	800 m

Mountain Village B&B Accommodation

Description:	Traditional B&B in the mountain village. Cozy rooms with wooden interiors. The owners are keen cyclists and know the local roads well. Bike wash area and secure storage provided. Breakfast is generous with local cheese, ham, and fresh bread.
Price:	80 €

Mountain Dinner Meal

Description:	Hearty mountain dinner at a local restaurant. Traditional cuisine from the region — rich stews, cheese dishes, and hearty soups. You've climbed 1,400 m today — eat without guilt.
Price:	25 €

Day 6 — Coastal Approach

Morning Ride to Coast Moderate Activity

Description:	Descend from the mountains toward the coast. The landscape transforms from alpine meadows to Mediterranean vegetation. The road follows a river valley with a gradual downhill trend. Warm air greets you as you approach sea level.
Distance:	40.0 km
Duration:	3h 0min
Elevation Loss:	500 m
Start Time:	08:30
Elevation Gain:	300 m

Seafood Lunch at Harbor Meal

Description:	Lunch at a harbor-side restaurant. Fresh seafood — grilled fish, calamari, or local fish stew. Sit on the terrace and watch the fishing boats. The first taste of the coast after days in the mountains.
Price:	22 €

Coastal Path Ride Moderate Activity

Description:	Ride along the coastal road with the sea on one side and cliffs on the other. Undulating terrain with short, punchy climbs between bays. Spectacular scenery but exposed to wind — check forecast. Several beaches accessible for quick swim stops.
Distance:	25.0 km
Duration:	2h 0min
Elevation Gain:	400 m

Coastal Route Caution Info

Description:	The coastal road has no barriers on the cliff side in some sections — ride at least 1 m from the edge. Strong crosswinds are common in the afternoon. If wind exceeds 40 km/h, take the inland alternative via the tunnel road (adds 5 km, removes cliff exposure). The road surface deteriorates between km 18-22 — watch for potholes.
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Seaside Hotel Accommodation

Description:	Hotel on the seafront with balcony rooms overlooking the beach. Bike storage in the basement garage. The hotel has a pool and a beach bar. This is the final night — enjoy the setting.
Price:	110 €
Address:	Promenade 5, Seaside Town
Check-in:	Invalid Date

Farewell Dinner Meal

Description:	Group farewell dinner at a restaurant with sea views. Celebrate the tour — 350 km ridden, one mountain pass conquered, memories made. Share highlights, exchange contacts, and toast to the next adventure.
Price:	35 €
Start Time:	19:30

Day 7 — Final Stretch & Departure

Morning Ride to Finish Line ●●●●● Easy Activity

Description:	Short, flat ride along the beach promenade to the official finish point. Ride together as a group — no racing on the last day. The finish is at the lighthouse — photos, handshakes, and a sense of accomplishment.
Distance:	15.0 km
Duration:	1h 30min
Start Time:	08:00
Elevation Gain:	100 m

Celebration & Certificates Info

Description:	Brief ceremony at the finish: group photo, distance certificates, and a round of applause. Total stats for the week: approximately 350 km, 4,000 m climbing, 7 stages. Note personal best efforts and memorable moments.
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Farewell Brunch Meal

Description:	Relaxed brunch at a café near the finish point. No rush — enjoy the last meal together before going separate ways. Refuel before the journey home.
Price:	20 €

Transfer to Station or Airport Transport

Description:	Transfer to the train station or airport with bikes. Ensure bikes are properly boxed or bagged for transport. Return any rental bikes and equipment to the designated drop-off point. Allow extra time for bike disassembly.
Duration:	1h 0min
Price:	30 €

Independent Departure Free Time

Description:	Participants depart on individual schedules. Share GPS tracks, Strava routes, and group photos via the shared album. See you on the next tour.
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What's Included Info

Description:	Six nights in cyclist-friendly hotels and guesthouses with secure bike storage, all breakfasts and dinners plus the listed lunch stops, a guide riding with the group, a support vehicle carrying luggage between hotels and water on every stage, GPX files for all six routes, and roadside mechanical support including tubes, patches and adjustments.
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What's Not Included Info

Description:	Your bike — hire can be arranged locally from about 40 EUR per day if requested at booking. Also excluded: helmet, which is mandatory and not loaned; travel to the start town and home from the finish; drinks other than the vehicle water; the rest-day lunch; replacement tyres, cassettes and brake pads, charged at cost; and gratuities.
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Insurance & Documents Info

Description:

Travel insurance covering road cycling is required. Read the wording rather than the summary — some policies exclude cycling outright and others cover it only away from public roads, which is useless here. Bring photo ID, your insurer's emergency number, and an allergy and medication card in a jersey pocket rather than only on a phone.
