The best destination for your cycling adventure

Established in 2005, Garda Bike Hotel is the first bike hotel located in the south of Lake Garda & Verona, offering customized services for all cyclo-tourists.

We are a local, family business. We know the area, the language, the people, the customs, the food, the wine, the best and quite roads ...

We are an official Pinarello rental centre with more than 40 bikes, included the best and new one Pinarello Dogma F12 disk, the first road-ebike Pinarello Nytro and the new gravel bike Pinarello Grevil.
Which is the best time to come?

<table>
<thead>
<tr>
<th>Month</th>
<th>Temperature</th>
<th>Activity</th>
<th>Weather</th>
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<tr>
<td>JANUARY</td>
<td>0 - 5</td>
<td>no</td>
<td>low</td>
</tr>
<tr>
<td>FEBRUARY</td>
<td>5 - 10</td>
<td>no</td>
<td>low</td>
</tr>
<tr>
<td>MARCH</td>
<td>5 - 15</td>
<td>beginning</td>
<td>low</td>
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<tr>
<td>APRIL</td>
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<tr>
<td>MAY</td>
<td>15 - 25</td>
<td>regular</td>
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<tr>
<td>JUNE</td>
<td>20 - 30</td>
<td>peak</td>
<td>regular</td>
</tr>
<tr>
<td>JULY</td>
<td>25 - 35</td>
<td>regular</td>
<td>peak</td>
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<tr>
<td>AUGUST</td>
<td>25 - 35</td>
<td>regular</td>
<td>peak</td>
</tr>
<tr>
<td>SEPTEMBER</td>
<td>20 - 30</td>
<td>peak</td>
<td>regular</td>
</tr>
<tr>
<td>OCTOBER</td>
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<td>regular</td>
<td>ending</td>
</tr>
<tr>
<td>NOVEMBER</td>
<td>5 - 15</td>
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<td>low</td>
</tr>
<tr>
<td>DECEMBER</td>
<td>5 - 10</td>
<td>no</td>
<td>low</td>
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**Why GBH?**

**Our “pluses”**

**SMALL GROUPS**
We guest at maximum 20 cyclist per day. We don’t like massive numbers of riders. Every guide ride maximum with 8/10 cycling guests.

**NO DAY OFF RIDES**
Daily tours with our guides 7 days a Week. No day off.

**FLEXIBLE WEEKLY PROGRAM**
Our weekly program is not fixed with the same ride every day of the week. It varies every week depending on the number and the level of our cycling guests, the weather forecast, and the special requests of the guests.

**FREE ARRIVAL & DEPARTURE**
There are not fixed days to arrival and departure. You can start your cycling holiday when you want.

**BIKE MANAGERS & LOCAL GUIDES**
Nicola & Alberto are also local guides and will ride often with guests. They will be available daily also for any kind of request. We are a local, family business. We know the area, the language, the people, the customs, the food, the wine, the best and quite roads ...

**PINARELLO BIKE RENTAL**
We have at disposal Pinarello bikes for rent included the faboulous Pinarello Dogma F12.

**AIRPORTS DISTANCE**
We are very close to all the main airports of Northern Italy. Milan, Verona, Bergamo, Venezia.

**NON CYCLIST**
If you are travelling with your family or with non cyclist partner, don’t worry... they can have a lot to do.
Brothers Alberto and Nicola have created unforgettable, quality, tailored cycling holidays in Italy with daily guided bike tours / excursions along a variety of flat, hilly and mountainous routes, for all levels of riders, from recreational to competitive.
Our 43 rooms and 2 suites come with a wide range of high-quality services in order to provide you with comfort and quality. Private balconies, free wi-fi, a safe for valuables, a large shower with a seat, premium bath toiletries, and much more. For your relaxation and entertainment, enjoy our beautiful garden with an open-air swimming pool, and free city bike rentals. Enjoy Garda Hotel is the perfect cycling destination because it is run by cyclists with a long history of catering similarly passionate cyclists from all over the world.
Our fully serviced studio flats or two-room apartments are the ideal solution for guests who like to be pampered yet be independent. With the hotel services offered by our partner Enjoy Garda Hotel, just 100 metres away, our staff will be within easy reach to cater to your needs. Staying at Hatelier Garda allows you the freedom to enjoy some of the comforts of home such as cooking your own meals and is another option for a holiday or work. If you are looking for a place where you can stay and feel at home, the Hatelier Garda Home is it.
TRANSFER

We can arrange for car / van transfer service from and to the main airports of Northern Italy.

Here are the nearest airport:

Verona "Valerio Catullo" 20 km
Bergamo «Orio al Serio» 90 km
Milano «Linate» 135 km
Milano «Malpensa» 180 km
Venezia «Marco Polo» 150 km

PACKET LUNCH FOR THE RIDE

Before the departure of every tour you will be given a packet-lunch with ham & cheese sandwiches, bananas and energy bars.

LUNCH BUFFET AFTER RIDE TILL 5 PM

When you come back from the excursion, you will refuel at our buffet with a variety of cold pasta, sliced salami and ham, fruit, vegetables and dessert.

WATER & BOTTLES

A filtered water dispenser is located in the bike room. If you forget to bring bottles, ask your guide or at the reception; new bottles (if available) or used bottles (sterilized) will be provided to you.

DINNER

You will have dinner in our restaurant either inside or on the summer terrace situated in the garden-pool area. Our menu changes daily but always includes 3 starters and 3 main courses with your choice of fish, meat, or vegetarian. Fresh and cooked vegetables are available at the buffet, as well as fruit and home made dessert from our chefs.
Laundry service

Daily laundry service for bike clothing

BIKE ROOM

Bike room with alarm, workshop and washing area
PINARELLO DOGMA F12 DISK
TEAM INEOS EDITION

We are the only bike hotel on Lake Garda to rent the Pinarello Dogma F12 Disk with **Shimano Di2 eletronic**. Simply the best bike out there. You can rent this Bike of the Champions only at GBH.

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<table>
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<tr>
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<tbody>
<tr>
<td><strong>Year of the bike</strong></td>
<td>July 2019</td>
</tr>
</tbody>
</table>
| **Group set**        | **Shimano DurAce Di2**  
|                      | 11 speed 34–50/11–32 |
| **Saddle**           | **Selle Italia SP – 01** |
| **Handelbar & Stem** | **Most Jaguar XC** |
| **Wheels**           | **Fulcrum wind 400 carbon disc** |
| **Tyres**            | **Vittoria Zaffiro Pro graphene 28 mm** |
| **Garmin Mount**     | **Most iTALON Cockpit for Garmin VIRB, GoPro, Shimano o TomTom Bandit** |
**PINARELLO GREVIL**

32mm tyres, 50-34 //12 -34 gearing, powerful Shimano hydraulic disc brakes, more relaxed geometry. With the 2019 Grevil, Pinarello has invented a new category for road biking.

<table>
<thead>
<tr>
<th>Year of the bike</th>
<th>March 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group set:</td>
<td>Shimano Ultegra 11 speed 34 - 50 // 12 - 34</td>
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<tr>
<td>Saddle:</td>
<td>Selle Italia SP - 01</td>
</tr>
<tr>
<td>Handelbar &amp; Stem</td>
<td>Most Jaguarc XC</td>
</tr>
<tr>
<td>Wheels:</td>
<td>Fulcrum Racing Zero Disc</td>
</tr>
<tr>
<td>Tyres</td>
<td>Vittoria Rubino Graphene Pro 32 mm</td>
</tr>
<tr>
<td>Garmin Mount</td>
<td>Most iTALON Cockpit for Garmin VIRB, GoPro, Shimano o TomTom Bandit</td>
</tr>
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**PINARELLO NYTRO**

We are the only bike hotel on Lake Garda to rent the Pinarello road E-BIKE. The perfect solution for all our guests that prefer to have a little “help” on our

<table>
<thead>
<tr>
<th>Year of the bike</th>
<th>March 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group set:</td>
<td>SRAM FORCE (34 - 50 // 12 - 32)</td>
</tr>
<tr>
<td>Saddle:</td>
<td>Sella Selle Italia X3</td>
</tr>
<tr>
<td>Handelbar &amp; Stem</td>
<td>TIGER ALU AERO - CURVA JAGUAR XA AERO</td>
</tr>
<tr>
<td>Wheels:</td>
<td>Fulcrum 500DB C17 disk</td>
</tr>
<tr>
<td>Tyres</td>
<td>Vittoria Zaffiro 28 mm</td>
</tr>
<tr>
<td>Garmin Mount</td>
<td>Most iTALON Cockpit for Garmin VIRB, GoPro, Shimano o TomTom Bandit</td>
</tr>
</tbody>
</table>
1 - LAKE GARDA
Mix of flat / undulate street with some climbs ●○

2 - COLLINE MORENICHE E MANTOVA
Our “little Tuscany” undulate relaxing streets ●○ ○

3 - VALTENESI
Mix of flat / undulate with some climbs ●○ ○

4 - VALPOLICELLA E VERONA
The «wine area» undulate streets with lots of short / medium climbs ●● ○

5 - MONTE BALDO
Our highest mountain. Long and difficult climbs. ●● ●

6 - LESSINIA
Our second highest mountain. Long and difficult climbs. ●● ●
We have a wide range of routes – flat, hills or mountains – from 50 to 150 km in length, to suit everyone: from those eager to train hard, to those who want a scenic and leisurely “passeggiata” through our beautiful countryside.

All our tours are pre-planned and designed to be ridden with our guides.

Our weekly program is not fixed with the same ride every day of the week. It varies every week depending on the number and the level of our cycling guests, the weather forecast, and the special requests of the guests.
3 LEVELS OF RIDE for EVERYBODY

During our peak season, our Bici Love riders generally have 3 daily rides to choose from, scaled for pace, distance and level of climbing.

You can feel free to change your ride level from day to day. However, we encourage you to know your abilities and think about how you ride at home when selecting a daily ride.

Selecting a ride most suited to your abilities will make for a happier cycling holiday.

CLASSIC ride ●○○
Distance: max 50-70 km
Climb length: 5-6 km
Average speed on flat: 20-25 km/h

ENTHUSIASTIC ride ●●○
Distance: max 80-100 km
Climb length: around 10 km
Average speed on flat: 25-30 km/h

EPIC ride ●●●
Distance: max more than 100 km
Climb length: more than 15 km
Average speed on flat: 30-35 km/h
«Dolce Vita - private» is an exclusive package with a private guide and a specific program of "leisurely rides." Dolce Vita riders are typically newer riders, riders with less group riding experience and/or very casual riders.

We strongly recommend that casual or less experienced riders have a private guide (separate from our daily guided group rides), who will plan routes with you to ride as little or long as you like, at the time of day you like, and at the pace and terrain that you determine is right for you.

There are many reasons to consider our Dolce Vita private package:

An EXCLUSIVE GUIDE just for you

NO GROUP rides

CUSTOMIZED PROGRAM that you can decide directly with the Bike Manager

CUSTOMIZED TIMING of departure and return
<table>
<thead>
<tr>
<th></th>
<th><strong>64 km – 39 mi</strong></th>
<th><strong>535 m – 1755 ft</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tour Distance</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Climbing</strong></td>
<td></td>
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</tbody>
</table>

**Classic ride**

**COLLINE MORENICHE**
SOME EXAMPLES

2 Passes of Valpolicella

**Tour Distance**

78 km – 48 mi

**Total Climbing**

1000 m – 3280 ft

Enthusiastic ride

VALPOLICELLA
Epic ride
MONTE BALDO
PERI - FOSSE

→ 9,2 KM
\ 764 M
% 8,3 av.

MONTE BALDO

→ 22 KM
\ 1482 M
% 6,8 av.
Our expert guides are the heart and soul of our bike service! Our guides accompany all our group rides and ensure you have a great ride and a great holiday. Experienced local cyclists with many years of riding our guides are also multilingual and able to communicate with cyclists from all over the world.
In the peak season we usually organize during the week some extra ride activities like: cooking class, boat tour, aperitif in the winery, Hiking, Visit to local frame builder Tiziano Zullo, Lunch in local pizzeria, visit to real cheese maker, visit to the «tortellini factory where you can see the old ladies preparing the tortellini, et ... et ...
The ideal all inclusive package for enthusiastic cyclists is also our most popular. This package provides accommodation, meals and a wide range of riding options in small groups, through the most beautiful sceneries of our territory; everyday you’ll be accompanied by our expert guides who will show you the roads only the locals know!

The Bici & family package gives you the chance to enjoy your riding knowing your family is well looked after and able to enjoy the hotel and our beautiful local area while you are cycling. There are so many things to do for the whole family and all ages!

«Dolce Vita” is an exclusive package with a private guide and a specific program of “leisurely rides.” Dolce Vita riders are typically newer riders, riders with less group riding experience and/or very casual riders.
COMBINED PACKAGES
Bellissimi...there is no better way to describe these two stunning cycling destinations where you can experience the very best Italy has to offer in one package...the lake, the mountains the wine, the food and conquering the epic climbs of the Giro d'Italia.

**LAKE GARDA + BORMIO**

The Dolomites mountain range, a UNESCO World Heritage site since 2009, lie in the northern Italian Alps, with 18 peaks rising above 3,000 metres. Characterized by vertical walls, sheer cliffs, and narrow long valleys, the area creates a distinctive landscape of exceptional natural beauty. During our trip, we will stay near the famous Sella Ronda Bike route and visit villages like Corvara and Badia, where you are surrounded by both the beauty of nature and the Ladin culture.

**LAKE GARDA + DOLOMITES**

One trip – two lakes, where you will truly experience some of the best cycling in Italy. Embarking on this adventure, you will first explore the famous region of Lake Como. You'll be in the midst of a dramatic landscape, where the blue waters of Como meet the alpine foothills, which in turn meet the blue sky. And, make a special visit to the patron saint of cyclists, Madonna del Ghisallo chapel and cycling museum.
From Lake Garda venture west to try a genuine cycling and epicurean experience in Piedmont, one of the most important red wine production regions in Italy and the birthplace of the ‘Slow Food’ movement. You will explore ancient hilltop towns and castles; enjoy our delicious traditional cuisine in our “trattorias” while rolling along the quiet routes of Langhe and Roero that feature on the UNESCO World Heritage list.

Our partner Lungomare Bike Hotel is located in Cesenatico on the Adriatic Coast, the birthplace of Marco Pantani and is your gateway to the spectacular Romagna region framed by the ocean and the Apennine mountains. Explore the routes where Italy’s much loved champion trained through rolling hills and rugged paths through to mountain passes.

Combining the joys of cycling at Lake Garda with cycling in the heart of Italy, with the opportunity to even visit the Colosseum and ancient Rome, can only mean more of a good thing!
Starting July 2019, our combination packages and Granfondo & cycling events packages will be managed by tour operator ANDIAMO CYCLING. Andiamo Cycling is the newest addition to our big Italian family... it’s a new tour company that is owned and managed by us...the same owners of Garda Bike Hotel.

The staff of GBH opened this new tour operator business to be able to manage cycling events and granfondo packages all around Italy. Now we’ll be able to take guests to new cycling destinations and beautiful areas throughout Italy ...with the same quality, value and level of experience that we offer at Garda Bike Hotel.
March 2020
STRADE BIANCHE

April 2020
GRANFONDO COLNAGO

May 2020
GIRO D’ITALIA

June 2020
Alè LA MERCKX

July 2020
MARATONA DLES DOLOMITES

July 2020
LA PINARELLO

September 2020
GALLO NERO

September 2020
GRANFONDO PROSECCO

October 2020
IL LOMBARDIA
Are you travelling with your family or with a non cycling partner?

Don’t worry... you can ride without any stress because there is plenty for them to do.
Via Venezia, 26 - 37019 - Peschiera del Garda - Verona
Lake Garda – Italy
Phone. +39 045 6401050
Fax. +39 045 7550051
Email. info@gardabikehotel.com
Web. www.gardabikehotel.com