

GROUP RIDE DESCRIPTION



EPIC RIDE

THE EPIC RIDE IS AVAILABLE
FOR THE MOST SERIOUS ATHLETES

CYCLIST TYPE

Experienced, and well-trained cyclists able to tackle long and demanding climbs and ride at high speeds in a group on flat stretches

TYPICAL RIDE

90-130 km (56-81 mi) ride with multiple steep climbs

AVERAGE SPEED

28-33 km/h (17-21 mi/h) av speed on flat

SUGGESTED RENTAL BIKES

Pinarello Dogma, Pinarello Grevil

The Epic Ride is designed for cyclists seeking the ultimate challenge.

These rides cover the longest, most demanding routes, with distances ranging from 90–130 km (56–81 miles) and sometimes over 2,000 meters (6,500 feet) of elevation gain. Riders should be prepared to maintain a fast pace on flat sections while conquering tough climbs.

While the focus is on endurance and performance, the Epic ride isn't all work; there's time to pause for a classic Italian coffee or capture stunning views along the way. This ride is perfect for those craving a high-level physical and technical adventure.

WEEKLY PROGRAM



EPIC RIDE

THIS IS TYPICAL OF THE RIDES YOU CAN EXPECT DURING YOUR STAY. **IT IS ONLY A GUIDE AND IS SUBJECT TO CHANGE** DUE TO WEATHER CONDITIONS, SPECIAL EVENTS IN THE AREA AND THE LEVEL OF CYCLISTS ON ANY GIVEN DAY. ALSO **WE MAY NOT OFFER EVERY LEVEL ON EVERY DAY**

MONDAY	WEST LAKE	→ 100 km ↑ 1000 m → 62 mi ↑ 3280 ft
TUESDAY	 THE KING, MONTE BALDO	→ 127 km ↑ 2100 m → 78 mi ↑ 6889 ft
WEDNESDAY	VALPOLICELLA & VERONA	→ 100 km ↑ 1420 m → 62 mi ↑ 4658 ft
THURSDAY	CAVALLINO DELLA FOBBIA PASS	→ 128 km ↑ 1600 m → 80 mi ↑ 5249 ft
FRIDAY	EAST LAKE	→ 103 km ↑ 1650 m → 64 mi ↑ 5413 ft
SATURDAY	 LESSINI MOUNTAINS PASSO FITTANZE	→ 130 km ↑ 2300 m → 80 mi ↑ 7545 ft
SUNDAY	SOUTH LAKE	→ 100 km ↑ 820 m → 60 mi ↑ 2630 ft