

GBI Transalp – Mountain views and endorphins



The mountains are tempting us at the end of the summer. This tour will lead us from Bavarian cosiness in Garmisch over some spectacular mountain passes of the Alps to Italian Dolce Vita at Lago di Como. Everybody will find his personal challenge and get some endorphins on the mountain tops. Many incredible photo scenes will pass by while we cycle. And numerous cosy restaurants woo with typical alpine cuisine.

The Global Biking Initiative (GBI) wants to show you the most interesting places in Europe the sportive way. We are proud of our international participants that make it easy for everybody to make new friends from other countries. Our main goal is the continuous support of charity projects worldwide. We achieve this by engaging the participants to raise funds that support charity projects in their home countries.

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Tour highlights

- ✓ Relish Bavarian hospitality in Garmisch
- ✓ Cycle along the rivers Inn and Adda
- ✓ Admire the sunken church tower at Lake Reschen
- ✓ Conquer the Stelvio mountain pass
- ✓ Visit four countries in four days
- ✓ Enjoy Italian Dolce Vita at Lago di Como

At a glance

Date: September 7th – 11th, 2018
 Duration: 5 days / 4 nights (4 cycling days)
 Event type: guided charity cycling holiday
 Participants: max. 30 cyclists
 Distance: approx. 400 km (Track 1) / 460 km (Track 2)
 Participation fee: from € 449
 Minimum donation: € 50
 Single bedroom: € 110
 Pre-night: from € 79
 Bike transport: € 50
 Rental bike: MTB € 69, Roadbike € 129

Details & online registration: www.gbi-event.org

Included services

- ✓ Accommodation in selected hotels with breakfast
- ✓ Luggage transport from hotel to hotel
- ✓ Service car with bike repair toolset
- ✓ Pickup service
- ✓ Bus shuttle from Lake Como to Garmisch
- ✓ Fast and easy online registration on our website
- ✓ Several cycling teams with different speed levels (min. 2 teams)
- ✓ Any kind of bicycle welcome (Roadbike, MTB, ATB, eBike, etc.)
- ✓ 2 different distances per day
- ✓ GPX tracks of the tour for download
- ✓ Route information and daily news
- ✓ Convenient hotel check-in service
- ✓ Mobile GBI app with helpful information
- ✓ Personal support during the tour
- ✓ Nutrition point with energy bars, fruits and drinks every day
- ✓ Bike bottle
- ✓ Photo service
- ✓ Optional rental bikes, bike transport from/to Düsseldorf & pre-night accommodation
- ✓ International participants
- ✓ Support of charity projects in your home country
- ✓ A lot of fun, unforgettable moments, great international and cross-cultural companionship, challenging moments and radiant eyes

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Day 1: Garmisch – Zams (90 km/1500 m climb)

After the official opening the teams start their tour individually. For the first kilometers we cycle easily to Mittenwald. The Buchener Sattel is the first real challenge for us. As a reward we can enjoy a rapid descent to the Inn valley, where we end up for the day in Zams.

Day 2: Zams – Santa Maria (96 km/2340 m climb)

We continuously climb while we cycle along the river Inn. After crossing the Swiss border we climb the Norbertshöhe to Nauders and pass Lake Reschen with its sunken church tower. From here we descent easily on cycling roads to the Vintschgau and after another climb we reach Santa Maria in Val Müstair.



Day 3: Santa Maria – Sondrio (115 km/1470 m climb)

The day starts with a climb to the Umbrail mountain

Route characteristics

We will climb several mountain passes with long ascents and partially steep segments. The following descents are typically very challenging as well and require your full attention and good brakes.

If possible we cycle on minor roads. But mountain and valley roads are often heavily frequented and cycling lanes are sometimes missing.

We cycle for charity

Each participant commits to raise a **minimum donation of € 50** to support a charity project in his or her home country.

pass. Ambitious cyclists can detour via Passo Stelvio instead. The following long descent to Bormio requires your full attention and good brakes. The rest of the day we cycle easily through the valley of the Adda to Sondrio, our destination of the day.

Day 4: Sondrio – Lake Como (82 km/1390 m climb)

The last cycling day is not very challenging, compared



to the previous days. Again we cycle along the Adda to the northern part of Lake Como. From here we cycle along the eastern coast to Varenna, embark on the ferry to the other see side and cycle finally to Como, with multiple gorgeous views to the lake.

Day 5: Lake Como (Departure day)

In the morning the bus shuttle will bring us and the bikes back to the starting point in Garmisch-Partenkirchen.

Travel advice

Plane: there are good connections to Munich airport, then take the bus or train to Garmisch

Train/bus: good connections e.g. from Munich to Garmisch

Car: Parking for the duration of the tour at a public car garage (charged) near the tour start location

Miscellaneous

Please keep in mind that we cycle through and stay in Switzerland on our tour. Have your passport and visa documents with you during these days.