

GBI Ladies Transalp – Rocking the Alps with ladies power



For the first time, the Global Biking Initiative is organizing a Transalp tour aimed exclusively at women who are enthusiastic about cycling. In small teams, which are accompanied by experienced team leaders, the participants in different ability groups will conquer the Alps. It doesn't matter whether you are an experienced Transalpinist or a newbie to the Alps. All women who enjoy sporty cycling can take part in this tour.

On this tour you will experience the magic of the mountains and cross three countries. The route from Garmisch-Partenkirchen to Lake Garda is one of the 'easier' Transalp variants. Nevertheless, several mountain passes have to be overcome. You can expect some longer climbs and

rapid descents on this tour. Look forward to alpine cuisine, Italian dolce vita and unique mountain panoramas.

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 a continuous support of charity projects worldwide. We achieve this by engaging the participants to raise funds that support charity projects in their home countries.

Tour highlights

- ✓ Experience Bavarian hospitality in the Olympic city of Garmisch
- ✓ Enjoy great cycle paths along the Inn and Adige rivers
- ✓ Pedal through Europe's fruit garden
- ✓ Conquer challenging alpine passes
- ✓ Let yourself be enchanted by Dolce Vita at Lake Garda

At a glance

Date: 15 – 19 August 2023
 Duration: 5 days / 4 nights (4 cycling days)
 Event type: Guided charity cycling holiday
 Participants: min. 20, max. 32 cyclists
 Distance: approx. 380 km/3200 m climb (track 1) /
 approx. 375 km/5700 m climb (track 2)
 Participation fee (incl. full board): from 749,- €
 Single bedroom supplement: 130,- €
 Pre-Night: from 99,- €
 Bike transport: 50,- €
 Rental bike: 129,- € (roadbike)
 Minimum donation: 50,- €

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

Services

- ✓ Accommodation in hand-picked hotels with breakfast and dinner
- ✓ Luggage transport from hotel to hotel
- ✓ Service car with bike repair toolset
- ✓ Pickup service
- ✓ 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, Pedelec, etc.)
- ✓ 2 different distances per day possible
- ✓ Team leads with GPS navigation
- ✓ GPX tracks for download
- ✓ Route information and daily news
- ✓ Personal support during the tour
- ✓ Nutrition point with energy bars, fruits and drinks every day
- ✓ GBI bike bottle
- ✓ Online photo service
- ✓ International participants
- ✓ Support of charity projects worldwide
- ✓ A lot of fun, unforgettable moments, great international and cross-cultural companionship, challenging moments and radiant eyes

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Day 1: Garmisch - Imst

Right after the start we cycle to Mittenwald and up to the Buchener Saddle. Then we get to Telfs on a brisk descent down into the Inn Valley. Along the river Inn we cycle relaxed on the Inn Valley Cycle Path to our first destination.

Day 2: Imst - Nauders

Today we follow the river Inn quite for a long time. A short distance in Swiss canton Engadin will bring us to the Norbertshöhe, a challenging mountain pass with several switchbacks. Once at the top, our stage destination Nauders is not far.



Route characteristics

Even if the selected route is one of the easier ones to cross the Alps, it leads through high alpine area. We cycle mostly in the valleys and on well-developed cycle paths. Nevertheless, all participants should have the appropriate knowledge and experience of mountain cycling! On the tour, the participants have to overcome several demanding Alpine passes, which have long ascents with some steep passages. The resulting long descents are technically very demanding and require good brakes!

If possible, the routes lead along minor roads and cycle paths. The passes and valley roads are sometimes very busy and do not always have a separate cycle path.

Day 3: Nauders - Bozen

Along Lake Reschen with its impressive 'sunken church tower' we pedal down into the Vinschgau with many beautiful old villages. We cycle relaxed along the Adige river and finally turn into the hills with wonderful valley views before we reach our hotel in Bozen.



Day 4: Bozen – Riva del Garda

The last cycling day is great for rolling out. Hardly any inclines and roads with little traffic through vineyards and the excellent Adige cycle path make this day an experience. The descent to Lake Garda makes you feel happy again before we arrive at our tour destination in Riva del Garda.

Day 6: Riva del Garda – Garmisch (no cycling)

After the breakfast the shuttle bus will bring us back to Garmisch-Partenkirchen, where everybody departs individually to her home.

We cycle for charity

Each participant commits to raise a **minimum donation of € 50** to support the charity project Bikeygees.

Travel advice

Plane: to and from Munich or Innsbruck and with bus/train to Garmisch-Partenkirchen

Train/bus: to Garmisch-Partenkirchen

Car: there public car parking nearby (with fee)