

GBI Transalp – Großglockner is calling



After a successful first Ladies Transalp in 2023 we want to give sportive ladies the chance to cross the Alps with the GBI. From Salzburg we climb the Großglockner and head towards Upper Adige. Some incredible river valleys will guide us and we will detour to the Dolomites before we finish the tour at Lake Garda.

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

- ✓ Discover Austrian hospitality in the Mozart city of Salzburg
- ✓ Conquer the epic Großglockner mountain with a bike
- ✓ Cross the sun-kissed valleys of Upper Adige
- ✓ Easy-going pedalling along the Drau, Adige & Eisack
- ✓ Join a women only cycling journey powered by Liv
- ✓ Enjoy dolce vita at Lake Garda

At a glance

Date: September 9 – 14, 2024
 Duration: 6 days / 5 nights (5 cycling days)
 Event type: Guided charity cycling holiday
 Participants: min. 20, max. 40 cyclists
 Distance: approx. 460 km (track 1) / 500 km (track 2)
 Participation fee & other services: see our website

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

Services

- ✓ Accommodation in hand-picked hotels with breakfast & dinner, some with pool or spa
- ✓ 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
- ✓ Any kind of bicycle welcome (Roadbike, MTB, ATB, Pedelec, etc.)
- ✓ 2 different distances per day possible
- ✓ Experienced Liv 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
- ✓ Liv bike jersey
- ✓ 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: Salzburg – Bruck

After the tour briefing we start to pedal along the river Salzach and then turn into Germany for a while. We pass Berchtesgaden and gain continuously height. The border to Austria marks the highest point of today's stage. Later we pass the Lake Zell and reach our destination in Bruck.



Day 2: Bruck – Lienz

Today the queen's stage is on our agenda, the Großglockner is calling! After a short warming up the long and ambitious ascent with several hairpin curves will bring us up to 2500 m height. The long and challenging descent requires perfect brakes and a good curve technique.

Day 3: Lienz – Vintl

We cycle on great cycle paths through the complete Puster valley today. Track 2 detours along the Kronplatz and climbs the Furka pass.

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. This tour is only recommended for experienced cyclists who feel well with cycling in the mountains!

If possible we use minor roads. But mountain and valley roads are often heavily frequented and cycling paths are sometimes missing. So sometimes it is inevitable to use major roads.

Day 4: Vintl – Bozen

After descending into the Eisack valley we cycle relaxed along the river the whole day. Track 2 takes the more challenging route and cycles through the unique mountain area of the Seiser Alm. Once we have re-entered the Eisack valley again it is just a short distance hotel to the beautiful city of Bozen, our destination today.

Day 5: Bozen – Torbole

The last day is perfect for a relaxed cycling finale. While rolling downstream along the river Adige we will have impressive views on the mighty mountains to the left and right. At Mori we leave the Adige cycle track and after a short while we can see the marvellous Lake Garda in a distance. Track 2 again heads into the mountains for some more climbs before they follow the river Sarca to Torbole.



Day 6: Torbole - Salzburg (no cycling, only transfer)

After the breakfast our shuttle bus will bring us back to Salzburg and everybody can leave individually to his or her home.

We cycle for charity

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

Travel advice

Plane: Salzburg or Munich

Train/bus: good national & international connections e.g. from Munich

Car: Public parking on the streets should be possible near the hotel