

# E-MTB AOSTA VALLEY ITALY



GROUP SIZE 4-6

DURATION 7 nights, 8 days

TYPE E-MTB

SKILL LEVEL & FITNESS LEVEL Level 3

**THE AOSTA VALLEY IS CLOSE TO PERFECT: ENDLESS HIGH-ALPINE & RIPPING FOREST SINGLETRACK AMONG THE BIGGEST PEAKS IN THE ALPS, MOUTH-WATERING CUISINE & THE BEST COFFEE EVER, HISTORICAL SIGHTS & VIBRANT ITALIAN CULTURE. BE PREPARED TO FALL IN LOVE.**

## WHY BIG MOUNTAIN?

**Professional Leaders.** Mountain bike trips to far-away places requires local knowledge. We work with the best guides in all destinations, many since 2001.

**Your Safety.** Our guides have first-aid certification, our trips have safety management plans and our riders' wellbeing is the number one priority on all of our trips.

**Groups that Work.** All riders complete a detailed Rider Questionnaire to ensure that they are well matched for the trip physically and technically and with the rest of the group. We almost always have optional rides just in case.

**Preparation is Key.** We offer excellent pre-trip support and all departures include a detailed Preparation Guide specific to the destination. Of course we've been on every trip that we offer.

**Expert Trip Design.** We know how to create exceptional mountain bike trips. And, we're constantly reviewing and improving itineraries if we feel that it's needed.

**Piece of Mind.** Travel & Medical Insurance is mandatory on our trips and Big Mountain Bike Adventures Ltd. has commercial general liability insurance.



## OUR GUIDE

*Our multi-generation Aosta-born leader is just the person to uncover the hidden gems and best trails of this region. Fit, kind, hard-working and super well-connected, you will be in super hands.*

CHROMAG

EVOC

TREK

**BIG MOUNTAIN  
BIKE ADVENTURES**

# ITINERARY

## E-MTB AOSTA VALLEY

The following is a general outline for the E-MTB Aosta Italy trip. Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality of to accommodate the comfort, convenience and well-being of our guests.

This trip has become a classic that leaves its participants blown away. Don't be deceived by the big descents and lifts, Cloudraker's daily schedule is jam packed and requires a high level of fitness, technical ability and being 'OK' with bit of exposure at times. This trip is for those who like to pedal up and descend, one epic trail after another. Fasten your seatbelts; this is going to be fun!



### DAY 1

#### Arrive Milan Airport, transfer two-hours to Aosta.

Warm-up ride. Get acquainted with our e-mountain bikes and head out the door for a warm up ride on singletrack and some dirt roads among vineyards.

**Ride:** 10km, 250+, 250-

**Overnight:** Maison Bionaz

### DAY 2

#### Ride the Cogne Valley.

Ride from the door into Aosta for a quick coffee, then onto the Pila gondola. From the top we pedal to 2815m with spectacular views of all the 4000m+ peaks in the area. We drop down on amazing singletrack into the Cogne Valley, then circle back to Aosta.

**Ride:** 38km, 950+, 2650-

**Overnight:** Maison Bionaz

### DAY 3

#### Ride Secret Pass.

After a 40-minute shuttle from our hotel we reach a village at 1600m, then we climb on gravel & singletrack and even some pushing to a high col at 2910m. From here its all downhill from high-alpine to larch forests on amazing singletrack to our hotel with amazing views of the Gran Paradiso Park.

**Ride:** 27km, 2000m+, 1300m-

**Overnight:** Hotel Belvedere

### DAY 4

#### Ride Gran Paradiso National Park.

Today's ride is one of Aosta's best. Out the door up the Urtier valley to 2908m and onto a flowy alpine trail that will raise the bar for all riders. Afternoon transfer to Rifugio Chaligne, our abode for the night.

**Ride:** 53km, 1700m+, 2800m-,

**Overnight:** Rif Chaligne

### DAY 5

#### Ride the Super Ridge Line.

Climb up to the Punta Chaligne at 2608m with jaw-dropping views of the city of Aosta and surrounding peaks and glaciers. The rest of the day is spent riding on sections of trail that will have you howling outloud. We'll also ride past Italy's highest vineyard at 1225m. Lunch today is a highlight.

**Ride:** 45km, 1815m+, 1980m-

**Overnight:** La Jolie Bergere

### DAY 6

#### Ride to Courmayeur.

Today we ride the end of the Aosta Valley among impressive peaks to the door-step of Mont Blanc. We'll have a few hours to explore Courmayeur this afternoon, one of Italy's premiere ski resorts.

**Ride:** 38km, 1850m+, 2250m-

**Overnight:** Hotel Berthod

### DAY 7

#### Ride the Val Ferret. Transfer to Milan.

This morning's ride is one of the best of the week, a perfect stretch of singletrack with some of the best views that you can imagine. After lunch we'll transfer just over two-hours to our Milan airport hotel.

**Ride:** 17km, 650+, 1000-

**Overnight:** Holiday Inn Milan Malpensa

### DAY 8

#### Transfer to Milan Malpensa Airport.

Easy airport shuttle to the airport for flights home. Arrivederci!

# DETAILS

## BIKE AND EQUIPMENT

We know that quality bikes and components are paramount. We take the time to ensure that our rental bikes are inspected, well-maintained and have appropriate tires, brakes, extra parts and more. We communicate all aspects of the bike to riders. This trip requires an extra battery which is included in the trip price. One night on this trip are spent without your luggage. Riders will need 18-20L riding packs where they can carry appropriate gear. We will send you a detailed list of required equipment and clothing before departure.

### SUGGESTED BIKE FOR THIS TRIP:

#### TREK RAIL



#### WHAT'S INCLUDED?

- Expert leadership.
- On night mountain hut & six nights hotel accommodation.
- All transportation from/to Milan Malpensa Airport on scheduled days.
- All luggage transportation.
- All breakfasts & four dinners.
- E-MTB rental with extra battery (if needed).

#### WHAT'S NOT INCLUDED?

- All lunches, three dinners, ride snacks & extras like coffee & alcohol.
- International airfare; personal travel and medical insurance.
- Required equipment such as helmet, backpack, pedals/shoes, etc.
- Unexpected additional costs if itinerary is amended due to rider injury or weather, or a mechanical and parts need to be delivered due to a bike mechanical.

## TRAVEL INSURANCE



Medical Insurance is mandatory on all Big Mountain Bike Adventures' trips and Travel Insurance is strongly recommended. Please [visit our recommended insurance provider](#) World Nomads to learn more.

## ACTIVITY LEVEL

The technical ability level required for this trip is rated as 'advanced and above'. In other words, the trails are technically challenging with some exposure at times. There are long and technical descents each day. For fitness level, participants must be fit to very fit. All participants must train accordingly to fully enjoy this trip. Even though we will be riding many lifts and stopping quite often (to enjoy the view, eat and drink, wait for others, repair our bikes etc) – the altitude, jet lag recovery and accumulation of multiple, long days of riding will add up. This trip is a true all mountain adventure – the rewards are FANTASTIC.

## LODGING AND FOOD

On this adventure we spend one night at a rifugio where you will not have your luggage. Otherwise, nights are spent at comfortable 3-star hotels with all amenities. The cuisine on this trip is typical of northern Italy, delicious. Please notify Big Mountain Bike Adventures if you have any special dietary needs.



## CLIMATE

In big mountains, weather can change quickly and drastically – it could be 30 degrees Celsius one day and then freezing on a mountaintop the next day. Summertime in the Alps are typically beautiful, however it can rain and sometimes even snow, so we have to be prepared for all types of weather conditions.

## DETAILS cont.



### YOUR SAFETY

All participants must ride safely and within their limits daily as mountain biking is a dangerous sport with risks and hazards. Most accidents occur at the beginning of a trip due to jet lag, fatigue and unfamiliarity of trail conditions and obstacles; it is imperative that riders especially take it easy at the beginning of the trip. Alcohol and drugs are not permitted while riding. Participants will remain hydrated and rested throughout the trip. Riders will be responsible for their daily bike checks and keeping bikes in good working condition. Everyone is ultimately responsible for their own well being on our trips. Our guides have basic first aid training and if a serious injury is suspected, will call local search and rescue and/or an evacuation helicopter at the cost of the participant. The majority of our trips take place in remote regions with limited evacuation options. Personal medical travel insurance is mandatory on all trips.

### THE NEXT STEPS

Call us toll free at 1-866-894-0220, or +1-604-902-1807 for international guests or email at [info@ridebig.com](mailto:info@ridebig.com) to confirm there's space on this trip. If Skype is preferred please send us an email to arrange a meeting. We like to speak to everyone interested in joining our trips. This helps ensure everyone signing up is well matched for the group!

Make sure you have read and understand our [Terms and Conditions](#) and also our [Waiver](#). Both found on our website under registration.

To confirm your spot please complete our secure online [Booking Form](#) found on our website.

Once your online registration form has been received, we'll send you detailed pre-departure information, for review, to ensure you're well prepared for the adventure ahead.

### PAYMENT

Once you've completed our online registration form and we've confirmed

that we have the needed number of riders to proceed, we'll collect a \$750.00 CAD deposit that is refundable up to 14 days after registering (outside of 90 days before the trip departure), afterwards your deposit becomes non-refundable. At 90 days prior to the departure, the full trip balance will be collected. Please review our [Terms & Conditions](#) for full details on payment, cancelation and refund policies. Please note that while our land costs are quoted in the destination country's preferred currency, the balance and deposit are processed in Canadian dollars. The exchange rate is based on the daily rate quoted using the Bank of Canada. If you are paying with credit card and reside outside of Canada, you may incur a foreign transaction fee. If you wish, there's the option of paying with a wire transfer or you can also send us a cheque. Please contact us anytime to discuss your options.

### SINGLE SUPPLEMENT

The single supplement of €380 is an additional fee for solo travellers who wish to have their own room during the trip (only available for five of seven nights). If riders agree to share a room with someone of the same gender BM will pair you up. If there isn't another single participant of the same gender available, you will automatically have your own room and incur the additional single supplement fee.



### WHY BIG MOUNTAIN IS YOUR CHOICE

*Since 2001 Big Mountain Bike Adventures is the pioneer of performance mountain bike adventures to destinations worldwide. Our itineraries are designed by local professional guides and Big Mountain travel experts and lead by the very best local leaders available. Our mission is to deliver safe, quality trips with the best customer service - ensuring a trip of a lifetime.*

### REFERENCES

We'll be happy to provide you with references of satisfied past travellers.

### QUESTIONS?

Feel free to call us at 1-866-894-0220 or email [info@ridebig.com](mailto:info@ridebig.com) if you have any questions or need any additional information. We are here to help!

### CONTACT US

Big Mountain Bike Adventures Ltd. Box 922, Whistler BC, V0N 1B0 CANADA  
[Facebook](#) | [Instagram](#) | [Trip Advisor](#) | [Vimeo](#) | [Pinkbike](#)