

DOLCE VITA

LIGURIA, ITALY



GROUP SIZE 3 to 7 | DURATION 7 nights, 8 days | SKILL LEVEL Level 2-3 | FITNESS LEVEL Level 2 | TYPE all-mountain/enduro

*Single Supplement not available for two nights. **Do you ride DH bikes? We can also run this trip for full-face helmets and big bikes!

LIGURIA BOASTS BIG-FORESTED MOUNTAINS WITH SPECTACULAR BEACH-LADEN COASTLINE. RIDE ALL-MOUNTAIN/ENDURO SINGLETRACK WHILE ENJOYING DELICIOUS CUISINE, THE NORTHERN ITALY SUNSHINE AND THE AUTHENTIC ITALIAN CULTURE WITH PROFESSIONAL LOCAL GUIDES.

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

It doesn't get much better than Louise to lead you around Liguria and uncover the hidden gems. A Swede who lives in Finale and speaks Italian fluently, the current Masters Enduro World Champion, super nice and super organized. Perfecto!

CHROMAG EVOC TREK

BIG MOUNTAIN
BIKE ADVENTURES

ITINERARY DOLCE VITA

The following is a 'general' outline for Dolce Vita 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 or to accommodate the comfort, convenience, and well-being of our guests.



DAY 1

Morning arrival in Nice, France, transfer to Finale Ligure, Italy.

This morning you'll be picked up by your Big Mountain guides in Nice, France at 9:30AM at the Nice Airport. If you arrive a day (or two early) we'll pick you up at your Nice hotel. Then we'll drive 1.5 hours along the beautiful Mediterranean coast, through spectacular Monaco and into Italy. After building our bikes, reviewing riding skills and safety details we'll go for a quick warm-up ride. Overnight Hotel Gambone: www.hotelgambone.com/en
Distance: 25 km. ⬆️ 500 m. ⬆️ 500 m.

DAY 2

Ride Finale Ligure.

Enduro shuttle day with 30km of singletrack on Finale's best trails. At the end of the day we roll into Finalborgo, the medieval part of Finale for an Aperolspritz in the sun like the locals. In Finale we are in a seaside town with lots of bars and restaurants a vast of choice where to dine and enjoy a glass of Prosecco. Overnight Hotel Gambone: www.hotelgambone.com/en
Distance: 20-30 km. ⬆️ 300 m. ⬆️ 2000-3000 m.

DAY 3

Ride Finale Ligure.

Another amazing day in this mountain biking paradise. Don't worry, we won't ride any of the same trails as yesterday, the choices for trails in Finale is vast! Overnight Hotel Gambone: www.hotelgambone.com/en
Distance: 20-30 km. ⬆️ 300 m. ⬆️ 2000-3000 m.

DAY 4

Ride Calizzano to Valcasotto.

Today is a day of shuttles via Defender jeep. We'll ride amazing natural trails created by Fulvio Balbi, local legend trail builder. We travel along the ridges inland towards the Maritime Alps in Piedmont. The last trail of the day pops out above a royal castle, originally built as a monastery in the 12th century. Valcasotto, the village where we stay, is the village of cheese. If we are lucky Alessandra will show us where the cheese forms mature and age to the right flavour. Tonight's dinner theme, cheese!
Overnight Hotel Valcasotto: www.valcasotto.it/en
Distance: 20-30 km. ⬆️ 300 m. ⬆️ 2000-3000 m.

DAY 5

Ride to Garessio and our private rifugio overlooking the Mediterranean.

Another epic adventure day of shuttles starting with a shuttle to an old ski center and the start of the trail at 1500m

that ends in Garessio. This afternoon is all about shuttles, no pedaling, on fast and fun trails. Tonight we stay at a simple but lovely refuge overlooking the Mediterranean sea: www.rifugiopiandellarma.it/start.html

Distance: 20-30 km. ⬆️ 300 m. ⬆️ 2000-3000 m.

DAY 6

Ride to Triora.

We'll pedal directly from our rifugio to the village of Ponte di Nava where we buy picnic at the local grocery store (also full of dried porcini). We do a couple of shuttle runs in Nava before we get dropped at the top of the col at 1800m and descend into the Argentina valley on the other side. Depending on the group's energy there are some variations of the "way down". Very mountain, very natural with interesting switchbacks to rolling down on the gravel road into the medieval citadel of Triora. After a beer here we take the old mule trail down to Molini di Triora where we will stay the last couple of nights. Overnight: www.ristorantesantospirito.com
Distance: 30 km. ⬆️ 450 m. ⬆️ 2350 m.



DAY 7

Ride the Argentina valley.

Our last day of riding is in the Argentina valley, the witch valley. The riding here is pretty technical however there is a vast trail choice, from fast shuttle runs to pedal-accessed mountain trails surrounded by real mountains with the sea on the horizon. We will choose once there depending on the group's level to keep everyone safe and happy. Tonight we need to pack the bikes as tomorrow its time to say ciao ciao.
Distance: 25 km. ⬆️ 450 m. ⬆️ 2350 m.

DAY 8

Transfer to Nice, France. Au revoir!

This morning we will pack our bikes and drive an hour to Nice, France for you flight home. **Please make sure that your flight does not depart before 11:00 AM.** Bon voyage!

DETAILS

BIKE AND EQUIPMENT

This is a trip that suits an enduro bike that might favour going downhill, but that can also climb (6"+6", 150-160mm travel). *Kneepads are mandatory on this trip (soft knee pads that are OK for pedalling). All participants are required to have their bikes in excellent working order before the trip begins. We will send you a detailed list of required equipment and clothing before departure. *We have limited access to rental bikes. Please inquire if you're interested.

SUGGESTED BIKE FOR THIS TRIP: TREK SLASH



WHAT'S INCLUDED?

- Expert english-speaking local leadership
- Six nights hotel accommodation & one night rifugio.
- Seven breakfasts & five dinners.
- Nice, France airport pick-up & drop-off on scheduled days
- Private transportation and all shuttles.
- Detailed pre-departure information and trip extension assistance.

WHAT'S NOT INCLUDED?

- Two dinners & all lunches.
- Personal items like drinks and snacks.
- Airfare; airport taxes and excess baggage charges (if any).
- Personal travel and medical insurance.
- Optional tipping to guides.
- Your bike and related equipment needed to ride.
- We recommend €20 Euro per day for lunches and extras.

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 required for the Dolce Vita is rated as 'strong intermediate and above.' In other words, the trails are challenging at times, with some rocky and steeper sections (but no exposure). For fitness level, participants will enjoy the trip more if they are in good shape.

LODGING AND FOOD

We'll be staying in a variety of accommodation – from a seaside hotel, to a family-run guesthouse, to a quaint hotel in a mountain town. The food is amazing. Please let us know if you have any special dietary needs.

CLIMATE

Generally the weather is hot and sunny on the Liguria Coast in the spring and fall. Expect cool nights and warm to hot days.

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 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.

DETAILS *cont.*



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, cancellation 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 €245 is an additional fee for solo travellers who wish to have their own rooms during the trip. 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 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](#)