

Zurich Milan via Stelvio (Level 4.0) Cycling Fitness Description

Biking Daily Distance	Expected Daily Duration (inc Stops)	Bike Altitude Gain
130-160km	8-10 hrs	2000-3000m

It is very important that you reach the start of this event with the appropriate level of fitness. It is a gruelling challenge including twice crossing Italy's most famous Alpine Pass—the Passo Stelvio. Please do not leave your training late, or to chance.

Please note that these descriptions for the required fitness levels are meant as a guide only. If you are in any doubt, please contact us directly. Various factors will make these guidelines quite variable – principally the weather – which can change a relatively straightforward level 2 challenge into a tough level 4 event! In such circumstances it would be normal for a challenge leader to make adjustments.

Bike Difficulty Description

This should be seen as a serious cycling challenges. Cycling days will be up to 10 hours (stops included). You should have very good cycling fitness, with good leg strength, and you should be used to putting in regular training rides most weekends - with some good long rides. Most folks will consider these rides very long, and very challenging. You need to be ready for VERY LONG climbs, and also for the variety of weather conditions that the mountains can bring (expect a temperature variation of up to 15 degrees between the top of the Stelvio and Lake Como on day 3)

Bike Fitness Description

To participate in these events you need to be in good cycling fitness. You should be capable of riding at high speeds for 2 to 2.5 hours, around 25+ km/hr. And you should be used to riding long distances and over very hilly / mountainous terrain. If you do not currently cycle regularly you must be of very high fitness level - and should think about converting as soon as possible and getting on to a bike - you will need to develop your specific strength and cycling technique. Do not come on this challenge without having spent plenty of time in the saddle. A few of your training rides should be up to 60 or 70 miles, and you should have done a few like this. You should be getting out on your bike most weekends in the run up to your event, seeking out longer climbs to improve your climbing fitness for the event.

If you aren't fit enough for this challenge and are a long way adrift from the main group as we ride, or you are likely to finish a day's ride very late we shall always try and accommodate you, but sometimes we have to ask riders to accept a lift in a support vehicle, in order that we can ensure that our team are able to support the team in its entirety, and that our vehicles are in the correct place throughout the event (especially at the end of the day).