

# PERTH INTEGRATED HEALTH CYCLING GROUP



PIH Northern Districts Centre  
Unit 12, 8 Booth Place  
Balcatta (via Erindale Road)  
Tel: 9240 5266 Fax: 9240 1522  
[www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)

P.O Box 1574, Applecross, 6953

ABN 67 131 803 239

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## DISPATCHES FROM THE DOLOMITES – PART THREE A JOINT PROJECT BETWEEN PIHCG AND PUNTO TOURS

By the time you receive this, the Tour would have ended and all of us making our respective ways back home to Perth.

Sigh. It was an experience and one that will forever engraved in our memories. The unique mountainous region of the Dolomites and its proximity to the Austrian and Swiss border guaranteed a positive cultural experience known only as South Tyrol.

The last segment of pictures below provide testimony to our experiences and also the spirit of endurance by Robert Garvey, Marianne Garvey, Doug McCauley, Lis Branch, Robert Branch, Carlo Calleri, Lucy Liongue and Ian Wee.

We remain grateful and appreciative of the professionalism and hospitality of Punto Tours run by Vince Ulgiati (Perth & Italy based) and Andrea Nicosia (Italy based).



The looks on the faces explains the gradients & distances ahead of the group!



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See yah later! The hills behind was not reflective of our climbs  
 Try multiplying the height by a factor of three!



The start of the 10 km -10 degree gradient climb!



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Power house – Carlo Calleri half way up!



Rob Branch gaining on Ian Wee  
Aussie Bandit vs Rocktape Doc



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Lots of dark steep tunnels. The PIHCG policy of front & back lights makes lots of sense especially with a 5 tonne bus up your back as ride through those tunnels



When there are mountains to climb there are steep descents. Doug McCauley, 72 years young, the master of the descent @ 82kmph!!



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Lunch stop! Lots of fantastic food and great country hospitality



Resting at the top of Lasa after a massive climb



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Duomo @ Merano.

The trip was also about culture, places and people. Amazing sights, scenery and township each with their own stories.



Merano



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Till the next PIHCG Overseas Trip....Farewell!

## Post Event Note

PIHCG will be hosting its special Tour of the Dolomites presentation in concert with Punto Tours in September 2011.

Those wishing to attend this special wine and cheese night, please RSVP to Lucy Liongue at: [lucy@pihc.com.au](mailto:lucy@pihc.com.au) Expressions of interest for now with actual time/date pending.

We will cover all aspects of the trip from what to pack, how to prepare for Tours, riding styles, safety, dining, what to expect and how to enjoy yourself on a cycling trip.



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