





ROUNDRIP THROUGH THE DOLOMITES BY MOUNTAINBIKE

 Self-guided tour

 MTB

 275-275 km

●●○ Medium

Duration: 8 days / 7 nights



DESCRIPTION

The bizarre peaks of the world-famous Dolomites, UNESCO World Natural Heritage line your path through the nature parks „Dolomiti di Sesto“, „Dolomiti Ampezzani“ and „Fanes-Sennes-Braies“. Breathtaking landscapes and nature impressions await you on every single stage of this mountain bike tour. The round tour begins in Alta Pusteria, then continues via Sexten and Sappada to Cadore, Cortina d'Ampezzo and finally back to Alta Pusteria. The mountain bike route runs on military and forest roads, as well as on wide mountain trails that do not require any special riding skills. Nevertheless, you should bring a safe riding technique on a mountain bike and a good basic condition, due to the many meters in altitude on some stages.

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DETAILED ROUTES



Day 1: Niederdorf/Villabassa or Toblach/Dobbiaco

Individual arrival at the hotel in Alta Pusteria. Free, unguarded public car park near the hotel.



Day 2: Alta Pusteria – Sexto – Val Visdende

(approx. 47-52 km, ascent 1,850 m)

The tour starts off comfortably - you cycle along the valley bike path slightly uphill from Alta Pusteria to Sesto. The first long climb begins in Moso, past Malga Nemes (1,636 m) to the Kniebergsattel (2,321 m), the highest point of today's stage. In serpentine it goes downhill on a well-rideable trail to Malga Silvella. After the relaxing descent, you now cycle uphill again on a gravel road, leave the Malga Melin (1,677 m) behind you and finally reach the Passo Palombino (2,035 m) via an old military road. Finally, a path leads down to Val Visdende, today's destination.



Day 3: Val Visdende – Sappada – Auronzo di Cadore

(approx. 50 km, ascent 1,750 m)

Today you start on asphalt, then on a gravel path uphill to Passo Col di Caneva (1,847 m), where you pass the source of the Piave River, which flows into the Adriatic. Then you cycle, framed by the Peralba - Chiadenis - Avanza mountain group, through the Val Sesis to the German language island of Sappada („Plodn"). The subsequent climb to Passo della Digola (1,674 m) is not too long, but steep in some sections. Back in the valley, it is only a few kilometers from Santo Stefano di Cadore to the last climb of the day to the beautifully situated village of Danta di Cadore, from where you almost only roll down to the stage destination Auronzo di Cadore.



Day 4: Auronzo di Cadore – Calalzo di Cadore – Borca di Cadore/surroundings

(approx. 45 km, ascent 1,550 m)

A long climb opens the today's stage. Val da Rin and Val di Poorse are the two small mountain valleys through which you reach the Pian de Buoi plateau. This is located at around 1,800 m and is one of the most scenic places in Cadore. A breathtaking panorama of the surrounding mountains of the Marmarole accompanies you for the next few kilometers and various huts invite you to stop and relax. Along the route, however, you will pass also several silent monuments from the First World War. After the rapid descent to Calalzo di Cadore, you will end the day on a leisurely ride along the cycle path that follows the old Dolomite railway.



Day 5: Borca di Cadore/surroundings – Alleghe – Selva di Cadore

(approx. 47 km, ascent 2,525 m)

Many vertical meters await you today, divided into several climbs - the first of them leads from Vodo di Cadore through the forest up to the Rifugio Giampietro Talamini (1,582 m). The route now doesn't get really flat either. In constant up- and downhill you first reach the mountain village Zoppè di Cadore below the mighty Monte Pelmo and finally the Forcella d'Alleghe (1,827 m), the highest point of today's stage. You have already covered a little more than half after the descent to the village with the same name. After going around the lake, which was only formed in 1771 after a rock fall, some relatively flat kilometers follow. Then you have to pedal hard again - over the picturesque Colle Santa Lucia to Selva di Cadore.



Day 6: Selva di Cadore – Cortina d'Ampezzo

(approx. 34 km, ascent 1,525 m)

Today's section is a little shorter than the rest of the stages, but you will reach the highest peak of the entire

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circular tour. The imposing Dolomite peaks are your constant companion on the way up to Rifugio Averau at over 2,400 m. From here it is almost only downhill, the panoramic view remains more than fascinating. It doesn't take long and you will cycle past the Cinque Torri, a unique rock formation that is not only popular with climbers. Below the Tofane, where the Alpine Ski World Championships will take place in 2021, continue to Cortina d'Ampezzo, which is also known as the "Queen of the Dolomites".

Day 7: Cortina d'Ampezzo – Passo Tre Croci – Prato Piazza – Alta Pusteria (approx. 45–50 km, ascent 1,625 m)

The ascent to Passo Tre Croci (1,805 m) marks the beginning of the last stage, which once again has „pure Dolomites feeling“ to offer. From there it is relatively steep uphill to Passo Sòn Fòrca (2,110 m), below the sublime Monte Cristallo with its over 3,200 m, and then downhill through the natural Val Padeon. An old military road finally leads up to the well-known high plateau Prato Piazza. Enjoy the typical South Tyrolean specialties in one of the mountain restaurants in the shadow of the Croda Rossa, while you think back on the beautiful experiences during your mountainbike holiday. You have now left all the difficult parts behind – only the descent to the idyllic Braies Valley and the subsequent rolling out along the cycle path to Niederdorf or Dobbiaco are waiting.

Day 8: Niederdorf/Villabassa or Toblach/Dobbiaco

Individual departure from Alta Pusteria or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 275-275 km
- **Starting point:** Toblach
- **Arrival:**

By car: on the Brenner/Brennero motorway (A22) to Brixen/Bressanone – take the exit “Brixen-Pustertal”, then through the valley Pustertal/Valle Pusteria (SS49) to Niederdorf/Villabassa or Toblach/Dobbiaco, depending on the location of your hotel or drive along the Felbertauernstraße to Lienz in Eastern Tyrol (Austria) and then further into Italy through the valley Pustertal/Valle Pusteria to Toblach/Dobbiaco or Niederdorf/Villabassa, depending on the location of your hotel.

By train: take the train from Innsbruck over the Brenner/Brennero to Franzensfeste/Fortezza. Change the train to the valley Pustertal/Valle Pusteria – Lienz and get off either at Niederdorf/Villabassa or Toblach/Dobbiaco depending on the location of your hotel. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: low cost flights are available to Treviso, Venice Marco Polo, Trieste Ronchi dei Legionari and Innsbruck. We can organise your airport transfer to the first hotel (on request and not included in the price).

- **Accommodation:**

Selected hotels (3*** or 4**** category).

Attention: Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

Free and unguarded parking facilities for the duration of the bicycle tour at a nearby public parking area.

- **Rental bikes:**

- MTB Bianchi Kuma 27.2 inch (on request, limited availability) or similar version

INCLUDED SERVICES

- Accommodation in hotels (3*** or 4**** category)
- Breakfast buffet or extended breakfast
- If you have booked half board: 3 course dinner (no half board in Cortina d’Ampezzo)
- Personal tour information briefing before the start
- Luggage transport from hotel to hotel
- Well planned routes
- Detailed documents (maps, GPS-tracks,

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner (if not booked)
- Not mentioned entries
- Rental bikes and travel insurance
- All not expressly mentioned under the item „Included services“

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important telephone numbers)

- Telephone service hotline for the entire tour

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STARTING DATES

Available - arrival possible

Not Available

Available for groups from 6 persons and on request

June							July							August							September						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4					1	2	3	1	2	3	4	5	6	7				1	2	3	4
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30				25	26	27	28	29	30	31	29	30	31					26	27	28	29	30		

PRICES

Standard	
Package price in a double room	0 €
Package price high season	0 €
Half board supplement	145 €
Additional nights	
See ebsite	