





MTB IN THE DOLOMITES NATURE PARKS

 Self-guided tour

 MTB

 275-275 km

●●○ Medium

Duration: 8 days / 7 nights



DESCRIPTION

For the most part on old military and forest roads, impressions of the world-famous Dolomites await you on each and every stage of the route. The route partly follows the tracks of the famous MTB marathon, which takes place every year in July. The Dolomites, UNESCO World Natural Heritage Site, and bizarre peaks line accompany your path through the „Fanes-Sennes-Braies“, „Ampezzo Dolomites“ and „Sesto’s Dolomites“. The mountain bike route runs on military and forest roads and on wide mountain trails. The tour is suitable for everyone with a good basic condition. There is a sport and an enjoyment variant for each stage. The enjoyment variant is designed so that it can be completed with an e-bike (with one battery charge).

DETAILED ROUTES

📍 Day 1: Niederdorf/Toblach

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

📍 Day 2: Niederdorf/Toblach – Silvesteralm – Markinkele – Niederdorf

(approx. 45 km, ascent approx. 1.475 m)/(approx. 22 km, ascent approx. 700 Hm)

From Niederdorf/Toblach, you first reach the little Silversterkirchlein via an asphalted road; then via the old military road you arrive to Markinkele, in Italian „Cornetto di Confine“. After a short stop at the newly renovated Markinkele lodge, you return to Niederdorf/Toblach.

The enjoyment variant takes you to the Silvesteralm, which invites you to a cosy stop for refreshments.

📍 Day 3: Niederdorf/Toblach – Kronplatz – St. Vigil

(approx. 55 km, ascent approx. 1.490 m)/(approx. 45km, ascent approx. 220Hm)

Today's stage takes you along the Pustertal cycle path and on a long climb to the Kronplatz (2.275 m), which in summer is a popular destination for families, hikers, bikers and culture enthusiasts. On the top of the mountain are located the „Concordia 2000“ peace bell and the Messner Mountain Museum Corones. Particularly experienced mountain bikers rush down into the valley on the various downhill and freeride trails. With Kronplatz you have taken the last strenuous hurdle and finally cycle to St. Vigil. For the enjoyment option, take the cable car to the Kronplatz (ticket not included).

📍 Day 4: St. Vigil – Fanes Hut or Fodara Vedla – Cortina

(approx. 37 km, ascent approx. 1.000 m)/(approx. 34.6 km, ascent approx. 1007)

From St. Vigil you cycle to Pederü from there you have two options: descending to Cortina passing by Picciodel Lake and Fanes Hut, or along the more challenging military road to the Fodara Vedla refuge and on to the Senna hut, which offers a sweeping panorama over some of the most beautiful peaks in the Dolomites: Hohe Gaisl (3.146 m), Cristallo (3.221 m), Sorapis (3.205 m) and Tofane (3.243 m). Through meadows and mountain pine fields, you cycle on through the Dolomites, which in 2009 were inscribed on the UNESCO World Natural Heritage List. Past the Fanesalm and through the Fanes Valley you reach the Olympic town of Cortina (1.211 m).

📍 Day 5: Cortina – Rifugio 5 Torri – Cortina

(approx. 43.5 km, ascent approx. 1.642 m, descent 1658)

Today's stage takes you on a short panoramic tour of the Ampezzo Dolomites. From Cortina, you cycle uphill to Gheghina Lake and further on to Rifugio Cinque Torri. On your right, you will see the Cinque Torri (2.361 m), consisting of five steep towers that once formed a large boulder. In front of you rises one of the highest 3 peaks of the Dolomites, the dolomite giant Monte Pelmo (3.168 m). With its immense dimensions, this mountain was one of the first great peaks of the Dolomites to be reached by man. Afterwards, you will go back to Cortina.

📍 Day 6: Cortina d'Ampezzo – Son Forca – Gemärk – Plätzwiese

(approx. 38 km, ascent approx. 1.735 m. with cable car or 1.634 m. without cable car)

Today's cycling day takes you via Rio Gere, Son Forca and Ospitale to Cimabanche and then to the famous high plateau of Plätzwiese, above which Dürrenstein and Hohe Gaisl majestically tower. In addition to nature and tranquillity, there is a stunning view here: In the distance, you can see Monte Cristallo, the Tofana and the world-famous Three Peaks.

With the enjoyment variant, from Cortina, you cycle along the bike path directly to Cimabanche and up to Prato

Piazza.

Day 7: Plätzwiese - Niederdorf/Toblach

(approx. 40 km, ascent approx. 750 m)/(25 km, Aufstieg ca. 150 Hm)

Today you ride from Plätzwiese downhill to the Braies Valley with its dark coniferous forests and via the cycle path back to Niederdorf/Toblach. Before the descent from the Dürrenstein hut, you cycle up to the Strudelkopf lookout mountain and enjoy the view of the famous Three Peaks and the Höhlenstein Valley. Ambitious MTB riders can There is the possibility to extend the tour by cycling to the Pragser Wildsee lake before taking the cycle path to Niederdorf/Toblach. With the enjoyment variant you cycle directly downhill from Prato Piazza to Villabassa/Dobbiaco.

Day 8: Niederdorf/Toblach

Individual departure or possibility to extend your stay.

MOUNTAINBIKE - DOLOMITES NATURE PARKS

GENERAL INFORMATION

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

By car: via the Brenner freeway (A22) to Brixen - exit Franzensfeste / Pustertal - through the Pustertal (state road SS49) to Niederdorf or Toblach, depending on the hotel you arrive at, or via the Felbertauern road to Lienz in East Tyrol and further to Italy in Hochpustertal (Niederdorf or Toblach, depending on the arrival hotel).

By train: to Innsbruck via the Brenner Pass to Franzensfeste or from Verona via Bolzano to Franzensfeste. From here to Hochpustertal (direction Innichen - Lienz). Railroad station Niederdorf or Toblach, depending on the starting hotel.

By plane: low cost flights to Treviso or Venice Marco Polo airport. On request we organize transfers from the airport to the starting point of the tour.

- **Accommodation:**

Hotels 3*** and 4**** category

Attention: Tourist tax - if requested - has to be paid on the spot.

- **Parking:**

Free unguarded parking on a nearby public parking lot for the duration of the bike trip.

- **Rental bikes:**

- Mountain bike Bianchi Kuma 27.2 (on request, limited availability) or similar model.
- E-Mountainbike HAIBIKE with 500 Watt battery - Yamaha TG (on request, limited availability) or similar model

- **Transfer:**

We suggest travel insurance.

INCLUDED SERVICES

- Accommodation in hotels 3*** and 4**** category
- Breakfast buffet or full breakfast
- If booked half board: at least 3-course dinner (except in Cortina d'Ampezzo)
- Videobriefing
- Luggage transfer from place to place

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Tickets for the cable car
- Drinks, tourist tax and all extras
- Lunch, Dinner if not booked
- Not mentioned entries
- Rental bikes and travel insurance

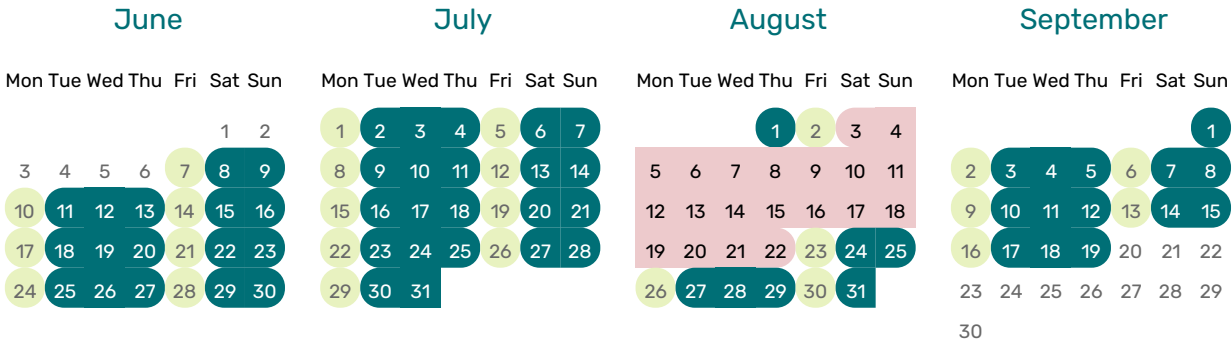
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour
- Navigation app

- All not expressly mentioned under the item „Included services“

MOUNTAINBIKE - DOLOMITES NATURE PARKS

STARTING DATES

Available - arrival possible
Not Available
Available for groups from 6 persons and on request



PRICES

Standard

Package price in a double room	from 08/06/2024 to 19/09/2024	769 €
Package price high season	from 15/06/2024 to 08/09/2024	839 €
Single room surcharge		229 €
Half board supplement		159 €

Additional services

own bike		0 €
Mountain Bike TOP		189 €
E-Mountainbike		239 €

Additional nights

See ebsite