





MTB IN THE DOLOMITES NATURE PARKS

 Self-guided tour

 MTB

 180-245 km

●●○ Medium

Duration: 7 days / 6 nights



DESCRIPTION

For the most part, on old military and forest roads, impressions of the world-famous Dolomites await you on 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 – Niederdorf/Toblach

(approx. 45 km, ascent approx. 1.010 m)/(Strudelkopf variant: approx. 51 km, ascent approx. 1.300 Hm)

Today's cycling day takes you via Rio Gere and Son Forca to Cimabanche and then to the famous high plateau of Plätzwiese, above which Dürrenstein and Hohe Gaisl majestically tower. In addition to nature and tranquility, there is a stunning view here: In the distance you can see Monte Cristallo, the Tofana and the world-famous Three Peaks. First we take the cycle path to the provincial border and then along the old military road to Plätzwiese. With the enjoyment variant, you cycle along the cycle path directly to Cimabanche and then up to

MOUNTAINBIKE – DOLOMITES NATURE PARKS

the Prato Piazza. After a break, you can cycle from the Dürrenstein hut to the Strudelkopf viewing mountain and enjoy the view of the famous Three Peaks and the Höhlenstein valley. At the end of the day you cycle to Niederdorf/Toblach.

Day 7: Niederdorf/Toblach

Individual departure or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 7 days / 6 nights
- **Distance:** ca. 180-245 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 Hohepustertal (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 Hohepustertal (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 without bags
- E-Mountainbike without bags

It is possible to add a rental bike disclaimer to your booking. Price is € 49.00 per TOP bike/ e-bike /mountain bike. For more information we recommend to review our Terms and Conditions.

- **Transfer:**

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

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- 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“

