
 Self-guided tour

 MTB

 00-00 km

●●○ Medium

Duration: 8 days / 7 nights

## DESCRIPTION

Every stage begins with a smile: you board the cable car, leave the valleys behind, and reach places in no time that most people only dream of. This circular tour combines exciting MTB sections with spectacular panoramic routes—ideal for anyone who wants to feel movement and adventure in the Dolomites. You cycle along the colorful rock faces of the Rosengarten and Schlern massifs, through the imposing mountain groups of Sella and Puez–Odle, across the quiet high plateaus of Fanes–Sennes–Braies, and through the wide valleys of Val di Fassa and Val di Fiemme. Cable cars make it easy to connect the different stages, allowing you to focus on the stunning views, nature, and pure riding pleasure. A tour for all those who want to experience the Dolomites intensely—impressive, unforgettable, and full of moments that go straight to the heart.

## DETAILED ROUTES

### 📍 Day 1: Niederdorf/Villabassa or Toblach/Dobbiaco

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

### 📍 Day 2: Niederdorf/Villabassa or Toblach/Dobbiaco - Sankt Kassian/San Cassiano

The stage starts in Toblach and first descends gently to Olang. From there, a lift takes you up to Kronplatz, before you flow down to the Furkel Pass and on to St. Vigil. The route then winds over the Col d'Ancona, crossing stunning high-mountain landscapes to Badia, where the final lift at La Crusc sets you up for the last stretch to St. Kassian. Fast descents, breathtaking views, and easy lift rides make this a perfect alpine adventure.

### 📍 Day 3: Sankt Kassian/San Cassiano - Canazei

The stage starts in San Cassiano, climbing by lift up to Piz Sorega. Flowing descents lead you into the heart of the Dolomites to Corvara, where a cable car takes you up to the Gardena Pass. Through varied trails and breathtaking views, you reach Selva, where another lift carries you up to Seceda. From there, you roll down across stunning landscapes to Ortisei. A final lift ride takes you up to the vast Seiser Alm, which you cross before reaching Campitello di Fassa and Canazei.

### 📍 Day 4: Canazei - San Martino di Castrozza

The stage begins in Canazei and follows the bike path through the Fassa Valley to the Olympic ski jumping hills in Predazzo. From there, a lift carries riders upward, passing the picturesque Obereggen to reach Lago di Carezza and the Carezza Pass. The route then descends to Soraga, before crossing to the other side of the valley to take the Ronchi-Valbona lift. From Passo Lusia, the stage continues downhill to Lago di Paneveggio, finishing in San Martino di Castrozza.

### 📍 Day 5: San Martino di Castrozza - Alleghe

The stage begins in San Martino di Castrozza and takes you through some of the most stunning landscapes of the Dolomites – passing Moena, Campitello, Canazei, and Arabba, all the way to Alleghe. On beautiful cycling paths through idyllic valleys and past towering peaks, sporty challenges alternate with more relaxed sections. Along the way, a few lifts offer the chance to enjoy the views and recharge for the next mountain climb, making for a varied day full of movement, nature, and breathtaking panoramas.

### 📍 Day 7: Cortina d'Ampezzo - Niederdorf/Villabassa or Toblach/Dobbiaco

The final stage begins in Cortina with a lift to Rifugio Falaria, followed by a descent on the bike to Rio Gere. Another lift takes you to Rifugio Son Forca, from where the route winds through the picturesque valley to Ospitale. On the cycling path back to Toblach, the gentle hills and clear mountain lakes of the region can be enjoyed, as the landscape gradually opens up to the wide Puster Valley. A fitting conclusion to the tour, showcasing once more the full variety of the Dolomites.

### 📍 Day 6: Alleghe - Cortina d'Ampezzo

The stage begins with a lift ride from Alleghe to Forcella Pecol, followed by a cycling section through Santa Fosca to Selva di Cadore, where a transfer takes you to Fedare. From there, another lift brings you to Rifugio Averau, before the descent past the striking 5 Torri begins. Cortina comes into view briefly, followed by a ride to the thundering Fanes Waterfalls. The cycling path then leads into the heart of Cortina, making for a day filled with towering rock formations, historic mountain trails, and spectacular waterfalls.

## Day 8: Niederdorf/Villabassa or Toblach/Dobbiaco

Individual departure from Trieste or extension of your stay.

## GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Dobbiaco
- **Arrival:**

**Eco-friendly option by train:** take the train from Innsbruck over the Brenner/Brennero to Franzensfeste/Fortezza. Change trains for 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](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com).

**By car:** on the motorway Brenner/Brennero (A22) to Brixen/Bressanone – take the exit „Brixen Pustertal“, then along 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 plane:** Low cost flights are available to Innsbruck airport, „Sant’ Angelo - Antonio Canova“ airport in Treviso and/or to the „Marco Polo“ airport in Venice. On request, we can organise transfers from the airport to the starting point of the cycle tour.

- **Accommodation:**

Inns and hotels 3\*\*\*, partly 4\*\*\*\* category.

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

- **Parking:**

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

### INCLUDED SERVICES

- Accommodation in inns and hotels 3\*\*\*, partly 4\*\*\*\* category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Chairlifts' tickets
- Well planned routes
- Detailed documents (maps, GPX tracks, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour

### 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 (when not booked)
- Not mentioned entries
- Rental bikes and travel insurance
- All not expressly mentioned under the item „Included services“

- Navigation app; GPS data

## STARTING DATES

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

### June

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

### July

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

### August

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

### September

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

### October

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

## PRICES

### Basic

Package price in a double room	from 20/06/2026 to 31/10/2026	1.399 €
Package price high season	from 20/06/2026 to 31/10/2026	1.399 €
Half board supplement		219 €

### Additional services

own bike	0 €
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### Superior

Package price in a double room	from 20/06/2026 to 31/10/2026	1.619 €
Package price high season	from 20/06/2026 to 31/10/2026	1.619 €
Half board supplement		229 €

## Additional services

own bike	0 €
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## Luxury

Package price in a double room	from 20/06/2026 to 31/10/2026	1.995 €
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Package price high season	from 20/06/2026 to 31/10/2026	1.995 €
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Half board supplement	295 €
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## Additional services

own bike	0 €
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