







### **UNESCO**

## Natural World Heritage Site

On June 26th 2009 the Brenta Dolomites together with eight other components of The Dolomites have been inscribed in the World Heritage List because of their



the breathtaking Brenta Dolomites, in the heart of the protected area of Western Trentino, the Dolomiti di Brenta Bike tour winds through the Adamello Brenta Natural Park.

mountain bike enthusiast. The EXPERT trail is for more









### Partner accommodation





# and GPS trails



## Signs along the route





12,0 km #1010 m ( )

Dolomiti di Brenta BIKE 🍱 🐸

otice boards, flags and an extensive network signs, allowing you to follow the trail in total

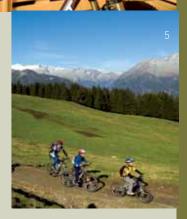


### **BAGGAGE TRANSFER**

All partner accommodation structures can provide baggage transfer from one location to another in the conventional way of the tour (counterclockwise). Information and prices by partner accommodation structures DBB

www.dolomitibrentabike.it

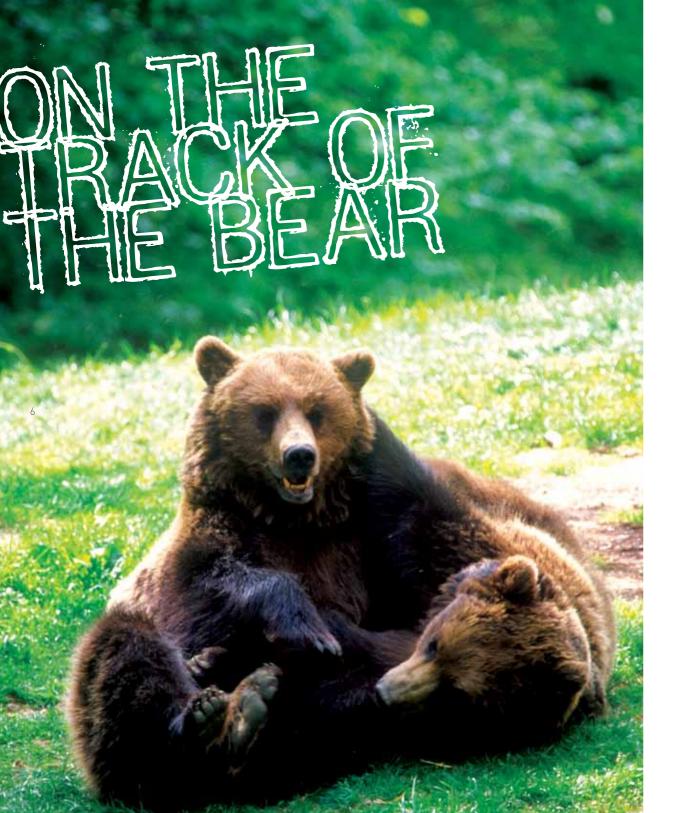














The Adamello Brenta Natural Park comprises, to the west, the Trentino section of the Adamello-Presanella massif and the so-called kingdom of water and ice: huge glaciers, raging torrents, spectacular waterfalls and dozens of enchanting lakes. To the east, meanwhile, the park includes the breathtaking Brenta Dolomites: a fairy-tale like landscape of pinnacles, towers and sheer cliff faces. Between these two geologically diverse worlds lie numerous beautiful valleys, each with its own characteristic

The Adamello Brenta Natural Park protects the natural and environmental characteristics of the area, promotes scientific study and the use of the natural resources by the community. It

## THE PARK AND THE **BEARS**

A truly majestic and breathtaking animal, the Alpine brown bear (Ursus arctos L.) has always fascinated mankind, so much so that its history has continually been intertwined with our own. The victims of persecution for centuries, brown bears were confined to a limited area of Western Trentino which, in order to protect the animals, became the Adamello Brenta Natural Park. In order to prevent the imminent extinction of the species, in 1996 the Park launched the brown bear reintroduction project, called Life Ursus. Between 1999 and 2002, 10 brown bears were released into the wild here, adapting so well to their new environment that the population today numbers more than 20.

safeguards and enhances the natural, cultural and human resources of the territory. Visiting the Adamello Brenta Natural Park means embarking on a journey in search of nature's incredible biodiversity, appreciating its colours and the way man has shaped the environment through traditional activities linked to mountain living. It's an invitation to let yourself go for a few hours, a day or a weekend, in search of a forgotten bond with the landscape, a bond forged by images, sounds and sensory perceptions.

- → AREA: 620,5 kmq→ MARKED TRAILS: 700 km
- → SPECIES OF FLORA: 1.200
- → DEER: **1.300**
- → CHAMOIS: **7.300**
- height): 25 million



### PARCO NATURALE ADAMELLO BRENTA

Via Nazionale, 24 38080 Strembo TN Tel. +39 0465 806666 Fax +39 0465 806699 www.pnab.it info@pnab.it



# **"EXPERT TRAIL"**A REWARDING CHALLENGE

Dedicated to the most expert and intrepid mountain bikers, this is a gruelling off-road trail that guarantees unforgettable scenery and thrills galore.

171 km long in total, more than half of which is on dirt tracks, with a total elevation gain of 7.700 metres. Just the ticket for those who love to feel the burn of steep uphills and reach the summit with gritty determination. The itinerary takes you past the 2.000 metre threshold towards the famous peaks of the Dolomites, taking in legendary stages of the Transalp Mountain Bike Tour: Cima Grostè, Monte Spinale, Crozzon di Brenta, Campanil Basso and Monte Peller. In addition to its stunning scenery and nature, this loop route offers screaming downhills and climbs guaranteed to put sweat on your brow; a wide variety of terrain, 115 kilometres of rough track, 6 kilometres of path but only 1 kilometre where you'll have to actually lug the bike.

A trip with plenty of uphills and off-road sections, technical downhills and challenging gradients, the perfect choice for those who have competition in their veins and an insatiable appetite for a challenge.



ightarrow Total length: 171 Km ightarrow Elevation gain: 7.700 m

→ Rough terrain: 115 Km→ Path (carrying bike): 6 (1) Km

→ Road open to traffic: **50 Km** 

→ Highest point: Rifugio Graffer 2.262 m. a.s.l.





# "COUNTRY" TRAIL THE JOY OF PEDALLING IN COMPANY

Pedal in blissful tranquillity along safe cycle paths, country tracks and hillside trails, following this simple, well-balanced route which is ideal for families and all those who get on their bikes to unwind and discover the world around them. The trail is the right choice for those who wish to enjoy the mountains and explore the amazing horizons, but who also want to indulge their passion for cycling at a more laid-back pace. Cycling along the valley floor, Trentino's agricultural tradition becomes apparent as you pass farms, apple orchards and vineyards, cross pasture land and cycle through thick woodlands before coming to picturesque ancient hamlets nestling quietly in the green countryside. Suitable for all levels, the Country Trail runs virtually parallel to its big brother, the Expert Trail, but avoids climbs with more demanding gradients and is designed to allow less expert cyclists to nonetheless enjoy the beauty of the Brenta Dolomites. And for the more challenging sections of the trail, a transfer service in the form of buses and trains equipped to carry bikes will shuttle you conveniently to your destination.

The Country Trail includes some of Trentino's most beautiful cycle paths and takes in enchanting scenery; majestic mountains reflected in crystal clear lakes, the unspoilt territory of the Adamello Brenta Natural Park, far from the suffocating heat and mugginess of the plain, in the rejuvenating peace and tranquillity of the mountains.



- ightarrow Total length: 136 Km ightarrow Elevation gain: 4.600 m
- → Rough terrain: **51 Km** → Cycle paths: **32 Km**
- → Road open to traffic: **53 Km**
- → Highest point: Passo Campo C. Magno 1.642 m. a.s.l.





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Co Company of Campiglio (100)

## EXTREME RIDER? OTHER RECOMMENDED TRAILS

For the most demanding riders, but above all for those who want to explore the area in search of all its treasures, views and stunning scenery, for those who want to drink in and savour every last drop of the Dolomites, there are also other routes: routes that diverge from the main itinerary to delve deep

into the natural landscape and discover its most characteristic traits: skirting the glaciers, racing alongside raging torrents, across lush pastures, plateaus, apple orchards, past castles and fine palaces, mountain farms and the skyline of the

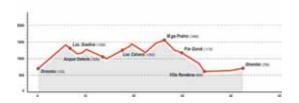
ROUTE	LENGTH (Km)	ELEVATION GAIN (metres)	ROUGH TRACK (Km)	PATH (carrying bike) (Km)	CYCLE PATH (Km)	PAVED ROADS (Km)
Val Rendena	42	2.170	29	2.5		5.5
Valli Giudicarie Centrali						
Terme di Comano	55	2.500	23	6 (0.1)		
Val di Non		770				
Total km Recommended Routes	233	10.340				
Total km Dolomiti Brenta BikeTrails + recommended routes	404	18.040				

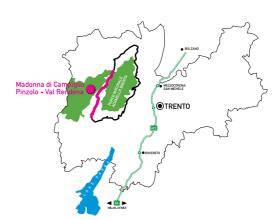




## Skirting the glaciers!

The Val Rendena route explores two beautiful valleys, parts of the Adamello Group, torrents, streams and waterfalls that roar down over granite rocks. The climb is a tough one: from the valley floor, you head rapidly up, entering two valleys amid rough tracks, farmsteads and verdant pastures, your gaze drawn to the snowy peak of Carè Alto.







Discover all the bike trails of the Val Rendena:	
Number of tours	12
Total Km	342
Signs	$\checkmark$
Мар	$\checkmark$
GPS trails	$\checkmark$

## AZIENDA PER IL TURISMO MADONNA DI CAMPIGLIO PINZOLO - VAL RENDENA Via Pradalago, 4 - 38086 Madonna di Campiglio

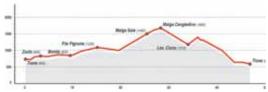
Via Pradalago, 4 - 38086 Madonna di Campiglio Tel. +39 0465 447501 - Fax +39 0465 440404 www.campigliodolomiti.it - info@campigliodolomiti.it 13

Azienda per il Turismo



# A tour of the alpine summer pastures!

The route kicks off at Tione, following a fantastic stretch of rough, tree-shaded track from Zuclo-Bondo, passing by the famous sanctuary of Madonna del Lares, then climbing up through the wild Val di Breguzzo, rich in flora and fauna. It's a long, enjoyable ascent to the four alpine summer pastures along the route, which are still used for grazing and are ideal spots for taking a break and tasting some traditional mountain cheese. The route then descends, alternating woodland and open country stretches, touching Val Rendena before finally reaching Tione.







**VALLI GIUDICARIE** 

Discover all the bike trails of Valli Giudicarie Centrali:	
Number of tours	2
Total Km	50
Signs	$\checkmark$
Мар	$\checkmark$
GPS trails	$\checkmark$

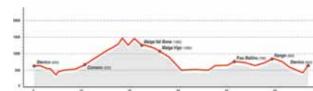
### CONSORZIO PER IL TURISMO GIUDICARIE CENTRALI

Via Damiano Chiesa, 3 - 38079 Tione Tel. +39 0465 323090 - Fax +39 0465 324140 www.visitgiudicarie.it - info@visitgiudicarie.it



### Lush green ups and downs!

From Stenico, along the Dolomiti di Brenta Bike Tour, you have thrilling views of the Bleggio and Lomaso area: sights that can't fail to captivate any attentive rider! The Monte Casale route delivers all the thrills of a real "mini tour" with great views, landscapes, rural villages and farmed fields, with enjoyable but gentle climbs and descents.







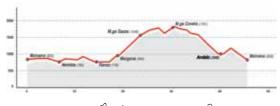
Discover all the bike trails of Terme di Comano:	
Number of tours	10
Total Km	215
Signs	$\checkmark$
Мар	<b>V</b>
GPS trails	$\checkmark$

### AZIENDA PER IL TURISMO TERME DI COMANO DOLOMITI DI BRENTA

Via C.Battisti, 38/d - 38077 Ponte Arche Terme di Comano Tel. +39 0465 702626 - Fax +39 0465 702281 www.visitacomano.it - info@visitacomano.it

## The terrace overlooking the Dolomites!

You diverge from the Dolomiti di Brenta Bike main route at Lake Nembia: views over the Limarò gorge and of the lakes of Toblino, Cavedine and Garda reward your efforts after the tough uphill to 16 Margon (according to a local sign, "where silence is a precious resource") and up again to the alpine pastures at Gazza. From here you cross grazing land and pastures to Monte Gazza and Paganella: a tableland you can cycle across with spectacular views of the Dolomites!







Discover all the bike trails of Altopiano della Paga	nella:
Number of tours	15
Total Km	190
Signs	$\checkmark$
Мар	$\checkmark$
GPS trails	

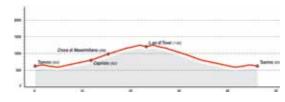
### AZIENDA PER IL TURISMO DOLOMITI DI BRENTA PAGANELLA

 Andalo - Lago di Molveno - Fai della Paganella Cavedago - Spormaggiore Piazza Dolomiti, 1 - 38010 Andalo Tel. +39 0461 585836 - Fax +39 0461 585570 www.visitdolomitipaganella.it info@visitdolomitipaganella.it



### Following the trail of the bear!

The famous red lake, in the heart of the Brenta Dolomites, is your destination on this route. Leaving from Tuenno, you follow the downhill road through the mountains, heading into Val di Tovel. After the entrance to the Adamello Brenta Park, the route turns uphill, with woodland sections and the striking lunar landscape of the "Glare", up to the shores of the little alpine lake with its natural basin and crystal waters reflecting the Dolomite peaks. This impressive natural environment is also the habitat of the solitary brown bear.







Discover all the bike trails of the Val di Non:	
Number of tours	5
Total Km	241
Signs	$\checkmark$
Мар	$\checkmark$
GPS trails	

### AZIENDA PER IL TURISMO VAL DI NON Via Roma, 21 - 38013 Fondo Tel. +39 0463 830133 - Fax +39 0463 830161 www.visitvaldinon.it - info@visitvaldinon.it

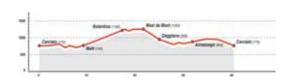




### Farms and mountains!

The route starts from the valley floor, following the left bank ofthe river Noce before climbing up the slope, looking down over the valley with superb views of the Dolomites (the Peller massif) and Val Meledrio (an enchanting valley crossed by the Dolomiti di Brenta Bike trail). The farms of Mont testify to man's age-old presence on these precipitous yet thrilling slopes, stirring a certain postalaio for bysoco specification.

a certain nostalgia for bygone ages, just reward for a gruelling and as yet little-known uphill.







Discover all the bike trails of the Val di Sole:	
Number of tours	9
Total Km	267
Signs	
Мар	$\checkmark$
GPS trails	V

## AZIENDA TURISMO VAL DI SOLE Via Marconi 7 - 38027 Malà

Via Marconi, 7 - 38027 Malè Tel. +39 0463 901280 - Fax +39 0463 901563 www.valdisole.net - info@valdisole.net



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- Weather report +39.0461,238939 www.meteotrentino.it

### Health

- Public hospital TIONE Ph. +39.0465.331111
- Public hospital MEZZOLOMBARDO Ph. +39.0461.611264
- Public hospital CLES Ph. +39.0463.660111

### Public transport

- Trentino Trasporti Station TRENTO Ph. +39.0461.983627
- Trentino Trasporti Station TIONE Ph. +39.0465, 321222
- FTM Station TRENTO Ph. +39.0461.238350
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- FTM Station MEZZOLOMBARDO Ph. +39.0461.601361
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For info and bookings ring the call centre Ph. +39.0461.821000

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- Trentino Trasporti TRENTO Tel. +39.0461.585019 +39.329 0978576

### Mountain bike schools

- Scuola MTB Adamello Brenta www.scuolamtbadamellobrenta.it → PONTE ARCHE - Tel. **+39.0465.311503** → SPIA770 - Tel. +39.333.4356075
- Sport Elite School MADONNA DI CAMPIGLIO Tel. +39.348.0377511
- Dolomiti Sport Adventure MADONNA DI CAMPIGLIO Tel. +39.0465.446272
- Scuola Mtb Val Rendena STRFMBO Tel. +39.320.0872807
- Iori Mattia, istruttori Mountain Bike PONTE ARCHE Tel. +39.348.9302096
- Scuola Sci Dolomiti di Brenta MOLVENO ANDALO www.scuolaitalianasci.com Tel +39,0461,585353
- Scuola di Ciclismo Fuoristrada Val di Non e Sole www.scuolabicivaldinonesole.com → Giulio Mendini - TASSULL 0 - Tel. +39.335.8214766
- Scuola Italiana Mountain Bike Val di Sole MALÈ www.valdisolebike.com Tel +39 338 3909882
- Scuola Centro Bike Val di Sole (piazzale telecabina Daolasa) COMMEZZADURA www.valdisolecentrobike.it - Tel. +39.345.2356293

### Bike Hire and Technical Assistance

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- New Mountain Bike di Stefani Michele M.DI CAMPIGLIO Tel. +39.338.2940324
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- Paganella Bike Park FAI DELLA PAGANELLA Tel. +39.328.1892260 www.paganellabikepark.com.
- Scuola di Sci Dolomiti di Brenta MOLVENO ANDALO Tel. +39.0461.585353 www.scuolaitalianasci.com
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- Folgarida Sport FOLGARIDA Tel. +39.0463.986275
- Centro Bike: Out of Gravity (piazzale telecabina Daolasa) COMMEZZADURA www.valdisolecentrobike.it - Tel. +39.340.3505774 - +39.349.3471787

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+ editing DOLOMITI DI BRENTA BIKE RONNY KIAULEHN + photo

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