**Five areas boasting excellent biker trails and services**

**OVER 8,000 KM TO PEDAL IN COMPLETE FREEDOM**

**In Trentino, you can practice all-mountain bike specialties. The “Provincial Network of MTB Routes” includes over 330 itineraries with different levels of difficulty, selected in each of the 14 tourist districts that consider the needs of bikers and hikers in order to promote shared use.** **Moreover, there are eight bike parks for downhill biking enthusiasts.**

Besides road and e-bike enthusiasts, Trentino shows off all its beauty to those who love to ride mountain bikes, too. You can choose from **thousands of mapped and marked kilometers** suitable for bikers of any level, including routes ideal for the whole family; there are also challenging trails and even 8 adrenaline-activating bike parks (**Fassa Bike Resort, San Martino Bike Arena, Bike Park Garda Trentino, Paganella Bike Park, Val di Sole Bike Land, Brenta Bike Park and the Bike Park Lavarone**), spectacular circuits to be covered in stages. **Cross country, enduro or downhill**, exploring mountains on two wheels has become a strategic asset for active holiday proposals. However, precisely because it is a shared resource, it necessarily rests on respect for its different users.

This is precisely the philosophy that inspires the **Network of Provincial MTB Routes** on the territory. To date, the Network includes more than 330 trails stretching across more than 8000 kilometers, located on the territory by working groups coordinated by the relevant Tourist Boards (APT), which include major regional stakeholders. The trails have been charted and numbered, while others, though not yet included in the “Network”, are nevertheless accessible. Restrictions, in fact, are “punctual”, i.e. they concern a limited number of trails, or sections thereof, where hazards for bikers or the environment have been identified.

Among the many available tours, the most exciting is for sure the **Dolomiti Brenta Bike** which unwinds around the Brenta Dolomites, and in its “expert” version offers 171 kilometers of undiluted fun and a 7,700 meter difference in height distributed across several stages.

Beauty and diversity of the trails, with “flowy” single trails to boot, are important attributes for those who choose a holiday entirely dedicated to satisfying their passion for the “fat bikes”, but equally important is the completeness of the offer of dedicated **services** that our territory offers to enthusiasts: from rentals and service centers, to e-bike recharging stations, downhill routes served by lift facilities, dedicated accommodation facilities, and the presence of Mtb guides and shuttle buses for transfers or to return to base, without forgetting food and wine to complete the “bike experience”. From this point of view, Trentino offers **five top destinations** that can fully satisfy the requirements of the most demanding bikers.

**ALPE CIMBRA BIKE**

On Trentino plateaus, between 800 and 1900 m above sea level, through meadows, spruce forests, valleys and panoramic viewpoints, grassy mounds and spectacular peaks, we find mountain bike routes suitable for all disciplines – all-mountain, cross country and enduro - in addition to the Bike Park in Lavarone and routes proposed for families and areas equipped for children with pump trucks. The Alpe Cimbra Bike district also offers services specially tailored for bikers: 26 bike hotels and residences, 11 bike chalets, mtb instructors, rentals and events, the “bike friendly” Lake Lavarone, and several lift facilities open in summer to ride at high altitude.

**EPIC TOUR**

The **100 km dei Forti** is the epic tour *par excellence*. It is a varied and very challenging route: kilometers and kilometers of emotions, between climbs and sudden descents, passing through the most important WWI sites, and wide panoramas that change continuously between rocks, woods and dairy huts. Three loop circuits that can be tackled individually or in a single solution: 52.5 km around Folgaria, 23.95 km around Lavarone and 26.48 km around Luserna.

**TOP TOUR**

**Alpe Cimbra Tour - 63.8 km**

A long and demanding loop trail that from Luserna, through the woods of Lavarone, reaches Carbonare and runs down the Centa valley to Caldonazzo, to climb again on the Alpe along the historic “Menador” road .

**Toraro Ring - 19.2 km**

An alternation of horizons and spaces, views and glimpses between Trentino and Veneto, around Mount Toraro, where chamois and roe deer can become unexpected traveling companions.

**Oltresommo Bike Tour - 34.3 km**

From Carbonare to Monte Rust, then a spectacular descent to Lake Lavarone passing though the WWI trenches at Nosellari. Then the climb up to Forte Cherle, before the beautiful and fun descent to the starting point.

Information: www.alpecimbra.it

**DOLOMITI PAGANELLA BIKE AREA**

400 kilometers of easy routes on dirt roads and though woods (target: Family and XC) and single track trails (Intermediate - Expert) across the entire area, with a particular focus on trail/all-mountain/enduro. Not to mention the three Bike Park areas, and three Pump Track and Skill Areas located in Molveno, Andalo and Fai della Paganella. Mmaps, GPS tracks, BiciBus shuttle service, rentals, lift facilities, guides, courses, bike hotels and bike chalets, and much more are made available to bikers.

**EPIC TOUR**

The Bear Trails is an itinerary made up of 5 different trails through the best single trails of Paganella: 59 km, with over 4,000 meters of difference in height, using six lift facilities, passing through all the towns in the area - Molveno, Andalo, Fai della Paganella, Cavedago and Spormaggiore - and reaching the summit of Paganella, at 2125 meters of altitude. The route, suitable for experienced riders, includes descents on very different and heterogeneous single trails, such as the one from Cima Paganella to Santel: more than 1,000 meters of difference in altitude and a length of approximately 10 km.

**TOP FLOW TRAILS**

Big Hero - Molveno - 2 km

It is easily reachable with the Molveno - Pradél gondola lift and the Pradél - La Montanara chair lift, and the easiest trail of the entire bike area. It starts from La Montanara mountain hut to get to the Pradél Plateau, with beautiful views of Lake Molveno. It is accessible to everyone, including beginners and children aged 8 and older.

**Willy Wonka – Andalo - 4 km**

It is easily reachable by the Andalo - Doss Pelà gondola lift, stopping half way at the Dosson station; this trail is full of bumps and rhythmic bends and also suitable for beginners.

Information: www.visitdolomitipaganella.it

**BIKE AREA VAL DI FASSA**

Val di Fassa offers many possibilities for active holidays, and is particularly rich in proposals for those who love to enjoy local sites by bike, in tune with the increasingly popular “slow tourism” trend. The mountain bike, a fair physical shape and a lot of determination: these are the three basic conditions for riding the “Sellaronda Mountainbike”, the best “off-road” tour of the Dolomites. It is a one-day tour and can be covered, with or without a guide, only by those who purchase a Bikepass Sellaronda, to access the lift facilities which “climb” to the Gardena, Campolongo, Pordoi and Sella passes. The descents are rather technical and take place mostly on “single trails”. For “gravity” enthusiasts, however, there are the trails of the “Fassa Bike Resort” on the Belvedere of Canazei, and of [Sellaronda Mtb Gravity](http://www.fassa.com/IT/Sellaronda-Mountainbike-Tour/) with 20 km of descents and a 2700 m of difference in height. 29 “Bike Hotels” are also available in the valley.

**EPIC TOUR**

The **Val di Fassa Classic** is the original route of “Rampilonga”, the first Italian MTB race. The 50.15 km trail starts in Moena, reaches the wonderful panoramic balcony of Alpe di Lusia, descends to the bottom of the valley, finally returning to Moena after passing through Soraga, Pozza and Vigo di Fassa.

**TOP TRAIL**

**Infinity - 7 km**

New Pordoi - Canazei return route, medium level line with flow-style portions, partly on the ski slope.

Information: www.fassa.com

**VALDISOLEBIKELAND**

Val di Sole confirms itself as an international point of reference for all bike enthusiasts. A wide and certified network of routes and quality services make the bikers’ and bicycle tourists’ experience in ValdiSoleBikeLand unique. There are 20 itineraries of different difficulty for more than 400 kilometers of tracks available. And for those who seek strong emotions, 10 evocative single tracks where you can have fun in safety, and two bike parks to let your adrenaline run: the Ponte di Legno - Tonale Bike Park, the first Family Bike Park in Trentino, with downhill and freeride tracks of all levels. A second Bike Park is located in Commezzadura, with trails of varying difficulty, among which the famous “Black Snake” trail, which was included in the World Cup, and a Four Cross track where you can have fun among humps, parabolic dishes and rock gardens. And for families, there are Kids Bike Parks (in Pellizzano and Folgarida), Skill Parks and Pump Tracks to get the little ones familiar with the 2 wheels.

**EPIC TOUR**

The Great War Tour is a spectacular and challenging 59.4 kilometer tour, which climbs up to 2,613 m and is recommended only for the most experienced and trained bikers. The route is partly included in the Stelvio National Park and allows you enjoying the most varied and spectacular natural landscapes: from exceptional views of glaciers, to dense and wild woods, grasslands dotted with typical alpine constructions or with WWI ruins and historical findings.

**TOP TRAIL**

Lago dei Caprioli Trail - 19.2 km

Beautiful loop itinerary which, from the summit of Monte Vigo, leads back to the valley on dirt roads, fun trails and technical sections, with evocative passages on very exciting natural foreshortenings. It starts from Commezzadura, with the Daolasa - Val Mastellina gondola lift, up to Rifugio Solander. Once you reach Rifugio Orso Bruno, before starting your descent, you must take a break to admire the view towards Val di Sole, the Brenta Dolomites and the Cevedale Group.

**La Preda Trail - 12 km**

Along this very fun single track you can test your technical downhill skills on different types of terrain: smooth stretches, roots, pebbles, slopes, supports, humps along 1,261 meters of downhill difference in height.

**Trail dei Forti - 15.7 km**

This very charming itinerary unwinds at high altitude, with splendid views of the peaks of the Adamello Presanella mountain group and brief passages through the remains of WWI Austrian Forts. The route runs from Passo del Tonale to Ossana.

Information: www.valdisole.net

**GARDA TRENTINO BIKE**

A very extensive Bike area, with 44 recognized routes stretching over 1,390 kilometers of itineraries, that unwind in a unique environment and climate, and, for this reason, are accessible for most of the year. From the quiet off-road rides also suitable for families, to excursions with significant gradients and challenging technical steps, up to the top in terms of difficulty with the legendary downhill and freeride tracks of the Garda Trentino Bike Park. Unique in its kind, reachable without lifts, but with excellent shuttle services, it can offer strong emotions thanks to trails that have entered the collective imagination of bikers. The flagship of the area is called “Val del Diaol”, a 4 and a half kilometer downhill stretch with a drop of more than 700 meters and gradients that in some cases exceed 30 percent, on the northwest slope of Monte Baldo. But here, enthusiasts can count on the “Outdoor Friendly” network of specialized hotels, campsites, farmhouse inns, B&B and apartments: 21 facilities with services designed for bikers - [www.gardatrentino.it/outdoorfriendly](http://www.gardatrentino.it/outdoorfriendly).

**EPIC TOUR**

The **Ponale – Rifugio Nino Pernici** is one of the most popular tours of Garda Trentino (the Trentino area around Lake Garda), which combines the classic Vecchia Ponale track with the climb to Rifugio Pernici. A challenging, though varied and fun 40-kilometer route. From Riva del Garda, you climb up the historic Ponale track, from where you can admire unique views of Lake Garda. After passing Lake Ledro, you reach the green Val di Concei. The road now begins to climb again through the woods towards the dairy hut, the Bocca di Trat and Rifugio Nino Pernici, with a spectacular view of the Garda ​​Trentino area. You return to Riva del Garda taking a descent through the woods with steep slopes down to Malga Grassi and the village of Campi.

**TOP TRAIL**

**Garda-Sarca Ring - 61 km**

A circular itinerary immersed in a Mediterranean atmosphere, suitable for everyone because it does not feature excessive gradients; it crosses through the whole Garda Trentino area and the Valle del Sarca, with a succession of spectacular natural environments: olive groves, pine forests, cliffs overlooking Lake Garda and the immense Brento walls. It is also ideal for e-mtb rides.

**DH Garda Trentino Bike Park - Val del Diaol - 4.5 km**

The Val del Diaol has become the stuff of legend, a challenge, first of all, to oneself. The entrance to the trail, located above Nago, is located a few hundred meters after Malga Casina. A breathtaking descent to be faced with protections, gloves and full-face helmets, on a ground sometimes beaten and fast, sometimes made of rocks, slabs and stones, which put a strain on the biker’s balance.

Information: www.gardatrentino.

*This summer, hikers and bikers are advised to plan their routes in advance as some trails may be closed due to adverse weather conditions last autumn. Work to restore the forests and trails began immediately, and will continue throughout the summer so signage will indicate any trails that are temporarily closed. Real-time updates on the various trails will be available on the website at*[*www.visittrentino.info/mca*](http://www.visittrentino.info/mca)*or by enquiring at the local APT offices.*