**A summer of bike adventures**

**Trento becomes the capital of continental road cycling this September**

**Among the summer events in the region is a new cycling itinerary from the Dolomites to Garda, while new connections in the network of bike and hike trails have been created in Primiero and Valle del Chiese.**

Eleven bike trails connect the Dolomites to Garda, bringing together the wonderful natural environments of the innermost valleys and the manicured landscapes of the Adige Valley. Add to this dozens of kilometres of cross country and downhill slopes, eight bike parks and five top bike areas – you have Trentino, a cutting-edge territory for adventures and challenges on two-wheels. The region is matched by few other areas in Europe, offering trails of all kinds and hosting must-see international events.

**DoGa - from the Dolomites to Garda, an alpine cycling route**

**DoGa** is the acronym for Dolomites-Garda, the new cycling itinerary that starts from Malè, in Val di Sole, and reaches Riva del Garda after 110 km. The routes traverse the rocky Brenta Dolomites and olive groves that surround the Mediterranean basin of Lake Garda, along little-travelled forest roads in the western area of Trentino through four alpine valleys and three mountain passes. 51 km of the route is on asphalted secondary roads, 25 km on bike trails, 14 km on main roads and 20 km on forest and dirt roads. This route has been designed for every cyclist to follow at his/her own pace. A bicycle suited to gravel or trekking is recommended.

**On the trail of waterways**

A mix of natural landscapes and lively villages, steep dolomite buttresses and gentle hilly landscapes, the beauty of Trentino is apparent along the entire DoGa route. Water is a constant theme in the first portion of the itinerary, from Val di Sole to Val Rendena and through the Adamello-Brenta Nature Park area. Following the course of the Sarca river, the route connects the mountain valleys with the rural landscape of Bleggio and Lomaso, around Comano Terme. For the final stretch, cycle through gentle hilly landscapes dotted with olive trees, then pass through Lake Tenno with its turquoise waters and characteristic village, finally descending to the shores of Lake Garda.

**Joy on two wheels**

Cycling has a long tradition in the western area of Trentino and many services are available throughout the year. Along the Dolomites-Garda bike trail there are rental centres, bicycle workshops and cycle maps, as well as a local transport system developed and adapted to suit the needs of every cyclist.

**100% sustainable**

In conceiving the Dolomites-Garda bike trail, much consideration was given to making the journey sustainable. The starting point, Malé, can be reached via the Trento-Malé-Mezzana railway connection, which also passes through Mezzocorona, a station on the Verona-Munich line and served by Trenitalia.

DoGa is a multi-area bike project that involves the Val di Sole, Madonna di Campiglio Pinzolo Val Rendena, and Garda Trentino Turism Agencies (APT), in partnership with the specialised agency Helios. Information: <https://www.doga-cycling.it/it/>

**Garda Trentino**

**On the Ronda Piccola above the Garda basin**: this new route retraces the shortest leg of the legendary Bike Marathon, one of the most important attractions of the Riva del Garda **Bike Festival.** It is intended for well-trained cyclists or e-bikers who do not shy away from steep slopes. A 31-kilometre route with just over 1000 m of elevation gain awaits bikers on this track, with considerable uphill and downhill slopes reaching over 20% in some sections. The terrain also changes frequently, from asphalt to concrete, stable forest roads to loose dirt roads.

It starts in the heart of Riva and crosses the villages of Varone, Cologna, Gavazzo and Tenno. Ascending a dirt road to Ville del Monte, the view of Lake Garda is truly spectacular. From there you can then reach Lake Tenno, an oasis of tranquillity with crystal clear turquoise waters and pristine woodland. Following the “di Mena” road you arrive at Bastiani and then Vedesè. At “Sella di Calino”, the Ronda Piccola reaches the highest point of the route at 1,037 m. After passing “Sella di Calino” you return to Vedesè along easy trails, then on to Rancio through olive groves and descending towards Novino. Follow an old mule track towards Varignano and then return to Riva del Garda.

**Val di Sole Bikeland**

**Supplementary Biker Buses**: Bike Buses from Mostizzolo to Mezzana are operational during the times of the year when the Bike Train service is not active: on the weekends of 21-23 and 28-30 May, two trips per day; 5-25 June, three trips per day; 1-29 August, four additional rides; and, 12-26 September, two trips per day.

The new app that brings together all the services of the bike world in Val di Sole is called “**Mowibike**”, and includes 3D maps, trail statuses in real-time and live tracking to let you know where you are.

**Paganella Bike Area**

A **brand**-**new feature** of the 2021 season will be the innovative and practical system for transporting bikes on the Fai Zone Santel-Meriz chairlift, which will allow bikers greater loading flexibility and hourly bike loading options, thanks to 20 new vehicles specialised to transport bicycles.

This year, all riders will have the opportunity to purchase their **Bike Pass** directly online, by accessing the site and collecting it directly at the pick-up box ticket offices at lift departure stations. The Paganella Bike area also offers the free **MOWI** app, which has information to make the most of your days biking in the area.

**Events**

Trentino is preparing for summer and the return of major sporting events, beginning with Val di Fassa, which will host the **Enduro World Series** from 23 to 27 June.

The most important Mountain Bike event in **Val di Sole** is the 2021 Cross Country, Downhill and Four-Cross **World Championships** from 25 to 29 August 2021. In this edition, the Short Track will make its entry into the UCI Mountain World Championships program. World championship jerseys of six disciplines will be assigned for the first time in Trentino: Short Track, Cross Country, Team Relay, Downhill, Four-Cross and E-MTB.

A highlight for Trentino is the **European Road Cycling Championships** (Junior, Under 23 and Elite), to be held in Trento from 8 to 12 September, with race routes passing through neighbourhoods and suburbs on the hills surrounding the main city. Finally, the **Bike Festival** held from 15 to 17 October in **Riva del Garda** is an unmissable opportunity during your holiday in Trentino.