**THE ‘GREEN ROAD DELLE DOLOMITI’**

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**Cycle along the ‘Green Road Delle Dolomiti’, the newest addition to Trentino’s cycle paths that run through the foot of UNESCO World Heritage mountains and take in the bright autumnal shades of the fall foliage.**

The walls of the Italian Alps (the Latemar, the Catinaccio, the Sassolungo, and the Sella) are omnipresent, framing the Val di Fassa and Val di Fiemme. Cyclists of all abilities can cover a difference in altitude of 650m without terrifyingly great climbs and steep drops thanks to the ‘**Green Road Delle Dolomiti’**. The route received special recognition at the 2022 edition of the Italian Green Road Award, the ‘Oscars of Italian cycling tourism’. Beneath the shade of the larch and fir forests, the path crosses the Val di Fassa and Val di Fiemme. The whole journey is accompanied by the sounds of rushing water coming from the river Avisio, which follows the full length of the path. Following in the footsteps of the immensely popular ‘Green Road dell’Acqua’, it once again combines sustainable transport with art, history, culture, slow tourism, hospitality, and nature.

**The itinerary**

The route begins at the San Lugano Pass, the border with the province of Bolzano, and descends through Val d’Aguai and Predaia to Castello di Fiemme. **A relaxed 20km cycle will lead you from Molina to Predazzo** without any challenging climbs or descents. In the Cascata area, you can admire the thundering waters of the Rio di Val Moena which plunges over 25 metres down into the lake below. A detour along a local road from the little village of Masi di Cavalese brings cyclists back up towards Cavalese, the centre of the Fiemme valley. The path continues along what was once the Ora-Predazzo railway; the imposing iron railway bridges over the Avisio and Travignolo rivers are fascinating examples of historic architecture. The ‘Centro di Fondo’ Cross-Country Skiing Stadium has an area set up to provide services and assistance for bikes at Lake Tesero. After another 11.5km, cyclists will find the Panchia wooden bridge over the Avisio river, the oldest remaining bridge in Trentino. The path that stretches to the village of Predazzo runs through fields in bloom and past farmsteads with vast views of the mountains.

The new path around Predazzo opened in the summer of 2020. The path is 5km long and was designed to ensure tourists could safely travel across the old railway bridge over the Travignolo river; the bridge was built in 1915 and was used until 1963. The hamlet of Forno is the gateway to Valle di Fassa. After Moena, the path continues towards Soraga, Vigo di Fassa and Pozza di Fassa, before reaching Mazzin and Campitello. There are two ‘Bici Grill’ stops along the way: Bici Grill Avisio in Predazzo, and a second one on the outskirts of Moena. Those taking the cycle path from Canazei towards Molina can use the [Fiemme Fassa Bike Express](http://www.fassa.com/IT/Bike-Express-Fassa-Fiemme-Servizio-bus-per-ciclisti/) shuttle service for the return journey.

**Autumn itineraries**

The air is at its freshest, and nature’s colours are at their most vibrant. Autumn is the ideal season for a bike ride in the mountains, thanks to the network of MTB (mountain bike) trails in Trentino, covering a total of around 8,000km.

**Val di Sole** is full of forest roads and paths that are perfect for biking and ideal for fans of one of the most popular bike specialities right now: **gravel riding**. Thanks to dedicated routes at altitudes of between 640 and 2,200m, with a maximum length of 40km, this experience is an absolute must-try. A **45km route** stretches along quiet forest roads **from Ossana to Cavizzana**, close to the towns of middle and lower Val di Sole. A second, 39km trail goes through the woods in upper Val di Sole, from Fucine di Ossana to the Tonale Pass.

On the **Vigolana Plateau, just a few kilometres from Trento**, you can enjoy a **60km** **ride** taking in the main sites of scenic, historic, and environmental interest. The plateau, which is enclosed on two sides by the Vigolana and Marzola mountains, is a wide and gentle valley with a rural landscape. The countryside is dominated by fruit crops, meadows, and majestic woods with conifers, beeches and chestnut trees along the slopes. The forests greet the arrival of autumn with a blazing show of vibrant colours. The loop route largely follows dirt roads, linking up a series of shorter itineraries which can also be explored on foot by travellers setting out from the villages.

On the **Paganella Plateau** the trails of the three zones of the Bike Park – all connected to each other thanks to lifts – are waiting to be explored, with prolonged weekend opening hours all the way **into October**. The most immersive trail is the **‘Willy Wonka’** due to the type of environment it runs through. The path is **a 4.4km, intermediate-level trail** that combines fun and safety for all users from beginners to experts with a series of picturesque stretches through the woods. Particularly impressive are the north shore and the canyon; the atmosphere is mystical thanks to the unique landscape. The landscape becomes even more magical in autumn thanks to the multi-coloured fall foliage.

In **Val di Fassa**, it is possible to travel the [**Sella Ronda MTB Tour**](http://www.sellaronda-mtb.com/) around the magnificent Sella Group **until 29 September**, thanks to the lifts open for transporting bikes. This tour does require a good level of fitness as some of the climbs and descents need a certain level of agility and experience. The itinerary consists of many dedicated single trails, as well as tracks and forest roads, which are not just for cyclists.

If you’re looking to get off the beaten track in **Garda Trentino**, you can try the town of Ranzo above Valle dei Laghi for an MTB tour that makes its way towards the Paganella Plateau. The route starts in town and, after a stretch that follows the San Vili Trail, reaches the Bael area with a view over the Sarca gorge, Stenico and San Lorenzo in Banale. An **easy pathway through the woods** connects the mountain huts and leads towards Lake Molveno. Continue towards Andalo alongside the Brenta Dolomites before taking a forest road to Pian Dosson. From the ski slopes, the path climbs through the pastures of Monte Gazza before descending towards Margone and finally returning to the town of Ranzo.

For further information check [**here.**](https://www.visittrentino.info/en/experience/mountain-biking-and-cycling)