



## DOLOMITI MOUNTAINS

*(Multi day Bike Tours)*

**Example of : n. 4 guided tours. Overnight in a 4\* hotel with half board treatment and ENERGY POCKET**

### NOTES

- 1) Each mtb tour can be also made as Single Day Bike Tour.
- 2) Different types of tours and combinations of days can be considered according to the participants



### ■ MTB TOUR 1 - Sellaronda anticlockwise (with 3 cablecar)

The sister of the Sellaronda is more demanding physically and goes anti-clockwise round the imposing Sella mountain range. This route is very different from the other direction and offers fascinatingly different impressions of an assumed identical tour. Three (instead of five) cable cars reduce the metres you would have to struggle up on this tour. The remaining altitude difference of just under 1,300 m would not present any problems for a well-trained hobby biker. Only a few steep sections below the stony town are reserved for the aces. The same applies for this direction too, namely, it is not possible to have more descents in a day, nor a more beautiful panorama!

Difficulty:	difficult
Distance:	56 Km
Climb:	1.283 m alt.
Highest point:	Passo Pordoi 2.369 m
Pure driving time:	5 ½ h
Best time:	from mid-June to mid-September

### ■ MTB TOUR 2 - Seiser Alm Huttentour

The Seiser Alm / Alpe di Siusi, Europe's largest high pastureland, offers an extensive tour with a magnificent panorama of the Dolomites. While this can be admired from the saddle, it is even more enjoyable from one of the many huts along the way, whose differing characters entice hungry and thirsty cyclists to stop awhile. The tour is physically demanding but it is technically not especially hard and therefore presents no problems for fit bikers.

Difficulty:	difficult
Distance:	44 Km
Climb:	1.276 m alt.
Highest point:	Zallinger 2.061 m
Pure driving time:	5 h
Best time:	from May to October

### ■ MTB TOUR 3 - Below the GEISLER (with 1 or 2 cablecar)

This tour through the Puez-Geisler nature park is one of the most impressive mountain bike ventures in the Gardena valley. The panoramic path from the Raschötz mountain cabin as far as the Holy Cross Chapel alone would be worth the almost 1,000m in altitude difference from St. Ulrich. But there is still better to come. In the second half of the tour you pass through inspired trails straight to the foot of the steeply towering Geisler mountain range. There the distinctive Peralongia rock formation is waiting with scenery for the perfect souvenir photo.

Difficulty:                difficult  
Distance:                43 Km  
Climb:                    1.892 m alt.  
Highest point:        Seceda 2.480 m  
Pure driving time:    6 h  
Best time:                from early June to early October

### ■ MTB TOUR 4 - Val Duron

This tour, featuring some of the region's most spectacular landscapes, leads us up the largely unspoilt Duron Valley that extends on the southern side of the Plattkofel/Sassopiatto and forms the border with the adjacent Rosengarten/Catinaccio Group, with its 3000-metre summits. Bikers must overcome two tough climbs to discover this gem, but then come two highly enjoyable descents offering wonderful views of the surrounding Dolomites. Exactly halfway around, in the heart of the Val Duron, you can stop for refreshments and enjoy both the landscape and the peaceful atmosphere.

Difficulty:                difficult  
Distance:                43 Km  
Climb:                    1.542 m alt.  
Highest point:        Passo Sella 2.213 m  
Pure driving time:    5 ½ h  
Best time:                from mid-May to mid-October

**TRAVEL IS ALWAYS A GOOD IDEA: CHOOSE MILLE ED UN VIAGGIO!**

FOR INFORMATION

**MILLE ED UN VIAGGIO**

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