



REGIONE DEL VENETO



Mountain bike

Veneto by bicycle,
into the wild.



Veneto
The Land of Venice

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Veneto by bicycle.



1-12 BIKE RESORT





Veneto by bicycle, into the wild.

There are few areas that can boast as many extraordinary environments as the Veneto region; from the high Alpine peaks to the beaches of the Adriatic sea, from the Lagoon of Venice to Lake Garda, from the multifaceted hills to the large lowland rivers. The mountains, in particular, were registered in the **List of the UNESCO World Heritage** receiving the well deserved awarding of an area unique in the world because of its beauty, landscapes and scientific importance.

The holiday proposals in this brochure invite tourists into this extraordinary wild nature. In the valleys of the Dolomites, just one hour from Venice, you can cycle through woods, to the foot of outstanding rock walls.

The wonderful roads of the **Prealps** lead to mountain peaks where you can admire the entire view from the Dolomites to the Adriatic Sea, while the **hills of Treviso and Verona** feature landscapes of vineyards where famous wines are produced.

In the steep volcanic slopes of the Euganean Hills, sport is combined with the well-being of the **thermal baths**. Riding your mountain bike is the best way to discover nature, because it respects the silence of the environment and, at the same time offers the opportunity to have fun and practice a healthy activity.

You don't have to be an athlete to try a bike tour. The well-equipped routes and the welcoming atmosphere of the Bike Resorts will enable you to customize your bike holiday.

Bike Resorts and Excursions.

The discovery of a natural landscape by bike is a perfect mix of adventure, fun, hard work and silence. Local tourist professionals and guides that worked on the **Bike Resorts** you can find in this brochure are aware of this. For each destination you will find the description of

its environmental excellence, its distinctive features that offer unique hospitality and rental service, which are essential support for sports tourists. For each area you are also shown the details of an **excursion** or an **event** that you can't miss in order to experience the Veneto region by bicycle at best.

Bike Resorts and Excursions

- 01 Arabba - Sellaronda Mtb**
Cherz, Portavescovo, Col di Lana
- 02 Cortina d'Ampezzo - Tour of the 5 Refuges**
Mount Cristallo, Mount Sorapiss, Tofane mountain group
- 03 Marmolada, Falcade - Forca Rossa**
Serrai di Sottoguda, Passo San Pellegrino
- 04 Civetta - Superbike**
Alleghe, Selva di Cadore, Val di Zoldo
- 05 Cadore - Tre Cime Bike**
Auronzo and Misurina, Pieve di Cadore, San Vito di Cadore
- 06 Comelico - Crossing Carnia**
Mount Peralba, Passo Monte Croce
- 07 Valbelluna - The Champions' Circuit**
Feltre, Belluno, Alpago.
- 08 Asiago Plateau - Tour of the Alpine dairy Huts**
Asiago, Mount Corno, Mount Ortigara
- 09 Monte Pasubio - The Heroes' Road**
Recoaro Terme, Mount Pasubio
- 10 Lake Garda - From the Moraine hills to Mount Baldo**
Lake Garda e Monte Baldo
- 11 Prosecco Hills - Montello and Mount Grappa**
Asolo, Montello, Valdobbiadene, Vittorio Veneto
- 12 Euganean Hills - Crossing the Euganean Hills**
Abano Terme, Monselice, Este

01



Arabba.

Cherz, Portavescovo, Col di Lana.

Arabba and the Valley of Fodom are linked to the neighbouring valleys of Fassa, Badia and Ampezzo thanks to the beautiful **Pordoi**, **Campolongo** and **Falzarego** Dolomites passes.

This area, renowned for its winter sports, in summer offers activities suitable for any needs, from long walks to via ferratas, as well as

several off-road trails to satisfy every personal ambition. Scenic itineraries, single tracks, technical passages among rocks or challenging tours for the most daring ones, all starting right from the centre of the town.

Several **ski lifts** take bikers up to the peaks. Sport and fun but also history and traditions: Arabba, main centre of the valley of Fodom, is one of the major Ladin-speaking centres in the Dolomites, boasting many cultural places which are worth a visit.

Examples are the **Andraz castle**, the old mill, the Museum of Ladin People, the Col di Lana with the remains of the Great War or the ruins of "Forte la Corte" fort.



Sellaronda MTB.

Don't miss the Sellaronda MTB Track Hero Tour, the famous tour around mount Sella that links the sides of Passo Pordoi with those of Campolongo with the use of lifts. Among uphill climbs and breathtaking downhill stretches, you will follow the itinerary of the toughest mountain bike race in Europe: the "Sellaronda Hero".





Cortina d'Ampezzo.

Mount Cristallo, Mount Sorapiss, Tofane mountain group.



Cortina d'Ampezzo owes much of its fame to its wonderful geographic position, lying in a wide valley surrounded by the Dolomite groups of Tofane, Cristallo, Sorapiss, Croda da Lago. A precious environment protected by the **Natural Park of the Ampezzo Dolomites**.

In Cortina, there are 17 mountain bike excursions for a total of 700 km of tracks and they follow routes marked for all levels of difficulty.

You can ride along high-altitude scenic routes or adrenaline-fuelled downhill descents into the woods for freeride lovers down to easier routes for families and for those who want to relax, having a break in one of the many mountain refuges to taste the typical dishes of the local tradition. Worth a note, the new **Bike Park** for Downhill lovers and the brand new **Skill Parks** where kids can learn mountain bike riding, supervised by experienced instructors.



Even the most demanding and challenging routes have become accessible to everyone. Rentals in Cortina have also **E-Bikes**: real last generation electric MTBs.

Tour of the 5 Refuges.

*This is one of the main itineraries for all MTB lovers thanks to the extraordinary high-altitude setting. The 38 km-long route reaches 5 mountain huts in the Dolomites and **Lake Fanes** offering postcard views over the Ampezzo valley. The return to Cortina takes place along the Boite river with a brief downhill stretch which joins the Cycle Route of the Dolomites.*

03



Marmolada - Falcade.

Serrai di Sottoguda, Passo San Pellegrino.

The Marmolada, known throughout the world as the highest mountain of the Dolomites, and Falcade, charming town characterized by breathtaking views are two well-known winter resorts that specialized in bike tourism some years ago.

The area features **400 km** of spectacular mountain trails, dirt roads and cycle routes and also



In the Falcade - Passo San Pellegrino area, **ski lifts** are a great help for those who want to save their energies. There is really anything you could ask for a two-wheel holiday.



Bike Friendly accommodation renowned for customized services for cyclists and their comfort, numerous break stops and rentals providing mechanical support for possible minor repairs.

Forca Rossa.

*This challenging tour crosses the Cime d'Auta mountain chain and the daring Forca Rossa mountain pass, guarded by herds of ibex, **Canale d'Agordo**, birthplace of Pope John Paul I, Rocca Pietore featuring the amazing **Serrai di Sottoguda** creek and Malga Ciapela, starting point of the cableway that "flies" to the top of the Marmolada.*



Civetta.

Alleghe, Selva di Cadore, Val di Zoldo.

Mount Civetta and Mount Pelmo, overlook the **Lake of Alleghe** and Val di Zoldo, will leave you astonished at the marine origin of the rock structures built on ancient coral reefs. This is the backdrop of the Civetta bike resort. Alleghe, Selva di Cadore and Val di Zoldo are true attractions for mountain bikers thanks to over 300 km of geo-referenced bike tracks and to the beauty of the landscapes

that you can admire only here, in the heart of the Dolomites, **just 1 hour's drive from Venice**. All bikers can find the route that better fits their skills and be sure to bring back home an unforgettable memory of places of unrivalled beauty. Just think of the famous north-west wall of mount Civetta, known in the mountaineering world as the "reign of the sixth grade", or the 360-degree view over Val di Zoldo, home of **handmade ice cream** and over Val Boite featuring the Antelao, Cristallo and Tofane peaks. Downhill rides cross the meadows above Selva di Cadore, near the archaeological site of the **Man of Mondeval**, a prehistoric hunter of 7,500 years ago.



Superbike.

The Civetta Superbike is an itinerary, with numerous possible detours, characterized by a unique mix of adrenaline and spectacular views that winds across the entire Civetta territory. Modern ski lifts serve bikers along with 25 "Bike Friendly" accommodation structures, rentals (including E-Bikes), experienced guides and luggage transport service.

05



Cadore.

Auronzo e Misurina, Pieve di Cadore, San Vito di Cadore.



Cadore valleys are laced with streams and picturesque alpine lakes and are dotted with many industrious towns and villages. Uphill from the houses, woodlands climb to the top of the **Antelao** peaks, Spalti di Toro, the wild Marmarole, the Crode de Toni and the **Tre Cime di Lavaredo**. In this scenario, there are hundreds of kilometres of dirt roads to almost touch the peaks that have shaped

the history of mountaineering and of the most extreme cross country sports. The area features routes to test your skills and give you unforgettable memories.

This is the ideal place to “dive” into the heart of the **Dolomites, a UNESCO Heritage Site**, by breathing the scent of the woods, listening to the marmots and admiring the intense colours of the meadows, alpine lakes and of the Dolomite walls that turn flame red at sunset. The Cadore area is perfect for sports and relaxing holidays. There are many activities to do during your free time: from a visit to the **Eyeglass Museum** in Pieve di Cadore to one to the dairy, honey or vegetable farms, where you can enjoy the unique tastes of Titian's Dolomites.



Tre cime bike: the Auronzo – Misurina cycle path.

The key attraction in the Tre Cime region is the cycle path linking Auronzo to the hyperlink “Pearl of the Dolomites”: Misurina. The first section, leading to Palù San Marco (about 15 km) is suitable for everyone, while the second part towards Misurina is more challenging and can be particularly enjoyable on an e-bike. The Dolomites Train-Bus service runs throughout the summer.



Comelico.

Monte Peralba, Passo Monte Croce.

At the borders of the Dolomites, the Peralba and Monte Croce valleys are a paradise for cyclists. The Dolomiti Trail is a project that aims to create a network of trails for mountain biking in the Dolomites. The Dolomiti Trail is a project that aims to create a network of trails for mountain biking in the Dolomites.

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Traversata Carnica. Crossing Carnia.

Portare a termine il Dolomiti Trail. The Dolomiti Trail is a circular MTB itinerary around Comelico and Sappada, flanking the Carnic range. The itinerary is 150 km long and has a rise of 5,000 m. It is a project that aims to create a network of trails for mountain biking in the Dolomites.



Valbelluna.

Feltre, Belluno, Alpago.

In the southern part of the province of Belluno, where the **Piave river** bends westwards before continuing towards the plain, there is a bright valley where modern cities live in harmony with ancient alpine villages. Belluno, Feltre and Mel are the three main centres immersed in this lovely rural area with distinctive characteristics found nowhere else on the south side of the Alps.

By riding your mountain bike you can discover this unique place dotted with numerous **Venetian villas**, and featuring a great historical, architectural and artistic heritage, and wild natural surroundings.

The numerous tracks lead to the discovery of the history and the culinary tradition of Feltre, Valbelluna and Alpago areas but especially of the many nature wonders, from the **Dolomiti Bellunesi National Park** to the **Cansiglio Forest**, from the Prealps and the impressive **Mount Grappa** to the majestic peaks of the Dolomites.



The Champions' Circuit.

*This route, along which the European Championship of Cross Country will take place in 2015, flanks the shores of **Lake Santa Croce** in Alpago and develops through a series of ups and downs at an altitude between 602 and 734 m. The flat stretches are not longer than 60 m and so the track requires a lot of strength, skill and technique.*



Asiago Plateau.

Asiago, Mount Corno, Mount Ortigara.

The Asiago Plateau is a green balcony over the Po Valley. At an altitude of one thousand meters and surrounded by bright green meadows, the plateau features the towns of the “Sette Comuni” (seven municipalities), surrounded by pine woods. Northwards the area is overlooked by rocky peaks that slope towards Valsugana. Here you can find more than **200 km** of

mountain bike tracks of all levels of difficulty, from easy itineraries perfect for families with children up to the most demanding and challenging ones for the most experienced cyclists. Several routes follow the tracks of the **First World War**, which allow you to discover trenches and cross landmarks like Mount Ortigara. Different proposals characterized by great charm and wonderful views ranging from the “**rock town**”, with its spectacular structures, to blooming meadows, from lunar landscapes to pastures dotted with **mountain huts**. An adventure to be experienced bike riding among the seven municipalities of the Asiago Plateau.



Tour of the Alpine dairy Huts.

*This medium-length panoramic tour is the perfect way to discover the age-old **dairy art** in the “Altopiano di Asiago Sette Comuni” (Asiago plateau). You can ride along routes that become ski slopes in winter, discovering a wild countryside and in a fabulous silence.*



09

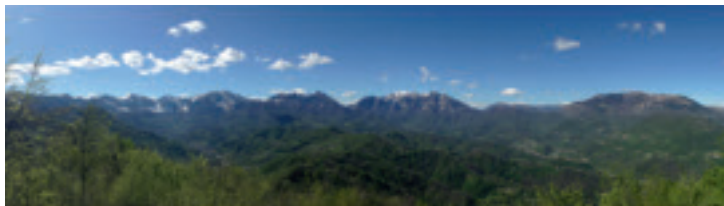
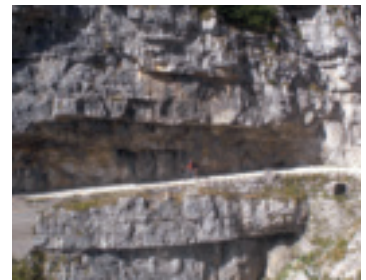


Monte Pasubio.

Recoaro Terme, Mount Pasubio.

Recoaro Terme is known not only as a renowned spa thanks to a hydrographic basin that feeds **9 mineral springs**. It is characterized also by an enviable location on the slopes of the Little Dolomites, a group of mountains with rocky walls whose geological characteristics make them look like the peaks of the so-called "pale mounts". This area is an excellent starting point for many mountain bike excursions to enjoy **wonderful views** over the towns below, on clear days you can

also see the Adriatic sea and even the Apennines. While discovering the Little Dolomites group or around the Pasubio massif, your gaze will be attracted by the magic of the woods and the enchanting landscapes of the Dolomites. The most demanding mountain bike riders can follow several circular routes, with GPS tracks, among plateaus and **military roads**, at an altitude from 500 to 2,000 metres above sea level.



The Heroes' Road.

*This is a challenging itinerary about 30 km long leading to an altitude of over 1,000 meters that reaches places **"sacred to the nation"** with breathtaking panoramic views. This route is named after 15 heroes of the First World War and it is a driveway of the Pasubio massif, in the Prealps of Vicenza.*



Lake Garda.

Lake Garda e Monte Baldo.

Lake Garda and its surroundings offer routes suitable for all mountain bikers thanks to the peculiar characteristics of the area that gently slopes from the rocky summit of Mount Baldo to the moraine hills flanking the Mincio river. Starting from the romantic town of Borghetto, the itinerary runs along the Mincio river in the heart of the moraine hills, passing through the **vineyards of Custoza and**



Lugana and reaches Peschiera del Garda. From here you can get to **Verona** (via cycle route or train) or continue towards the Bardolino and Garda areas, where the views change and uphill climbs begin. Here the Granfondo Paola Pezzo takes place (she is an Olympic champion who still trains along these roads). From Garda, via Torri del Benaco - Albisano, the route reaches San Zeno di Montagna,

called "balcony over Garda" and from here, via Prada, you can arrive at the top of Mount Baldo. The **Malcesine - Mount Baldo cable car** that in a few minutes gets to almost 1,800 meters of altitude is worth trying.

From the Moraine hills to Mount Baldo.

This itinerary allows you to admire the variety and richness of different natural environments, from the Mediterranean maquis to the pastures and rocks of the highest peaks, in fact Mount Baldo is also known as the "Garden of Europe". The wilderness of this natural oasis is particularly impressive and the views overlooking the lake are breathtaking.



Prosecco Hills.

Asolo, Montello, Valdobbiadene, Vittorio Veneto.

The hills of Treviso, although smaller than the nearby Prealps massif, are a great surprise for mountain bike buffs. Here you can find trails with different levels of difficulty and discover picturesque landscapes of villages and **medieval castles**. The ups and downs of these tracks have been tackled by great mountain bike champions on the occasion of the World and European Championships and there are still renowned

worldwide as location of events such as **“Terre Rosse”** and **“Prosecchissima”**.

A unique experience amidst the scent of the vineyards of Valdobbiadene and Asolo and the magical colours of what everyone calls “the garden of Venice”.

You will pass by beautiful Venetian villas and, along the ridge of the Alta Via no. 1 (hiking path of the Dolomites) you can also admire Venice and the bell tower of San Marco. You should try **Prosecco** wineries to taste and enjoy one of the most loved and famous Italian wines, and you must pay a visit at least to one of the many shops of sport companies in the area.



Montello and Mount Grappa.

*The better trained bikers can't miss the opportunity to test themselves along the most challenging routes in Treviso area: the Montello and Mount Grappa. In the first area, with its 21 “prese” (interconnecting paths), bikers will face the acclaimed roads tackled by the cyclists of the World Cycling Championship. In the latter area, bikers will follow routes that lead to some of the most hard-fought battlegrounds of the **Great War**, recognized as one of the best mountain biking destinations in Europe.*





Euganean Hills.

Abano Terme, Monselice, Este.

Padua and the Euganean Spas are the perfect destinations for mountain bike riders, both experienced and beginners, who want to exercise on their bikes. Itineraries with different levels of difficulty cross the Euganean Hills, combining sports experience and local hospitality made to measure for mountain bikers. In addition to providing GPS with the tracks of six routes, the **“Thermaesport”** and **Bike hotels** in Padua offer attended bike

storage, ad hoc sports menu and **thermal pools**, whose benefits on the cyclists’ health translates into an improvement in their sport performance.

The Euganean Hills conceal a unique geological genesis, generated after the release of large quantities of magma at the bottom of an ancient sea. Along roads and cycle routes it is not hard to find evidence of this origin such as the sedimentary rocks close to igneous ones, or the contrast of gentle profiles with steep slopes of volcanic peaks. The hills are just a few kilometres from Padua and are home to the walled towns of Este and Monselice, the hamlet of Arquà Petrarca and numerous Veneto villas.



Crossing the Euganean Hills.

*Starting from the cycle route identified by the E2 signpost in Montegrotto Terme, the track unwinds towards **Este**, the walled city boasting a historic castle, it then continues towards Mount Fasolo and the beautiful surrounding landscape. Close to **Padua**, the itinerary allows you, with a brief detour, to explore the cultural heritage and food and wine tradition of this wonderful territory.*





Bike Resorts and Excursions

- **Arabba - Sellaronda Mtb**
Cherz, Portavescovo, Col di Lana - www.arabba.it
- **Cortina d'Ampezzo - Tour of the 5 Refuges**
Mount Cristallo, Mount Sorapiss, Tofane mountain group - www.dolomiti.org/it/cortina/
- **Marmolada, Falcade - Forca Rossa**
Serrai di Sottoguda, Passo San Pellegrino - www.marmolada.com - www.dolomiti.org/it/falcade
- **Civetta - Superbike**
Alleghe, Selva di Zoldo - www.dolomiti.org/it/alleghe/ - www.dolomiti.org/it/val-di-zoldo/
- **Cadore - Tre Cime Bike**
Auronzo and Misurina, Pieve di Cadore, San Vito di Cadore - www.auronzomisurina.it
- **Comelico - Crossing Carnia**
Mount Peralba, Passo Monte Croce - www.valcomelicodolomiti.it
- **Valbelluna - The Champions' Circuit**
Feltre, Belluno, Alpego - www.dolomitiprealpi.it - www.alpagoconsiglio.eu
- **Asiago Plateau - Tour of the Alpine dairy Huts**
Asiago, Mount Corno, Mount Ortigara - www.asiago.to
- **Monte Pasubio - The Heroes' Road**
Recoaro Terme, Mount Pasubio, Pian delle Fugazze - www.vicenzae.org
- **Lake Garda - From the Moraine hills to Mount Baldo**
Lake Garda e Monte Baldo - www.lagodigardaveneto.com
- **Prosecco Hills - Montello and Mount Grappa**
Asolo, Montello, Valdobbiadene, Vittorio Veneto - www.marcatreviso.it
- **Euganean Hills - Crossing the Euganean Hills**
Abano Terme, Monselice, Este - www.visitabanomontegrotto.com



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