


MOUNTAIN BIKE: DOLOMITI SUPERBIKE


With the mountain bike on the tracks of the famous mountain bike race




FunActive TOURS / Harald Wisthaler

self-guided tour

mountain bike 

DIFFICULTY: medium 

DURATION: 8 days / 7 nights 

DISTANCE: approx. 290 – 315 km 

DESCRIPTION

Most of the paths are on old military and forest tracks; on every stage you can enjoy spectacular scenery and nature impressions of the famous Dolomites. Partially the tour leads along the famous MTB-marathon-track of the Dolomite Superbike race, which takes place every year in July. The Dolomites, listed on the UNESCO World Heritage list, and the summits of the mountains surround your way through the Nature Parks Fanes-Sennes-Prags, Ampezzaner Dolomiten and Sextner Dolomiten.

CHARACTERISTICS OF THE ROUTE

The path leads along military and forest tracks as on wide mountain paths. The tour is suitable for anyone in good basic physical condition.

A DAY BY DAY ACCOUNT OF THE ROUTE

Day 1: Arrival

Individual arrival at the starting hotel in the Upper Puster Valley (Villabassa/Dobbiaco). Free, unattended public parking area near the hotel.

Day 2: Villabassa/Dobbiaco – Lake Braies – Valdaora – Villabassa/Dobbiaco (approx. 40 – 50 km, ascent approx. 1,060m difference in altitude)

From Villabassa/Dobbiaco you cycle along the cycling path until you reach the entrance to the Pragsertal Valley and continue up to Lake Braies (“Pragser Wildsee”), which enchants visitors with its crystal clear turquoise water. After a short downhill ride to St. Veit you take a forest track below the Braies Dolomites to the alpine pasture “Brunstalm” (1,898 m). After a break and refreshment you can enjoy the downhill ride to Valdaora di Sopra and go on the cycling path back to your hotel.

Day 3: Villabassa/Dobbiaco – Eggerberg mountain – Villabassa/Dobbiaco (approx. 45 km, ascent approx. 1,080 m difference in altitude or approx. 65 km, ascent approx. 1,850 m difference in altitude)

The first part of today’s stage leads along the asphalted road to the lookout on the Eggerberg mountain (1,480 m). Over the forest tracks you reach – on the back of the mountain – Ratsberg mountain (1,620 m) and the homonymous hotel. From here you go downhill to the alpine pasture “Silvesteralm” (1,800 m). Over the Innichberg mountain you get back to Dobbiaco/Villabassa. Ambitioned mountain bikers can cycle from the “Silvesteralm” over an old military road up to Markinkele summit (2,545 m). This summit – southern peak of the Villgrater mountains – offers a marvellous view over the higher two of the peaks “Drei Zinnen” (Three Peaks). You take the same way back to “Silvesteralm” and Dobbiaco/Villabassa.

Day 4: Villabassa/Dobbiaco – Helm – Rotwand – Villabassa/Dobbiaco (approx. 55 – 65 km, ascent approx. 1,380m difference in altitude)

Starting from Villabassa/Dobbiaco you cycle to San Candido. From there you go on over the “Innichner Sonnenberg” (sunny mountain of San Candido) to the skiing mountain “Helm” (2,041 m). You will have a wonderful view on the Sesto Dolomites. After a short downhill ride to the fortress Mittelberg you reach the “Rotwand” meadows and Bad Moos. From there you follow the cycling path along the river of Sesto until you get to the old thermal springs of San Candido and back to Dobbiaco/Villabassa.

Day 5: Villabassa/Dobbiaco – Gemärk – Cortina d’Ampezzo (approx. 40 – 45 km, ascent approx. 1,100m difference in altitude)

Today you leave Villabassa/Dobbiaco towards the south on the cycling path of the former Dolomites railway. You pass two lakes: Lake Toblacher See and Lake Dürrensee and you reach the border – the “Gemärk” – of the two regions South Tyrol and Belluno. Follow the cycling path to Ospitale. From here the Padeon Valley takes you below Monte Cristallo to the Passo Tre Croci and then slightly downhill to Cortina d’Ampezzo where you will spend the night.

Day 6: Cortina d’Ampezzo – Giro dei 5 rifugi – Cortina d’Ampezzo (approx. 55 km, ascent approx. 2,030m difference in altitude)

You leave Cortina d’Ampezzo on the cycling path towards Fiames. From there you go on until you reach the car park S. Umberto and slightly up to the hut “Rifugio Ra Stua” (1,668 m). Continue to the hut “Senneshütte” (2,120 m). Now a long downhill ride begins passing the hut “Rifugio Fodara Vedla” (1,980 m) and the hut “Rifugio Pederü” (1,540 m). On the old military road you cycle up to the hut “Faneshütte” (2,060 m) passing the Limo Joch Saddle and Lake Limosee. Below the famous Vallon Bianco, former theatre of war, you cycle back to Fiames and Cortina d’Ampezzo.

Day 7: Cortina d’Ampezzo – Gemärk – Plätzwiese – Villabassa/Dobbiaco (approx. 40 – 45 km, ascent approx. 1,050m difference in altitude or approx. 45 – 50 km, ascent approx. 1,330m difference in altitude)

Today you will reach the high plateau “Plätzwiese” – mount Dürrenstein and “Hohe Gaisl” still high above it. In addition to an incomparable natural landscape and peace, you will enjoy the most stunning view on the Monte Cristallo, Tofane, “Drei Zinnen” (Three Peaks) just to name some of the summits you can admire! First you take the cycling path to the region border “Gemärk” and then you go on the old military road to “Plätzwiese”. After a short break and refreshment you go downhill to the Pragsertal Valley with its dark coniferous forests – take the cycling path back to Villabassa/Dobbiaco. Ambitioned mountain bikers cycle from the hut “Dürrensteinhütte” on to the “Strudelkopf” and enjoy the view over the world famous “Drei Zinnen” (Three Peaks) and the Höhlensteintal Valley.

Day 8: Departure

Individual departure or possibility to extend your stay.

GENERAL INFORMATION

Classification of the cycle tour: self-guided tour

Duration: 8 days/7 nights

Distance: approx. 290 – 315 km

Starting point: Upper Puster Valley (Villabassa/Dobbiaco)

ARRIVAL

By car: Via the Brenner/Brennero motorway (A22) to Brixen/Bressanone – exit “Franzensfeste, Pustertal” – through the Pustertal valley (State road SS49) to Niederdorf/Villabassa or Toblach/Dobbiaco (depending on the location of your hotel) or drive along the Felbertauernstraße to Lienz in Eastern Tyrol and further to Italy to the Upper Pustertal valley (Niederdorf/Villabassa or Toblach/Dobbiaco, depending on the location of your hotel).

By train: From Innsbruck over the Brenner/Brennero to Franzensfeste/Forzezza. Change the train to the Upper Pustertal valley (train station of Niederdorf/Villabassa or Toblach/Dobbiaco, depending on the location of your hotel). Timetables: www.deutschebahn.de, www.oebb.at, www.trenitalia.com

By plane: Airports Treviso, Venice Marco Polo, Ronchi dei Legionari (Trieste) or Innsbruck. We organize transfers from the airport to the starting point of the cycle tour on request.

ACCOMMODATION

Hotels in 3-star- and 4-star-category // Attention: Tourist tax – if requested – has to be paid on the spot.

PARKING

Free, unattended parking facilities for the duration of the bicycle tour at a nearby public parking area.

RENTAL BIKES

- Mountain bike Bianchi Kuma 27.2 inch (on request, limited availability) or similar bike
- e-mountainbike HAIBIKE with 500 Watt battery – Yamaha TG (on request, limited availability) or similar version

INCLUDED SERVICES

- Accommodation in hotels in 3-star- or 4-star-category
- Breakfast buffet or full breakfast
- *If you have booked half board:* minimum three-course dinner (no half board possible in Cortina d'Ampezzo)
- Personal tour information
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour

NOT INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner (if not booked half board)
- Not mentioned entries
- Rental bikes and travel insurance
- All not expressly mentioned under the item “Included services”

STARTING DATES 2023

ARRIVAL

Daily (except Thursday): 10/06/2023 (first available date) to 17/09/2023 (last available date)

DISABLED DATES (no start possible!)

02/08/2023 up to and including 18/08/2023

NON SCHEDULE ARRIVAL DATES

Minimum of 5 persons upon request!

PRICES 2023

SELF-GUIDED TOUR	
Package price per person in a double room incl. breakfast – Season 1*	€ 789.00*
Package price per person in a double room incl. breakfast – Season 2**	€ 919.00**
Single room surcharge, per person	€ 209.00
Surcharge 5x half board (Cortina d'Ampezzo excluded)	€ 149.00
ADDITIONAL SERVICES	
Mountain bike TOP	€ 169.00
e-mountain-bike	€ 229.00
EXTRA NIGHTS IN NIEDERDORF/VILLABASSA OR TOBLACH/DOBBIACO	
Per person and night in a double room incl. breakfast – Season 1*	€ 79.00*
Per person and night in a double room incl. breakfast – Season 2**	€ 89.00**
Aufpreis Einzelzimmer pro Nacht	€ 25.00

* Season 1: arrival dates from 10/06/2023 up to and including 16/06/2023 and from 10/09/2023 up to and including 17/09/2023

** Season 2: arrival dates from 17/06/2023 up to and including 09/09/2023

We suggest travel insurance. Changes in the offer as well as errors, printing errors and arithmetic errors reserved!