

South Tyrol by bike

From Lake Resia to Lake Garda

Resia – Val Venosta (Silandro) | **Km 45**

Val Venosta - Merano | **Km 35**

Merano – Laives | **Km 42**

Laives – Rovereto | **Km 70**

Rovereto – Garda Lake | **Km 20**

Rovereto – Verona | **Km 60**

Gardeccia

Difference in altitude m 2,230

Km 138,9: Bolzano – Ora – Passo S.Lugano – Predazzo – Pozza Fassa – Vigo S. Giovanni – Passo Costalunga – Passo Niger – Ponte Gardena – Bolzano

Gardeccia can be considered the legendary stage of the Dolomite Cycling tour.. almost a fairy tale. President Bosin has been thinking about taking the tour right to the heart of the Dolomites for quite some time now, but the only access pass was in terrible conditions and not suitable for cyclists.

He therefore decided to ask the mayor if he planned the renewal of the road surface. Basically, after the Dolomite Cycling tour even the “Giro d’Italia” could set one of its stages here. Well.. the idea was good and it did not take long for facts to come. This stage included 4 passes: San Lugano, which is easy to climb, Gardeccia (which is not really a pass), short but difficult, Passo Costalunga and Passo Niger which is only reachable through a slope. This stage orbits much of the Catinaccio/Rosengarten wick is also well known as the empire of king Laurin, the fabulous midget-king. Daily, at sunset, the Rosengarten colours its walls wonderfully, creating one the most impressive wonders of nature Dolomites have to offer: Enrosadira.

Val Senales / Schnalstal

Difference in altitude m 1,738

Km 138,6: Bolzano – Merano – Naturno – Certosa – Maso Corto – Naturno – Merano – Bolzano

Val Senales, surrounded by vineyards and situated at the entrance of the glittering glaciers of Ötztaler Alps is just 15 km from Merano and has really a lot to offer: possibilities for mountain-lovers, sportsmen as well as those culturally interested. Here you can have a walk on century old paths - face to face with chamoises and marmots, admire breathtaking panoramic views of the numerous surrounding peaks, have a summer-downhill run in front of the wonderful natural park of the Texel group and practice a lot of sports! A beautiful experience for the whole family with a varied cultural program which revives also Ötzi, the iceman. About Ötzi... At Archeo-Parc Senales, the first interactive archeological museum you'll know everything about him.

Everything about his habitat, culture and his everyday-life, how it was like 5.300 years ago.

Val Senales today is an all-year-round ski region, even if it kept some of its typical primeval forests.

Bassa Atesina / Unterland

Difference in altitude m 184

Km 86,9: Bolzano – Ponte Gardena – Girlan – Appiano – Termeno – Mezzocorona – Ora – Bolzano

Appiano sulla Strada del Vino, South Tyrol's largest winegrowing-town, just few km from Bolzano, offers you an unforgettable holiday-experience amongst a varied landscape. From spring to autumn. The southern climate is particularly suitable for long walkings, bike tours, cultural highlights or swimming - possibilities at the wonderful Monticolo Lake. Since decades Appiano is amongst the most loved holiday resorts in Alto Adige. Enriched by a great number of castles, lakes and vineyards it is a true experience for both body and soul - here you'll find southern flair, luxuriant and mediterranean vegetation and more then 180 historic manors and castles as well as internationally known wines and wine cellars. The community of Appiano with its nice villages of San Michele, S. Paolo, Girlan, Frangarto, Missiano, Unterrain, Predonico, Gaido e Monticolo offers you pure fun.. all year round: thanks to its particular climate with spring-temperatures of about 25°C, it is a true eldorado for hikers and bikers.

Cornaiano

Difference in altitude m. 164

Km 102: Bolzano – Ponte Gardena – Girlan – Caldaro – Termeno – Mezzocorona – Mezzolombardo – Nave S. Felice – Mezzocorona – Ora - Bolzano

A small climb of about 3 km with a difference in altitude of about 185 m and an average inclination of 6.24%. On the first 450 m you'll have an average inclination of 7.3% followed by 450 m with an average inclination of 7.4%, 200 m with 6.3%, 650 m with 5% and the last 750 m with an average inclination of 6%.

Passo Giovo

Difference in altitude m 1,774

Km 165,50: Bolzano – Merano – S. Leonardo in Passiria – Passo Giovo – Vipiteno – Bressanone – Bolzano

Due to the height of the pass you're going to reach (2098 m) this will be a challenging climb for almost the whole route. Except the short passage (between the 6th and the 7th km) which is characterised by an inclination of 4 - 5%, the difference in altitude of about 1400 m is uniformly distributed and measures an average inclination of 6 - 9%. During sunny days, the last passage could be extra tough, because there's almost no vegetation and the solar irradiation is particularly strong.

Passo Lavazè

Difference in altitude m 1,624 – difficult tour

Km 85: Bolzano – Ora – Passo S.Lugano – Cavalese – Passo Lavazé – Birchabruck – Cardano – Bolzano

Arduous climb of about 11 km with an difference in altitude of about 800 m and an average inclination of 7.4%. From the exit of Cavalese to the fraction of Varena (about 2 km) the passage features a series of turns with an average inclination of 7%, followed by an inclination of 2.5% (short descent).

By crossing the village of Varena, you have to pass through a strenuous passage (partially paved) of about 2 km with an average inclination of 8.9% followed by 1.5 km with an inclination of 3.6% until you reach the junction to Stava. From here the climb will be particularly demanding with an average inclination of about 9.2 % on the first km while the last 2 km are characterized by an inclination of 11.5 - 12%

Passo Pordoi

Difference in altitude m 3,221

Km 154: Bolzano – Ponte Gardena – Ortisei – Selva di Val Gardena – Passo Gardena – Corvara – Passo Campolongo – Arabba – Passo Pordoi – Pian Schiavaneis – Passo Sella – Selva di Val Gardena – Ortisei – Ponte Gardena – Bolzano

This tour starts with a regular and non exaggerate inclination (about 7%) on which everyone has to find its own rhythm. This is why this path is suitable not just for absolute climbers, but also for road racers. The street measures about 9 km in length, has a difference in altitude of about 636 m and an average inclination between 6 and 8.2%. The probably biggest challenge is the coverage of the height of the pass (which is about 2239 m).

Climbers can start with low gears and then slowly switch to higher ones. On the last part the street won't be that cliffy anymore. Time to breath again before facing the last chain of curves.

Passo Mendola

Difference in altitude m 1,630

Km 107: Bolzano – Appiano – Caldaro – Passo Mendola – Fondo – Passo Palade – Lana – Marlengo – Postal – Bolzano

The passage of Passo Mendola (1365 m) features some long, diagonal running passages with 2 series of curves (for a total of 15) alongside the eastern side of the Mendola, with an average inclination of 6 to 8.5% and a total length of 14 km. Even the passage between Fondo and Passo Palade due to its modest but constant inclination can be considered an ideal training-passage.

For many Italian but also foreign bikers, the Dolomite Cycling tour is not just a sports event. It represents also the possibility to know other bikers and make new friends. At the end of each stage participants sit together, taste some good wine, tell anecdotes, exchange experiences and talk about their newest achievements in sport.. and simply enjoy the good company. From Passo Palade it then goes down in direction Lana and from here more or less on a flat way to Bolzano.

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