

REGOLE DI COMPORTAMENTO PER MOUNTAINBIKER



- 1. Siamo ospiti nella natura**
 - > Usa solo strade o sentieri segnati
 - > Rispetta i divieti di passaggio locali
 - > Non attraversare campi o prati
- 2. Pedoni ed escursionisti hanno la precedenza**
 - > Avvisa della tua presenza con anticipo
 - > Adegua la tua velocità alle diverse situazioni
- 3. Non lasciare tracce**
 - > Evita brusche frenate e partenze (erosione del suolo)
 - > Non percorrere i sentieri dopo forti piogge (erosione del suolo)
 - > Non lasciare rifiuti
- 4. Rispetta flora e fauna**
 - > Evita aree protette e zone di tutela paesaggistica (paludi, biotopi, ecc.)
 - > Chiudi i cancelli per il pascolo
 - > Evita rumori inutili
 - > Non spaventare animali da pascolo e selvatici

- 5. Per la tua sicurezza**
 - > Pianifica le tue escursioni in anticipo
 - > Controlla la tua attrezzatura
 - > Usa sempre casco e guanti
 - > Non oltrepassare i tuoi limiti

Elaborato da: Bike Competence Center
In collaborazione con: Associazione Guide Mountainbike Alto Adige

MOUNTAIN BIKERS BEHAVIOUR RULES



- 1. Remember you are a guest of nature**
 - > Ride only on marked dirt roads and trails
 - > Respect "no entry" and private property signs
 - > Do not cross fields and pastures
- 2. Pedestrians and hikers always have right of way**
 - > Signal your coming in advance
 - > Moderate your speed depending on the different situation
- 3. Do not leave traces of your passage**
 - > Avoid braking sharply and restarting (excessive soil erosion)
 - > Avoid riding on the trails after pouring rains (excessive soil erosion)
 - > Do not leave rubbish
- 4. Respect the local flora and fauna**
 - > Avoid riding in protected areas and nature parks (such as swamps or fragile ecosystems)
 - > Always close the pasture gates after your passage
 - > Avoid excessive and disturbing noises
 - > Do not scare the cattle and the wildlife
- 5. For your own safety**
 - > Plan your tours in advance
 - > Check that your equipment is fit and in good conditions
 - > Always use helmet and bike gloves
 - > Do not overestimate your technical and physical possibilities

Written by: Bike Competence Center
In cooperation with: Associazione Guide Mountainbike Alto Adige

VERHALTENSREGELN FÜR MOUNTAINBIKER



- 1. Wir sind Gäste der Natur**
 - > Fahre auf markierten Wegen und Pfaden
 - > Respektiere lokale Fahrverbote
 - > Fahre nicht querfeldein
- 2. Fußgänger und Wanderer haben „Vorfahrt“**
 - > Kündige deine Vorbeifahrt an
 - > Passe deine Geschwindigkeit der Situation an
- 3. Hinterlasse keine Spuren**
 - > Meide Anfahr- und Bremsspuren (Bodenerosion)
 - > Meide „Trails“ nach Regentfällen (Bodenerosion)
 - > Nimm deine Abfälle mit
- 4. Schütze Flora und Fauna**
 - > Meide Sonderschutzgebiete und sonstige schützenswerte Flächen (Moore, Biotope usw.)
 - > Schließe die Weidenzäune
 - > Vermeide Lärm
 - > Nehme Rücksicht auf Weide- und Wildtiere
- 5. Zu Deiner Sicherheit**
 - > Plane deine Touren im Voraus
 - > Prüfe deine Ausrüstung
 - > Trage immer Helm und Handschuhe
 - > Fahre nicht über deine Verhältnisse

Ausgearbeitet von: Bike Competence Center
In Zusammenarbeit: Verein Bikeguide Südtirol

ITINERARI MOUNTAIN BIKE MOUNTAIN BIKE TOURS MOUNTAINBIKE TOUREN



GPSMAP

CAMPIONI DI PRESSIONE 2018-2019

CARTOGRAFIA DI ALTA PRECISIONE CON ACQUISIZIONE GPS DI STRADE E SENTIERI DATI RILEVATI INEDITI E GARANTITI

SCALA, DATI GPS / SCALE, GPS INFORMATION

1:50.000

500 m / 1cm 1 km / 2cm

Equidistanza curve di livello: 50 m / Contour interval: 50 m
Projection: WGS 1984 UTM, Zone 32 N
Projection Method: Transverse Mercator
Prima Meridiana: Greenwich, 0
Datum: WGS84
Spheroid: WGS84

VIABILITÀ / ROAD NETWORK / STRASSENNETZ

Autostrada / Autobahn	Strada marciata - percorso del Parco / Markiert road - National Park trail / Strasse durch den Naturpark
Strada di grande comunicazione	Sentiero - mulattiera / Path - mule track / Pfad - Saumtrail
Strada in galleria / in tunnel / Stollenstrasse - im Tunnel	Strada principale - in galleria / in tunnel / Hauptstraße im Tunnel
Strada marciata / Markiert road / Markierte Strasse	Traccia di sentiero / Tracks of path / Pfadspur
Strada asfaltata - in galleria / in tunnel / Asphaltierte Strasse im Tunnel	Sentiero marciato - percorso del Parco / Markiert road - National Park trail / Markiert Pfad - Pfad durch den Naturpark
Strada marciata	Sentiero alpino / Path for experienced hikers / Alpinweg
Strada sterrata / Dirt road / Felsweg	Via ferrata - con scale / via ferrata - with ladders / Klettersteig - mit Trappen
Strada marciata - percorso del Parco / Markiert road - National Park trail / Markierte Strasse	Sentiero su ghiaccio / Path on glacier / Gletscherpfad
Strada marciata - percorso del Parco / Markiert road - National Park trail / Markierte Strasse	Ciclocross / Cyclo track / Radweg
Strada carrozzabile - in galleria / in tunnel / Karrenstraße - im Tunnel	Sentiero in galleria / in tunnel / Pfad im Tunnel / Pfad in Tunnel
Strada carrozzabile - in galleria / in tunnel / Karrenstraße - im Tunnel	Confine del Parco / Park boundary / Parkgrenze

SIMBOLI / PICTOGRAMS / ZEICHENERKLÄRUNG

Bivacco - Bivacco invernale / Winter bivouac / Bivak - Winter Bivak	Area camper / Camper parking area / Stellplatz / Campingplatz
Rifugio - Rifugio con servizi / Unterwieschtal / (nicht bewirtschaftet)	Campi da calcio - calcio / Fußball feld / Fußballplatz
Rifugio - malga con posti letto / Alpenhütte - Gölle / Alpengasthof / Markt / Pfad durch den Naturpark	Area sportiva / Sport facilities / Sportplatz
Punto panoramico / Panorama viewpoint / Panoramapunkt	Golf / Golfplatz
Sito archeologico / Archaeological site / Archäologische Fundstelle	Cascaia / Waterfall / Wasserfall
Monumento vegetale / Natural monument / Naturdenkmal	Fontana / Fountain / Brunnen
Camping / Campingplatz	Arretrappata sportiva / Roppe climbing wall / Roppesteig
Informazioni turistiche / Tourist information office / Informationsbüro	Stazione forestale / Ranger station / Forstamt
Grotta / Cave / Höhle	Albergo isolato - agriturismo / Hütte - Agritur
Palafranco / E-golf / E-Golf	Cappella / Chapel / Kirche
Palafranco / E-golf / E-Golf	Piazzola elicottero / Helicopter landing spot / Helikopterlandeplatz
Palafranco / E-golf / E-Golf	Punto di ristoro / Refreshment point / Raststation

IMPIANTI DI RISALITA / LIFTS / AUFSTIEGSANLAGEN

Telecabina / Cable lift / Kabinenbahn	Telefunivia / Matensattelbahn
Telefunivia / Matensattelbahn	Seggiovia / Chairlift / Sesseltlift
Funivia / Cable car / Seilbahn	

ITINERARI / ITINERARIES / TOUREN

facile / leicht
medio / mittelschwer
difficile / schwer

Carta topografica media, sentieri e strade forestali rilevati con GPS. Copyright 4LAND, 2009. Vietata la riproduzione e la digitalizzazione dei dati.

ITINERARI MOUNTAIN BIKE

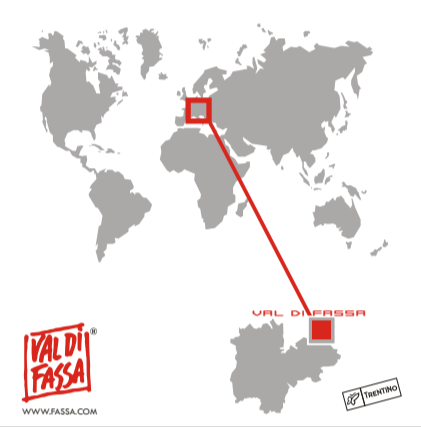


MOUNTAIN BIKE TOURS

MOUNTAINBIKE TOUREN



BEIENDA PER IL TURISMO DELLA VAL DI FASSA



IL FRASCINO DELLE DOLOMITI THE FRASCATION OF THE DOLOMITES DIE FRASCHATION DER DOLOMITEN

DIREZIONE DIRECTION DIRECTION
38032 CANAZEI (TN)
STREDA ROMA, 36
TEL. +39 0462 609600
FAX. +39 0462 602278
www.fassa.com
info@fassa.com

BOOKING

38036 POZZA DI FASSA (TN)
PIAZZA DE' COMUNI, 7
TEL. +39 0462 609666
FAX. +39 0462 760355
info@bookings@fassa.com

INFO

38032 ALBA DI CANAZEI (TN)
STRADA DE COSTA 25B
TEL. +39 0462 609560
FAX. +39 0462 600293
info@alba@fassa.com

38035 MOENA (TN)
PIAZZ. DE SOTEGRIANA, 19
TEL. +39 0462 609750
FAX. +39 0462 574342
info@moena@fassa.com

38031 CAMPITELLO DI FASSA (TN)
STRADA DOLOWITES, 48
TEL. +39 0462 609630
FAX. +39 0462 750219
info@campitello@fassa.com

38032 CANAZEI (TN)
PIAZZ. G. MARCONI, 5
TEL. +39 0462 609600
FAX. +39 0462 602502
info@canazei@fassa.com

38030 MAZZIN (TN)
STREDA DE CAPITEL
DEL MOCHO, 812
TEL. +39 0462 609650
FAX. +39 0462 767361
info@mazzin@fassa.com

Sellaronda Mountainbike

Escursione MTB con istruttore

Informazioni e cartografia presso gli uffici turistici

MTB tour with instructor

Info and map at disposal by the tourist offices

Geführte MTB Touren

Infos und Anmeldungen bei Informationsbüros

NOLEGGI MOUNTAIN BIKE

CANAZEI

Detomas Shop & Rent
Strada de Pareda, 29
38032 Canazei
Tel. +39 0462 602447
Cell. 335 5923718
lorionzo@xse.it

CAMPITELLO

Euroski Center
Strada de Pinti de Sera, 10
38031 Campitello
Tel. +39 0462 750145
favet2@hotmail.com
www.euroskicenter.com

Northland

Strada del Piz, 15
38032 Canazei
Tel. +39 0462 601656
ren@northlandski.com
www.northlandski.com

Ski Paolo Noleggio Sport

Strada de Contrin, 18
38032 Alba
Tel. +39 0462 601331
info@skipaolo.it
www.skipaolo.it

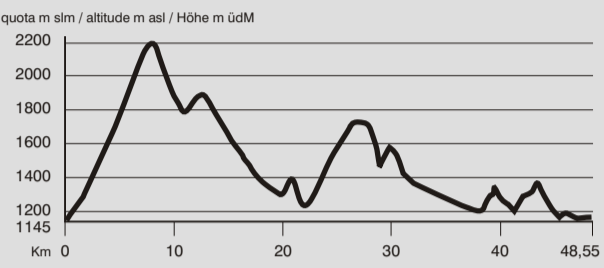
GRADO DI DIFFICOLTÀ MOUNTAIN BIKE RENTALS

SCHWIERIGKEITSGRAD
Facile / Easy / Leicht
Medio / Medium / Mittelschwer
Difficile / Difficult / Schwer

VAL DI FASSA BIKE CLASSIC

Partenza / Arrivo Start / Arrival
Anfang / Ende
Moena Navalge
Difficoltà Difficulty
Schwierigkeitsgrad
Difficile / Difficult / Schwer
Tempo di percorrenza Time
Dauer
7 - 9 h / hrs / Std.

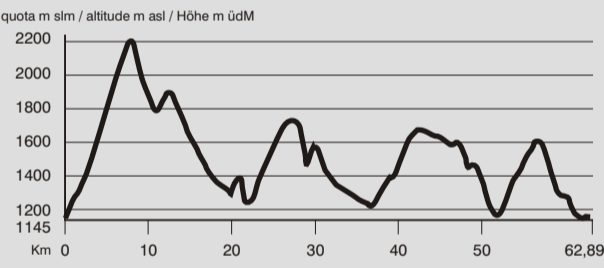
Table with 2 columns: Metric and Value. Distance 48,50 km, Quota min 1.145 m, Quota max 2.200 m, Ascent 22,95 km, Descent 25,53 km, etc.



VAL DI FASSA BIKE MARATHON

Partenza / Arrivo Start / Arrival
Anfang / Ende
Moena Navalge
Difficoltà Difficulty
Schwierigkeitsgrad
Difficile / Difficult / Schwer
Tempo di percorrenza Time
Dauer
9 - 11 h / hrs / Std.

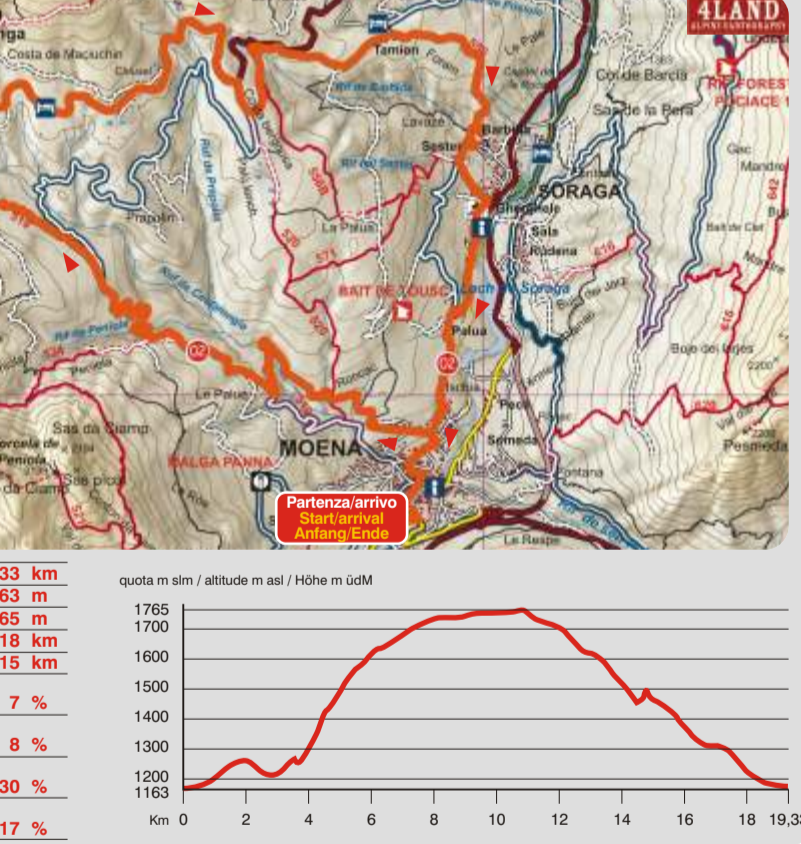
Table with 2 columns: Metric and Value. Distance 62,89 km, Quota min 1.145 m, Quota max 2.200 m, Ascent 29,89 km, Descent 33,00 km, etc.



MOENA-PASSO DI COSTALUNGA-SORAGA-MOENA

Partenza / Arrivo Start / Arrival
Anfang / Ende
Moena Navalge
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
2,5 - 3,5 h / hrs / Std.

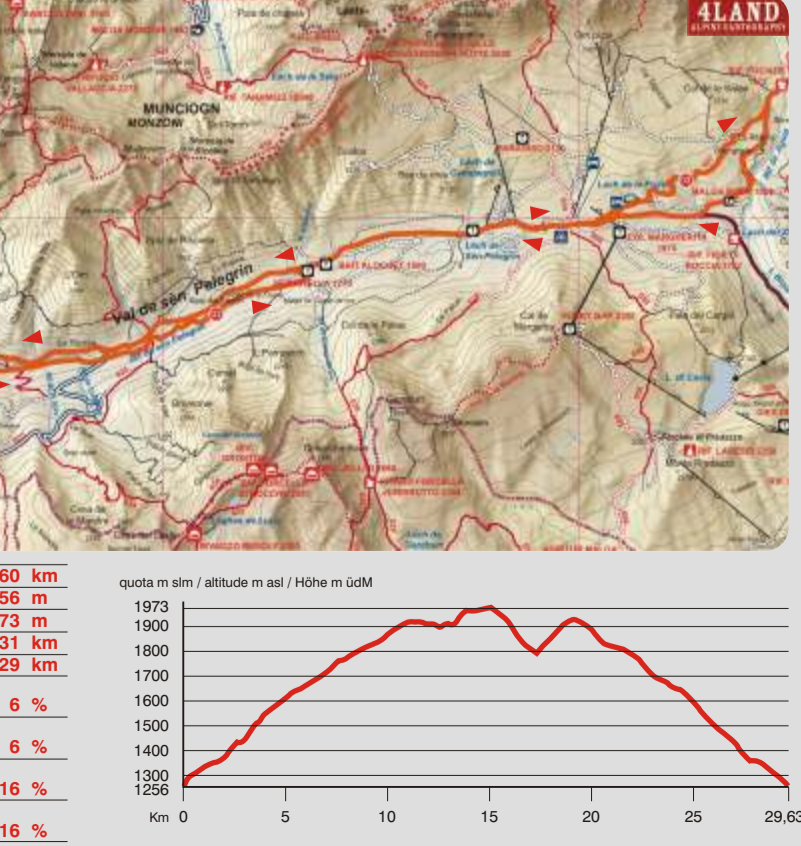
Table with 2 columns: Metric and Value. Distance 19,33 km, Quota min 1.163 m, Quota max 1.765 m, Ascent 10,18 km, Descent 9,15 km, etc.



MOENA-PASSO S. PELLEGRINO-RIFUGIO FUCHIADE-MOENA

Partenza / Arrivo Start / Arrival
Anfang / Ende
Moena Sameda
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
4 - 5 h / hrs / Std.

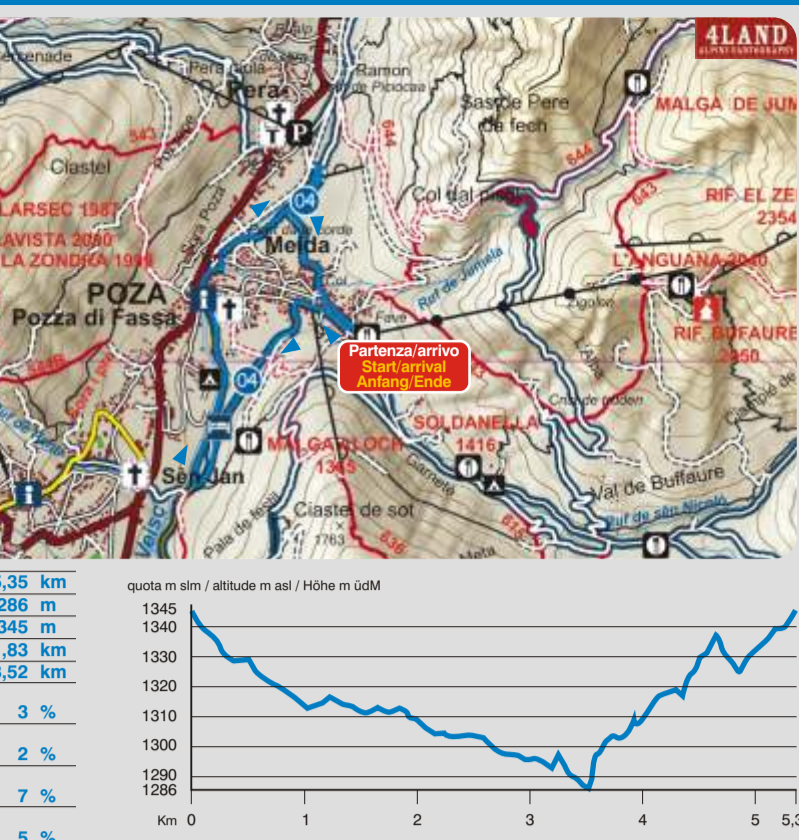
Table with 2 columns: Metric and Value. Distance 29,60 km, Quota min 1.256 m, Quota max 1.973 m, Ascent 15,31 km, Descent 14,29 km, etc.



POZZA

Partenza / Arrivo Start / Arrival
Anfang / Ende
Parcheeggio impianti Buiffaure-Poza / Buiffaure Cabin Lift Parking Area / Parkplatz Buiffaure Gondelbahn
Difficoltà Difficulty
Schwierigkeitsgrad
Facile / Easy / Leicht
Tempo di percorrenza Time
Dauer
1 h / hrs / Std.

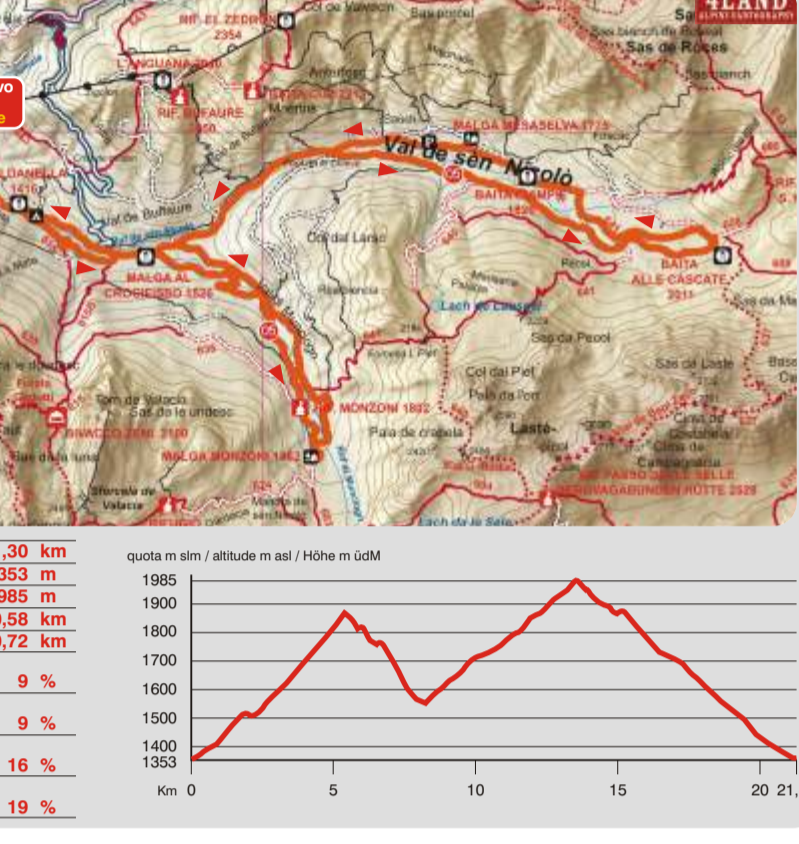
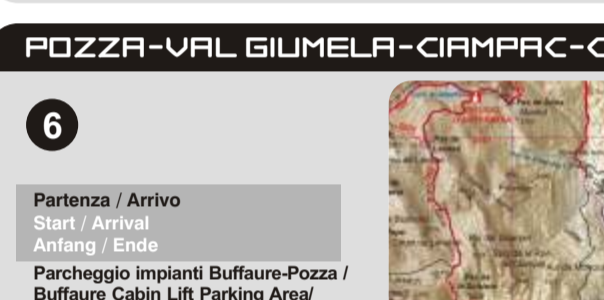
Table with 2 columns: Metric and Value. Distance 5,35 km, Quota min 1.286 m, Quota max 1.345 m, Ascent 1,63 km, Descent 3,52 km, etc.



POZZA-VAL MONZONI-VAL S. NICODEL'-POZZA

Partenza / Arrivo Start / Arrival
Anfang / Ende
Parcheeggio impianti Buiffaure-Poza / Buiffaure Cabin Lift Parking Area / Parkplatz Buiffaure Gondelbahn
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
3 - 4 h / hrs / Std.

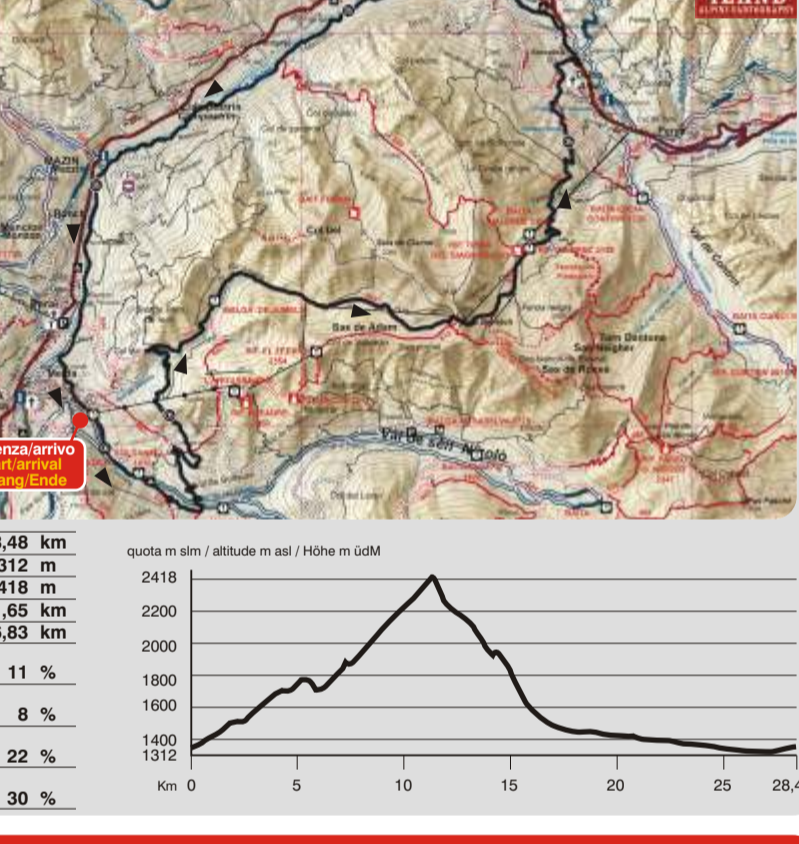
Table with 2 columns: Metric and Value. Distance 21,30 km, Quota min 1.353 m, Quota max 1.965 m, Ascent 10,58 km, Descent 10,72 km, etc.



POZZA-VAL GIUMELA-CIAMPAC-CANAZEI-POZZA

Partenza / Arrivo Start / Arrival
Anfang / Ende
Parcheeggio impianti Buiffaure-Poza / Buiffaure Cabin Lift Parking Area / Parkplatz Buiffaure Gondelbahn
Difficoltà Difficulty
Schwierigkeitsgrad
Difficile / Difficult / Schwer
Tempo di percorrenza Time
Dauer
5 - 6 h / hrs / Std.

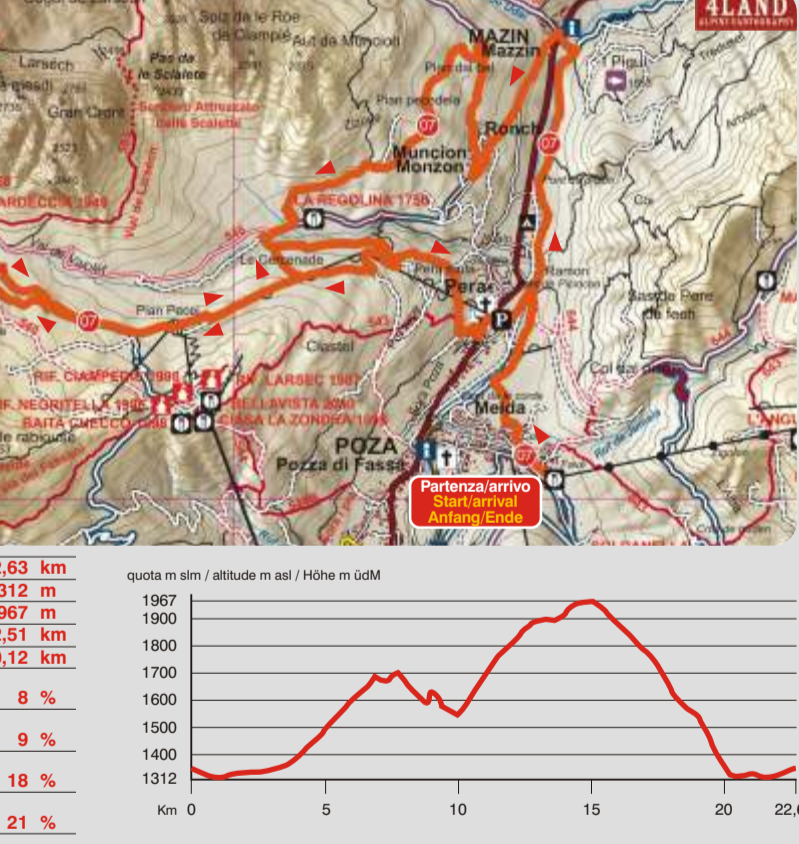
Table with 2 columns: Metric and Value. Distance 28,48 km, Quota min 1.312 m, Quota max 2.418 m, Ascent 11,65 km, Descent 16,83 km, etc.



POZZA-MAZZIN-MONZON-GARDECCEIA-PERA-POZZA

Partenza / Arrivo Start / Arrival
Anfang / Ende
Parcheeggio impianti Buiffaure-Poza / Buiffaure Cabin Lift Parking Area / Parkplatz Buiffaure Gondelbahn
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
3 - 4 h / hrs / Std.

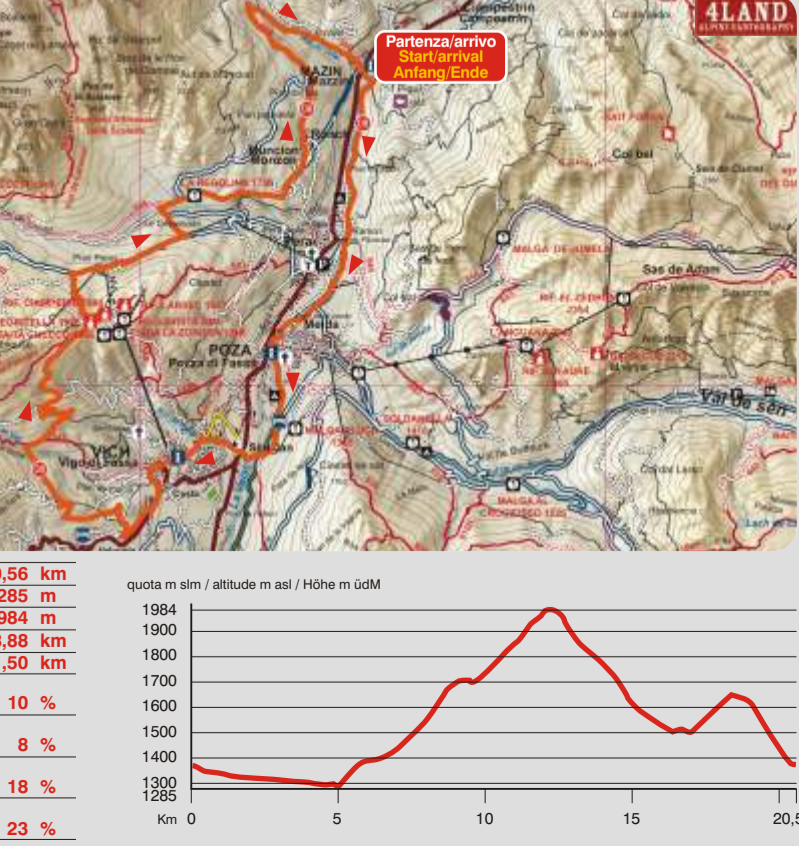
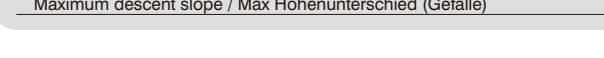
Table with 2 columns: Metric and Value. Distance 22,63 km, Quota min 1.312 m, Quota max 1.967 m, Ascent 12,51 km, Descent 10,12 km, etc.



MAZZIN-POZZA-VIGO-CIAMPADIE-MAZZIN

Partenza / Arrivo Start / Arrival
Anfang / Ende
Ufficio Turistico Mazzin / Mazzin Information Office / Mazzin Informationsbüro
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
3 - 4 h / hrs / Std.

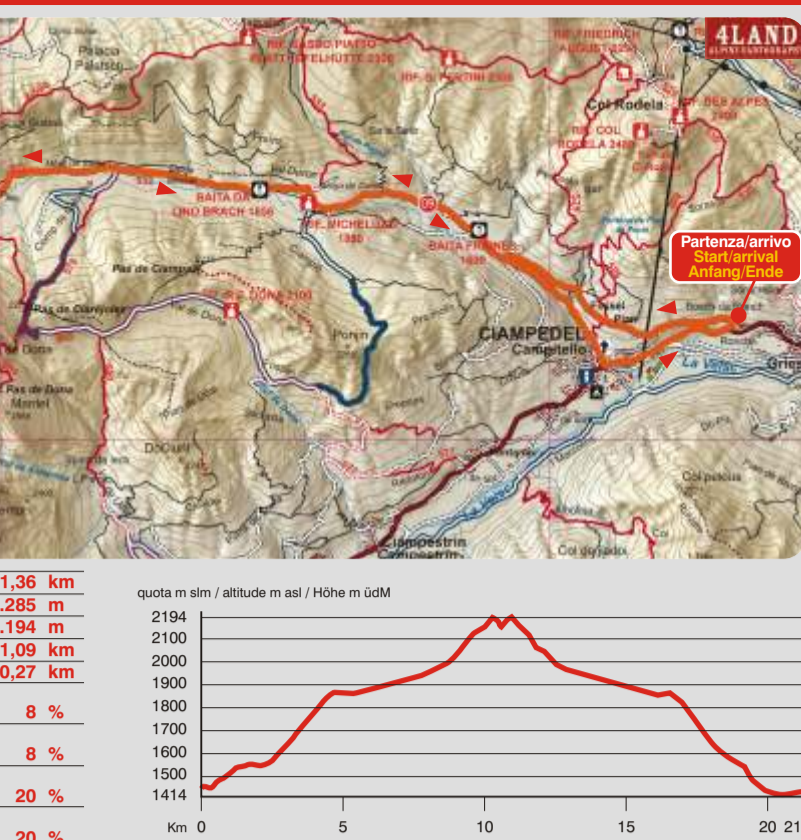
Table with 2 columns: Metric and Value. Distance 20,56 km, Quota min 1.285 m, Quota max 1.984 m, Ascent 8,88 km, Descent 11,50 km, etc.



CANAZEI-CAMPITELLO-VAL DURON-RIFUGIO ALPE DI SIUSI-CANAZEI

Partenza / Arrivo Start / Arrival
Anfang / Ende
P.H. Il Caminetto
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
3 - 4 h / hrs / Std.

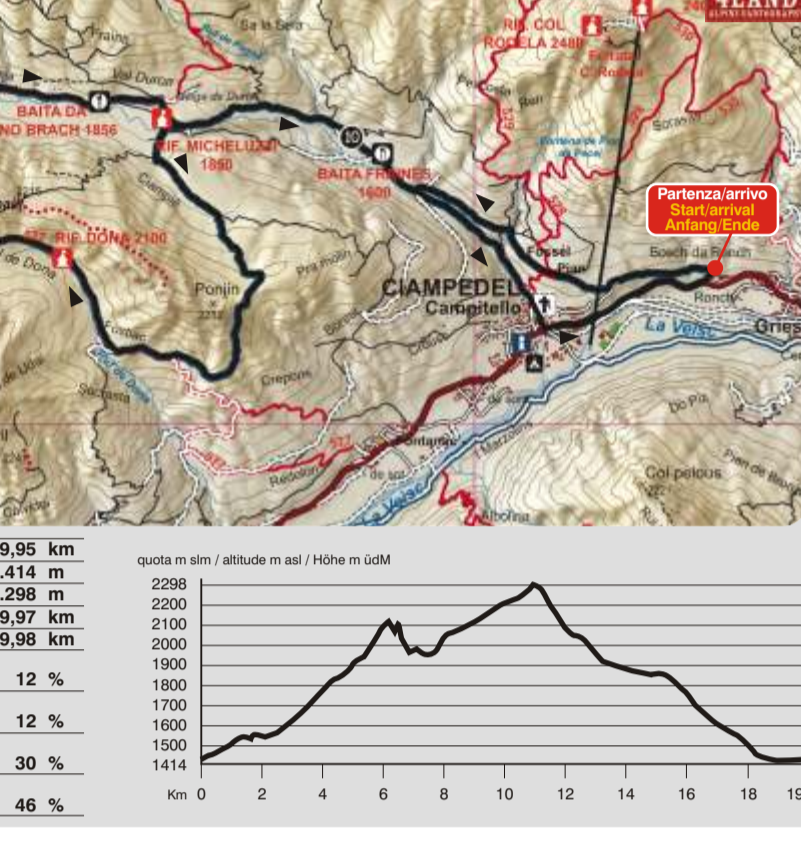
Table with 2 columns: Metric and Value. Distance 21,36 km, Quota min 1.285 m, Quota max 2.194 m, Ascent 11,09 km, Descent 10,27 km, etc.



CANAZEI-CAMPITELLO-VAL DURON-VAL DI DONA-PASSO CIAREGOLE-CANAZEI

Partenza / Arrivo Start / Arrival
Anfang / Ende
P.H. Il Caminetto
Difficoltà Difficulty
Schwierigkeitsgrad
Difficile / Difficult / Schwer
Tempo di percorrenza Time
Dauer
4 - 5 h / hrs / Std.

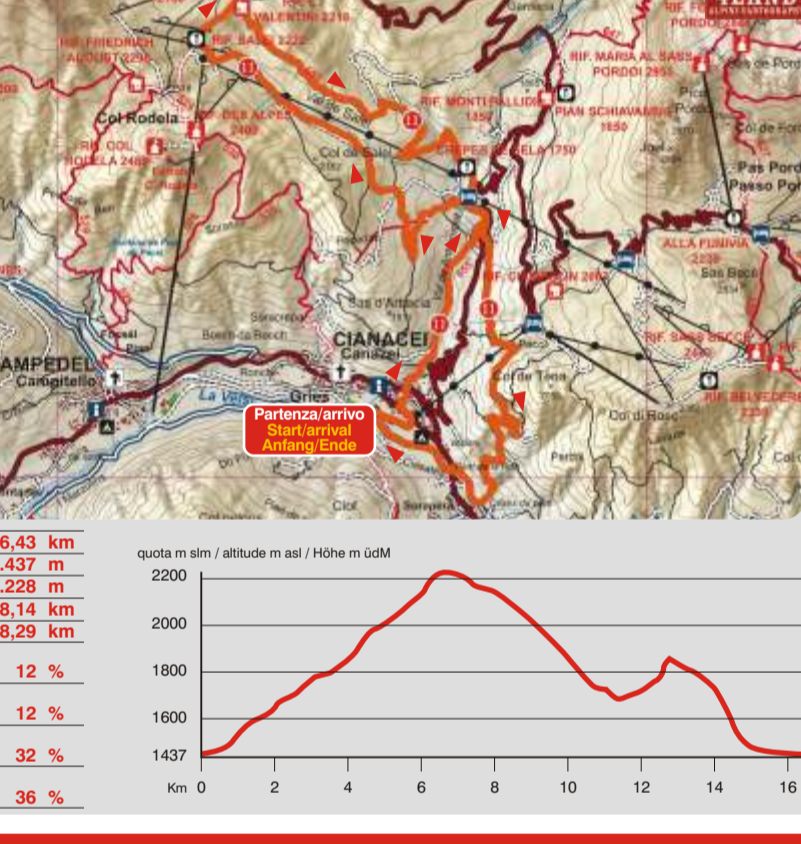
Table with 2 columns: Metric and Value. Distance 19,95 km, Quota min 1.414 m, Quota max 2.298 m, Ascent 9,97 km, Descent 9,98 km, etc.



CANAZEI-PIAN DE FRATACES-RIFUGIO SALEI-RIFUGIO VALENTINI-CANAZEI

Partenza / Arrivo Start / Arrival
Anfang / Ende
Canazei - Parcheeggio piscina / Swimming Pool Parking Area / Parkplatz beim Schwimmbad
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
2,5 - 3,5 h / hrs / Std.

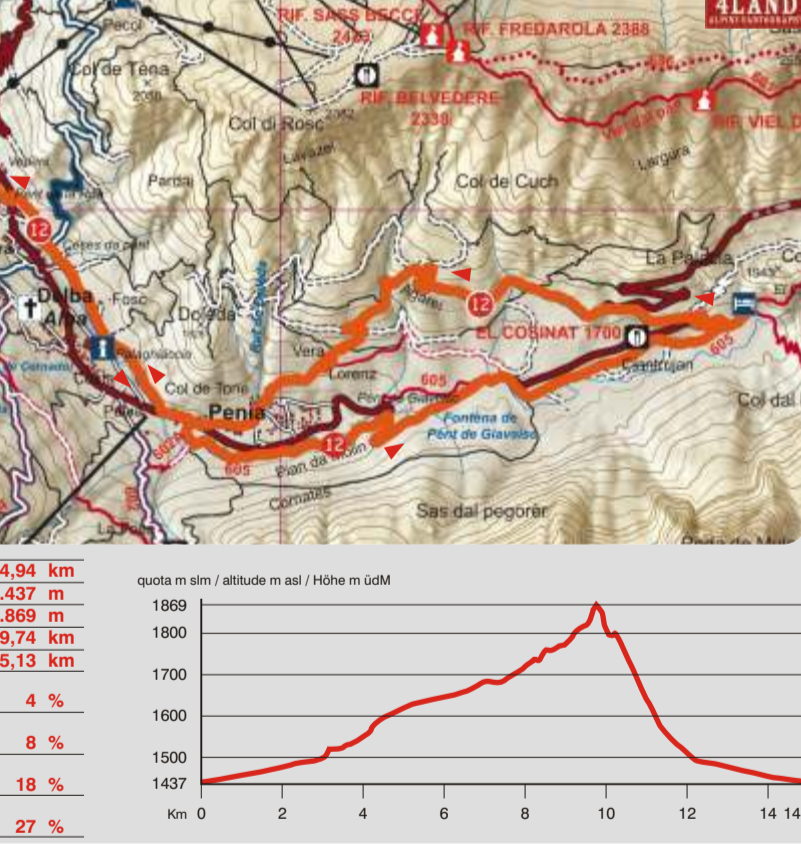
Table with 2 columns: Metric and Value. Distance 16,43 km, Quota min 1.437 m, Quota max 2.228 m, Ascent 8,14 km, Descent 8,29 km, etc.



CANAZEI-PENIA-PIAN TREVISAN-VERA-CANAZEI

Partenza / Arrivo Start / Arrival
Anfang / Ende
Canazei - Parcheeggio piscina / Swimming Pool Parking Area / Parkplatz beim Schwimmbad
Difficoltà Difficulty
Schwierigkeitsgrad
Medio / medium / Mittelschwer
Tempo di percorrenza Time
Dauer
2 - 3 h / hrs / Std.h

Table with 2 columns: Metric and Value. Distance 14,94 km, Quota min 1.437 m, Quota max 2.137 m, Ascent 9,74 km, Descent 5,13 km, etc.



ALBA-RIFUGIO CONTRIN-ALBA

Partenza / Arrivo Start / Arrival
Anfang / Ende
Parcheeggio Funivia Ciampac / Ciampac Cable Car parking area / Parkplatz Ciampac Seilbahn
Difficoltà Difficulty
Schwierigkeitsgrad
Difficile / Difficult / Schwer
Tempo di percorrenza Time
Dauer
1,5 - 2,5 h / hrs / Std.

Table with 2 columns: Metric and Value. Distance 8,96 km, Quota min 1.500 m, Quota max 1.988 m, Ascent 4,48 km, Descent 4,48 km, etc.

