

BIKE PACKAGE

Summer 2018 - Val di Fassa



Monday:

MTB TEST TOUR ADULTS

Easy/intermediate MTB excursion along forest roads and single tracks with MTB instructors, who will evaluate your skills and suggest you the most appropriated excursion to do during the week.

Length: 15 km. Elevation gain and loss: about 400m

Meeting point: 9.30 a.m. Sport Check Point Canazei. Return: about 12.30 p.m.

Price: 20€, 18€ with Val di Fassa Card. Summer Outdoor/Family price: 10€. FREE for Bike Hotel's guests.

Note: Please come to the meeting point with your own or rented bike (hire service available on request). Helmet compulsory.

Difficulty level: EASY - ADULTS

MTB TEST DAY CHILDREN AND YOUNGSTERS

Test day at the Skillpark in Canazei. Have fun with our instructors experiencing jumps, boardwalks and parabolics! Children and youngsters can decide to take part to the weekly MTB courses.

Meeting point: 9.30 a.m. Sport Check Point Canazei. Return: about 12.30 p.m.

Price: 20€, 18€ with Val di Fassa Card. Summer Outdoor/Family price: 5€. FREE for Bike Hotel's guests.

Note: Bring your own or rented bike, Helmet compulsory. Children must be able to ride a bike without training wheels. Children who want to learn riding without training wheels can take specific private lessons.

Difficulty level: EASY – MIN. AGE 6 YEARS

BIKE FAMILY ON THE FASSA E FIEMME CYCLE ROUTE

A family bike trip to have fun on two wheels. We will ride along the Fiemme and Fassa cycle route and come back with the Bike Express.

Meeting point: at 2.30 p.m. Bici Grill Moena (south Moena). Return: about 6.30 p.m.

Price: 12€ adults, 6€ children (5-12 years old). 10€ adults, 5€ children with Val di Fassa Card and for Bike Hotels' guests.

Note: Bike Express ticket and bike rental not included in the price.

Difficulty level: EASY – MIN. AGE 6 YEARS

Tuesday:

WHOLE DAY CROSS COUNTRY STYLE TOUR:

PANEVEGGIO NATURAL PARK

This Cross Country style tour starts from Moena, in Val di Fassa, and ends in Predazzo, Val di Fiemme. Starting from Moena (1.200 m) we will reach the top of Lusia (2.230 m) by means of a gondola lift. From the Lusia top we will first ride down a slope and then pedal up and down until we reach Malga Bocche (1.920 m). An engaging, technical track (difficulty level S3 on STS scale) will lead down to Paneveggio Natural Park (1.540 m). We will ride through the thick woods of the natural reserve and get to Predazzo.

Length: 29 km. Elevation gain: about 400 m. Elevation loss: 1300 m

Meeting point: at 8.30 a.m. location will be communicate at booking. Duration: about 5-7 hours.

Price: 40€ per person (min. 5 persons). 36€ for Bike Hotel's guests.

Lift ticket and bike rental not included in the price.

Difficulty level: INTERMEDIATE

OR every other week

LATEMAR TOUR

The Latemar tour in Cross Country style is a quite easy tour. We will start from Predazzo, by the Ski Jumping Stadion, and take two consecutive lifts up to Feudo Pass (2.170 m). From here we will ride down towards Obereggen. Riding along paths in the forest we will get to the enchanting Lake Carezza and then climb up to Costalunga Pass.

The tour offers some alternative routes. According to participants' skills, it can be extended riding towards Nova Levante or catching a more demanding track from Costalunga Pass to Moena.

Length: 39 km. Elevation gain: about 450 m. Elevation loss: 1558 m



Meeting point: at 8.30 a.m. location will be communicate at booking. Duration: about 5-7 hours.

Price: 40€ per person (min. 5 persons). 36€ for Bike Hotel's guests.

Lift ticket and bike rental not included in the price.

Difficulty level: INTERMEDIATE / EASY

TECHNICAL LESSON IN PARK OR ON SINGLE TRAILS

Learn or improve the MTB downhill technique starting from the most panoramic point of Canazei: the "Belvedere" Bike Park Resort. Possibility to ride in park or on single trails in the woods. Length and elevation gap: depending on the number of descents.

Meeting point: 9.30 a.m. or 2.00 p.m. Sport Check Point Canazei. Duration: about 3 hours.

Note: Please come to the meeting point with your own or rented full-suspended bike. Full-face helmet and body-protections compulsory. Group lessons price: 20€ per person (min. 5 persons). Private lessons: 1 hour 40€, 2 hours 60€, 3 hours 80€.

Lift ticket not included in the price.

Difficulty level: INTERMEDIATE

LAKE CAREZZA ON E-BIKE

Leading from Moena up to Costalunga Pass to reach the colorful lake Carezza that hosts Ondina, lady guardian of an ancient legend. The tour offers some alternative routes. According to participants' skills, it can be extended riding towards Nigra Pass or catching a more demanding track to Obereggen per compiere il giro del Latemar.

Meeting point: 9.00 a.m. Bici Grill Moena (south Moena). Return: about 4.00 p.m. Elevation gain: about 300 m.

Price: 23€ adults, 12€ children (10-12 years old). 20€ adults, 10€ children for Val di Fassa card owners.

18€ adults, 9€ children for Bike Hotel's guests. Bike rental and lunch not included in the price.

Difficulty level: INTERMEDIATE - MIN. AGE 10 YEARS

MTB COURSE FOR CHILDREN AND YOUNGSTERS

One or multi-day course from Monday to Friday with our MTB instructors to learn or improve your riding technique. Lessons in the skill park in town or easy bike excursion in the wood for the little ones. Older ones will ride in the bike park along easy high altitude tracks.

Meeting Point: 9.00 a.m. Sport Check Point Canazei. Return: about 12.00 p.m.

Price: 20€ per day (min. 3 children). Course packages: 3-days 55€; 5-days 90€. 18€ for Bike Hotel's guests.

Note: Body protections and full-face helmet are compulsory for lessons in the bike park.

Lift ticket for lessons in the Bike Park is not included in the price.

Difficulty level: EASY – MIN. AGE 7 YEARS

Wednesday:

SELLARONDA TRAIL TOUR Clockwise / Counter-clockwise / Gravity

World famous panoramic tour around the majestic Sella Group, right in the hearth of the Dolomites, UNESCO World Heritage. We will ascend by means of lifts and ride across Gardena, Campolongo, Pordoi and Sella Pass. Exciting single tracks, breathtaking descents and unique mountain landscapes will wait for you!

Elevation gap clockwise/gravity: loss 3.730m, gain 450m. Length: 58 km

Elevation gap counter-clockwise: loss 3.540m, gain 900m. Length: 56 km

Meeting point: 8.30 a.m. Sport Check Point Canazei. Return: about 4.30 p.m.

Price: 40€ (min. 5 persons). 36€ for Bike Hotel's guests. Lift ticket and bike rental not included in the price.

Supersummer bikepass prices: 1 day: 46€ ; 3 days out of 4: 107€; 5 days out of 7: 143€.

Difficulty level: INTERMEDIATE /DIFFICULT - ADULTS

"COSTA DEL SOREIE" - ½ DAY CROSS COUNTRY STYLE TOUR

Half day tour starting from Pozza di Fassa riding on scenic paths through the woods that will lead us to the Ciampedie's feet in Santa Giuliana area. From here we will continue riding up to reach the village of Tamion and Costalunga Pass where a beautiful single track will take us back to the valley in the area between Soraga and Moena. We will return on the cycle path.

Elevation gain: about 300 m. Elevation loss: 400 m. Length: about 15 km.

Meeting point: at 8.30 a.m. Sport Check Point in Pozza. Duration: about 4 hours.

Price: 25€ (min. 5 persons). FREE for Bike Hotel's guests.

Note: bike rental not included in the price.

Difficulty level: INTERMEDIATE - ADULTS

MTB COURSE FOR CHILDREN AND YOUNGSTERS

One or multi-day course from Monday to Friday with our MTB instructors to learn or improve your riding technique. Lessons in the skill park in town or easy bike excursion in the wood for the little ones. Older ones will ride in the bike park along easy high altitude tracks.

Meeting Point: 9.00 a.m. Sport Check Point Canazei. Return: about 12.00 p.m.

Price: 20€ per day (min. 3 children). Course packages: 3-days 55€; 5-days 90€. 18€ for Bike Hotel's guests.

Note: Body protections and full-face helmet are compulsory for lessons in the bike park.

Lift ticket for lessons in the Bike Park is not included in the price.

Difficulty level: EASY – MIN. AGE 7 YEARS

Thursday:

SASSOLUNGO TOUR – Counter-clockwise

Amazing ride around the majestic Sassolungo massif. We will use the lift to reach Col Rodella, from here we will ride through the City of Stones to reach Monte Pana, here starts the climb up to Duron Pass and, after the climb, a nice descent through the beautiful Duron Valley to Campitello.

Length: 36 km. Elevation gain: about 700 m. Elevation loss: about 1300 m

Meeting point: at 8.30 a.m. Sport Check Point Canazei or Campitello. Return: about 3.00 p.m..

Price: 40€ (min. 5 persons). 36€ for Bike Hotel's guests. Note: Lift ticket not included in the price.

Difficulty level: INTERMEDIATE

MTB GRANTOUR 3 VALLEYS

Starting from Alpe Lusia using the lifts we will ride to San Pellegrino Pass and take the cable car to Col Margherita. From here we will descent towards Valles Pass where we'll have a lunch break. Ride back to Predazzo passing through Sottosassa canyon and its tibetan bridge. We'll go back to Moena on the cycle route.

Meeting point: 9.00 a.m. Bici Grill Moena (south Moena). Return: about 4.00 p.m. Elevation gain: about 300 m

Price: 23€ adults, 12€ children (10-12 years old). 20€ adults, 10€ children for Val di Fassa cards owners.

18€ adults, 9€ children for Bike Hotel's guests. **Note: lift tickets, bike rental and lunch not** included in the price.

Difficulty level: INTERMEDIATE - MIN. AGE 10 YEARS

TECHNICAL LESSON IN PARK OR ON SINGLE TRAILS

Learn or improve the MTB downhill technique starting from the most panoramic point of Canazei: the "Belvedere" Bike Park Resort. Possibility to ride in park or on single trails in the woods.

Length and elevation gap: depending on the number of descents

Meeting point: 9.30 a.m. or 2.00 p.m. Sport Check Point Canazei. Duration: about 3 hours.

Note: Please come to the meeting point with your own or rented full-suspended bike. Full-face helmet and body-protections compulsory. Group lessons price: 20€ per person (min. 5 persons). **Private lessons: 1 hour 40€, 2 hours 60€, 3 hours 80€.**

Lift ticket not included in the price.

Difficulty level: INTERMEDIATE

HIKE & BIKE along the RIDGE of BUFFAURE

One of the most panoramic excursions combining trekking and bike! You will be guided by our territory experts and MTB guides along the scenic mountain ridge of Buffaure and ride back along the cycle route.

Meeting point: ore 9.30 Sport Check Point Pozza di Fassa Return: about 4.30 p.m.

Price: 26€ adults, 21€ junior up to 16 years (guides and bike hire included). 24€ adults and 19€ children with Val di Fassa card. 22€ adults and 17€ children for Bike Hotel's guests.

Note: Lift ticket included in the PanoramaPass or to be payed extra.

Difficulty level: MEDIUM - CHILDREN MIN. 8 YEARS.

MTB COURSE FOR CHILDREN AND YOUNGSTERS

One or multi-day course from Monday to Friday with our MTB instructors to learn or improve your riding technique. Lessons in the skill park in town or easy bike excursion in the wood for the little ones. Older ones will ride in the bike park along easy high altitude tracks.

Meeting Point: 9.00 a.m. Sport Check Point Canazei. Return: about 12.00 p.m.

Price: 20€ per day (min. 3 children). Course packages: 3-days 55€; 5-days 90€. 18€ for Bike Hotel's guests.

Note: Body protections and full-face helmet are compulsory for lessons in the bike park.

Lift ticket for lessons in the Bike Park is not included in the price.

Difficulty level: EASY – MIN. AGE 7 YEARS

Friday:

SELLARONDA TRAIL TOUR Clockwise / Counter-clockwise / Gravity

World famous panoramic tour around the majestic Sella Group, right in the hearth of the Dolomites, UNESCO World Heritage. We will ascend by means of lifts and ride across Gardena, Campolongo, Pordoi and Sella Pass. Exciting single tracks, breathtaking descents and unique mountain landscapes will wait for you!

Elevation gap clockwise/gravity: loss 3.730m, gain 450m. Length: 58 km

Elevation gap counter-clockwise: loss 3.540m, gain 900m. Length: 56 km

Meeting point: 8.30 a.m. Sport Check Point Canazei. Return: about 4.30 p.m.

Price: 40€ (min. 5 persons). 36€ for Bike Hotel's guests. Lift ticket and bike rental not included in the price.

Supersummer bikepass prices: 1 day: 46€ ; 3 days out of 4: 107€; 5 days out of 7: 143€.

Difficulty level: INTERMEDIATE /DIFFICULT - ADULTS

PASSO SELLA - VAL SALEI BIKE TOUR

From Col Rodella crossing the City of Stones at the feet of Sassolungo mountain, then we will descend through Salei Valley towards Pian de Schiavaneis; from here some fun single trails in the woods will take us back to Canazei.

Length: about 25 km. Elevation gain: about 400 m. Elevation loss: about 2400 m

Meeting point: at 8.30 a.m. Sport Check Point Campitello. Return: about 12.30 p.m..

Price: 25€ (min. 5 persons). 22€ for Bike Hotel's guests.

Note: Lift ticket and bike rental not included in the price.

Difficulty level: INTERMEDIATE / EASY

GRAND TOUR LUSIA AND PANEVEGGIO NATURAL PARK

Starting from Moena we will reach the top of Lusia using the lift. From the Lusia top we will first ride down a slope and then pedal up and down until we reach Malga Bocche. An engaging, technical track will lead down to Paneveggio Natural Park. We will ride through the thick woods of the natural reserve and get to Predazzo and ride back to Moena along the cycle route.

Meeting point: 9.00 a.m. Bici Grill Moena (south Moena). Return: about 4.00 p.m. Elevation gain: about 300 m

Price: 23€ adults, 12€ children (10 -12 years old). 20€ adults, 10€ children for Val di Fassa cards owners.

18€ adults, 9€ children for Bike Hotel's guests.

Note: Lift ticket, lunch and bike rental not included in the price.

Difficulty level: INTERMEDIATE - MIN. AGE 10 YEARS

MTB COURSE FOR CHILDREN AND YOUNGSTERS

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Meeting Point: 9.00 a.m. Sport Check Point Canazei. Return: about 12.00 p.m.

Price: 20€ per day (min. 3 children). Course packages: 3-days 55€; 5-days 90€. 18€ for Bike Hotel's guests.

Note: Body protections and full-face helmet are compulsory for lessons in the bike park.

Lift ticket for lessons in the Bike Park is not included in the price.

Difficulty level: EASY – MIN. AGE 7 YEARS

Saturday:

NOS TOUR – WHOLE DAY TOUR / ENDURO STYLE

This tour develops between val di Fassa, Arabba and Fedaiia using lifts, riding on natural trails, builded trails and high mountains. We will ride through some of the PS of the Superenduro races of the last few years. We will test the new tracks in the Belvedere and Arabba areas until we'll reach Porta Vescovo and the Padon area with an amazing view of the Marmolada glacier.

Length: about 32 km. Elevation gain: about 350 m. Elevation loss: about 2820 m

You can extend the tour by taking other lifts, and try other trails. It can be possible to reach 60 km long and 5000 m of descendes.

Meeting Point: 8.30 a.m. Sport Check Point Canazei. Return: about 4.00 p.m.

Price: 40€ (min. 5 persons). 36€ for Bike Hotel's guests.

Note: Lift ticket not included in the price. (Daily Supersummer bikepass price 46€)

Difficulty level: DIFFICULT

WHOLE DAY TOUR – CROSS COUNTRY STYLE

SASSOLUNGO TOUR – Counter-clockwise

Counterclockwise: amazing ride around the majestic Sassolungo massif. We will use the lift to reach Col Rodella, from here we will ride through the City of Stones to reach Monte Pana, here starts the climb up to Duron Pass and, after the climb, a nice descend through the Duron Valley to Campitello. Length: 36 km. Elevation gain: about 700 m. Elevation loss: about 1300 m

Difficulty level: INTERMEDIATE

Clockwise: Starting from Campitello we'll climb the entire Duron Valley up to Duron Pass, we will then cross the South Tyrolean side where magnificent views will accompany us all around the Sassolungo group untill we will return to Canazei.

Length: about 40 km. Elevation gain: about 1200 m. Elevation loss: about 1300 m

Difficulty level: INTERMEDIATE / DIFFICULT

Meeting point: at 8.30 a.m. Sport Check Point Canazei or Campitello. Return: about 3.00 p.m..

Price: 40€ (min. 5 persons). 36€ for Bike Hotel's guests. Note: Lift ticket not included in the price.

OR on every other week

LATEMAR TOUR

The Latemar tour in Cross Country style is a quite easy tour. We will start from Predazzo, by the Ski Jumping Stadion, and take two consecutive lifts up to Feudo Pass (2.170 m). From here we will ride down towards Obereggen. Riding along paths in the forest we will get to the enchanting Lake Carezza and then climb up to Costalunga Pass.

The tour offers some alternative routes. According to participants' skills, it can be extended riding towards Nova Levante or catching a more demanding track from Costalunga Pass to Moena.

Length: 39 km. Elevation gain: about 450 m. Elevation loss: 1558 m

Meeting point: at 8.30 a.m. Duration: about 5-7 hours.

Price: 40€ (min. 5 persons). 36€ for Bike Hotel's guests. Lift ticket not included in the price.

Difficulty level: INTERMEDIATE / EASY



TECHNICAL LESSON IN PARK OR ON SINGLE TRAILS

Learn or improve the MTB downhill technique starting from the most panoramic point of Canazei: the "Belvedere" Bike Park Resort. Possibility to ride in park or on single trails in the woods.

Length and elevation gap: depending on the number of descents

Meeting point: 9.30 a.m. or 2.00 p.m. Sport Check Point Canazei. Duration: about 3 hours.

Note: Please come to the meeting point with your own or rented full-suspended bike. Full-face helmet and body-protections compulsory. Group lessons price: 20€ per person (min. 5 persons). Private lessons: 1 hour 40€, 2 hours 60€, 3 hours 80€.

Lift ticket not included in the price.

Difficulty level: INTERMEDIATE

Sunday:

SELLARONDA TRAIL TOUR Clockwise / Counter-clockwise / Gravity

World famous panoramic tour around the majestic Sella Group, right in the hearth of the Dolomites, UNESCO World Heritage. We will ascend by means of lifts and ride across Gardena, Campolongo, Pordoi and Sella Pass. Exciting single tracks, breathtaking descents and unique mountain landscapes will wait for you!

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Meeting point: 8.30 a.m. Sport Check Point Canazei. Return: about 4.30 p.m.

Price: 40€ (min. 5 persons). 36€ for Bike Hotel's guests. Lift ticket and bike rental not included in the price.

Supersummer bikepass prices: 1 day: 46€ ; 3 days out of 4: 107€; 5 days out of 7: 143€.

Difficulty level: INTERMEDIATE /DIFFICULT - ADULTS

VAL SAN NICOLO' TOUR

Demanding climb from Pozza to the unique Val San Nicolò, to roam among pastures and typical mountain huts. After a short break bike downhill on a dirt track until you reach the valley.

Length: 30km. Elevation gain and loss: about 1000m

Meeting point: 8.30 a.m. Sport Check Point Pozza. Return: about 12.30 p.m

Price: 25€ (min. 5 persons). 22€ for Bike Hotel's guests.

Difficulty level: INTERMEDIATE/DIFFICULT - ADULTS

or

VAL CONTRIN TOUR

Start from Alba and bike on a dirt track in the forest until you reach the start of the suggestive Val Contrin, winding your way along the pastures and peaceful valley until reaching Malga Contrin.

Length: 10km. Elevation gain and loss: about 650m

Meeting point: 8.30 a.m. Sport Check Point Canazei. Return: about 12.30 p.m

Price: 25€ (min. 5 persons). 22€ for Bike Hotel's guests.

Difficulty level: INTERMEDIATE

VAL DI FASSA BIKE MTB TOUR

Discover the track of the challenging Val di Fassa Bike race, that celebrates this year's 11th edition!

Meeting point: 9.00 a.m. Bici Grill Moena (south Moena).

Price: 23€ adults, 12€ children (10 -12 years old). 20€ adults, 10€ children for Val di Fassa cards owners.

18€ adults, 9€ children for Bike Hotel's guests.

Note: (min. 4 persons) bike rental not included in the price.

Difficulty level: DIFFICULT - Elevation 2000m

Note: more details and other tour suggestions at our Sport Check Point offices or on the website fassabike.com. We organize any tour every day on request.

For groups of min. 4 people guests of the Val di Fassa Bike Hotels: there is the possibility to organize other free or discounted tours on any day on request.

INFO & BOOKING

By any Sport Check Point in:

- **Canazei:** tel. +39 340 1147382

- **Campitello:** +39 0462 750490

- **Pozza:** +39 331 2989721

- **Moena:** +39 0462 565038

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