

A complete range of cycle paths, “climbs of champions” and dirt roads CYCLING FOR FUN, CYCLING FOR PASSION

Hundreds of kilometres of cycle paths amidst nature and landscapes within everyone’s reach, as well as demanding routes for legendary challenges Cycling tourism in Trentino can count on world-class dedicated services. With a mountain bike, you can ride thousands of kilometres of exciting trails and on the routes of eight adrenaline-filled bike parks

Eleven cycle paths connect the area, from the Dolomites to Lake Garda, bringing the wonderful natural environments of the inner valleys closer to the cultivated landscapes of the Adige Valley. But there are also 23 legendary climbs, where you can “scale” legendary Alpine passes, reaching places where cycling history was made. And then there are dozens of kilometres of *cross-country* and *enduro* trails and eight bike parks where you can practise *downhill* cycling. This is what Trentino is all about: a cutting-edge landscape for two-wheelers that’s able to offer cyclists, bicycle tourists and mountain bikers all kinds of routes, like few other areas in Europe can.

Thanks to the foresight of the provincial administration, which has been investing in the sector for 20 years, the network of cycle paths now runs through the most important and scenically beautiful areas of Trentino. A network of more than **450 km** of paved cycle paths runs through the valleys. These often follow the main waterways, leading cyclists to discover hidden glimpses and corners of the area. The backbone of these 11 routes is the longest cycle path in Trentino, which runs parallel to the Adige River. The cycle paths are consistent in terms of coverage and have special signage and GPS routes that you can download to your mobile phone. For the most part, they are family-friendly. If you really only enjoy going downhill, various “**bike bus**” services operate in the summer months between the towns and valleys, and “**bike + train**” services run on the Trento–Malé and Valsugana railway lines.

To round off a truly family-friendly experience, there are **20 “bike service stations”** dotted along the routes, close to the road network, offering refreshments and public toilets, as well as bike and e-bike rentals and bike-friendly accommodation in the main tourist locations.

The **23 Great Trentino Cycling Climbs**, on the other hand, are intended for the most experienced athletes and represent epic cycling routes or are linked to legendary figures of the sport. They include the Trento-Monte Bondone, famous for the 1956 Giro d’Italia stage won by Charly Gaul in a snowstorm; the Campionissimi climb, dedicated to the land of the Moser family and Gilberto Simoni in Val di Cembra; the legendary Menadòr, from Valsugana to the Altipiani Cimbri; and the numerous Dolomite passes (such as Pordoi and Rolle), which have become part of cycling history as essential stages of the Giro d’Italia. They are equipped with special signage that provides information on the features of the route at every kilometre.

The “Green Road of Water”

This route, which was named the **best “Green Road”** in Italy in 2021, brings together, in a single circular route, a series of outstanding stretches of cycle and pedestrian paths built over some 30 years by the Autonomous Province of Trento in the lower Trentino region. This green road starts at the border with the province of Bolzano, at Cadino di Faedo, in the municipality of San Michele all’Adige and, after a circular route that passes through 21 municipalities, ends in the provincial capital Trento. It is a route that should be completed in several stages, cycling at your own pace and spending the night in the heart of a village, at an agritourism farm or a campsite. The **Green Road of Water** is 143 km long, including 138 km reserved for bikes and pedestrians, and 4 km on very low-traffic roads.

The **DoGa Alpine Cycling Route** is a cycling project developed by the Val di Sole Tourist Board together with the Madonna di Campiglio and Garda Dolomiti Tourist Boards, in cooperation with the specialist agency Helios. This new cycle route starts at Malé in Val di Sole (which can be reached via the Trento-Malé-Mezzana rail connection) and ends 110 km later at Lake Garda, consisting of little-used back roads and forest tracks that run through four alpine valleys. This genuine cycling adventure combines nature, enjoyment, and hospitality along a route designed for those seeking either a healthy challenge or just the sheer pleasure of cycling. Recommended bikes. Gravel or Trekking. Information: <https://www.doga-cycling.it/it/>

The Green Road of the Dolomites

The rock faces of the Dolomites, Latemar, Catinaccio, Sassolungo and Sella form an omnipresent backdrop to the **valleys of Fiemme and Fassa**. In this vertical landscape, you can cycle for more than 50 km with no great differences in altitude along the **“Green Road of the Dolomites”**, which runs through these valleys in eastern Trentino, guided by the flowing water of the Avisio stream – “la Veisc” in Ladin. The route starts at the border with the province of Bolzano, at Passo San Lugano, combining sustainable mobility with art, history, culture, slow tourism, hospitality and nature. You cycle for long stretches on the Ora–Predazzo railway route with its iron bridges over the Avisio river and the Traviolo stream. There are two “bike service stations” along the route: the Avisio bike service station in Predazzo, and another on the outskirts of Moena. If you take the cycle route from Canazei to Molina, you can use the Fiemme Fassa Bike Express shuttle service for the return journey.

You can find out more information by following this [link](#)

With a mountain bike, there are 8,000 km to ride in complete freedom

As well as when riding road bikes and e-bikes, Trentino reveals its true beauty when riding a mountain bike. You can choose between **thousands of kilometres** suitable for cyclists of all levels, all mapped and signposted, including routes that are ideal for all the family. There are also exciting trails and adrenaline-filled bike parks (**Fassa Bike Resort, San Martino Bike Arena, Colbricon Bike Park, Paganella Bike Park, Tonale Bike Park, Val di Sole Bike Land, Brenta Bike Park and Lavarone Bike Park**). **Cross country, enduro, downhill...** Whatever the discipline, enjoying the mountains on two wheels has now become a strategic asset in the active holiday experience, but precisely because it is a shared experience, it should be based on respect for the various users.

This is precisely the philosophy behind the **Provincial Network of MTB Routes** in Trentino. It now boasts **hundreds of** marked and numbered **routes**, covering more than **8,000 kilometres**.

Equally important, however, is the comprehensive range of dedicated **services** that the area offers enthusiasts: from rentals to service points, e-bike charging facilities, downhill routes served by ski lifts, dedicated accommodation facilities, the presence of mountain bike guides and shuttle buses for transfers or returns, without forgetting the food and wine to complete the “biking experience”. From this point of view, Trentino offers **five top destinations** that can easily satisfy even the most demanding of cyclists.

GARDA TRENTINO BIKE

This vast bike area, with 58 official trails covering more than 1,480 kilometres of routes, suitable for mountain bikes, e-mountain bikes and gravel bikes, is set in unique environmental and climatic surroundings, meaning that it can be enjoyed throughout most of the year. From leisurely off-road excursions that are also suitable for families, to routes with significant differences in altitude and challenging stages:

<https://www.gardatrentino.it/it/outdoor/bici/mountain-bike>

The network is kept clean and efficient thanks to the **Garda Rangers**, a group of trained professionals who believe in the value of a beautiful, safe area and in allowing everyone to walk, cycle and climb safely on routes that are always well maintained. And cycling enthusiasts can count on the “Outdoor Friendly” network of specialist hotels, campsites, agritourism farms, B&Bs and apartments: 21 facilities with services designed for cyclists - www.gardatrentino.it/outdoorfriendly. The numerous events dedicated to the world of cycling include the Bike Festival, which welcomes more than 45,000 visitors each year, and the Bike Transalp and the Tour Transalp, the two biggest cycling competitions in Europe.

Information: www.gardatrentino.it

DOLOMITI PAGANELLA BIKE AREA

There are 400 kilometres of easy routes on dirt roads and forest trails (Family and XC target group) and single-track routes (Intermediate-Expert) throughout the area, with a particular focus on trail/all-mountain/enduro. Not to mention the three Bike Park areas, and the three Pump Track and Skill Areas located in Molveno, Andalo and Fai della Paganella. Maps, GPS routes, the BiciBus shuttle service, rentals, ski lifts, guides, courses, bike hotels and bike chalets, and much more are available. The high-quality services for cyclists have resulted in the Dolomiti Paganella Bike Area joining the **Gravity Card** network (<https://www.gravity-card.com/>), which brings together the 24 best bike parks in Europe, and Paganella is the first and only Italian park in the network. Information: www.visitdolomitipaganella.it

VAL DI SOLE BIKE LAND

An extensive and certified network of routes and quality services make the experience for mountain bikers and cycle tourists in Val di Sole Bike Land unique. In 2021, Val di Sole Bike Land achieved an important recognition in the two-wheeled world, officially joining the **18 UCI Bike Regions** recognised worldwide for the promotion of cycling in all its forms: from MTB to gravity and cycle tourism.

Starting with the 20 routes of varying difficulty, with a total of more than 400 kilometres of trails to choose from. And for thrill seekers, there are 10 impressive single tracks to safely enjoy and two bike parks to get the adrenaline flowing: the Ponte di Legno - Tonale Bike Park, Trentino's first Family Bike Park, with downhill and freeride tracks for all levels. A second Bike Park is located in Commezzadura, with trails of varying difficulty. These include the famous "Black Snake" course, a venue for the World Cup, and a Four Cross track where you can have fun on the moguls, berms and rock gardens. And for families there is no shortage of Kids' Bike Parks (in Pellizzano and Folgarida), Skill Parks and Pump Tracks to familiarise the little ones with two wheels. Mountain bikers can also enjoy the new "Val di Sole Bike Hotel and Chalet", with its range of dedicated services: secure bike storage, workshop, bike wash, laundry, catering, etc. This offering is now enriched with a new bike discipline, **Alpine Gravel**, a specialism that seems to have been born to be practised in Val di Sole along the 6 dedicated routes: very little asphalt and lots of gravel or alpine terrain, all between 650 and 2,200 m above sea level, with a maximum length of around 60 km and gradients of around 1,600 m. Information: www.valdisole.net

VAL DI FASSA BIKE AREA

A mountain bike, a decent level of fitness and a lot of determination: these are the basic conditions for riding the "Sellaronda Mountainbike", the best "offroad" tour of the Dolomites. It's a one-day route, with or without a guide, and is only accessible to holders of a Sellaronda Bikepass, which gives you access to the ski lifts needed to "climb" the Gardena, Campolongo, Pordoi and Sella passes. The descents, which are fairly technical, mostly follow "single trails". For "gravity" enthusiasts, meanwhile, there are the "Fassa Bike Resort" trails on the Belvedere di Canazei, and the Sellaronda MTB Gravity route with 20 km of descents and a difference in altitude of 2,700 m. In the valley, there are also 29 "Bike Hotels". In summer 2020, the Dolomite valley launched the "Val di Fassa BikeFriendly" product club, which involves around 30 hotels, campsites and apartments with various dedicated services such as info corners, kits for minor repairs, bike washes and CCTV-monitored bike rooms with an alarm. Information: www.fassa.com

ALPE CIMBRA BIKE

Between 800 and 1,900 metres in altitude, through pastures, pine forests, valleys and panoramic lookout points, between grassy hills and spectacular peaks, you'll find MTB routes suitable for all disciplines – all mountain, cross country, enduro – as well as the Bike Park in Lavarone, a range of routes for families and areas equipped for children with pump tracks. Alpe Cimbra Bike also offers a range of tailor-made services for cyclists: 26 bike hotels and residences, 11 bike chalets, MTB instructors, rentals and events, Lake Lavarone "bike friendly", several facilities open in summer to pedal at altitude.



Information www.alpecimbra.it

You can find out more information by following this [link](#)

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