

*Welcome to Dolomite Mountains*



## The Best of Alta Via N.1 by Mountain Bike

*Mountain bike on the Alta Via N.1, the best-known long-distance high route in the Dolomites. Ride through beautiful and challenging terrain, surrounded by limestone peaks and lush valleys and meadows, exploring the vast and varied beauty of these mountains.*

**DOLOMITE MOUNTAINS S.r.l. / Tour Operator**  
Strada Micurá de Rù, 18 - 39036 San Cassiano in Badia (BZ) / Dolomites, Italy  
**Italy:** +39 0471 840005 / **North America:** +1 866 247 4860  
info@dolomitemountains.com / www.dolomitemountains.com



# Highlights

- *Bike on some of the Dolomite's most beautiful and popular trails, following the best sections of the Alta Via N.1*
- *Mountain bike rugged terrain on different trails every day, stopping for hearty lunches at traditional mountain huts*
- *Visit the valleys of Alta Badia and of Cortina d'Ampezzo, and experience their different cultures, traditions, and cuisine*
- *Perfect for experienced mountain bikers looking for a challenging adventure!*

## OVERVIEW

One of the best ways to experience the Dolomites is by mountain bike, where you can cover a lot of ground, but pause whenever the beauty of these mountains demands it. No other mountain chain in the Alps offers such impressive views. A unique experience for mountain bike enthusiasts, on this extraordinary itinerary we perfectly pair the landscape with mountain refuges and high quality cuisine.

Each day you'll cycle from hotel to hotel (or rifugio to rifugio), taking in the Dolomites from all different angles and perspectives. You'll begin with a lift-service "warm up ride" to get you acclimated to these mountains, and to give you a chance to take in their beauty before you start riding hard! Then it's different challenging, breathtaking terrain each day, riding through pastures and meadows, climbing and descending passes, bearing witness to new vistas of the towering massifs, and discovering lakes and streams and cascades. All the while you'll explore multiple cultures, languages, cuisine (the Dolomites are home to Italian, Austrian, and Ladin people), and an amazing history and artefacts ranging from medieval castles to World War I bunkers.

By traversing the Alta Via N.1 by bike, you have the opportunity to literally experience the depth and breadth of these mountains, and see for yourself why they are considered one of the most beautiful Alpine landscapes in the world!

## TELEPHONE

- ★ North American Office  
+1 866 247 4860
- ★ Italian Office  
+39 0471 840 005

## EMAIL

- ★ [info@dolomitemountains.com](mailto:info@dolomitemountains.com)

## FAX

- ★ +39 244386376

## ADDRESS

- ★ Strada Micurà de Ru 18  
39036 San Cassiano in Badia (BZ)  
Dolomites - Italy

**DOLOMITE MOUNTAINS OFFERS  
PRE AND POST TRAVEL  
PLANNING ASSISTANCE TO ALL  
SURROUNDING CITIES ETC. IF  
YOU NEED HELP WITH YOUR  
HOTELS OR TRAIN TICKETS,  
FEEL FREE TO CONTACT YOUR  
TOUR COORDINATOR TODAY.**



# Day by Day

Mountain bike on the Alta Via N.1, the best-known long-distance high route in the Dolomites. Ride through beautiful and challenging terrain, surrounded by limestone peaks and lush valleys and meadows, exploring the vast and varied beauty of these mountains.

## Itinerary:

### Day 1 ~ Arrive in Alta Badia, Dolomites

Arrive in the Dolomites on your own (private transfer available on request), and check into your hotel in Alta Badia. Evening welcome dinner where you'll have your first taste of the incredible regional cuisine and wine!

D... Hotel in Alta Badia (3-Star)

### Day 2 ~ The Sellaronda

Meet your [mountain bike guide](#) (or a Dolomite Mountains representative for self guided trips) for a trip briefing and equipment check. The perfect kick-off for your week in the Dolomites, this fantastic warm-up ride circumnavigates the Sella Massif, and offers spectacular views of these mountains from almost every possible angle. On this mountain bike tour, you'll have the opportunity to see more of the Dolomites in one day than many see on an entire trip! You'll take lifts up four high altitude passes and descend to the valleys below, primarily on single-track trails. Ascents and descents are full of breathtaking views of some of the most beautiful peaks of the Dolomites. (6 hours biking 58km / 36 miles, 3,400m / 11,154' ascent and descent via cycling and lifts.)

*A bit of inspiration... During winter, the Sellaronda is considered one of the most popular ski tours in the world. Tempted? Why not join us in winter too!*

B,D... Hotel in Alta Badia (3-Star)

### Day 3 ~ Pütia Massif

Depart from your hotel and cycle toward Passo delle Erbe (2,006m / 6,581'). Today you climb up and down through meadows, green pastures, and the occasional forest, alongside the Pütia Massif. You'll ride through the town of Pederoa, full of artisan shops, to the town of Longiarù in the Puez Odle Nature Park, one of the villages in the Dolomites that upholds Ladin traditions. From here you'll climb two more passes to your hotel. (3 hours biking 30km / 19 miles, 1,600m / 5,249' ascent and descent.)

B,D... Rifugio

### Day 4 ~ Fanes-Sennes-Braies Natural Park

Morning descent to the town of San Martino in Badia (1,127m / 3,698'), known as "the cradle of the Ladin culture," thanks to its interesting museum. Continue through beautiful woods and meadows framed by the Dolomites to La Valle, and up to Costa with its idyllic farms. Travel on to the biotope of Rit and descend to San Vigilio, located within Fanes-Sennes-Braies Natural Park. Continue to Pederu through a beautiful larch forest, and ascend to our rifugio for the night. (4.5 hours biking 42km / 26 miles, 1,700m / 5,577' ascent and descent.)

B,D... Rifugio



## SAFETY AWARENESS AND TRAINING

Adventurous activities in the mountains have their dangers. These can never be removed altogether but they can be minimized. At Dolomite Mountains, our aim is to provide you with a thrilling holiday directed with maximum attention to your safety and that of others. We give you the opportunity to learn mountain-craft skills and understand about the hazards, how to minimize the risk, and how to cope with incidents should they happen. All mountain activities require appropriate clothing and equipment. This is ensure preparedness for quickly changing weather conditions and varying activities.



## Day 5 ~ Fanes-Sennes-Braies Natural Park

Another spectacular ride, all within the Fanes-Senes-Braies Natural Park, one of the largest Natural Parks in the region. Cycle alongside the Lago di Limo (*Limo Lake*), before a long descent towards the Ampezzo Valley, and on toward Passo Cimabanche (1,529m / 5,016'). Today a popular route for hikers, skiers, and cyclists, during World War I it held great strategic importance as a communication route between the Austrian Tyrol and the Italian Cadore, and many artefacts remain. Climb steeply past the Croda Rossa and on to your rifugio for this evening. (4 hours biking 33km / 21 miles, 1,500m / 4,921' ascent and descent.)  
B,D... Rifugio

## Day 6 ~ Cortina d'Ampezzo – Passo Staulanza

Today you will see some of the most beautiful mountains in the Dolomites, including the Croda da Lago, Pelmo Massif, and Civetta. Begin by descending along the Boite River to the chic Venetian town of Cortina d'Ampezzo, for lunch and a visit. Cycle up the eastern flank of the Croda da Lago, to Forcella Ambrizzola, Rifugio Città di Fiume, and to your rifugio for the night, enjoying vistas of these breathtaking mountains throughout. (5 hours biking 42km / 26 miles, 1,500m / 5,249' ascent and descent.)  
B,D... Rifugio

## Day 7 ~ Passo Staulanza – Fodom – Alta Badia

Begin cycling on the "Strada della Vena" to reach the little village of Andraz, featuring one of the most ancient castles in the Dolomites, constructed to defend the iron mines and foundries that were here. Continue to Roncat, and on to Livinallongo del Col di Lana. Bike to the Passo Incisa (2,034m / 6,673'), from where you'll have a fantastic view of the most famous mountains in this region: the Marmolada, Sella, and Civetta groups. Arrive in Alta Badia and enjoy a final group dinner – the perfect way to end your mountain biking adventure in the Dolomites! (5-6 hours biking 55km / 35 miles, 1,300m / 5,265' ascent and descent.)  
B,D... Hotel in Alta Badia (3-Star)

## Day 8 ~ Depart

Breakfast and departure on your own (private transfer available on request).  
B...

### **EXTEND YOUR ADVENTURE!**

You've come all this way, why not stay a little longer? Dolomite Mountains offers [fantastic extensions](#) that you can enjoy before or after your trip in the Dolomites. Explore [Venice](#), [Verona](#), [Lake Garda](#), [Florence](#), or [Milan](#), or any of the many other magical places found throughout Italy. There's no more perfect way to recover from jet lag upon arrival, or delay your return to reality at the end of your trip!

*Trip itinerary may vary based on weather conditions, fitness levels and abilities of participants, and/or the recommendations of your guide.*



### **TRAVEL INSURANCE**

We strongly recommend that you purchase trip cancellation / interruption insurance to protect your travel investment when you book your trip. We offer optional trip cancellation / interruption insurance through [World Nomads](#) at a supplemental cost. It combines trip cancellation and interruption coverage (for covered reasons only), baggage loss protection, and medical coverage along with additional emergency evacuation are available through our web site.



## Guided Trip:

From € 2.990 per person (minimum 2 participants)

From € 2.030 per person (minimum 4 participants)

## Self Guided Trip:

From € 1.550 per person (minimum 2 participants)

From € 1.250 per person (minimum 4 participants)

*High season supplement from July 20th to August 31st: surcharge of 5%*

*Mountain bikes available to rent on request.*

## Cost Includes:

- Trip briefing
- Logistics and map of the area
- 3 night accommodation in 3-star hotels in Alta Badia
- 4 night accomodation in charming rifugios
- Meals as noted in itinerary (B=breakfast, L=lunch, D=dinner)
- Local English speaking professional mountain bike guide (guided trips)
- Italian mobile phone for local emergency calls (self guided trips)
- Luggage transfer during the trip
- Local tourist tax
- Italian VAT tax

*Airport transfers, and mountain bike and helmet rentals available on request.*



# Accommodations

## **Want to learn more about our Hotels and B&Bs?**

The Dolomites has a multi-faceted culture and history that is reflected in each village we visit, and we make sure to provide you with the most authentic experience of the region possible through the hotels and B&Bs we offer. Hotels and chalets are available in the larger villages, while agriturismos (working farms with accommodations similar to B&Bs) are more common in rural areas. And we always make sure you have access to inspired regional cuisine, and the best panoramas you can get in the Dolomites!

## **Prefer luxury accommodations?**

You can also book a custom departure of this trip using our [Luxury Hotels](#). For details, please [contact us](#).

## **Want to learn more about our Mountain Inns & Rifugi?**

Rifugi – or *mountain huts* in English – are the classic accommodation for hikers, climbers, mountaineers, and ski mountaineers in the Alps. Set in spectacular locations high in the Dolomites, rifugi are accessible only on foot (with a few exceptions that are reachable by car). These marvelous establishments are open primarily in the summer, with a select few in winter, and offer meals and sleeping facilities.

The Dolomite rifugi are considered the best in the Alps. While some are dormitory style with bunk beds, many meet the standard of a simple guest house with private rooms and en-suite bathrooms, and each has its own unique character and charm. Bedding and linens are provided, hot showers are available, and meals are served in common dining areas – like a small mountain inn set high in the mountains with the most incredible vistas in the Dolomites. Whether you're hiking in summer or skiing in winter, an overnight rifugio stay is not to miss on a Dolomite holiday.

**To learn even more about rifugi in the Dolomites**, check out our [Rifugios in the Dolomites](#) article, and learn about one of the best ways to experience these incredible mountains!

