

ENG



BIKE

EASY - MTB - BIKE PARK - ROAD





EASY



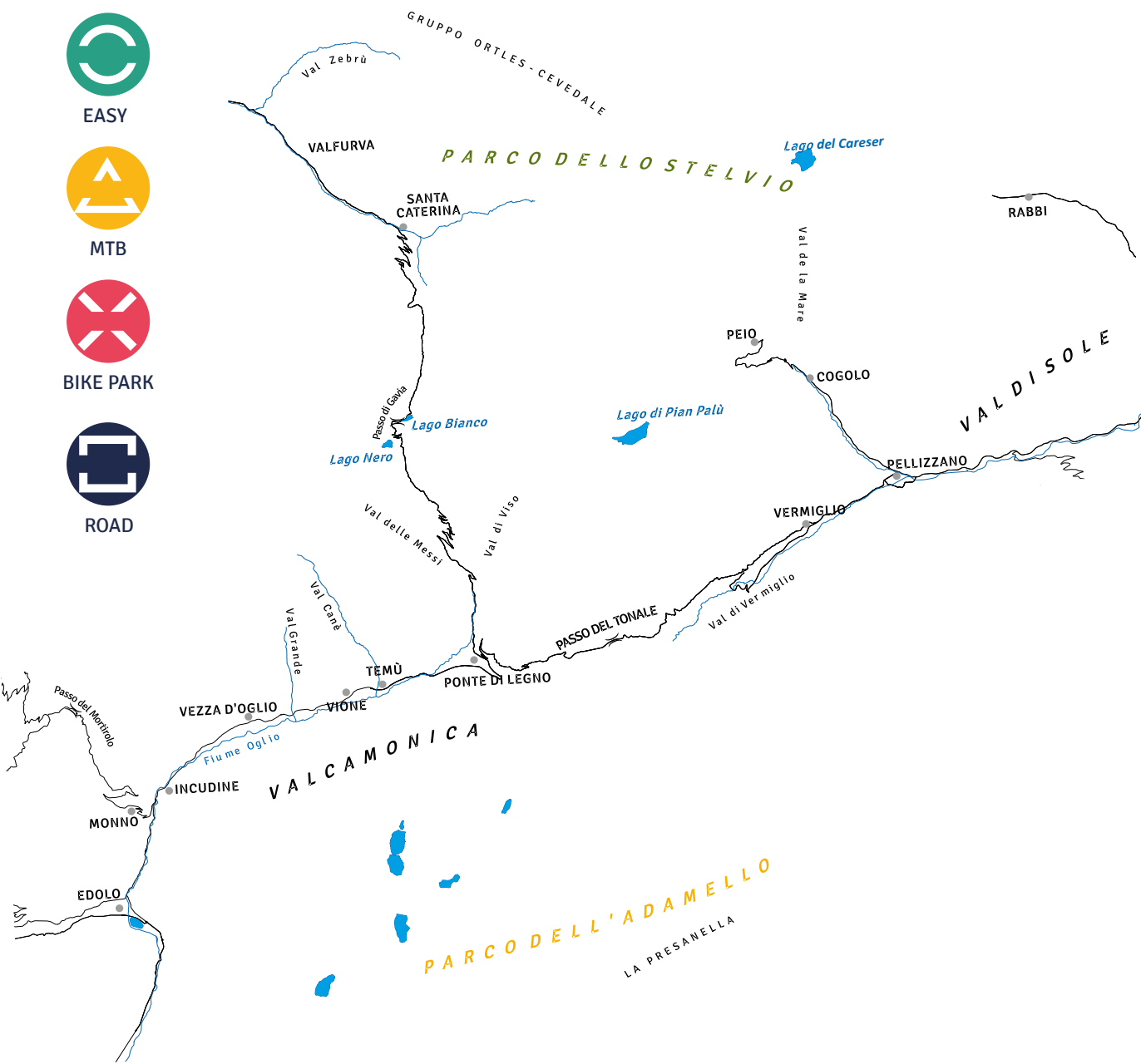
MTB



BIKE PARK



ROAD

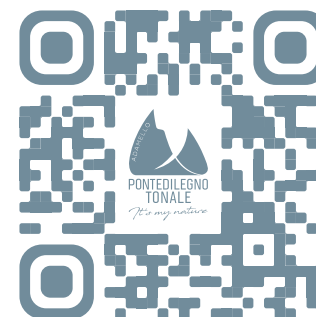


BIKE

Here in Pontedilegno-Tonale, every biker will find what he dreams of.

On an MTB you will enjoy 500 km of trails between nature and history, along pastures and remains evidence of the First World War. Riding your road bike, you can test yourself on the legendary ascents of Giro d'Italia, Passo Gavia and Passo Mortirolo, where the most important pages of this famous race have been written during the years. You can express your fearless side in our bike park winding from Passo Tonale to Temù, to feel the adrenaline running in your blood. Moreover, you will relax yourself on our cycle paths, spending some peaceful time with your family.

Among these pages you will find everything you need to organize your bike holiday: trails, bike schools and rentals. On our website you can choose the perfect accommodation for you to make the most of your bike experience, and you will find the bike pass prices and the opening timetable of the lifts. They may change from one year to the other, here you find the details.





EASY

Here you can find the easiest proposals both for children and for beginners: cycle paths and two Kids Parks to improve driving skills on dirty roads. If you are planning a holiday with your family or children, these proposals are for you.

- 1 Kids Parks
- 2 Cycle path Passo Tonale - Edolo
- 3 Cycle path Val di Sole

KIDS PARKS

1



Beginners and children can move their first steps in the two dedicated Bike Parks: here they can learn how to ride on a dirty road and discover or improve the right technique, also to approach downhill, all in complete safety thanks to MTB instructors.

In Ponte di Legno and at Passo Tonale, discover fun on two wheels in the Kids Parks, each featuring 3 trails suitable for every skill level.

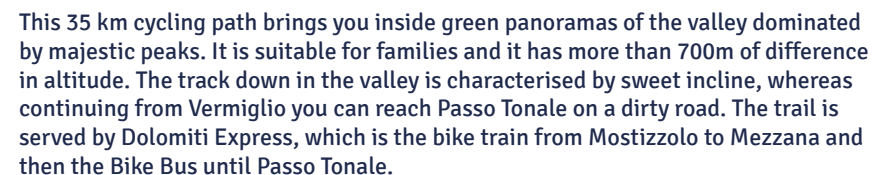
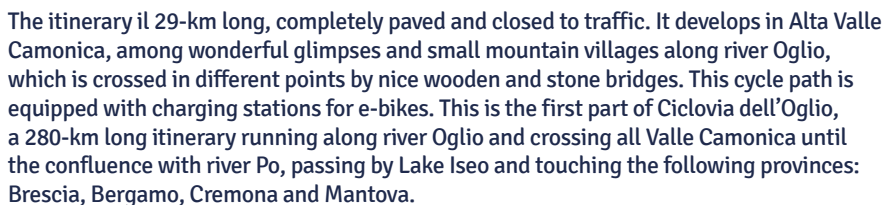


Kids Park Ponte di Legno
Junior Bike Park Ponte di Legno, at the departure of the cable car
Info:
Scuola Italiana MTB Adamello Bike & Noleggio
+39 389 1156641
info@bikeparkpontedilegno.it
www.bikeparkpontedilegno.it



Kids Park Passo Tonale
At Tonale Mountain Centre, near the departure of Chairlift Valbiolo

CYCLE PATH PASSO TONALE - EDOLO





MTB

22 tour and cross-country trails with a total of 600 km, all marked on site and with GPS tracks available on our website. They will bring you in marvelous places: pastures, trenches and panoramic points surrounded by the untouched nature of Parco Nazionale dello Stelvio and Parco dell'Adamello. 10 of these are also Gravel trails, you find them with the corresponding label.

Easy Trails

- G **4** Tas
- 12** Sghirlat
- G **722** Tour Alveo Presena
- G **723** Tour delle Marmotte
- G **1315** Zaccarana

Medium Trails

- G **2** Pizalegn
- G **8** Cerf
- 9** Leor
- 10** Daù
- G **11** Stambec

59 Corf

G **60** Gardena

61 Gipeto

G **62** Benola

63 Tour del Mortirolo

69 Gran Tour del Mortirolo

719 Tour Malga del Doss

Hard Trails

- 58** Aquila
- 73** Adamello Super Marathon
- G **704** Tour dei Forti
- 705** Epic Trail Grande Guerra
- 724** Tour Rifugio Bozzi

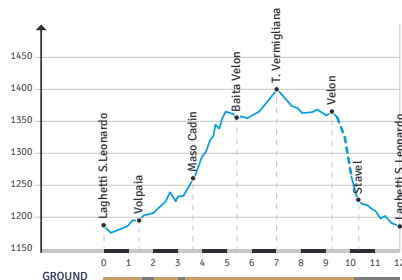


TAS LAGHETTI S.LEONARDO / BAITA VELON / MALGA CADIN / TORRENTE VERMIGLIANA / LAGHETTI S.LEONARDO

easy



This is an easy and few demanding route through the beautiful valley bottom of the torrent Vermigliana, from the little lakes of St. Leonardo to the wooded rest area "Le Viscle" and, with a brief detour, into the charming Val Stavel. The name given to this itinerary derives from the habitat of the badger, with its unmistakable black-and-white striped muzzled.



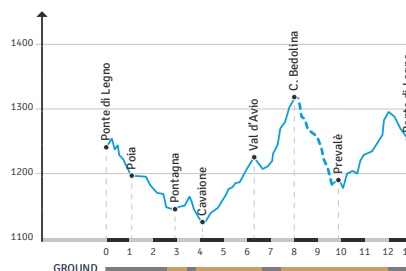
12

SGHIRLAT PONTE DI LEGNO / PONTAGNA / VAL D'AVIO / PONTE DI LEGNO

easy



This easy ride is suitable for anyone, also for the less trained bikers. In few kilometres you will leave the build-up areas to admire the charming natural landscapes of these mountains.

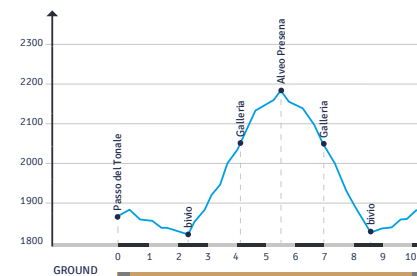


TOUR ALVEO PRESENA PASSO TONALE / ALVEO PRESENA / PASSO TONALE

easy



This easy and physically few demanding route takes us to a real high-mountain environment, which is the worthy habitat of the ptarmigan (the so-called "taina"). We get to a charming little alpine lake through imposing spectacular rocky ridges and glaciers that originates impetuous mountain creeks and steep water falls.



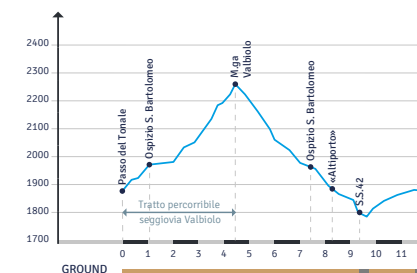
723

TOUR DELLE MARMOTTE PASSO TONALE / MIRANDOLA / MALGA VALBIOLO / PASSO TONALE

easy



This easy itinerary leads to the valley of the torrent Valbiolo. Its name refers to the natural habitat of the very many marmots that live in this place. It is possible to meet them along the way or hear them whistle to alert the presence of strangers and finally see them slip into their underground lairs.



ZACCARANA

PASSO TONALE / OSPIZIO S. BARTOLOMEO / FORTE MERO /
FORTE ZACCARANA / PASSO TONALE

easy



DISTANCE
15,3 km



TYPE
XC / AM

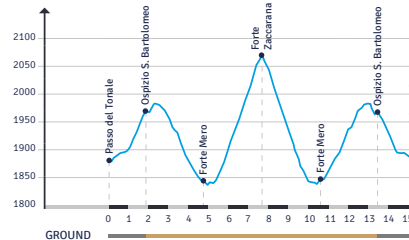


ESTIM. TIME
1h30



ALTITUDE DIFF.
+/- 490 m

A wonderful bike ride, ideal for families, winding along gentle trails rich in historical significance. A ride among the Austro-Hungarian fortifications of the Great War, where you can witness the alpine pastures in bloom and admire the iconic silhouette of the north face of Presanella.



PIZALEGN

PASSO TONALE / MIRANDOLA / RIO
STRINO / VERMIGLIO / FUCINE / PASSO TONALE

medium



DISTANCE
36,2 km



TYPE
XC / AM / EN

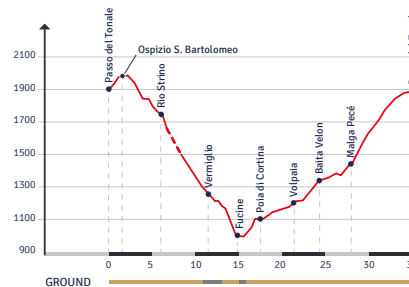


ESTIM. TIME
3h30



ALTITUDE DIFF.
+/- 1100 m

A ring road itinerary covering both sides of the upper Val di Sole. Most of the ride is through beautiful conifer woods the natural habitat of the woodpecker ('pizalegn') which nests here and finds its food in these ancient twisted trees.



CERF

PONTE DI LEGNO / VALBIONE / MARALSINA /
CASOLA / MEZZULLO / PONTE DI LEGNO

medium



DISTANCE
13,7 km



TYPE
XC / AM / EN

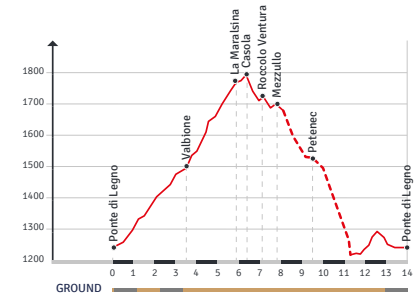


ESTIM. TIME
2h30



ALTITUDE DIFF.
+/- 650 m

This is a very pleasant and few demanding route, which runs on the hydrographic left side between Ponte di Legno and Temù. In very little time you reach the top end of the wood and dominate the higher Valle Camonica from above.



LEOR

PONTE DI LEGNO / PRECASAGLIO / ARSEN /
PRECASAGLIO / PEZZO / TALAS / PONTE DI LEGNO

medium



DISTANCE
15,4 km



TYPE
XC / AM / EN

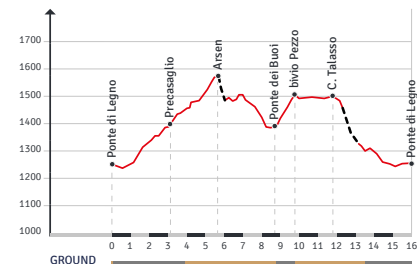


ESTIM. TIME
1h40



ALTITUDE DIFF.
+/- 530 m

This route has no remarkable slopes, but is really nice as well, both up- and downhill on the dirt roads that run alongside the two slopes of the Valle di Pezzo.

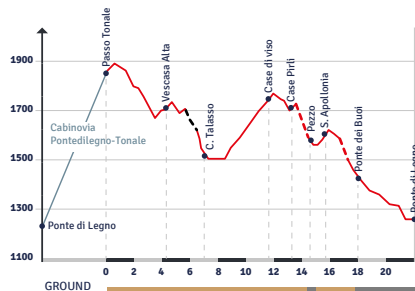


DAÙ PASSO TONALE / VESCASA / CASE DI VISO / S. APOLLONIA / PONTE DI LEGNO

medium



During this few demanding tour you will also make use of the cable car from Ponte di Legno to Tonale and enjoy both the descent and the ride on a wide opened route within a beautiful natural environment.



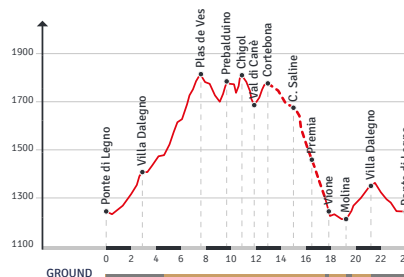
GRAVEL 11

STAMBECC PONTE DI LEGNO / VILLA DALEGNO / VAL DI CANÉ / PREMIA / VIONE / LECANÙ / VILLA DALEGNO / PONTE DI LEGNO

medium



This pleasant tour is suitable for anyone who can ride a mountain bike. The beginning ascents represent the only difficult stretches: once you get to the top end of the wood the route becomes a wonderful ride through the marvellous mountain pastures lying on the right side of higher Valle Camonica.

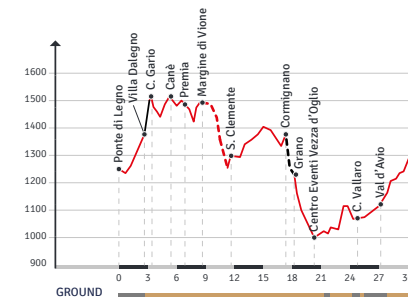


CORF PONTE DI LEGNO / VILLA DALEGNO / CANÉ / PREMIA S. CLEMENTE / GRANO / STADOLINA / TEMÙ / PONTE DI LEGNO

medium



This spectacular itinerary embraces both slopes of higher Valle Camonica. After the first steep climb of Garìo, the route is not particularly difficult and offers remarkable panoramic viewpoints as well.



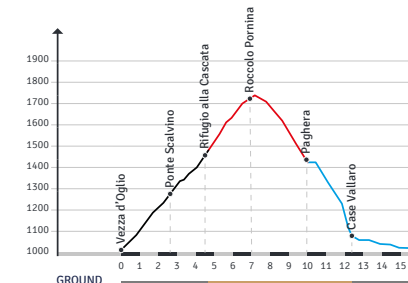
GRAVEL 60

GARDENA VEZZA D'OGGIO / RIF. ALLA CASCATA / PORNINA / VAL VALLARO / VEZZA D'OGGIO

medium



Intermediate level route that takes you to two nice left side valleys of higher Valle Camonica. The good road surface makes it easier to ride on the long starting climb.



61

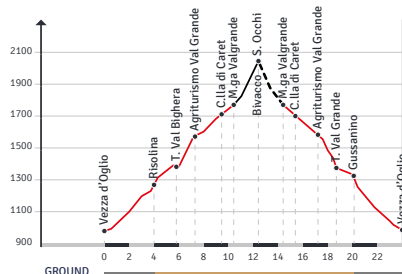
GIPETO

VEZZA D'OGGIO / RISULINA / PLASABÙS / PLAS
DE L'ASEN / ACQUA CALDA / GUSSANINO / Vezza d'Oglio

medium



This is a very interesting tour through one of the most beautiful valleys of the Stelvio National Park, which is Val Grande of Vezza d'Oglio. While riding you can meet and watch wild animals in their natural habitat.



GRAVEL 62

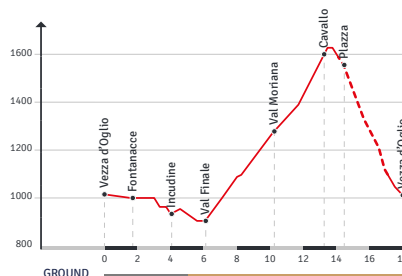
BENOLA

VEZZA D'OGGIO / INCUDINE / CAVALLO /
PLAZZA / Vezza d'Oglio

medium



A fairly demanding trail following the forest road which goes up to the shady slope of Incudine, arriving at Cavallo and Piazza and downhill again to Vezza d'Oglio.



63

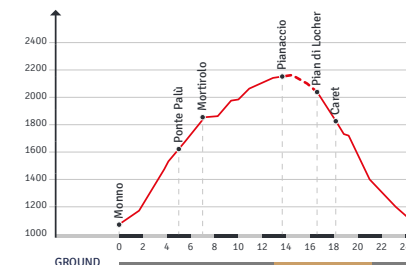
TOUR DEL MORTIROLO

MONNO / MORTIROLO / PIANACCIO / CARET / MONNO

medium



An interesting trail circumnavigating Monte Pagano. The initial climb is quite hard but on an asphalt road, and takes you to the splendid location of Pianaccio where you begin a scenic and panoramic ride along a technical tract of quite historical importance, becoming an enjoyable descent on the old military roads of Caret and Pozza.



69

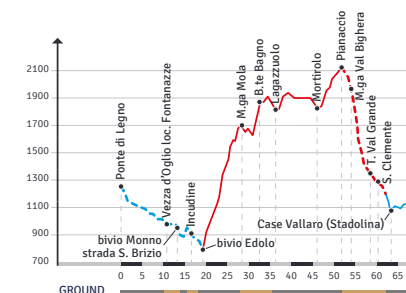
GRAN TOUR DEL MORTIROLO

PONTE DI LEGNO / INCUDINE / MOLA / MORTIROLO /
PIANACCIO / S. CLEMENTE / STADOLINA / PONTE DI LEGNO

medium



The Mortirolo - famous for Pantani's challenging climbs - is a fantastic and full off-road tour. The route runs almost entirely through the pastures of the scenic slopes between the Valtellina and the higher Valle Camonica.



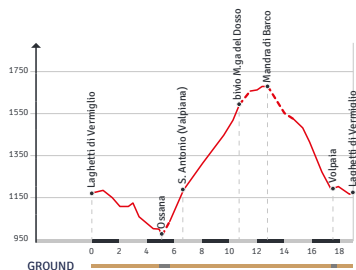
TOUR MALGA DEL DOSS

LAGHETTI S. LEONARDO / OSSANA / VALPIANA / LAGHETTI S. LEONARDO

medium



Fascinating itinerary on different kinds of ground in the northern side of River Vermigliana. There are particularly interesting points such as the medieval Castle of Ossana, recently renovated, and the verdant Val Piana. With a short detour you can also see the typical farmsteads of Palù, characteristic houses built almost entirely with wood.



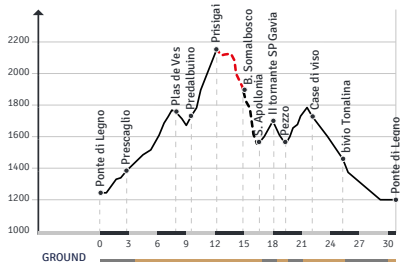
AQUILA

PONTE DI LEGNO / PRECASAGLIO / PLAS DE VES / PREBALDUINO / PRISIGAI / SOMMARBOSCO / S. APOLLONIA / CASE DI VISO / PONTE DEI BUOI / PONTE DI LEGNO

hard



This is a demanding tour, but it will reward you with the spectacular views of the peaks and glaciers that surround the valley of Ponte di Legno and the valleys of Pezzo.



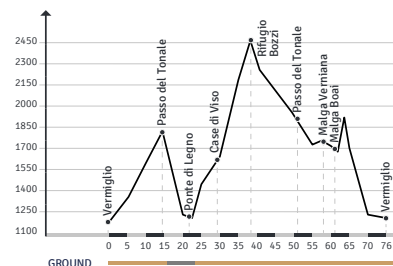
ADAMELLO SUPER MARATHON

VERMIGLIO / PASSO TONALE / PONTE DI LEGNO / CASE DI VISO / RIF. BOZZI / P. TONALE / MALGA VERNIANA / MALGA BOAI / VERMIGLIO

hard



This trail will satisfy also the most demanding bikers. There are multiple starting points for this round trail that passes through the most valued places of Valle Camonica and Val di Sole: Ponte di Legno, Case di Viso, Rifugio Bozzi and the remains of the numerous Austrian forts are some of the places that you will discover along this trail.



GRAVEL

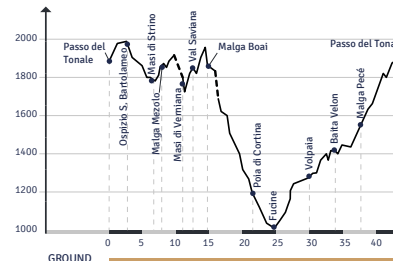
TOUR DEI FORTI

PASSO TONALE / MASI DI VERNIANA / MALGA BOAI / POIA DI CORTINA / FUCINE / VOLPAIA / BAITA VELON / MALGA PECÈ / PASSO TONALE

hard



This is a marvellous ride that runs on different grounds, with passages among the ruins of the Austrian forts of the First World War. The crossing of the three alpine valleys Strino, Verniana and Saviana is particularly exciting also for the remarkable views on the glaciers of the Presanella range.



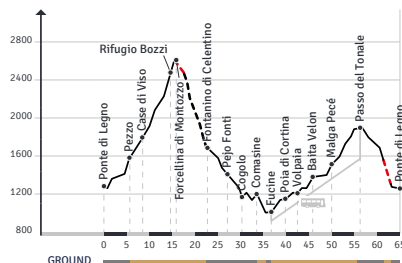
EPIC TRAIL GRANDE GUERRA

PONTE DI LEGNO / CASE DI VISO / RIF. BOZZI / PEIO / FUCINE
/ VERMIGLIO / PASSO TONALE / PONTE DI LEGNO

hard



Gratifying trail for trained and expert bikers. It allows to pass through different landscapes of hill and high mountain: from the spectacular views on the glaciers Adamello - Presanella and San Matteo to the wide panoramas on the valleys of Pezzo and Peio, from the high-mountain prairies to the woods and alpine lakes.



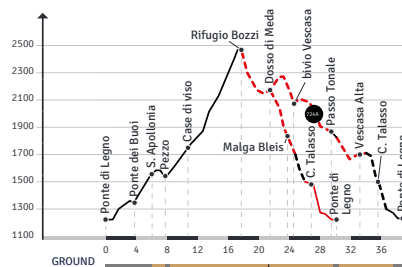
TOUR RIFUGIO BOZZI

PONTE DI LEGNO /
CASE DI VISO / RIF. BOZZI / DOSSO DI MEDA / PONTE DI LEGNO

hard



Challenging trail for its length, difference in height and altitude. It is located in Parco Nazionale dello Stelvio, surrounded by an amazing landscape: it is a path on dirty road and mule tracks, that offers beautiful views on the hollow of Ponte di Legno and Valle di Pezzo. **Important:** the trail includes the variant n. 724 A, that extends it of 10 km and goes through Passo Tonale and the fascinating Vescasa.





BIKE PARK

The Pontedilegno-Tonale Bike Park features 6 trails winding through Passo Tonale, Ponte di Legno and Temù.

The five trails at Passo Tonale are characterized by “flow” terrain and are set in open fields, with fun parabolic curves and step-downs. The trails in Ponte di Legno and Temù, on the other hand, run through the woods, challenging your balance and focus skills.

Are you ready to experience your bike adventure at Pontedilegno-Tonale?

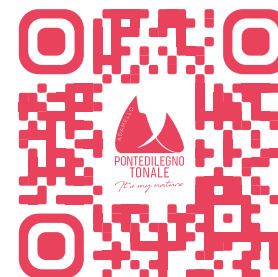
This year we're working to surprise you: the trails at Passo Tonale, accessible via the Valbiolo chairlift, will be closed... but just to be even better next year!

BIKE PASS

Thanks to a Bike Pass you can put your bike on the lifts to access gravity trails:

- Chairlift Rocco Ventura a Temù
- Chairlift Valbione a Ponte di Legno
- Cable Car Pontedilegno-Tonale

To check opening terms and prices you can refer to our website.



In the Family Village area at Passo Tonale, you will find a fixed Pump Track, a fun and accessible circuit, perfect for practicing technique and control.

More over, a new trail connects Ponte di Legno and Temù: the first part features a smooth downhill section, followed by an easier descent with Jump Line elements, making it an ideal return track to Temù.



BIKE PARK TRAILS

					
20 ● PEGRÀ EASY RIDER	3,2 km	- 280 m	23 ● BACK TO TEMÙ	3,4 km	- 380 m
21 ● PEGRÀ FLOW TRAIL	2,0 km	- 300 m	30 ● CASOLA TREES PARADISE	2,2 km	- 230 m
22 ● VALBIONE SNAKE	1,2 km	- 230 m	31 ● TEMÙ VERTICAL	WORK IN PROGRESS	



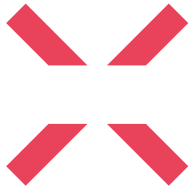
LEGEND

TRAILS		LEVEL	
	Distance		Discipline
	Starting point		Level
	Altitude difference		Starting Point

 Guides, rents and shops	 Chairlift	 Cable Car
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LIFTS

	DEPARTURE	ARRIVAL
 1 ROCCOLO VENTURA	Temù 1.910 m s.l.m.	Roccolo Ventura 1.730 m s.l.m.
 2 VALBIONE	Ponte di Legno 1.255 m s.l.m.	Valbionne 1.910 m s.l.m.
 3 PONTE DI LEGNO - COLONIA VIGILI	Ponte di Legno 1.255 m s.l.m.	Colonia Vigili 1.640 m s.l.m.
 4 COLONIA VIGILI - PASSO TONALE	Colonia Vigili 1.640 m s.l.m.	Passo Tonale 1.910 m s.l.m.



BIKE PARK RULES

MTB Gravity, Downhill, Freeride, and Enduro are potentially high-risk and dangerous sports. For this reason, they are reserved to highly trained and adequately equipped experts.

It is therefore obligatory to strictly comply with the terms of the regulations of the Pontedilegno-Tonale Bike Park and be scrupulous in showing the due respect to safeguard yourselves and others.

The regulations of the Pontedilegno-Tonale Bike Park are displayed both on the notice boards near the trails and on the website pontedilegnotonale.com

IMPORTANT

- **It is mandatory to wear a full-face helmet and adequate protective gear.**
- **Minors:** access is prohibited to children under the age of 6. Children aged between 6 and 14 must be accompanied by an adult.





ROAD

Welcome to the heart of big ascents of the bike world, the ideal place for bike-lovers. These mountains became famous thanks to the heroic races of the big champions of Giro d'Italia, with the most scenic stages in the history of the bike races. Legendary places linked to the big names of international cyclists such as Fausto Coppi, Gino Bartali, Francisco Galdós, Marco Pantani, Miguel Indurain, Ivan Basso, Gilberto Simoni, up to today's golden names. These ascents are a must-do for all the road-bike lovers.

- 01 **Passo Gavia** from Ponte di Legno
- 02 **Passo Mortirolo** from Monno
- 03 **Passo Tonale** from Ponte di Legno
- 04 **Passo Tonale** from Fucine di Ossana

PASSO GAVIA

FROM PONTE DI LEGNO

hard



DISTANCE
16,8 km



ALTITUDE DIFF.
+ 1295 m

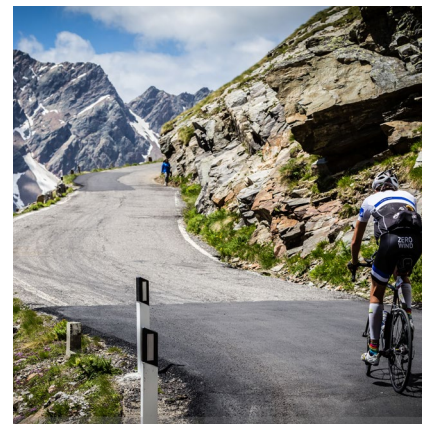


AV. & MAX INCLINE
7,9% & 18%



HAIRPIN
TURNS
15

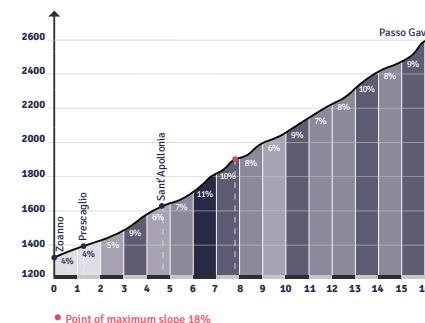
One of the most historical climbs of Giro d'Italia, it was a challenge to some of the world's best cyclists since 1960.



The climb starts at the bridge over the Frigidolfo creek and gets to Sant'Apollonia after the first km of slight slope. The climb then reaches a 14% gradient and, winding up towards the Passo, there are panoramic views on the Valle Camonica and the Adamello glaciers. When out of the wood, you proceed with a less demanding gradient and then reach a 400m long tunnel, which is lit only on one side (please make sure that you have your own additional light). The ascent becomes once again very steep and after the last hairpin bends, where you can see the Lago Nero from above, the road in the very last part becomes almost flat as you arrive at Passo Gavia at 2.652 m.

FUN FACT

This course was discovered by chance in 1960 thanks to the patron of the Giro d'Italia, Vincenzo Torriani, who, after having caught sight of the climb during an aerial survey, decided to add it to the Giro. The most famous event took place on the 5th June 1988, the cyclists had to deal with snow and ice right from the start and some of them were given first aid because of freezing symptoms while others arrived at the finish line beyond the maximum time.



PASSO MORTIROLO

FROM MONNO

hard



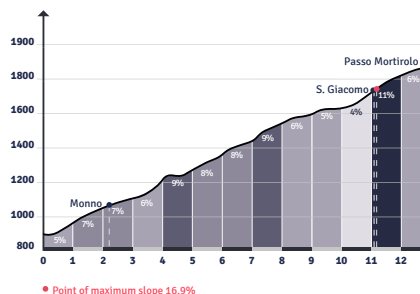
This ascent was introduced into the Giro d'Italia for the first time in 1990.



This ascent starts at the junction with the SS42, direction Monno. After the first ascent that leads to Monno, you ride through the village and along wide meadows in slight slope. After the creek Palù there are many hairpin bends and the gradient becomes more demanding. The road winds up across the wood. Out of the wood there are 2 more km to the Passo; a first flat part and then the last steep part, the most demanding of the whole ascent, with very narrow hairpin bends and a maximum gradient of 16,9%. You get to Passo Mortirolo at 1.852 m after the junction with the three roads leading to Monno, Trivigno and Mazzo di Valtellina.

FUN FACT

During the Giro d'Italia of 1994, a 24-year-old cyclist began riding bend after bend and creating a void behind him, until he reached the finish line 2,52 minutes ahead the cyclist that followed. This young cyclist at that time was almost unknown, his name is Marco Pantani. In 2006 a monument in memory of this legendary cyclist was erected on the Valtellina side of the pass.



PASSO TONALE

FROM PONTE DI LEGNO

easy



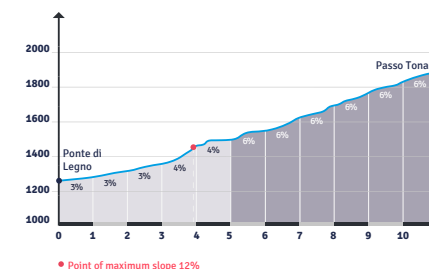
The ascent to Passo Tonale from the Valle Camonica was first introduced into the Giro d'Italia in 1981.



The climb starts as a slight slope from the SS42 at the main junction to Ponte di Legno. After the first hairpin bend of the Val Sozzine the road starts with 6% gradient and panoramic views on mount Castellaccio and Ponte di Legno from above. You reach a place called Tonalina where you can see the Pisgana valley and the beautiful mountains of the Adamello group. The gradient becomes more demanding (up to 12%) for the following 12 km, then it turns better along summer pastures. The road for the last km becomes straight until you get sight of the Passo Tonale and its military shrine, that is the border between Lombardia and Trentino.

FUN FACT

In 1984 the cyclists of the 67th Giro d'Italia arrived at Passo Tonale from Valle Camonica. The route was meant to pass through Passo dello Stelvio but due to heavy snowfalls it was decided to have Passo Tonale and Passo Palade instead, with the finish line in Merano. This decision was very controversial and people complained insisting it was in order to favour Francesco Moser.



PASSO TONALE

FROM FUCINE DI OSSANA

medium



DISTANCE
14,5 km



ALTITUDE DIFF.
+ 877 m



AV. & MAX INCLINE
6% & 9,9%



HAIRPIN
TURNS
0

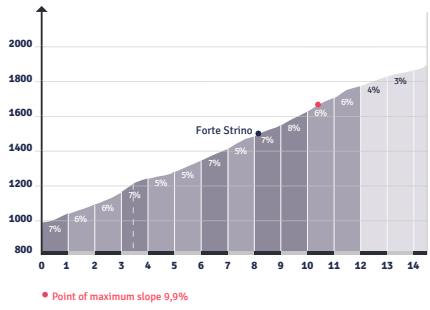
This route was introduced first into the Giro d'Italia in 1933 in the stage Bolzano-Milano and is listed in the 'Grandi Salite del Trentino'.



The climb starts on the SS42 at the junction to Pejo at the village of Fucine (which is part of Ossana). Until the village of Vermiglio you keep climbing in a regular way, then the gradient gets steeper. The valley becomes narrower and characterized by woods. After 9 km you can see Forte Strino, dating back to the 1st World War. The climb becomes more demanding for 1 km with a 9,9% gradient. Things get better in the last km, the road is not so steep and you have a panoramic view on the Presanella glacier; in a few minutes you get to the military shrine at Passo Tonale.

FUN FACT

In 1939 this route became crucial to the Giro d'Italia. Gino Bartali, who was the favourite to win the race, lost the stage and consequently the entire Giro d'Italia to Valetti, due to the bad weather conditions (snow and fog). As he always did, Bartali had checked the weather forecast beforehand, but this didn't help avoid the accident and the defeat.



E-BIKE

If you think you are not trained enough to face long climbs, the e-bike is the solution: you can find it in our rentals at your arrival. Pontedilegno-Tonale is equipped with 12 charging station of the net Zeus: you can charge the e-bike and also any other electronic device. They are composed by 4 boxes and 4 racks, and they are situated in strategical points. The stations of Vermiglio and Ponte di Legno (at the cable car departure) are equipped also with maintenance kit.



Look for the orange symbol on the map to find the charging points.



INSTRUCTORS, RENTALS AND SHOPS

The instructors welcome you to help you improve your technique or to guide you to discover our best places. The schools are also the right place to rent a bike: the rentals have a wide choice of sizes and models and they are at your disposal with equipment and accessories.

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