

From legendary climbs to stress-free cycle paths **CYCLING FOR PASSION, CYCLING FOR FUN**

Hundreds of kilometres of cycle paths readily accessible to all, thanks to a range of services such as “Bike Buses” and “Bike Trains” and many challenging cycle routes, the stuff of legends. Thanks to its facilities and infrastructure, Trentino attracts all kinds of cyclists and hosts major events on the professional circuit.

Eleven cycle paths link the Dolomites to Lake Garda, bringing the delightful natural settings of the mountain valleys that bit closer to the cultivated lands of the Adige valley. There are also **23 uphill climbs** that allow cyclists to challenge legendary mountain passes, reaching the very places where the history of cycling has been carved. Furthermore, there are dozens of paths and trails for cross-country and downhill biking. This and much more in Trentino, always at the forefront when it comes to cycling and able to offer, like only a handful of other areas in Europe, a complete range of trails and paths suitable for recreational cycling, bicycle touring and trekking and of course mountain biking.

Thanks to the foresight of the provincial council, that has been investing in this sector for over 20 years, the network of cycle paths today winds its way through the most important and panoramically beautiful areas of Trentino. Over **430 km of well sign-posted paved routes** link the glaciers of the Ortles-Cevedale group to the apple orchards of the Val di Non, the Valsugana valley with the province of Vicenza. Wide bicycle lanes follow the rivers Sarca, Chiese, Brenta, Avisio, Noce and Cismon bringing cyclists, accompanied by the gentle beat of the pedals, on the discovery of hidden corners of this territory often overlooked by both drivers and local residents. The backbone of this network, and the longest in Trentino, is a 100 km stretch of cycle path that runs along the Adige valley and links Bolzano to the plain of the Po. All cycle paths are well sign-posted with GPS tracks available for download and are, for the most part, suitable for families.

To complete the offer there are **19 Bike Stops** (or “bici grill” in Italian) along the various cycle paths, offering food and refreshments, restrooms, bike rental services and of course direct road access. In the more popular tourist areas, **e-bikes** are also available for rent. These pedal-assisted electric bicycles are also available in a mountain bike version and open up even the most challenging routes to everyone.

Having said this however, the **23 Great Bicycle Climbs of Trentino** are for the most spirited of cyclists. These uphill routes are named after their epic location or their cycling heros: the Trento-Monte Bondone route came to fame with the legendary stage of the **Giro d'Italia** in 1956 brilliantly won by Charly Gaul and the Campionissimi climb is

dedicated to the champions of this land, the Moser family and Gilberto Simoni. Furthermore, the legendary Menadòr climb and a number of Dolomite passes have become part of cycling history as stage finish-lines in the Giro d'Italia. These long, steep and challenging climbs, although definitely not for everyone, allow cyclists to retrace the routes that have etched their way into the history books of this sport: this is also what Trentino is about. In recent years, designated information signs have been installed along these routes with all the necessary information and now an app is also available.

Info: <https://www.visittrentino.info/en/experience/mountain-biking-and-cycling>

Five areas boasting excellent biker trails and services OVER 8,000 KM TO PEDAL IN COMPLETE FREEDOM

In Trentino, you can practice all-mountain bike specialties. The “Provincial Network of MTB Routes” includes over 330 itineraries with different levels of difficulty, selected in each of the 14 tourist districts that consider the needs of bikers and hikers in order to promote shared use. Moreover, there are eight bike parks for downhill biking enthusiasts.

Besides road and e-bike enthusiasts, Trentino shows off all its beauty to those who love to ride mountain bikes, too. You can choose from **thousands of mapped and marked kilometers** suitable for bikers of any level, including routes ideal for the whole family; there are also challenging trails and even 8 adrenaline-activating bike parks (**Fassa Bike Resort, San Martino Bike Arena, Bike Park Garda Trentino, Paganella Bike Park, Val di Sole Bike Land, Brenta Bike Park and the Bike Park Lavarone**), spectacular circuits to be covered in stages. **Cross country, enduro or downhill**, exploring mountains on two wheels has become a strategic asset for active holiday proposals. However, precisely because it is a shared resource, it necessarily rests on respect for its different users.

This is precisely the philosophy that inspires the **Network of Provincial MTB Routes** on the territory. To date, the Network includes more than 330 trails stretching across more than 8000 kilometers, located on the territory by working groups coordinated by the relevant Tourist Boards (APT), which include major regional stakeholders. The trails have been charted and numbered, while others, though not yet included in the “Network”, are nevertheless accessible. Restrictions, in fact, are “punctual”, i.e. they concern a limited

number of trails, or sections thereof, where hazards for bikers or the environment have been identified.

Among the many available tours, the most exciting is for sure the **Dolomiti Brenta Bike** which unwinds around the Brenta Dolomites, and in its “expert” version offers 171 kilometers of undiluted fun and a 7,700 meter difference in height distributed across several stages.

Beauty and diversity of the trails, with “flowy” single trails to boot, are important attributes for those who choose a holiday entirely dedicated to satisfying their passion for the “fat bikes”, but equally important is the completeness of the offer of dedicated **services** that our territory offers to enthusiasts: from rentals and service centers, to e-bike recharging stations, downhill routes served by lift facilities, dedicated accommodation facilities, and the presence of Mtb guides and shuttle buses for transfers or to return to base, without forgetting food and wine to complete the “bike experience”. From this point of view, Trentino offers **five top destinations** that can fully satisfy the requirements of the most demanding bikers.

ALPE CIMBRA BIKE

Information: www.alpecimbra.it

DOLOMITI PAGANELLA BIKE AREA

Information: www.visitdolomitipaganella.it

BIKE AREA VAL DI FASSA

Information: www.fassa.com

VALDISOLEBIKELAND

Information: www.valdisole.net

GARDA TRENTINO BIKE

Information: www.gardatrentino

BIKE SHARING

Trentino has firmly committed to the projects that encourage increasingly sustainable forms of mobility, also offered to visitors. Thanks to e-bikes - pedal assist electrical bicycles - we intend to extend to everyone the opportunity to discover the beauty of the territory without too much effort.

The main project is "**Trentino e.motion**", created by the Department of Infrastructure and the Environment of the Autonomous Province of Trento, and opened in June 2014. There are 41 stations - 17 in Trento, 17 in Rovereto, and 7 in Pergine Valsugana - also dedicated to recharging electric bicycles. In 2017, another 12 will be added. The service will also cover the municipalities of Lavis, Mezzocorona, Mezzolombardo and San Michele all'Adige. It will also be possible to travel by bike along the entire length of the Adige, between Trento and Rovereto or between Trento and San Michele.

FiemmeE-motion is the sustainable mobility project in Val di Fiemme, to move around in complete freedom using low-environmental-impact vehicles and services.

In Primiero, there is a project called **Green Way Bike**, with 5 bicycle charging stations throughout the territory.

E-vvai, on the other hand, is the name of the initiative dedicated to the "Giudicarie cycling-tourism and e-bikes", from Comano to Madonna di Campiglio.

The **Val di Non** is part of the Movelo network, a network of electric bike rentals spread out through many tourist destinations in the Alps.

In **Val di Sole** there are four new e-bike rental stations, located near the stations of Pellizzano, Mezzana, Malé and Caldes, with a total of 20 bikes available.

Valsugana is another "bike-friendly" territory in Trentino, with a well-structured offer of services. E-bike and e-mountain bike rental services are also available on the Altopiano della Paganella, on the Trentino side of lake Garda, and in Val di Ledro.

INTEGRATED BIKE + BUS & SHUTTLE SERVICES

On extra-urban buses, bicycles are allowed, but available space is limited to the baggage compartment, where the traveller must store it.

During the summer months in Trentino, several bike transport services are active: **Bike Shuttle Garda Dolomiti**, active from June to September, it connects Torbole sul Garda and Riva with the main locations at the feet of the Brenta Dolomites, in the Giudicarie, in Val Rendena, Val di Sole, and the Altopiano della Paganella, in addition to the Val di Ledro. These services can be booked in the APT offices in the areas of interest.

Bike Express Fassa-Fiemme is a daily service (except for Saturdays) between Molina and Alba di Canazei, active from June to September. Bookings at the APT in Val di Fassa - Office of Mazzin (tel. 0462-609650) by 6 pm of the previous day.



INTEGRATED BIKE + TRAIN SERVICES

All year round, trains travelling the **Brennero railway**, between Verona and Bolzano, are equipped to transport a variable number of bicycles, between 6 and 18, accompanied by the traveller.

In July and August, all trains serving the **Valsugana railway**, between Trento and Bassano, are equipped to manage all daily trips with room for 32 bicycles accompanied by the travellers.

On certain trains in service on the **Trento-Malé-Marilleva railway**, it is possible to transport up to 18 bicycles. For timetables and the maximum number of bike spaces on the various trains, please consult the Trentino Trasporti Esercizio S.p.A. website. For further information: www.visittrentino.info/bici

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