**Offering you 430 km of cycling paths, three Bike Tours and the “Network of MTB trails”**

**PEDALLING AMONG LAKES AND MOUNTAINS**

**Cycling represents one of the strongest and structured proposals in the landscape of active and nature-oriented holidays in Trentino, thanks to 11 cycling and walking paths on safe roads and thousands of kilometres of off road trails, plus the bike-hotels, the bike rental services, the integrated transport facilities and the bike shuttles**

Trentino is a land to be discovered in an easy and pleasant way even on a bicycle thanks to a widespread and top quality biker-oriented offer that very often plays an important part in active holiday packages. Bicycles have at their disposal over 400 km of cycling paths suitable for all ages and expertise levels, families included, and mountain bikes are very welcome on all forest roads and on the high trails that lead through pristine landscapes and along spectacular itineraries around the peaks of the Dolomites-UNESCO world heritage site. Many tourist resorts offer “bike friendly” accommodation and bicycle rental and repair services, including e-bikes of regular or MTB kind, while throughout the region bikers can use dedicated shuttle buses and bus+train integrated service that return cyclists to their starting point after an unforgettable day immersed in Trentino’s wonderful natural landscapes.

**NEW: here comes the “Trentino network of MTB paths”**

Trentino is changing the rules about mountain bikes. The aim is to further qualify the active holiday offers for cycling holidaymakers. In short, the new regulations are based on an approach that makes cycling and MTB mountain tourism a strategic asset in Trentino holiday packages.

The first novel element is the creation of the “**Network of MTB trails**”, namely a series of cross-country itineraries featuring various levels of difficulty and designed to show off the best landscapes of the region. The aim of this ‘network’ is to route bikers onto the most suitable and interesting ‘offroad’ trails without excluding the possibility of taking other itineraries not included in the circuit (unless there are specific bans in the event of risks for the environment or for other users, such as hikers). The itineraries of the ‘network’ are identified by specially appointed work groups within every tourist area and are undergoing the approval phase for all those areas that are most interested in MTB offers. Specific signposting, similar to that used at national level by the Club Alpino Italiano, will be set up.

**Three great circuits for mountain bike enthusiasts**

The **Dolomiti Lagorai Bike** circuit consists of over 1,100 kilometres of offroad trails that traverse through woods, pastures and meadows, past Alpine lakes and, as if all this weren’t enough, through the beautiful nature parks of Monte Corno and of Paneveggio. The trails touch Val di Fassa, Val di Fiemme and Valsugana, and then rise towards the spectacular peaks of the Lagorai chain and the Dolomite towers of the Latemar, Catinaccio, Sella and Pale di San Martino ranges, all UNESCO sites. The special attraction of the Dolomiti Lagorai Bike is the “Grand Tour”, a ring circuit that takes 6 days to be completed clockwise (342 km overall) or anti-clockwise (349 km). The circuit’s website (www.dolomitilagoraibike.it) contains all of the GPS coordinates.

The **Dolomiti di Brenta Bike** circuit runs around the Brenta Dolomites group, along which bikers can enjoy the protected area of the Adamello Brenta nature park. This circuit too offers two alternatives. The first is the 171 km long “Expert” trail for highly trained bikers seeking pure fun. The “Country Tour” trail, instead, is for more leisure-seeking bikers, beginners included, along the valley bottom, immersed in the peaceful landscape of apple orchards and riding through typical ancient towns. The roadbook and GPS coordinates are available at the website [www.dolomitibrentabike.it](http://www.dolomitibrentabike.it).

From the mountains to Lake Garda, in short, the **Mountain & Garda Bike** circuit, is the panoramic trail that merges the majestic beauty of Trentino’s mountains with the enchantment of Italy’s largest lake. Alternating between steep descents and gentle segments, this tour reveals the beauty of Monte Bondone, Valle dei Laghi, Monte Baldo, Val di Ledro and the Garda Trentino area. The GPS coordinates are available at the website [www.mountaingardabike.it](http://www.mountaingardabike.it).

**Seven bike parks where riders can go wild**

Tricks, top speed downhill runs, parabolic pipes, jumps, rails: in two words, Bike Park. In Trentino there are **seven** parks designed mainly for the more popular downhill and freeride biking disciplines, most attractive to the younger generations of bikers. The parks are: the **Brenta Bike Park** on Doss del Sabiòn in Val Rendena; the **Bike Park Valbiolo** at Passo Tonale; the **Paganella Bike Park** at Fai della Paganella; the **Bike Park Lavarone**, in the heart of Alpe Cimbra; the **San Martino Bike Arena** above San Martino di Castrozza; the **Fassa Bike Park** in Canazei and Pozza di Fassa; and the downhill “**Val del Diaol**” in the Garda Trentino area.

**Cycling paths: 431 kilometres dedicated to bicycle lovers and families**

In the last 26 years in Trentino, most of the environmental assets have become available to a fast-growing number of visitors and residents seeking wellness, relaxation and close contact with natural surroundings, thanks to the creation of a net of cycling and walking paths.There already are **431 kilometres** of trails available, and the main feature of this network is that most of it is **exclusively dedicated** **to bicycles**, therefore totally safe for cycling tourists of all expertise levels, from the family with children to the racing athlete (since 2009 the network boasts the «Family in Trentino» certification).

The network of cycling and walking paths is subdivided into **11 areas**: Valle dell’Adige, Valsugana, Valle del Primiero, Val di Sole, Alta Val di Non, Fiemme and Fassa valleys, Val Rendena-Giudicarie Centrali, Valle del Chiese, Garda Trentino-Basso Sarca, Valle dei Laghi, Ledro and Concei. The trails run outside the towns and cities, and traverse areas of great natural beauty, parks, biotopes, sites of archeological and cultural interest, areas designed by human activities in virtuous balance with nature. Where possible, old roads, disused railway lines, country cartroads and riverside lanes have been put back into use. An additional 10 km of new trails, junctions and by-passes is to be opened in 2016. The most significant action shall be the connection of Castello di Fiemme with San Lugano (Bolzano).

The longest trail - 99 km – is the one that crosses through Valle dell’Adige, from Cadino at the border with the province of Bolzano to Borghetto at the border with the province of Verona, passing by Trento and Rovereto.

Every cycling path is provided with specific signposting and information panels indicating the historical, cultural and environmental highlights of the areas it crosses through. They also offer rest areas equipped with benches, bicycle racks, fountains and twelve **“Bicigrill”**, namely restoration facilities that provide local food specialities, a workshop for small repairs and emergencies, and information material regarding local attractions A virtual tour and the GPS maps of the itineraries are all available at the website **www.ciclabili.provincia.tn.it**.

**Great climbs in Trentino**

One of the summer’s novelties consists in the project “Grandi salite del Trentino” (great climbs in Trentino), that offers bikers the chance to ride in the tracks of the world’s most famous road cycling champions, bend after bend – reliving the emotions of bygone black & white TV and of the more modern colour images of these masters as they throw their bandannas to the ground or furiously press down on the pedals with their arms wrapped around the handle bars – or along the other famous and exploration-worthy itineraries. Created by Accademia della Montagna and by Trentino Marketing, the project has singled out **23 great climbs**, the **top five** of which are the epic stages of famous cycling battles: **Monte Velo**, **Monte Bondone**, **Passo Pordoi**, **Passo di Pampeago** and **Madonna di Campiglio** up to Patascoss. A web app will also be available to cyclists, with information about the characteristics of these uphill itineraries.

**Bike sharing**

Trentino is enthusiastically supporting projects that encourage increasingly eco-sustainable mobility solutions. Using **e-bikes**, i.e. electric pedal assisted cycles, the intent is to extend to absolutely everyone the chance to discover Trentino’s beautiful territory without too much effort.

**FiemmE-motion** is Val di Fiemme’s sustainable mobility project for moving freely using low environmental impact means and services. Information available at [www.visitfiemme.it](http://www.visitfiemme.it).

Primiero is where the **Green Way Bike** project was born: 28 electric mountain bikes available, rechargeable in 5 different stations. Information available at www.sanmartino.com.

**E-vvai** is the initiative aimed at disseminating the use of electric pedal assisted bikes and bike boxes, namely the assistance and recharge boxes located in strategic positions within the scope of the “Cicloturismo ed e-bike in Giudicarie” (Cycling tourism and e-bikes in Giudicarie) project. Information available at [www.visitacomano.it](http://www.visitacomano.it).

Val di Non has joined the “**Movelo**” network, an electric bicycle rental circuit now available in many Alpine resorts. Information available at www.visitvaldinon.it.

Valsugana is another “bike-frendly” area of Trentino, with a nicely widespread offer of services and a rich program of itineraries. Information available at www.valsugana.info.

**Bicycles + bus & shuttle**

The “**Bike Shuttle Garda-Dolomiti**” service, operating from June to September, connects the Trentino lakeshore of Italy’s largest lake to the main localities at the foot of the Brenta Dolomites, from Terme di Comano to Val Rendena and Altopiano della Paganella. Thanks to the connections of the four lines in the respective areas, visitors can easily plan many different excursions. Booking at Apt Terme di Comano - Dolomiti di Brenta, tel. 0465 702626.

The **Bike Express Fassa-Fiemme** service operates daily, except on Saturdays, between Molina and Alba di Canazei, allowing to return to their starting point the cyclists who take the 48 km long cycling path through Val di Fassa and Val di Fiemme. The path on average takes about 3-4 hours to be completed. It is fairly flat and suitable for a wide range of bicycle lovers, especially families with children. The service is available from 18 June to 11 September and can be booked at the office of Apt Val di Fassa in Mazzin (tel. 0462-609650) by 6 p.m. of the previous day.

On **suburban bus routes,** bicycles can be transported only on the bus’s rack, placed there by the passenger.

**…Bicycles + train**

The transport of bicycles on regional trains is allowed only on those trains identified by a specific pictogram. Throughout the year, the trains running the **Ferrovia del Brennero** lines between Verona and Bolzano are equipped for the transport of 6 to 18 bicycles accompanying a corresponding number of passengers.

In the months of July and August, all of the trains running the **Ferrovia della Valsugana** lines between Trento and Bassano are equipped so as to guarantee, on all daily runs, the transport of up to 32 bicycles accompanying a corresponding number of passengers.

On some trains of the **Ferrovia Trento-Malé-Marilleva** line it is possible to transport up to 18 bicycles. Consult the Trentino Trasporti Esercizio S.p.A. website for train schedules and number of bicycles allowed: [www.ttesercizio.it](http://www.ttesercizio.it/).

(m.b.)

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