

DOLOMITES BIKE WEEKS 14.06. – 02.07.2021

WOCHENPROGRAMM - PROGRAMMA SETTIMANALE - WEEK SCHEDULE

MONTAG / LUNEDI / MONDAY (Start / Partenza / Start 9:30h)

| | |
|--|--|
| Auf der Fahrradroute Pustertal <i>Sulla ciclabile della Val Pusteria</i> Pustertal Valley Cycle Route Leicht – facile – easy 10km ↑ 150m ↓ 150m | <ul style="list-style-type: none">- Zu den schönsten Plätzen Olang- <i>I luoghi più belli di Valdaora</i>- The most beautiful places of Olang |
| MTB | <ul style="list-style-type: none">- Fahrtechniktraining um 16.00 Uhr- <i>Tecniche di guida alle ore 16.00</i>- Riding technique course at 4 p.m. |
| E-Bike | <ul style="list-style-type: none">- Fahrtechniktraining um 16.00 Uhr- <i>Tecniche di guida alle ore 16.00</i>- Riding technique course at 4 p.m. |

DIENSTAG / MARTEDI / TUESDAY (Start / Partenza / Start 9:30h)

| | |
|---|--|
| Auf der Fahrradroute Pustertal <i>Sulla ciclabile della Val Pusteria</i> Pustertal Valley Cycle Route Leicht – facile – easy 12km ↑ 50m ↓ 250m | <ul style="list-style-type: none">- Von Olang nach Bruneck und mit dem Zug zurück*- <i>Da Valdaora a Brunico (ritorno in treno)*</i>- From Olang to Bruneck (return by train)* |
| MTB Mittel – medio - medium 30km ↑ 550m ↓ 550m | <ul style="list-style-type: none">- Auf Trailsuche in Olang- <i>Trail e percorsi a Valdaora</i>- Trail hunt in Olang |
| E-Bike Schwer – difficile – difficult 70km ↑ 1150m ↓ 1150m | <ul style="list-style-type: none">- Plätzwiesenrunde- <i>Il giro di Prato Piazza</i>- Plätzwiese Tour |

MITTWOCH / MERCOLEDI / WEDNESDAY (Start / Partenza / Start 9:30h)

| | |
|--|--|
| Auf der Fahrradroute Pustertal <i>Sulla ciclabile della Val Pusteria</i> Pustertal Valley Cycle Route Leicht – facile – easy 22km ↑ 210m ↓ 210m | <ul style="list-style-type: none">- Nach Antholz zum Fischerteich- <i>La Valle Anterselva e il laghetto di pesca</i>- Trough the Antholz Valley to the fish pond |
| MTB Mittel – medio - medium 43km ↑ 760m ↓ 760m | <ul style="list-style-type: none">- Zum Antholzer See und zum Biathlonstadion- <i>Il Lago di Anterselva e lo stadio di Biathlon</i>- To the lake of Antholz and the Biathlon stadium |

DOLOMITES BIKE WEEKS 14.06. – 02.07.2021

WOCHENPROGRAMM - PROGRAMMA SETTIMANALE - WEEK SCHEDULE

| | |
|---|--|
| E-Bike Mittel – medio - medium 25km ↑ 800m ↓ 800m | <ul style="list-style-type: none">- Lanzwiesen Alm-Climb zum Olander Dolomitenpanorama- <i>Malga Lanzwiese-Climb con vista panoramica sulle Dolomiti</i>- Lanzwiesen Alm-Climb with Dolomites panoramic view |
|---|--|

DONNERSTAG / GIOVEDÌ / THURSDAY (Start / Partenza / Start 9:30h)

| | |
|--|---|
| Auf der Fahrradrouten Pustertal <i>Sulla ciclabile della Val Pusteria</i> Pustertal Valley Cycle Route Leicht – facile – easy 20km ↑ 50m ↓ 220m | <ul style="list-style-type: none">- Mit dem Zug nach Toblach und mit dem Fahrrad von Toblach nach Olang*- <i>In treno fino a Dobbiaco e in bici da Dobbiaco a Valdaora*</i>- By train to Toblach and by bike from Toblach to Olang* |
| MTB Mittel – medio – medium 30km ↑ 500m ↓ 500m | <ul style="list-style-type: none">- Nach Antholz zur MTB Area und zur Hofstattalm- <i>Visita dell'area MTB nella Valle Anterselva e della malga Hofstatt</i>- Through Antholz to the MTB Area and the alpine refuge Hofstatt |
| E-Bike Schwer – difficile – difficult 30km ↑ 1300m ↓ 1300m | <ul style="list-style-type: none">- Auf den Kronplatz und über die Trails zurück- <i>Il Plan de Coronas e i suoi trail</i>- Around the Kronplatz |

FREITAG / VENERDÌ / FRIDAY (Start / Partenza / Start 9:30h)

| | |
|---|--|
| Auf der Fahrradrouten Pustertal <i>Sulla ciclabile della Val Pusteria</i> Pustertal Valley Cycle Route Leicht – facile – easy 28km ↑ 170m ↓ 170m | <ul style="list-style-type: none">- Nach Niederdorf zum Spielplatz- <i>Il parco giochi di Villabassa</i>- To the children's playground in Niederdorf |
| MTB Schwer – difficile – difficult 60km ↑ 1500m ↓ 1500m | <ul style="list-style-type: none">- Südtirol Dolomiti Superbike Runde- <i>Il giro della Südtirol Dolomiti-Superbike</i>- Dolomiti Superbike Tour |
| E-Bike Mittel – medio - medium 40km ↑ 550m ↓ 550m | <ul style="list-style-type: none">- Zum Pragser Wildsee- <i>Al Lago di Braies</i>- To the lake of Prags |

* Zugticket NICHT inkludiert – *Biglietto treno NON incluso* – Train ticket NOT included