

The Big Five

Put together the five most iconic Dolomites peaks of South Tyrol and cycle high up on idyllic meadows with astonishing views over these towering limestone mountains. Enjoy finest gravel roads and world's best accommodation facilities, tackle spicy climbs and thrilling descents from one gourmet stop to the next. Amazing homemade food, coffee shops, gelatos and draft beers guarantee!

3 days - 120km/75mi - 4700mt+/15.450ft+ - Level: moderate



Big Five is a concentrate of emotions, best quality gravel roads & stunning scenery across some of the most beautiful corners of South Tyrol. The tour is a loop made of three full days of cycling with two overnights in cozy mountain refugios, the best places to enjoy the sunset at the end of the ride with a cold draft beer in hand.

Big Five let you to explore closely the 5 most famous mountain groups of the area such as the **Alpe di Siusi** at the foot of the Sciliar, the **Sassopiatto** and **Sassolungo**, the **Catinaccio** and the **Latemar**. These five iconic and dramatic rocky shapes will let you astonished with continuous changes of perspectives, game of light that turn on and off the pale surface of these world famous dolomia made cliffs.



The tour starts from the town of Tires located on the heart of the Sciliar-Catinaccio Natural Park and on your first day you'll climb to explore Alpe di Siusi - the bigger highland plateau in Europe -. The Alpe di Siusi is one of the most beautiful area of the Dolomites and such a gravel bike Eldorado, with its perfectly kept gravel roads that zig-zag across lawns, old log cabins, cows, gourmet stops at huts and mountain refugios.

You will then cycle heading to the impressive rocky shapes of Sassopiatto and Sassolungo mountains to reach the famous Sella Pass with amazing views over the Sella group, the Marmolada (the highest peak of all the Dolomites) and the Pale di San Martino.

Once in Val di Fassa you will head south and then you'll climb again to enter in the rocky heart of the Catinaccio mountain range, an amphitheater of pale mountains will observe you while pushing hard on pedals. Your mountain refugio awaits for you in perfect position to catch the last rays of sunset that gifts the Enrosadira, when all the rocks become pink.



If you are more attracted by the desire to spent an evening in town, you can opt for the overnight at the bottom of the Val di Fassa. The local guesthouse is very close to the thermae, best place to relax! And for the evening... can't miss a dinner at our very favourite farm!

With a last epic stage you will climb to reach the vertical spiers of the Latemar mountain, enjoying a beautiful ride across a scented rain forest, cyclopic size rocks. The emerald waters of Lake Carezza, one of the most famous lakes of the Dolomites will leave you breathless. A couple of final gourmet stops on a ultra panoramic plateau will show you the way to get back to the starting point in Tires.

How to:

Access town: Bolzano, then by bus to

Starting point: Tires

Ending point: Tires

Stages&overnights:

- Guesthouse overnight in Tires the day before the tour starts
- Day 1_ 37km/23mi - 1600mt+/5250ft+_mountain rifugio overnight
- Day 2_ 44km/27,3mi - 1800mt+/5900ft+_mountain rifugio overnight
- Day 2_ thermae option_ 47km/29,2mi - 1200mt+/3940ft+_garni overnight
- Day 3_ 37km/23mi - 1300mt+/4265ft+_guesthouse overnight in Tires

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