

Dolomiti Divide

A south to north epic journey across the whole Dolomite's fantastic rocky world. Cycle along finest gravel roads with breathtaking views (and climbs), sleep on cozy mountain refugios and enjoy your beer at sunset!

6 days - 275km/171mi - 9.400mt+/30.610ft+ - demanding



A south to north cycling adventure crossing all the Dolomite mountains, **from the Caldonazzo Lake to Dobbiaco**: live the dream exploring by bike the magnificent mountains of Trentino, Veneto and South Tyrol.

The starting point is on the shores of the placid Caldonazzo Lake from where, following the run of the **Brenta River** along the **Valsugana Valley** you'll enter into the wild **Lagorai mountain range**. You will explore the beautiful **Paneveggio-Pale di San Martino Natural Park**, discovering then the **Val Venegia**: your eyes will record unforgettable views over the **Cimon della Pala** and **Cima Vezzena**, truly landmarks of the Central Dolomites.

Left the Trentino Region you will then enter in Veneto Region meeting the town of **Falcade**, placed at meeting of the **Bios** and the **Cordevole** streams. Following their shining runs stretched in a narrow valley you will cycle around the colossal shape of the **Civetta** mountain till to get to **Agordo**, a small Venetian charming town surrounded by the most beautiful and less known peaks among all the Dolomites: **San Sebastiano**, **Agnèr**, **Moiazza**, **Pale di San Lucano** and **Monti del Sole**.



From Agordo the circumnavigation of the Civetta will takes you northward till the town of **Pecol**, where you will meet another legendary dolomite's peak: his majesty the **Pelmo**. One of the most amazing and of unbelievable beauty mountain crossing of the whole Dolomites awaits you: breath deeply while climbing to **Forcella Ambrizzola**, admire the **Croda da Lago** reflecting on the **Federa Lake** before starting a dizzying descent and reaching **Cortina d'Ampezzo**. The town, placed in a mountain basin surrounded by majestic peaks, has a typical Italian flavour so enjoy an aperitif in the central via Roma watching the coming and goings of the people. Left the mundanity, the moment has come to climb alone under the colossal shapes of the **Tofane** and start exploring the **Dolomiti d'Ampezzo Natural Park** with its gorges, roaring streams and waterfalls.

Your will head north cycling along the beautiful off-road cycling route (in winter a cross country skiing itinerary that links the towns of Cortina with Dobbiaco) to finally reach **Misurina Lake**, doorway to the most famous of all the Dolomites' peaks: the **Tre Cime**. After the overnight you will have **two options**: start cycling still in the dark and enjoy one of the most epic days of your life, arriving at dawn at the feet of the Tre Cime, hiking your bikes on rugged terrain whit continuous challenges and glorious views. Or take a shortcut and re-join the main route right before the unmissable **Specie Valley** climb. Ultra panoramic **Prato Piazza**, with its shining green meadows will mark the end of the climb. Take a couple of beers at **Rifugio Vallandro** to celebrate the incoming long downhill ride to the **Pusteria Valley** and to the town of **Dobbiaco**, where your adventure will ends.



How to:

Access town: Trento, then by train to

Starting point: Caldonazzo Lake

Ending point: Dobbiaco where you will find trains back to Bolzano / Trento

Stages&Overnights

- Guesthouse/hotel overnight in Caldonazzo Lake the day before the tour starts
- Day 1_ 69km/43mi - 1700mt+/5600ft+ _mountain rifugio overnight
- Day 2_ 35km/21,8mi - 1770mt+/5810ft+ _mountain rifugio overnight
- Day 3_ 53km/33mi - 1600mt+/5250ft+ _mountain rifugio overnight
- Day 4_ 23km/14,3mi - 1300mt+/4265ft+ _mountain rifugio overnight
- Day 5_ 53km/33mi - 1800mt+/5905ft+ _guesthouse overnight
- Day 6_ 42km/26,1mi - 1200mt+/3937ft+ _hotel overnight in Dobbiaco

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