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# The Eastern Traverse

Explore the wildest and most remote corners of the Dolomites and cycle along century old paths following the footsteps of the shepherds and the sound of their flocks. From one scented grassy ridge to the next, connect their mountain huts to see in person one of the most ancient rural economy being still alive. Push yourself till the easternmost mountain where the Dolomites leads the way to the imposive Julian Alps, visit mountain villages, try the local cheeses and homemade food together with the best artisanal beers made with the crystal clear Dolomitic water. Fill your eyes at sunset with the most magical gold yellow sunsets.

6 days - 316km/196mi - 11.500mt+/37.730ft+ - moderate to demanding

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The starting point is in **Dobbiaco**, the major town of the sunny **Val Pusteria**. You will warm ups along the beautiful cycling tracks on the valley floor before to climbing one of the most beautiful ridge of the entire Dolomites. Enjoy an extraordinary aerial view over all the rugged peaks surrounding the world' famous **Tre Cime** and cycle along I°WW military roads entering the **Comelico** mountain region, the easternmost valley of the Dolomites. One of the best mountain refugio ever awaits you for the overnight, the perfect spot from where to admire the sunset turning pink hundreds of Dolomitic peaks.

Explore the beautiful, unspoiled **Val Visdende** cycling the "*Via delle Malghe*" (diary mountains huts) and share your day together with thousand of grazing cattle, horses and sheep until you reach the imposing silhouette of **Mount Peralba**. Then, cross the Upper Piave River valley and end the day in **Sappada**, one of the most beautiful and best preserved mountain village of the Dolomites.



Visit the **Carnia Region** cycling across a scented alpine plateau visiting a diary mountain hut where to go for the best cheese tasting ever and enjoy then a thrilling descent to get to **Sauris**, home of the local smoked ham and artisanal beer: the best epilogue to a glorious day before to overnight in a traditional wood and stone house. Cycle on the shores of the beautiful **Sauris Lake** and then climb to enter then on the wild, lonely upper part of the **Tagliamento River** valley: with an adventurous traverse you'll reach **Forni di Sopra**, a town surrounded by incredible Dolomites peaks. A stop at the local artisanal brewery will be a must, before to keep exploring the **Cadore** mountain area and tackle a legendary climb along a I°WW road to finally get to one of our most beloved spot of the whole Dolomites where a cozy mountain refugio will be waiting for you.

You are now in the heart of the Northern Dolomites, one of the most amazing place ever. Hard to describe what your eyes will be going to admire along this last day of cycling : huge mountains everywhere, deep valleys, few isolated villages, steep descents and killer climbs will be your playground for this whole, epic day. This will be a lifetime ride!

Cycle at the feet of some of the most iconic Dolomites peaks such the triangular shaped **Antelao**, the **Marmarole** and the impressive, huge stone of the Croda dei Toni. Explore the wild **Cadini** mountain range, get to the ultra famous Misurina Lake to take a glimpse at the **Tre Cime di Lavaredo** and **Mount Cristallo** before to tackle the last, memorable climb to the ultra panoramic **Prato Piazza** mountain plateau.

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:

**Starting point:** Dobbiaco (get there by train via Bolzano and Fortezza or Innsbruck and Fortezza where you will change with the Pusteria Railway)

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

## Stages&Overnights

- Hotel overnight in Dobbiaco the day before the tour starts
- Day 1\_ 48km/29,8mi - 2000mt+/6560ft+\_mountain rifugio overnight
- Day 2\_ 65km/40,4mi - 2100mt+/6890ft+\_guesthouse overnight
- Day 3\_ 37km/23mi - 1800mt+/5900ft+\_guesthouse overnight
- Day 4\_ 55km/34,2mi - 1600mt+/5250ft+\_hotel overnight
- Day 5\_ 39km/24,2mi - 1900mt+/6230ft+\_mountain rifugio overnight
- Day 6\_ 72km/44,7mi - 2100mt+/6890ft+\_hotel overnight in Dobbiaco

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