



# Dolomites San Vigilio

## Cycling

MTB - RACING BIKE - DOWNHILL & FREERIDE

San Vigilio \ La Pli \ Rina

San Martin \ Antermoia \ Lungiarù







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600 km  
of mountain bike routes

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## San Vigilio Dolomites „Approved Bike Area“

The only quality label for mountain bike regions, with the aim of guaranteeing you the best possible quality and performance during your mountain bike holiday.



# Rental & shops bike and ebike

## **LA MOBILITÉ**

San Vigilio, Str. Catarina Lanz 14  
Tel. (+39) 0471 172 76 78  
Cell. (+39) 335 121 8327  
[www.lamobilite.it](http://www.lamobilite.it)

## **MIARA**

San Vigilio, Str. Plan de Corones 76  
Tel. (+39) 0474 506 383  
[info@skiareamiara.it](mailto:info@skiareamiara.it)  
[www.skiareamiara.it](http://www.skiareamiara.it)

## **MIRIBUNG**

San Vigilio, Str. Catarina Lanz 16  
Cell. (+39) 349 368 0259  
Cell. (+39) 388 891 0507  
[www.miribung.it](http://www.miribung.it)

## **SPORT HEINZ**

San Vigilio, Str. Catarina Lanz 17  
Tel. (+39) 0474 506 078  
Cell. (+39) 338 853 6112  
[www.sport-heinz.com](http://www.sport-heinz.com)





Ride smart  
Ride safe  
Ride fair





# Bike School San Vigilio



**BIKE SCHOOL**  
**SAN VIGILIO DI MAREBBE**

☎ 331 7429586

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With six young and highly qualified mountain bike guides, the Bike School San Vigilio will accompany you on a series of unforgettable adventures. With them by your side, visiting the wonderful landscape of the Dolomites is a real pleasure. Choose from mtb, e-bike or gravel tours, riding or downhill lessons – you're bound to find what you're looking for.

If you stay in a Bike School San Vigilio partner accommodation, you have the possibility to take part in the weekly program. You will also receive great reductions on all their offers. Ask for it in your accommodation.

Tel: (+39) 331 742 95 86  
[www.mtb-sanvigilio.it](http://www.mtb-sanvigilio.it)

# Bike maps sales

## MTB and Roadbike

All the most scenic bike routes of San Vigilio-San Martin in a practical bike map. For each tour you'll find a description with the altitude profile. The map is for sale at the tourist offices, price 10,00 €.



# Code of conduct for cyclists

- › Respect barriers: the paths are primarily used for farming and forestry!  
Close all livestock containment gates!
- › Maintain a controllable speed at all times: you may suddenly come up against obstacles!
- › Respect pedestrians and pass them at walking speed!
- › Bear in mind the difficulty level of the route and your own experience and skills as a cyclist!
- › Wear a helmet and check your equipment before each ride (brakes, bell, lights)!
- › Respect nature and wild animals, do not leave the marked paths!
- › Do not leave rubbish!
- › Cycle on forest routes and paths at your own risk.



# Mountainbike

Around San Vigilio and San Martin there are a series of interesting mountain bike routes for individuals or families. Cycling through the unique landscape of the Dolomites is an unmissable experience you'll never forget!







## Levels of difficulty



Easy



Medium



Difficult



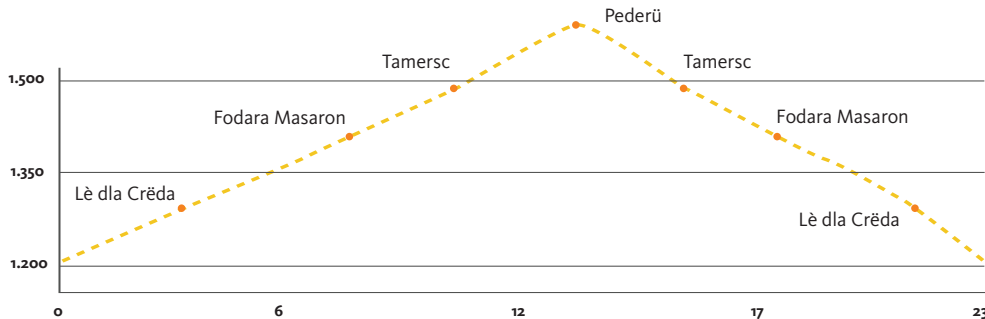
Suitable for  
ebikes







The perfect entry route for beginners. The tour on a tarmacked road has only two short climbs - making it easy for riders to manage their strength well. After the first short climb, turn right and cover the first 6 kilometers on the San Vigilio - Pederü road. Having reached Fodara Masaron, in the Fanes-Senes-Braies Nature Park, you simply follow the cycle path that leads directly to the atmospheric Pederü mountain inn. You won't really want to leave here. The return journey is back along the same route, so less experienced mountain bikers always have the option to break off the tour at any time and return to the starting point.

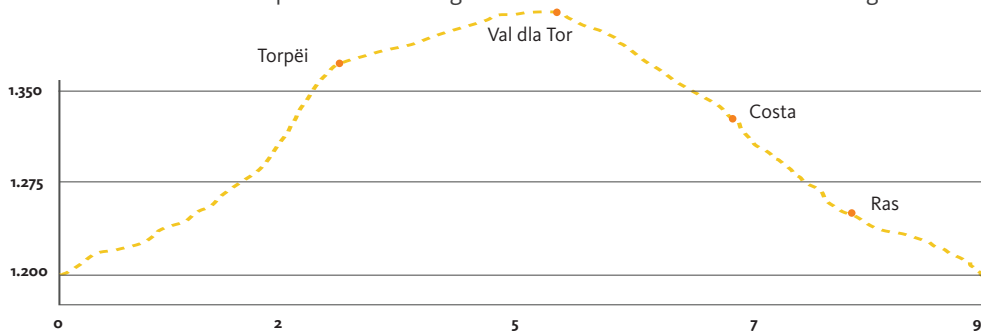


## SAN VIGILIO - VAL DLA TOR - COSTA - SAN VIGILIO



📍 Church square San Vigilio 🕒 1 hr. 📏 250 m ↔ 9 km

This short but very varied tour starts directly in San Vigilio village centre, from where riders set off on the Strada Al Plan dessora, past the Hotel Monte Paraccia and steadily uphill to the drinking water cistern. In a wide left curve follow the sign “Torpëi › A Sorëdl” on a tarmacked road and across sunny slopes until you reach the Torpëi farm. In Torpëi turn right and climb a very short incline, following which you will be rewarded with a meditative ride through meadows (Noares) and woodland. From there, you continue to Rifugio Riff’a, cross a stream and ride on to the hamlet of Val dla Tor and then, cycling right around the wooded hill, to the Costa group of houses. The route now descends in wide hairpin bends through the meadows to Ras back to San Vigilio.

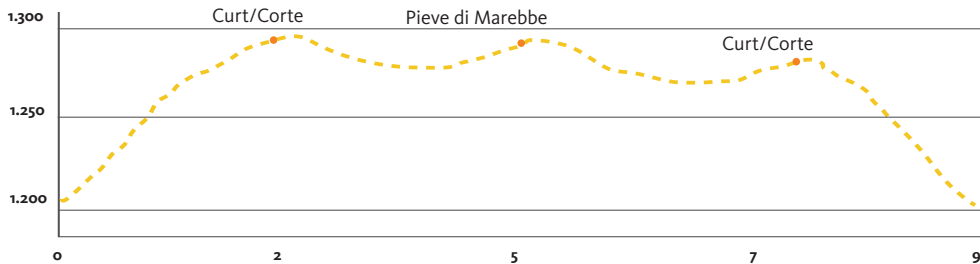


## SAN VIGILIO - LA PLI/PIEVE DI MAREBBE - SAN VIGILIO

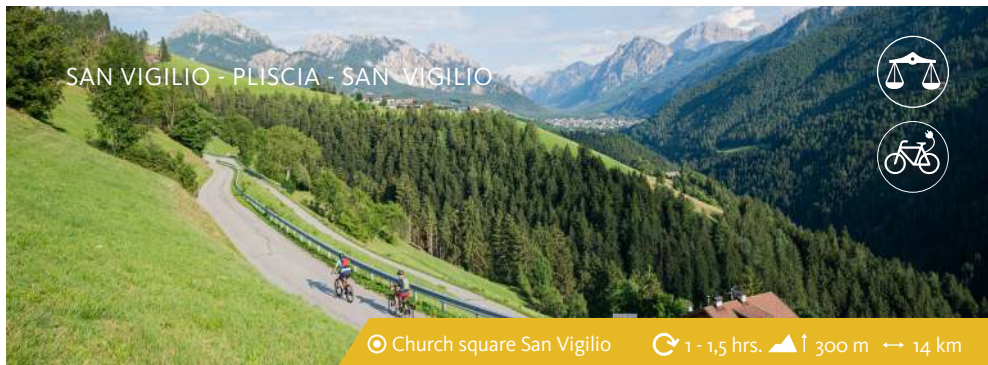


📍 Church square San Vigilio ⌚ 40 min. ⬆️ 150 m ↔ 9 km

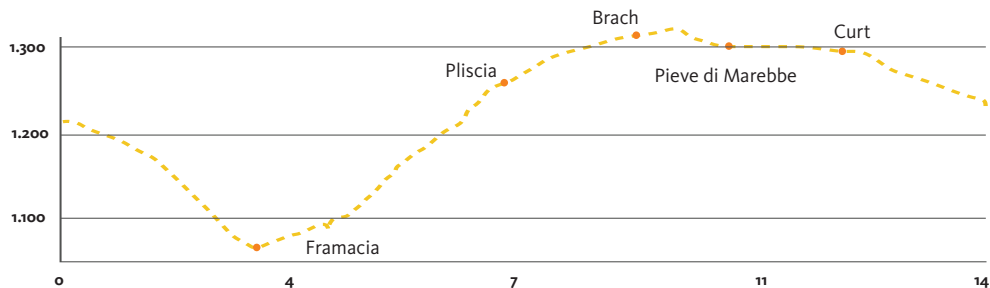
This family-friendly route to Pieve di Marebbe is on completely tarmacked roads and is therefore also easily doable with conventional touring bikes. The easy route starts with a short climb before the hamlet of Corte (turn off for Corte and Pieve di Marebbe at the Hotel Al Sole). The Corte farm is overlooked by an idyllic little church with a great view - definitely worth a short stop! From Corte you can see the village centre of Pieve di Marebbe. You can ride to it on the national road. The church with its high Gothic tower was once the mother church for the entire Val Badia and is still a place of pilgrimage today. Because the San Vigilio - Pieve di Marebbe tour and back is so easy, it is also perfectly suitable for mountain bikers of all strengths.





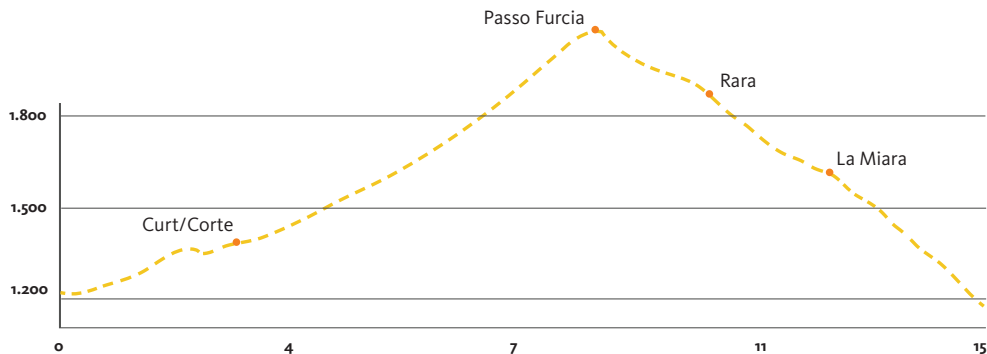


This easy circular route to the hamlet of Pliscia leads back to the starting point in San Vigilio along typical scattered settlements without any significant differences in altitude. The 14 km are a veritable delight! From San Vigilio, take the national road in the direction of Longega until you reach Plan dal Ega. There, turn right and follow the old, slightly ascending path towards Pliscia. On the road that leads from Marebbe to Maria Sares, take a sharp right and go up to Pliscia, where a beautiful little church with an onion tower awaits as a reward. Continue past Brach and Pieve di Marebbe back to San Vigilio.



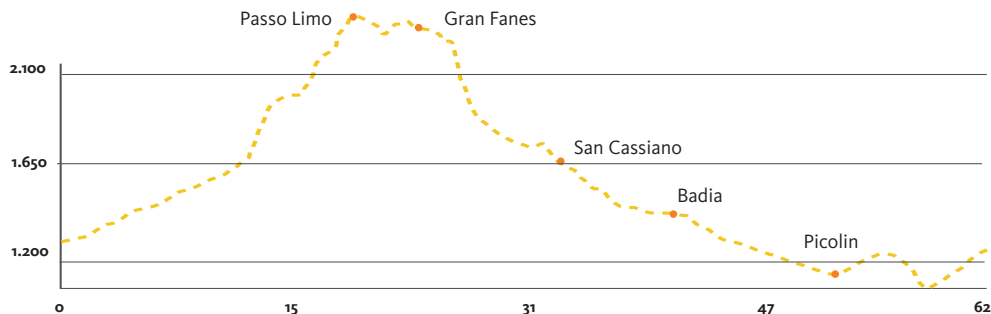


The start of the beautiful MTB Passo Furcia tour is directly in the village centre of San Vigilio. On the national road, ride towards Pieve di Marebbe, before the climb leads up to Passo Furcia (turn-off shortly after the hamlet of Corte). Immediately after the Hotel Ju Furcia, turn right and follow the idyllic forest road always following the signs n. 1 via Rara and La Miara, where enchanted silence reigns and a breathtaking view of San Vigilio and the crown of the Dolomites opens up. Here space and time seem to have stood still, the charm of Ladin tradition is perceptible. From here, accompanied by the sun, the route returns to San Vigilio.



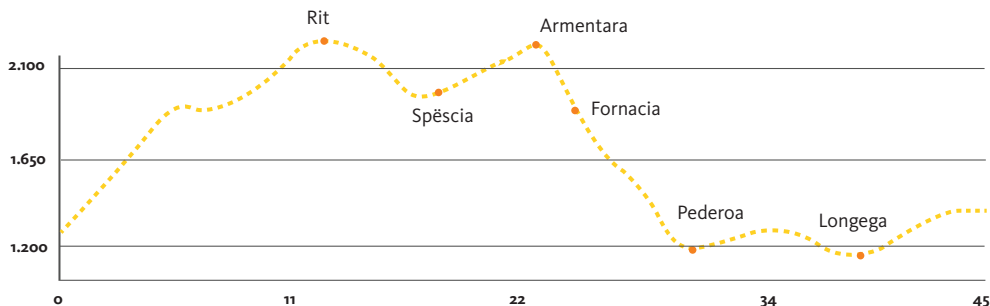


This spectacular trip starts in the town centre and leads to the mountain pasture at Fanes via Rifugio Pederü. From Rifugio Fanes, a short slope will lead you to Passo di Limo and then slightly uphill to cross the large valley of Fanes, which is without doubt the most beautiful high valley of the Alps! Piz Taibun and Cima Scotoni offer an unforgettablely picturesque view. After a level section as far as Col de Locia the descent begins, on a very challenging trail including a section in which bikes must be pushed or carried, ending at Capanna Alpina hut; from here on, the descent is easy along the valley of Val Badia leading to Longega and to San Vigilio.





Start by riding along the tarmacked road towards Piz de Plaies. At Passo Ju continue left towards Rit/La Valle. Having arrived at the beautiful alpine meadows, the descent to Spëscia begins. Above the hamlet of Spëscia, turn left towards „Armentara/S. Croce“ (signs 13 and then 15). Here, at the Armentara meadows, you can turn sharply left to the pilgrimage church of the Holy Cross, then return along the same route or simply extend your trip further to the village of Fornacia. From here, the tarmacked road first leads to La Valle and then on to Pederöa. At the crossroads, turn right and follow the main road (direction of Brunico) until Longega. The last stretch takes you back directly to San Vigilio.



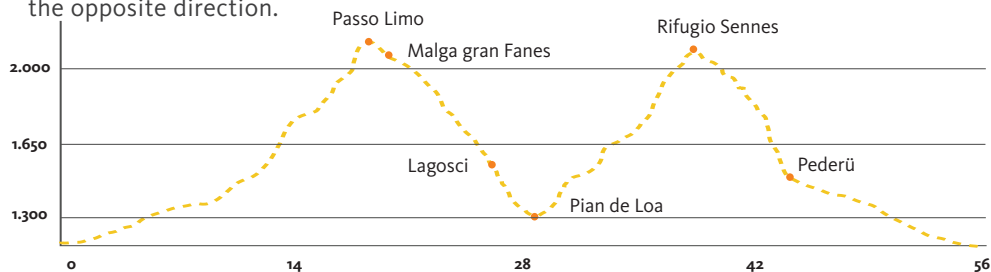


## NATURE PARK CIRCUIT SAN VIGILIO - FANES - SENES - SAN VIGILIO



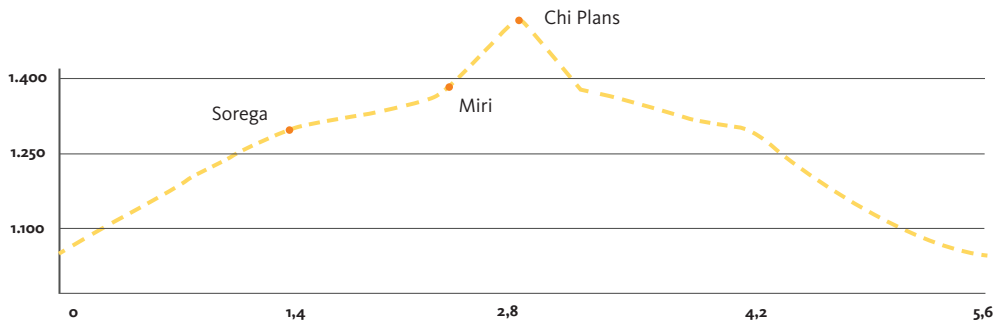
📍 Church square San Vigilio ⌚ 6-7 hrs. 🏔️ ↑ 1,900 m ↔ 56 km

In terms of landscape, this is one of Europe's most beautiful tours: The Fanes-Senes circular tour runs from San Vigilio on the narrow toll road 13 km gently uphill to the Rifugio Pederü in the heart of the nature park. There begins a partly steep and quite rough gravel road that leads to the cosy Rifugio Fanes and on to Passo di Limo. The route continues, no less rough, downhill towards Cortina d'Ampezzo. Shortly before the Fiammes car park a gravel road, steep in parts, runs uphill to Malga Ra Stua and on to the Rifugio Sennes at 2,126 m, which lies amidst grandiose Dolomite rocks. The panoramic views are truly magnificent! After the descent to Rifugio Fodara and Pederü, there is a special treat right at the end: the relaxing forest trail back to San Vigilio is the perfect terrain to recall the impressions of the tour. With the ebike we recommend the tour in the opposite direction.





This is an easy route through woodland, meadows and fields on minor tarmacked roads with little traffic. This means that the Miri track is also suitable for touring and racing bikes. From the football pitch in San Martin, the beautiful and easy panoramic tour leads along the municipal road past old farms in Miri to the small hamlet of „Chi Plans“, not far from Antermoia. Return to San Martin on the same track.

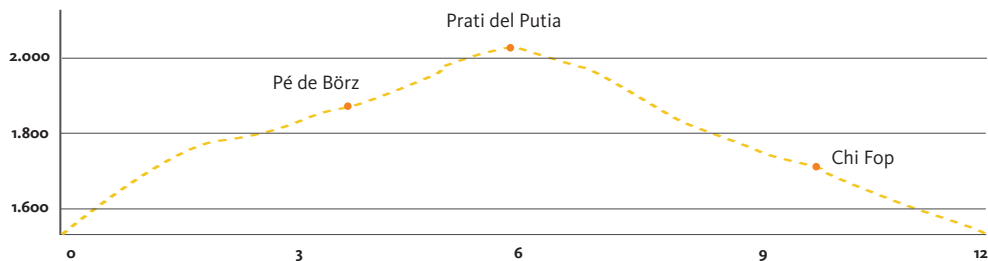


## ANTERMOIA - BÖRZ/PASSO DELLE ERBE



📍 Center of Antermoia ⌚ 2,5 hrs. 📏 700 m ↔ 12 km

The MTB Börz track offers an exploration tour on wonderful forest paths, peppered with sensational views of the surrounding mountains. The trail continues up to Passo delle Erbe and on to Rifugio Munt de Fornela at the foot of the majestic Monte Putia massif. The route starts in Antermoia village centre. At the edge of the village take path No. 1 and ride to the car park Pé de Börz. On this route you enjoy stunning views of the Sasso della Croce group and the towering Sas de Pütia. From Pé de Börz continue uphill on the national road for 300 m. Take the first right to the toboggan run and on to the car park Börz. After a short climb, you reach the enchanting meadows of Pütia.





800 but only one king

## Kronplatzking MTB Marathon

A unique mountain bike marathon – a true challenge:

2 routes of 50 km or 64 km, including 8 km on freeride tracks, 9 km of single trail and an uphill finish at 2.275 m.

The MTB king is crowned every year in summer at Plan de Corones.

[www.kronplatzking.com](http://www.kronplatzking.com)





Nature Park Fanes-Sennes-Braies, UNESCO World Heritage



„The mountain offers us the frame,  
it's up to us to invent the story that  
goes with it! “

Nicolas Helmbacher







# Racing bikes

For time now, San Vigilio and the surrounding area have also been famous among racing bike enthusiasts. The Dolomite passes, Cortina d'Ampezzo, Misurina and many other beauty spots in the Dolomites UNESCO World Heritage site, are easy to reach from San Vigilio and San Martin. Outstanding views, majestic peaks, alpine farms and pastures reward the efforts of your tour.

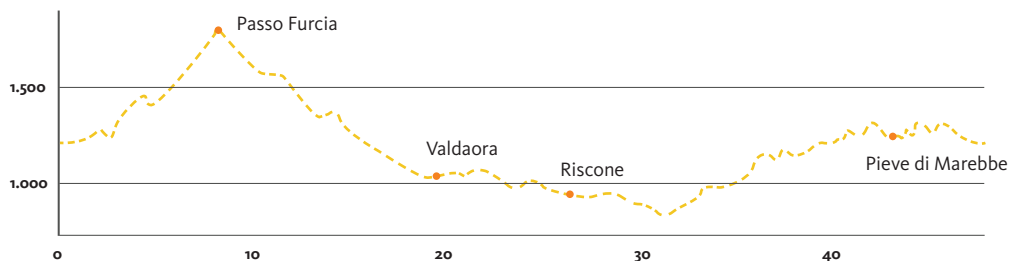


## PLAN DE CORONES TOUR



📍 Church square San Vigilio 🏔️ ↑ 1.145 m ↔ 48 km

The start of this legendary tour is in the village centre of San Vigilio and leads on the national road towards Pieve di Marebbe directly across Passo Furcia to Valdaora. In Valdaora di Mezzo village centre turn left onto the tarmacked cycle path. Passing the medieval Castel Lambert, the route continues to Riscone town centre, which lies on a range of hills at 956 m at the foot of Plan de Corones. Continue on the country road to Santo Stefano and on to San Lorenzo. At the underpass before San Lorenzo centre, continue straight on to San Martin and follow the winding country road to picturesque Maria Sares. On the beautiful and quiet panoramic road, you finally reach Pieve di Marebbe and then return to San Vigilio.

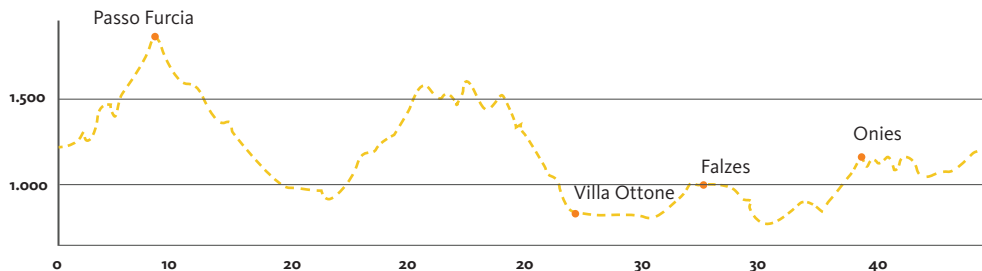


## TOUR VAL PUSTERIA



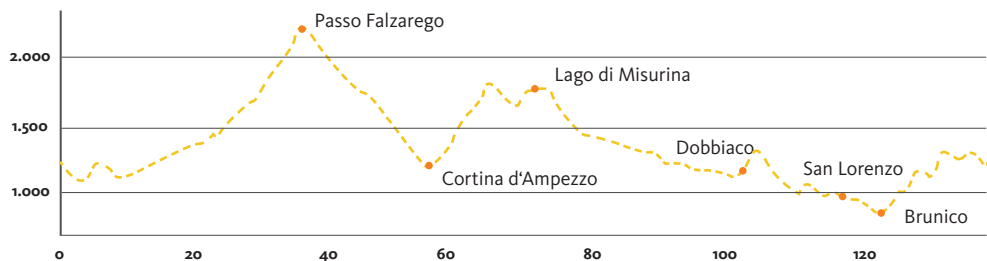
📍 Church square San Vigilio ⬆ 2.120 m ↔ 79 km

Start at San Vigilio and ride across Passo Furcia to Valdaora di Mezzo. There you turn onto the main Val Pusteria road, which takes you to Perca and on towards Montassione, where the route reaches its highest point. Follow the country road in alternating uphill and downhill to Ameto and Riomolino, where you start the steep descent to Villa Ottone. At the bottom of the valley, you change to the Valle Aurina cycle path, which continues flat and fast via Gais to just before San Giorgio. On the country road you finally reach Brunico, where you turn right at the second roundabout towards Falzes in order to reach Casteldarne via Issengo and Chienes. Continue via Mantana on to the picturesque mountain village of Onies, and then, leaving Grones and Longega behind you, conclude this tour back in San Vigilio.





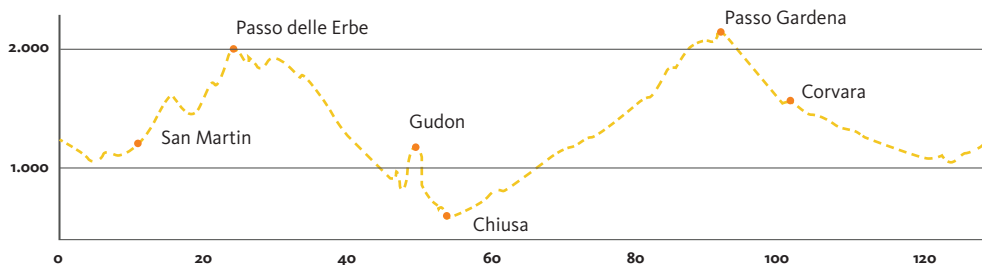
From San Vigilio cycle to La Villa and then turn left via San Cassiano to start the winding climb to the historic Passo Falzarego, which connects the Valle Agordina with Val Badia. From here, the route continues fast downhill (as you would expect!) to Cortina d'Ampezzo. From Cortina d'Ampezzo, a climb to 1,809 m brings you to Passo Tre Croci. No less picturesque, the tour continues to Lago di Misurina in the Dolomites at an altitude of 1,756 m. The descent towards Dobbiaco starts here. From Dobbiaco you ride on the main road directly to Brunico and San Lorenzo and then follow the Val Badia road to Longega, from where you tackle the last kilometres to San Vigilio.





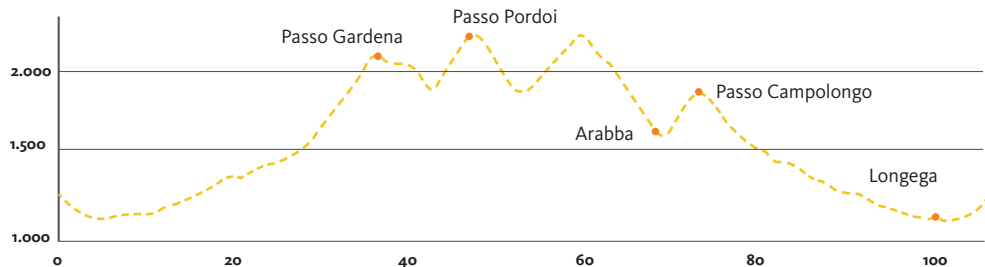


Starting in San Vigilio you first come to Longega and San Martin. There, the challenging climb to Passo delle Erbe begins. Following the country road, the ride continues through the picturesque Val di Funes and via Gudon to Chiusa. Continue on the steadily ascending country road across Val Gardena past Ortisei, Selva di Val Gardena and Santa Cristina. After a quite demanding climb, you reach the 2,121 m saddle of Passo Gardena, from where you can enjoy the descent to Corvara. Continue past La Villa to Longega. There, turn right into the final straight towards San Vigilio.



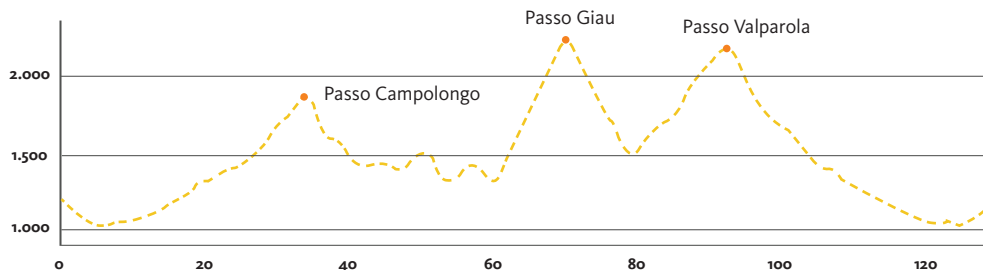


The spectacularly scenic Sellaronda runs around the Sella massif and offers magnificent views of the legendary Dolomite peaks. The tour starts in San Vigilio and runs towards Corvara. In Corvara town centre turn right and start the worthwhile ascent to Passo Gardena. After a brief but unforgettable view of the Sella massif, continue along the tarmacked road to Passo Sella. From Passo Sella, you continue to Passo Pordoi, the highest pass, with an apex height of no less than 2,239 metres. This is the start of an incomparable 10 km long descent with numerous hairpin bends to the final station of the tour, Passo Campolongo. From the wide saddle of the Passo Campolongo it is another 7 km to Corvara, from where you return to the starting point in San Vigilio via Longega.



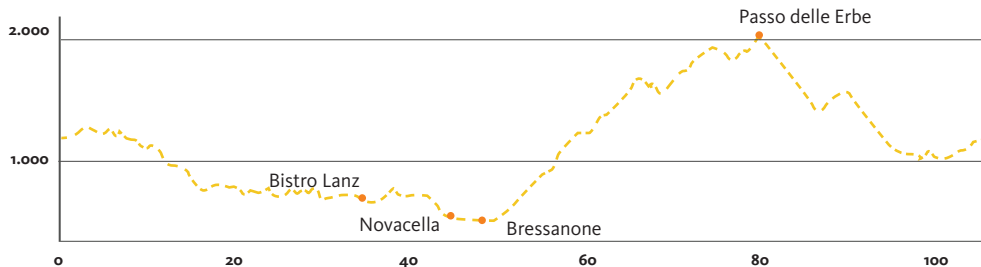


Take the country road from San Vigilio to Corvara, where the ride really gets going: Because that's where the hairpin road to Passo di Campolongo starts. Having crossed Passo di Campolongo, you follow the road downhill past Arabba to Selva di Cadore. This is the start of the strenuous climb to Passo Giau with an elevation gain of approx. 900 m. The effort is worth it, because at 2,236 m above sea level, Passo Giau is one of the most spectacular mountain passes in the Dolomites. Then it's all downhill to Pocol, a small town just before Cortina d'Ampezzo, from where you take on the challenge of the final climb up Passo Falzarego on the left. The leg takes you back to San Vigilio via Passo di Valparola, San Cassiano, La Villa and Longega.

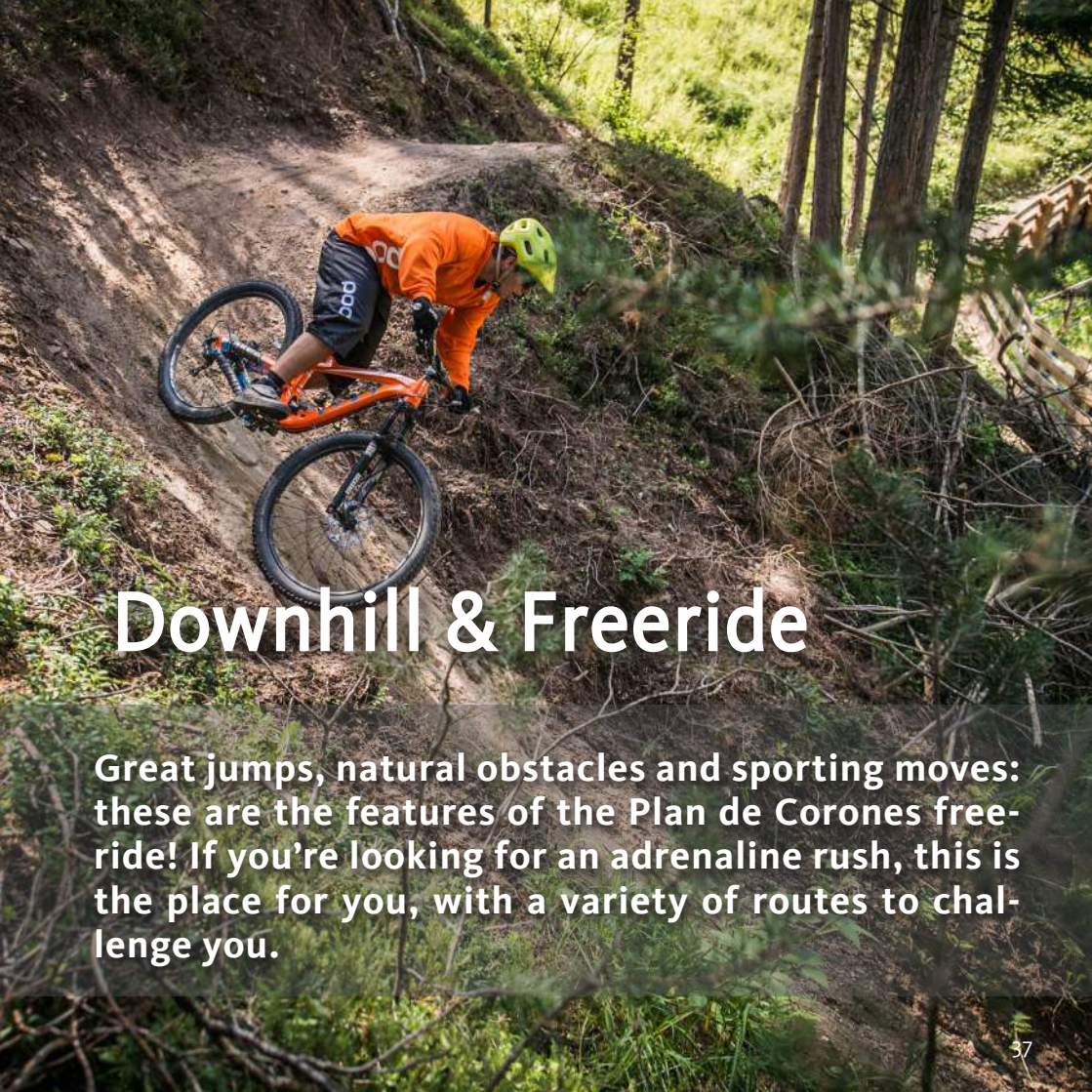




From San Vigilio you cycle via Pieve di Marebbe on the beautiful panoramic road to the idyllic Maria Sares and on to San Martin where you cross the country road at the gravel pit and cycle along the Val Pusteria cycle path to the Bistro Lanz in Sciaves. There, you may want to resist the temptation for a short refreshment stop, or maybe not - and leave the cycle path, turning right into the country road towards Sciaves. You pass the pulsating cathedral town of Bressanone to Millan, where 4 fast hairpin bends take you to S. Andrea. From S. Andrea you tackle the challenging climb through densely overgrown coniferous forests to the fork in Funes road, from where you continue to Passo delle Erbe. Return to San Vigilio via Antermoia, San Martin and Longega. Exhausted but happy.

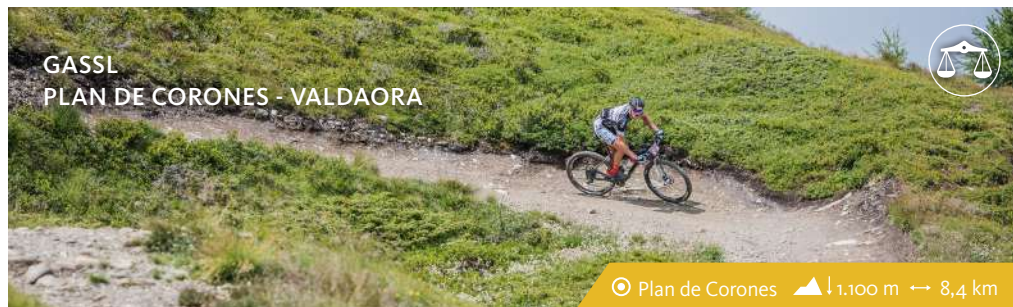




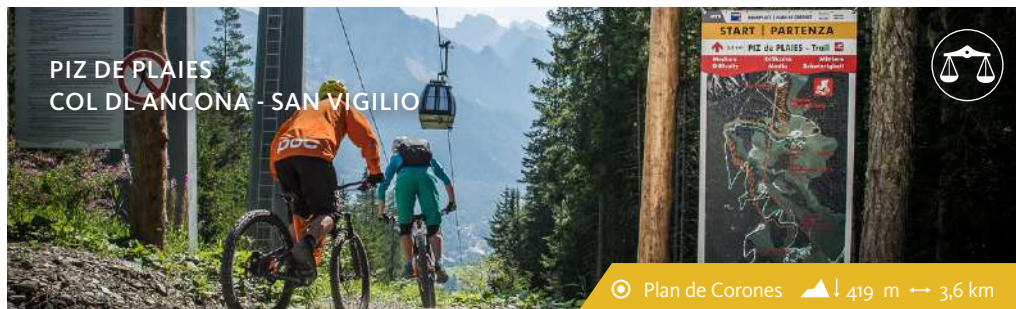


# Downhill & Freeride

Great jumps, natural obstacles and sporting moves: these are the features of the Plan de Corones free-ride! If you're looking for an adrenaline rush, this is the place for you, with a variety of routes to challenge you.



This trail consists of two sections: The first leg is ideally suited to beginners. The second leg, on the other hand, is fairly challenging and captivating thanks to its varied routing. The route takes you from the mountain stations on Plan de Corones to the lower cable car station Valdaora 1 + 2 in Valdaora.



Follow your nose and the new FREERIDE trail! From the mountain station of the Piz de Plaies cable car on Col dl'Ancona (1,620 m) the route flows down to San Vigilio. The average slope of the track is 10%. The average level of joy is 100%.



## FURCIA PLAN DE CORONES - PASSO FURCIA



📍 Plan de Corones ⬆ 525 m ↔ 4,6 km

From Plan de Corones to Passo Furgia - MTB-heart - what more could you desire?! Follow the FREERIDE trail directly from the mountain station of the Ruis cable car at the summit of Plan de Corones (2,275 m). Don't forget to admire the panoramic views and then downhill back to the starting point Passo Furgia. Average gradient: 15%

## HERRNSTEIG PLAN DE CORONES - RISCONO



📍 Plan de Corones ⬆ 1.251 m ↔ 7,4 km

Long and exhilarating with plenty of bends: this trail is only for the experts. From the peak of Plan de Corones it descends to Riscone, from where you can go back up to the start in just 15 minutes by cable car. On the right and left of the main trail are several alternative routes for an easier descent.



## Cable cars

<b>Ruis</b>	Passo Furcia- Plan de Corones	Mid June - September (daily) Beginning of June and October only on weekends
<b>Piz de Plaies</b>	San Vigilio- Col dl'Ancona/Ju	July - September
<b>Kronplatz 2000</b>	Riscone - Plan de Corones	June - mid October
<b>Olang 1+2</b>	Valdaora - Plan de Corones	End of June - September
<b>Ried</b>	Perca - Plan de Corones	July - September





## Free Bike Shuttle San Vigilio - Passo Furcia

7 times a day the free bike shuttle will bring you from San Vigilio (parking place next to the cable car Miara) at Passo Furcia, connecting all open lifts between Plan de Corones and Piz de Plaies!

The bike shuttle runs during the opening period of the Ruis cable car.

Departure (S. Vigilio):	9.00	10.00	11.00	12.00	13.00	14.00	15.00
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Arrival (Passo Furcia):	9.15	10.15	11.15	12.15	13.15	14.15	15.15
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# Bicycles on public transport

Local trains can transport about 16-20 bicycles in bicycle compartments.

Bicycles can only be transported on public transport if there is space available and safety is guaranteed. For safety reasons, bicycles may only be transported on buses if they are equipped with a luggage rack.

Transport on public transport is subject to a fee of € 7.00 per day (regardless of the number and length of journeys).

You can find all public transport timetables at:  
[www.altoadigemobilita.info](http://www.altoadigemobilita.info)

# Cycling routes



The Alto Adige landscape is an excellent reason to get on your bike and set off for a ride. You'll find cycle routes everywhere, designed especially for enthusiasts, families and beginners. Take this adventure on two wheels to discover the Dolomites!



The „Pusterbike“ cycle path is ideal for families and crosses the towns and villages of Alta Pusteria on a pleasant descent among woods and fields. On the way up we recommend the Pusteria train (bikes can be loaded) from Brunico to San Candido. Warning: this route is not suitable for racing bikes.



On this path you cross borders! The fully tarmacked route gently descends to the border and into Austria. There are always railway stations along the way that make it possible to shorten this leg if you don't have enough energy to reach the neighbouring country. For a panoramic return we recommend you take the train to San Candido or Brunico. Naturally, your bike travels with you!



# TOP 5 MUST DO'S

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1

Practice lesson with the experts of the San Vigilio Bike School

**#ebike #professional #bikeschoolsanvigiliodimarebbe**

2

Tour of the Nature Park, one of the most beautiful mountain bike tours in Europe

**#nature\_perfection #dolomites #naturalpark #unesco**

3

Scenic route to Bressanone - Passo delle Erbe with breathtaking view of Sas de Pütia

**#view #motivation #mountainlove #photography**

4

Adrenaline rush on the Furcia downhill freeride route

**#adventure #speed #bikeswithoutlimits #kronplatz**

5

Try something new at the Skills Park Cir on Piz de Plaies

**#training #jump #kids #funtimes #mtb**



# Skills Park Cir

The new Skills Park Cir on the wooded side of Piz de Plaies delights MTB-hearts of all ages! In this practice area you can playfully improve your mountain bike skills and have lots of fun! Directly at the mountain station of the Piz de Plaies cable car the Skills Park Cir offers various obstacles for perfect training conditions. Whether beginner, ambitious competent riders or children - everyone can find their own MTB playground here.



# THE BEST AND MOST INNOVATIVE PRODUCTS

The only award with real product test, holistic assessment and critical statements takes place annually in San Vigilio.

[www.design-innovation-award.com](http://www.design-innovation-award.com)





# Holidaypass Moving around Alto Adige

Gratis

During your stay in San Vigilio Dolomites, your host, as a member of the Tourist Office, will provide you with a free ticket which entitles you to unlimited use of all public transport throughout South Tyrol, including the regional railways. Alternatively, you can purchase a weekly card (Mobilcard) for 28,00 €.

The transport of bicycles is only partially possible on public transport.





## Emergency

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San Vigilio pharmacy  
(+39) 0474 501 240

Health Department Val Badia  
(+39) 0474 524 552

Brunico hospital  
(+39) 0474 581 111

Police of San Vigilio  
(+39) 0474 501 031

Ski pass office  
(+39) 0474 501 131

Vet  
(+39) 335 54 33 699

Bike School San Vigilio  
(+39) 331 742 95 86

„It is not the mountain we conquer  
but ourselves.“

- Edmund Hillary







[www.sanvigilio.info](http://www.sanvigilio.info)

# Dolomites San Vigilio

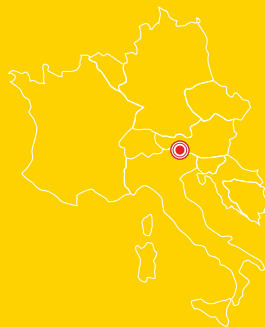
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