



BIKE FRIENDLY

WEEKLY PROGRAMME 2024



MONDAY

MTB TEST DAY FOR CHILDREN AND YOUNGSTERS

Test day (3 hours) at the Skillpark in Canazei and Moena to have fun with the instructors experiencing jumps, boardwalks and parabolic curves! Afterwards, children and youngsters can decide to take part in the weekly MTB courses.

Meeting point: at 9.00 a.m. by the ski school Canazei Marmolada.

Meeting point: at 14.30 a.m. by the playground Fiabilandia in Moena.

FREE for the Bike Friendly guests.

Notes: Show up with your own (or rented) bike, helmet mandatory. Children must be able to use a bike without training wheels.

Difficulty: EASY – MINIMUM AGE 6 YEARS.

MTB TEST TOUR ADULTS

Easy/intermediate MTB tour (3 hours) along fire-roads and singletracks with MTB instructors, who will evaluate your skills and suggest you the most appropriated tour to do during the week. Height gain: about 400 m.

Meeting point: at 9.00 a.m. by the ski school Canazei Marmolada.

Meeting point: at 14.30 a.m. by the playground Fiabilandia in Moena.

FREE for the Bike Friendly guests.

Notes: Show up with your own (or a rented) bike, helmet mandatory.

Difficulty: MEDIUM/EASY – ADULTS.



TUESDAY

BOSCH TOUR OF THE SASSOLUNGO (Counter-clockwise)

MTB tour of the beautiful Sassolungo massif. You will take the cable car up to Col Rodella and throughout the so called Città dei Sassi, reach the Mount Pana and then Passo Duron.

Length: about 36 km. Altitude gap: uphill about 700m, downhill about 1300 m.

Meeting point: at 8.30 a.m. Sport Check Point in Canazei or in Campitello.

Return at about 3.00 p.m ca.

GRAN TOUR CAREZZA AND LATEMAR BY E-BIKE

Ride along the forest road to reach Passo di Costalunga. From here, start pedalling with a first stop at the famous Carezza lake. Then continue towards Obereggen to complete the Latemar tour. Once reached Predazzo, go back to Moena along the cycling route. Length: 45km. Altitude: elevation gain 1000m, elevation loss 1000m

Meeting point: at 8.30 a.m. Sport Check Point in Pozza., at 9.00 a.m. Sport Check Point Moena. Scheduled return: 3.00 p.m.



Special price for the Bike Friendly guest: €20.

Notes: Show up with your own (or rented) bike, helmet mandatory. Lift ticket not included in the special price.

Difficulty: MEDIUM – MINIMUM AGE 12 YEARS.



WEDNESDAY

BOSCH AGRI-TOUR BY E-BIKE

Pleasant E-MTB tour along the cycle path and the forest roads to discovery the flavours and the tradition of the valley. During the day you will stop at the most famous farmhouses to taste their typical products, learn about the farm animals and savour the traditions of the past.

Meeting point: at 9.00 a.m. by the Sport Check Point in Canazei.

Return: at about 3.30 p.m.

Special price for the Bike Friendly guests: € 20.

Notes: the price includes the Guide for the whole day, the visit to the farmhouses and the tastings/lunch. E-MTB rental not included in the price.

Difficulty: EASY.





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THURSDAY

GRAN TOUR ALPE LUSIA AND PANEVEGGIO BY E-BIKE

Starting from Moena, you reach Ronchi where, by taking the lift of Alpe di Lusia, you will reach the 1750m of Valbona. From here, go along the forest road that connects the historic alpine huts La Rezila, Passo Lusia and Malga Bocche, and pedal up to the natural park of Paneveggio where you can watch the deer. Descend towards Predazzo and back to Moena on the cycling route.

Meeting point: at 9.00 a.m. by the Sport Check Point in Moena.

Return: at about 4.00 p.m.

Special price for the Bike Friendly guests: € 20.

Notes: the price includes the Guide for the whole day, the visit to the farmhouses and the tastings/lunch. E-MTB rental not included in the price.

Difficulty: MEDIUM / EASY.



FRIDAY

SELLARONDA MTB TOUR in senso orario o antiorario (dal 15/06 al 29/09)

Famous mtb tour around the majestic Sella Group in the Dolomites, Unesco World Heritage Site. Using the lifts you will be able to reach the 4 passes: Gardena, Campolongo, Pordoi and Sella. You will ride down breath-taking paths and enjoying unique landscapes. Altitude gap (clockwise / gravity): positive 440 m, negative 3.900 m. Length 60 km. Altitude gap /counter-clockwise): positive 1020 m, negative 3.370 m. Length 57 km.

Meeting point at 8.30 p.m. Sport Check Point Canazei.

Return: at about 4.30 p.m.

Special price for the Bike Friendly guests: € 20.

Notes: Bike rental and lift tickets not included in the price.

Difficulty: MEDIUM/DIFFICULT – ADULTS.



**For groups of at least 4 bikers, staying in a bike friendly facility,
one extra tour of your choice, any day at the special price of € 20,00 per person.**

INFO AND RESERVATIONS:

Sport Check Point (every day from 9.00 a.m. to 12.00 p.m. and from 4.00 p.m. to 7.00 p.m.)

Canazei: +39 340 1147382

Campitello: +39 340 1147382

Pozza: +39 331 2989721

Vigo: +39 0462 763125

Moena: +39 0462 573770

info@fassasport.com - www.fassasport.com



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BOSCH