

BIKE PARK ZONE

1	APOCALYPSE NOW	◆◆	MERIZ	1.9	-	390	1430
2	ARANCIA MECCANICA	◆	APOCALYPSE NOW	1.3	-	290	1330
5	MAD MAX	◆	APOCALYPSE NOW	0.2	-	30	1240
3	EASY RIDER	◆	MERIZ	2.2	-	320	1360
4	PETER PAN	◆	MERIZ	3.3	-	390	1430
12	HUSTLE&FLOW	◆	DOSS PELÀ	2.8	-	310	1770
14	ZANNA BIANCA	◆	PRATI DI GAGGIA	3.0	-	300	1330
23	GOONIES	◆	VALBIOLE	1.0	-	90	1160
11	WILLY WONKA	◆	DOSSON	4.2	-	420	1460
22	BLADE RUNNER	◆	PRADEL	2.1	-	210	1370
21	BIG HERO	◆	TOVRE	1.8	-	130	1520

START HERE AND WORK YOUR WAY UP

START HERE AND WORK YOUR WAY DOWN

Start from the easiest trails and go on gradually. Build your skills on different trails and work your way to more advanced trail. TAKE YOUR TIME, DON'T PUSH IT, HAVE FUN!

SHARED TRAILS

812	UDE'S TRAIL	◆	TOVRE	8.8	290	750	1520
809	MALGHETTE TRAIL	◆	MERIZ	3.0	10	380	1430
810	GIVEL TRAIL	◆	SANTEL	9.7	120	820	1040
808	GIADA LINE	◆	CIMA PAGANELLA	6.8	20	1070	2125
787	RIBS TRAIL	◆	DOSS PELÀ	6.3	20	760	1790
800	BUS DEL GIAZ TRAIL	◆	SELLETTA	3.4	10	540	1900
811	CARTON'S TRAIL	◆	PAGANELLA 2	4	10	485	1890
805	SECRET TRAIL	◆	P.S. GIOVANNI	4.4	10	790	1610
803	MONTE CORNO	◆	SANTEL	13.4	680	680	1250
784	FROM TOP TO LAKE	◆	CIMA PAGANELLA	30.2	200	2300	2125

BIKE PARK ZONE

Trails inside Bike Park area are specifically purpose-built and designed for bikers. They are totally downhill and present a constant difficulty level along the whole track. Bikers can totally concentrate on the trail.

SHARED TRAILS

Singletrails are natural trails shared with other users (hikers for example). They are mainly natural and often presenting considerable difficulty changes. These trails are often rarely-visited and far away from controlled areas. Riding singletrails require a more respectful and natural approach, less "racing", more "friendly".

PLACE (START)

DISTANCE (Km)

DIFF + (m)

DIFF - (m)

MAX ALTITUDE (m)

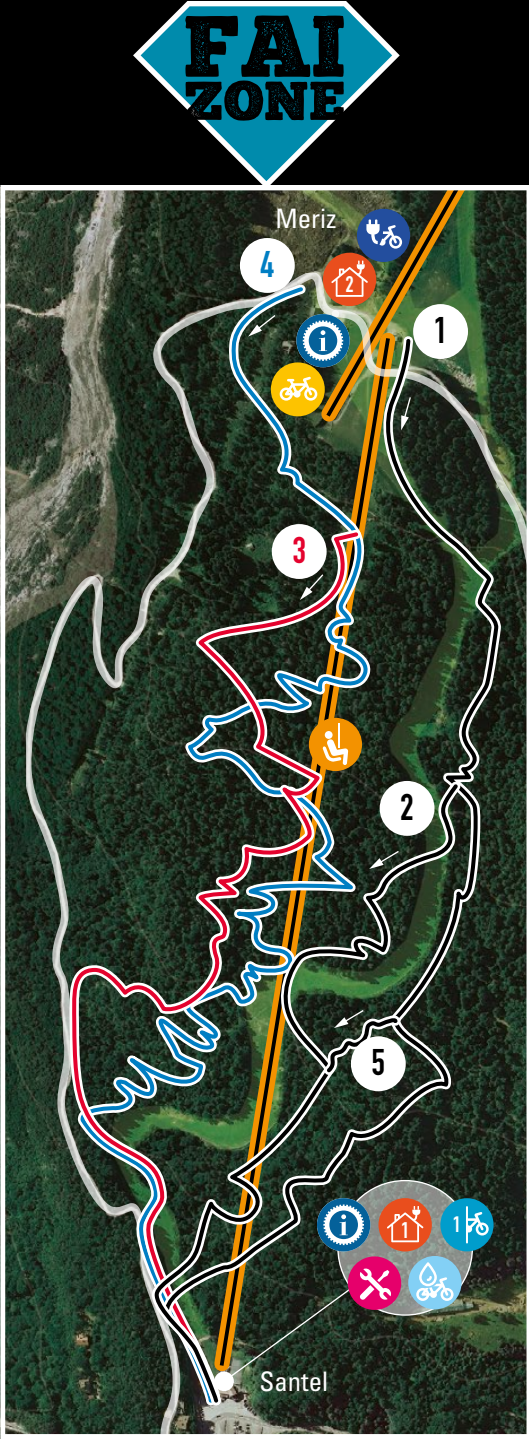
TRAIL NUMBER

NATURAL

MECHANIC

IMBA SYSTEM

●	BEGINNER
■	BEGINNER/INTERMEDIATE
■	INTERMEDIATE
■	INTERMEDIATE/ADVANCED
◆	ADVANCED
◆	EXPERT ONLY
---	TRAIL CONNECTION
---	FIRE ROAD
---	ROAD
---	TRAIL
---	FIRE ROAD SECTION
---	ADVANCED SECTION



TRANSFERS

FAI ZONE	ANDALO ZONE	Fire road 790 + Singletrail 787: Intermediate/Advanced
ANDALO ZONE	MOLVENO ZONE	805 (from Bait del Germano): Advanced Pedestrian/cycle Rio Lambin: Beginner
MOLVENO ZONE	FAI ZONE	Big Hero + Blade Runner + Singletrails HUB 813 + 812: Beginner/Intermediate 790 (from Dosson): Beginner/Intermediate 806 (from Malga Zambana): Advanced

WEAR YOUR MASK

SANITIZE YOUR HANDS

KEEP A SAFE DISTANCE

#RideResponsibly

to Protect Yourself, Others, and the Outdoors

LOCATE YOURSELF ON THE TRAIL

Trail number/name

Your position

If you need help look for this sign on the trail and tell us where you are!

112 APP WHERE ARE U

Through the app you can call for rescue in case of an emergency. Dial the emergency number 112, they'll have automatically your position.

112 FIRST AID EMERGENCY CALL

Closed from March to 20<sup>th</sup> June





**Got to start somewhere, right?**

If you are at the first MTB gravity experience, we invite you to follow these simple suggestions:

**Start with a Gravity DH experience lesson.**

The guides from Dolomiti Paganella Bike Academy can help you giving all the technical assistance and tips. The DH experiences are suitable for all ages (8 years and up).

**Want to start by yourself?**

Have a look at the Trail Progression, start from the easiest Flow Trails and work your way up to more advanced trails.

The first time in the DPB is very important to be careful, use all the protections, have a stepwise approach and don't push it!

The DPB staff is here for help you, ask them all your questions!



TECHNICAL PARTNERS



**Molveno**  
P.zza Marconi, 5  
+39 0461 586 924

**Andalo**  
P.zza Dolomiti, 1  
+39 0461 585 836

**Fai della Paganella**  
P.zza Italia Unità, 6  
+39 0461 583 130



[www.dolomitipaganellabike.com](http://www.dolomitipaganellabike.com)  
[info@dolomitipaganellabike.com](mailto:info@dolomitipaganellabike.com)

## BIKE RENTALS AND SHOPS

- DANGER ZONE / FAI**  
Lift - Santel T. +39 0461 1740012
- DANGER ZONE / ANDALO**  
"The Cave" Trail Center T. +39 0461 1740012
- DANGER ZONE / ANDALO**  
Parking site at lift departurè T. +39 0461 1740012
- RINDOLE BIKE & OUTDOOR / ANDALO**  
Piazzale Paganella, 1 T. +39 0461 585680
- DOLOMITI DI BRENTA BEAR BIKE CENTER / ANDALO**  
In front of lift departurè T. +39 0461 585353
- DOLOMITI DI BRENTA BEAR BIKE CENTER / ANDALO**  
Via Tenaglia, 16 T. +39 0461 585353
- DANGER ZONE / MOLVENO**  
Departure of lift Molveno T. +39 0461 1975252
- DOLOMITI DI BRENTA BEAR BIKE CENTER / MOLVENO**  
Lungolago T. +39 0461 585353

## BIKE CHALET

- TRE3 APRES SKI BAR** T. +39 0461 583305
- RIFUGIO MERIZ** T. +39 0461 1636378
- RIFUGIO DOSSO LARICI** T. +39 0461 583165
- RIFUGIO LA RODA** T. +39 348 8939577
- MALGA ZAMBANA** T. +39 349 3288457
- CHALET MALGA TERLAGA** T. +39 345 319 2379
- RIFUGIO DOSSON** T. +39 0461 1636246
- CHALET FORST** T. +39 0461 585998
- BAITA LOVARA** T. +39 0461 585371
- BAIT DEL GERMANO** T. +39 330 282952
- RIFUGIO LA-MONTANARA** T. +39 0461 1851538
- LA TANA DELL'ERMELLINO** T. +39 348 2105689
- RIFUGIO CROZ DELL'ALTISSIMO** T. +39 339 7982922



**LIFT CARD TO CARRY YOUR MOUNTAIN BIKE**  
on all Dolomiti Paganella Bike Area lifts and gondolas.  
Valid for one or more days.

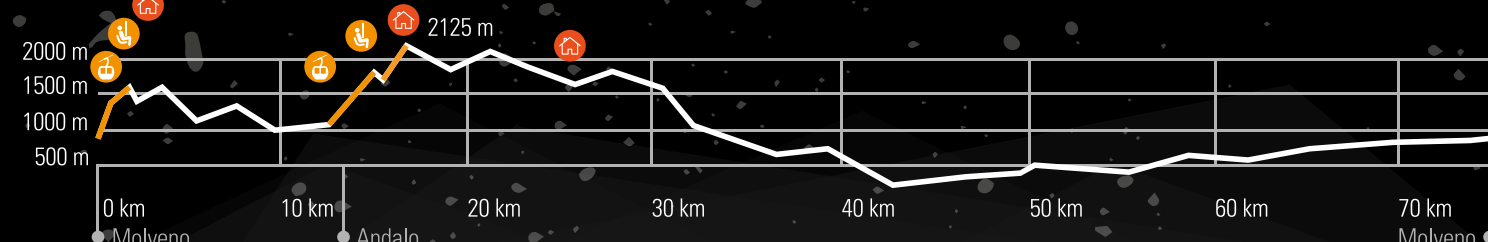
**CHECK PRIZE AND TIMETABLE**



## BEAR TRAILS The Ultimate Enduro Experience

Epic Enduro tour suitable only for expert riders along the best single trails of the Bike Area.  
Thanks to 6 different lifts you can ride over 4000 mt. downhill, 1000mt uphill with a total of 59km. The tour touches the villages of Andalo, Fai della Paganella and Molveno, reaching the maximum altitude of 2.125m at Cima Paganella.

59.7	1000	4050	2125
<b>Directions:</b>			
<b>From Molveno</b>	<b>812 &gt;</b>	<b>806 &gt;</b>	<b>787 &gt;</b>
<b>&gt; 806 &gt;</b>	<b>&gt; 803 &gt;</b>	<b>&gt; 805 &gt;</b>	
<b>&gt; 803 &gt;</b>	<b>&gt; 787 &gt;</b>	<b>&gt; 812 &gt;</b>	
<b>&gt; 787 &gt;</b>	<b>&gt; 805 &gt;</b>	<b>&gt; 806 &gt;</b>	
<b>&gt; 805</b>	<b>&gt; 812</b>	<b>&gt; 803</b>	



## LAKE TO LAKE TRAILS Flow like a water

A great All-Mountain tour from the top of Paganella (2125mt) to the Toblino Lake, riding along wild alpine trails. You will need to push your bike in some technical sections, but the views are breath-taking. Come back pedaling to the starting point or book a shuttle from Sarche.

75.4	300	2500	2125
<b>Directions:</b>			
<b>812</b>	<b>Ude's Trail &gt;</b>		
<b>&gt; 784</b>	<b>From Top To Lake &gt;</b>		
<b>&gt;</b>	<b>Pedal back or book a shuttle</b>		



Patrols operate on the 3 main Bike Park Zones during the main bike season.

**They assist, educate and inform bikers on responsible mountain biking in the areas.** Look for them if you need any suggestion about trails, itineraries, other bikes related services or if you just need some help.



Located at the heart of Andalo Life Park, the brand new Trail Center is a must-stop playground if you wanna build or improve your bike ability on the big Skills Area or on the rolling Pump Track.  
The Trail Center is also the main starting point of kids bike experiences and many guided tours.



Official MTB school, professional instructors keen to share their love and passion for sport to both adults and children.

- Some of our proposals:
- Lessons of **MTB basis** at skill area and on pump track
  - **Gravity** lessons
  - **Downhill** lessons
  - **Tour E-MTB**
  - **Tour enduro**
  - **Camp for children** ... and much more!!

**INFO & BOOKING** +39 342 70 82 095  
[paganellabikeacademy@gmail.com](mailto:paganellabikeacademy@gmail.com)



3D maps Trail status Live track

**Download the App**

For a new Dolomites Bike experience  
[www.mowi.bike](http://www.mowi.bike)



## BIKE PARK ZONE

Trails inside Bike Park area are specifically purpose-built and designed for bikers. They are totally downhill and present a constant difficulty level along the whole track. **Bikers can totally concentrate on the trail, the speed, progression and jumps.**

## WHAT TO WEAR

**HELMET**  
MANDATORY  
Full face helmet strictly recommended

**GOGGLE**

**NECK BRACE**  
(not shown)

**BODY ARMOUR**

**KNEE PADS**  
(mandatory)

**ELBOW PADS**

**BIKE SHOES**



**HELMET**  
MANDATORY  
An open face All-Mountain Enduro helmet will give you the possibility to enjoy nature at its best, to smile and greet people you meet along the singletrails

**BACKPACK**  
Better with back protection; many singletrails are far away from controlled areas: a backpack will allow you to carry **repair kit and tools, water, clothing, trail maps and other devices you may need**

**GLASSES**

**GLOVES**

**KNEE PAD**

**BIKE SHOES**



## SINGLETRAIL

Singletrails are natural trails shared with other users (hikers for example). They are mainly natural and often presenting considerable difficulty changes. You can switch from easy to high technical-level stretches and from uphill to downhill stretches. These trails are often rarely-visited and far away from controlled areas. **Riding singletrails require a more respectful and natural approach, less "racing", more "friendly".**

## WHAT TO WEAR

**HELMET**  
MANDATORY  
An open face All-Mountain Enduro helmet will give you the possibility to enjoy nature at its best, to smile and greet people you meet along the singletrails

**BACKPACK**  
Better with back protection; many singletrails are far away from controlled areas: a backpack will allow you to carry **repair kit and tools, water, clothing, trail maps and other devices you may need**

**GLASSES**

**GLOVES**

**KNEE PAD**

**BIKE SHOES**

## OTHER SIGNAGE YOU CAN FIND ON THE TRAILS



## RULES OF THE TRAILS Shared Area



**RIDE OPEN TRAILS**  
Respect trail and road closures, ask a land manager for clarification if you are uncertain about the status of a trail. Do not trespass on private land. Obtain permits or other authorization as required. Be aware that bicycles are not permitted in areas protected as state or federal Wilderness.



**LEAVE NO TRACE**  
Be sensitive to the dirt beneath you. Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack.



**CONTROL YOUR BICYCLE**  
Inattention for even a moment could put yourself and others at risk. Obey all bicycle speed regulations and recommendations, and ride within your limits.



**YIELD APPROPRIATELY**  
Do your utmost to let your fellow trail users know you're coming - a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists should yield to other non-motorized trail users, unless the trail is clearly signed for bike-only travel. Bicyclists traveling downhill should yield to ones headed uphill, unless the trail is clearly signed for one-way or downhill-only traffic. In general, strive to make each pass a safe and courteous one.



**NEVER SCARE ANIMALS**  
Animals are easily startled by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife are serious offenses.



**PLAN AHEAD**  
Know your equipment, your ability and the area in which you are riding and prepare accordingly. Strive to be self-sufficient: keep your equipment in good repair and carry necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear.



[dolomitipaganellabike.com](http://dolomitipaganellabike.com)



## MTB CHECKLIST

Mountain bike trails are rough and demanding on both the bike and body. **Before riding always inspect your equipment** or have it checked by a qualified bike mechanic.

1. Ensure your **HELMET IS IN GOOD SHAPE** and properly adjusted.
2. **INSPECT BIKE FRAME** fork and other components for cracked, damaged or dented areas.
3. Check that your **BRAKE PADS** are in good condition and are not worn.
4. **FRONT AND REAR AXLES** (skewers) should be tight.
5. **HEADSET AND STEM** must be secure with no looseness or play.
6. Check that your **TIRES ARE IN GOOD CONDITION** with no tears or cuts in the sidewall.
7. **HANDLE BAR AND HANDLE GRIPS** must be tight and unable to spin.
8. **SEAT AND SEAT POST** must be fastened securely.

