

### 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
10	INTERSTELLAR	CIMA PAGANELLA	1.3	5	155	2125
13	SUPERNATURAL	SELLETTA	2.1	-	210	1980
12	HUSTLE&FLOW	DOSS PELÀ	2.8	-	310	1770
14	ZANNA BIANCA	PRATI DI GAGGIA	3.0	-	300	1330
11	WILLY WONKA	DOSSON	4.2	-	420	1460
23	GOONIES	VALBIOLE	1.0	-	90	1160
22	BLADE RUNNER	PRADEL	2.1	-	210	1370
21	BIG HERO	TOVRE	1.8	-	130	1520

AND WORK YOUR WAY UP

**START HERE**

Start from the easiest trails and go on gradually. Build your skills on different trails and work your way to more advanced trail.

AND WORK YOUR WAY DOWN

**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	GIUEL TRAIL	SANTEL	9.7	120	820	1040
787	RIBS TRAIL	DOSS PELÀ	6.3	20	760	1790
806	GIADA LINE	CIMA PAGANELLA	6.8	20	1070	2125
805	SECRET TRAIL	P.S. GIOVANNI	4.4	10	790	1610
811	CARTON'S TRAIL	PAGANELLA 2	4	10	485	1890
803	MONTE CORNO	SANTEL	13.4	680	680	1250
808	BUS DEL GIAZ TRAIL	SELLETTA	3.4	10	540	1900
784	FROM TOP TO LAKE	CIMA PAGANELLA	30.2	200	2300	2125

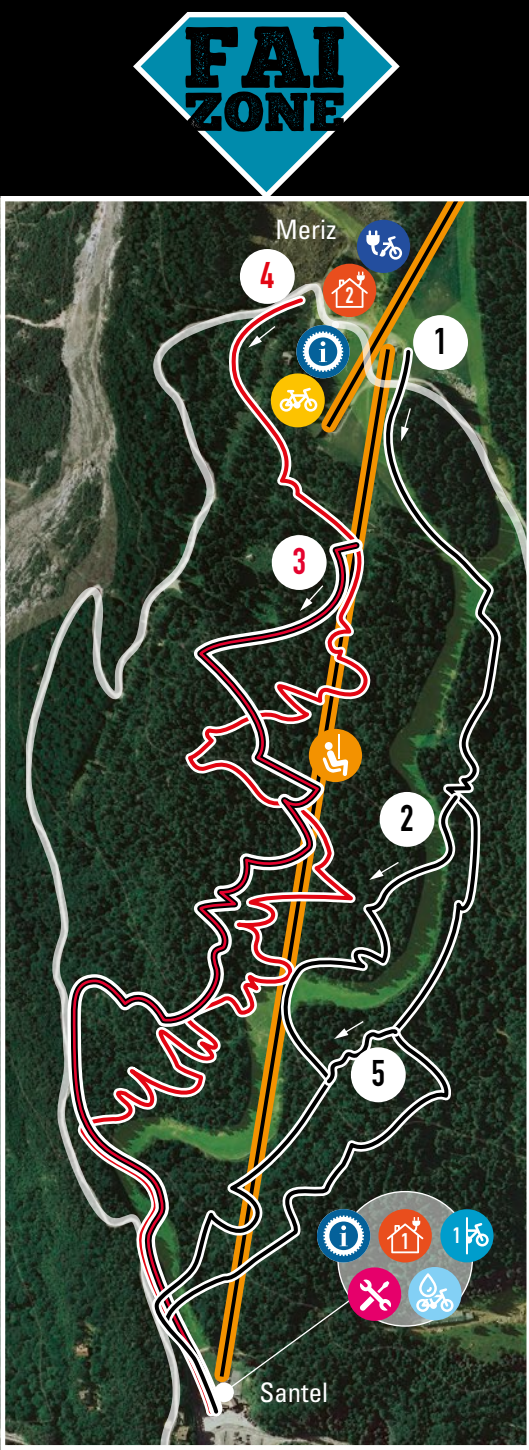
### BIKE PARK ZONE

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
- INTERMEDIATE
- INTERMEDIATE / ADVANCED
- ADVANCED
- ADVANCED / EXPERT
- EXPERT
- EXPERT ONLY
- UPHILL SECTION
- E-BIKE CHARGING
- DANGER
- BIKE WASH
- SHOWER
- LIFT START
- LIFT DIRECTIONS
- TRAIL
- FIRE ROAD SECTION
- ADVANCED SECTION
- ORIENTATION CENTER
- BIKE CHALET
- BIKE SHOP
- PUMP & SKILL
- RENT
- GONDOLA
- CHAIRLIFT
- TRAIL CONNECTION
- FIRE ROAD
- ROAD



- ORIENTATION CENTER
- BIKE CHALET
- BIKE SHOP
- PUMP & SKILL
- RENT
- GONDOLA
- CHAIRLIFT
- TRAIL CONNECTION
- FIRE ROAD
- ROAD
- UPHILL SECTION
- E-BIKE CHARGING
- DANGER
- BIKE WASH
- SHOWER
- LIFT START
- LIFT DIRECTIONS
- TRAIL
- FIRE ROAD SECTION
- ADVANCED SECTION



### GETSMART

**START SMALL**  
Get your way up, take a lesson

**MAKE A PLAN**  
Every feature, every time

**ALWAYS LOOK**  
Scope, test, ride

**RESPECT**  
The features and other riders

**TAKE IT EASY**  
Know your limits, land on your wheels

### TRANSFERS

**FAI ZONE** → **ANDALO ZONE** Fire road 790 + Singletrail 787: **Intermediate/Advanced**

**ANDALO ZONE** → **SOLVENO ZONE** 805 (from Bait del Germano): **Advanced**  
Pedestrian/cycle Rio Lambin: **Beginner**

**SOLVENO ZONE** → **ANDALO ZONE** Big Hero 21 + Blade Runner 22 + Temporary Detour Andalo: **Intermediate**

**ANDALO ZONE** → **FAI ZONE** 790 (from Dosson): **Beginner/Intermediate**  
806 (from Malga Zambano): **Advanced**

#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!

**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 20th 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!

## BIKE RENTALS AND SHOPS

- DANGER ZONE / FAI** Lift - Santel T. +39 0461 1740012
- BIKE 2.0 / FAI** Via Al Dos Castel, 4 T. +39 389 0624523
- DANGER ZONE / ANDALO** "The Cave" Trail Center T. +39 0461 1740012
- DANGER ZONE / ANDALO** Parking site at lift departure 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 departure T. +39 0461 585353
- DOLOMITI DI BRENTA BEAR BIKE CENTER / ANDALO** Via Tenaglia, 16 T. +39 0461 585353
- CICLO SHOP RENT/ANDALO** Via Laghet, 6 T. +39 344 1887692
- SPORTLIFE / ANDALO** Via Laghet, 2 T. +39 0461 585600
- DANGER ZONE / MOLVENO** Departure of lift Molveno T. +39 0461 1975252
- SPORTLIFE / MOLVENO** Via Lungolago, 62 T. +39 0461 585600
- DOLOMITI DI BRENTA BEAR BIKE CENTER / MOLVENO** Lungolago T. +39 0461 585353

## BIKE CHALET

- TRE3 PIZZERIA & BURGERIA** T. +39 0461 528564
- RIFUGIO MERIZ** T. +39 0461 1636378
- RIFUGIO DOSSO LARICI** T. +39 0461 583165
- RIFUGIO LA RODA** T. +39 348 8939577
- CHALET MALGA TERLAGA** T. +39 345 319 2379
- RIFUGIO DOSSON** T. +39 0461 1636246
- CHALET FORST** T. +39 0461 585998
- BAITA LOVANA** 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

## BEAR Trails

### 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.



Directions:  
59.7 1000 4050 2125

Directions:	From Molveno	From Andalo	From Fai
812 >	806 >	787 >	
> 806 >	> 803 >	> 805 >	
> 803 >	> 787 >	> 812 >	
> 787 >	> 805 >	> 806 >	
> 805	> 812	> 803	

## LAKE TO LAKE Trails

### 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.



Directions:  
75.4 300 2500 2125

812 Ude's Trail >  
> 784 From Top To Lake >  
> Pedal back or book a shuttle

## NEVER ENDING Riding

### BIKE PARK ZONE

#### 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**

### WHAT TO WEAR

- HELMET** MANDATORY
- BACKPACK**
- GLASSES**
- GLOVES**
- KNEE PAD**
- BIKE SHOES**

### SHARED TRAILS

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".**

## OTHER SIGNAGE YOU CAN FIND ON THE TRAILS



INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION ITALIA

### 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.

### SLOW 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 wearing necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear.



dolomiti-paganella-bike.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.



3D maps Trail status Live tracking

### Download the App

Handy access to all the trails and services the Bike Area has to offer! [www.mowibike.com](http://www.mowibike.com)



### SHARE THE TRAIL

Single trails are shared-use trail and these other users have the right of way



### RESPECT OTHER VISITORS THE LAND AND THE WILDLIFE TRAIL RULES

The right clothing can reduce any possible conflict: for hikers is really more pleasant to meet a biker smiling and wearing an open-face helmet instead of a biker with a full face-helmet and a hiding his face.

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

CHECK PRIZE AND TIMETABLE



[www.dolomiti-paganella-bike.com](http://www.dolomiti-paganella-bike.com)  
[info@dolomiti-paganella-bike.com](mailto:info@dolomiti-paganella-bike.com)

