



# Val di Sole Cycle-Path

Running alongside the River Noce for almost all its length, the 35 km Val di Sole cycle path goes from Cogolo di Peio to Mostizzolo, following the old roads between villages, on riverbanks and through the countryside. It is an easy route, covering a total difference in altitude of 565 metres.

## Val di Sole Guest Card



## The Route

### THE UPPER PART FROM COGOLO TO OSSANA

The cycle path starts in the town of Cogolo, and after a short uphill stretch it leads down to the roughest part of the River Noce.

### THE CENTRAL PART FROM OSSANA TO MALÉ

From Ossana to Mezzana: the route alternates level and slight downhill stretches, passing the pretty villages of Ossana and Pellizzano. Pedalling below Castel San Michele will definitely be an exciting experience.

### FROM MEZZANA TO COMMEZZADURA

Still downhill and you can stop off in Daolasa to see the Mountain Bike World Cup race venue or take a ride on the cable car up to 2000m asl, offering one of the best views of the Brenta Dolomites.

### FROM DAOLASA TO MALÉ

Probably the easiest part of the entire cycle path. Through green meadows it will be fun to drop down alongside the River Noce, observing young and old having fun as they enjoy rafting down the famous waters of this river.

### THE LOWER PART FROM MALÉ TO MOSTIZZOLO

From Malé, the main town in Val di Sole, downhill to Mostizzolo, with a few gentle climbs and descents through the apple orchards in the valley bottom. At the end of the cycle path, you can ride back the same way or use the Train + Bike service for your return.

### From 11 June to 25 September 2022

**Leave your car at the hotel.** Take advantage of your Val di Sole Guest Card and use all the cable cars and chairlifts open in summer to ride up the mountains in Val di Sole, right up to the 3,000-metre summit of the Ortles, Cevedale and Adamello Presanella with spectacular views of the vastest glacier in Italy. With your card you are free to go wherever you like in Trentino, by train and coach, visit museums, including the MUSE, castles, fortresses, and nature sites and even access the thermal spa centres to taste their mineral waters. The Val di Sole Guest Card is available to guests in participating hotels and costs just 2 euros a day but is worth 10 times that. **NO CHARGE FOR CHILDREN aged 11 and under, if accompanied by 1 adult.**

For complete information scan the QR code



[www.visitvaldisole.it/en/val-di-sole-guest-card](http://www.visitvaldisole.it/en/val-di-sole-guest-card)

## Val di Sole Bikeland



### BIKE PARK VAL DI SOLE

**From 2 to 5 June and from 11 June to 25 September 2022**  
It has 3 trails of varying levels of difficulty, all accessible thanks to the handy, fast 8-seater Daolasa Val Mastellina cable car. As well as the famous Black Snake, the World Cup trail where the bikers from all over the globe compete every year, fun is guaranteed for keen riders on their bikes thanks to recently created new-concept trails. North-shore sections, jumps, doubles, berms, rock gardens and all the characteristics in pure Val di Sole style are the ingredients that go to make up the Val di Sole Bike Park. And last but not least, in the valley the Bike Park also includes a Four Cross trail, where you can have fun on bumps, berms and rock gardens.

### BIKE PARK PONTEDILEGNO-TONALE

**Open from 11 June to 11 September 2022**  
The first Family Bike Park in Trentino is at the top station of the Valbiolo chairlift at Passo del Tonale and it continues to Temù, offering a total of 8 different trails. At the start at 2,200 m asl, you can choose any of three trails, each with a different difficulty level: easy, medium or difficult. A fundamental characteristic of these trails is definitely their flow, namely the easy-ride terrain that allows even the less expert to try out this discipline. Also experienced bikers can have fun on these trails: many amazing NORTH-SHORES (wooden bridges in the strangest of shapes) and several funny bumps.

## Bike Train e Bike Bus



A special service that lets you to upload your bike on the handy train service, giving you total freedom to use the cycle path in the valley. The Bike Train means you can take your bike on the Mostizzolo – Mezzana train for just €2.00 (plus the price of your ticket), or free of charge for Val di Sole Guest Card holders. The train service will run from 25 June to 11 September 2022 and during the period 5 to 28 August it will be boosted by 4 Bike Buses a day on the Mostizzolo – Mezzana route. The Bike Bus will also run twice a day during the following periods:  
- Easter weekend (16 - 18 April 2022), 22 to 25 April and 29 April to 1 May;  
- every weekend in May (every Friday, Saturday and Sunday);  
- 2 to 24 June (3 buses a day);  
- 12 to 25 September;  
- 1 and 2 October;  
- 8 and 9 October;

There will be three Bike Buses a day in the period from 2 to 24 June. On the Bike Train there you can load your bike, to a maximum of 3 bike trailers and there's not the possibility to charge you E-bike.

### To book the Bike Train or Bike Bus services, scan the QR Code.

It is recommended to book your seat on the Bike Train or Bike Bus. Without reservation the service is not guaranteed. Each reservation can be made for 6 people with 6 bikes at the following link:



<https://tt.openmove.com/>

**LEAVE YOUR BIKE AT THE HOTEL**  
Scan the code and find out the **timetables** of the **bike train services** and **bike bus**



### BIKE BUS

You can use the **Bike Bus** with room for a maximum of 25 bikes, a really handy service linking the cycle path and the starting points for many of the best cycling trails in the valley! Three different lines have all your cycling desires covered:  
- Dimaro-Carisolo, every day from 25 June to 11 September 2022;  
- Mezzana-Peio Fonti, every day from 25 June to 11 September 2022;  
- Mezzana-Passo Tonale, every Wednesday and Friday from 29 June to 11 September 2022.  
This service is free for Val di Sole Guest Card holders.

## Bike shuttle

Service available to book for groups of bikers:		
Biancaneve Viaggi	Cogolo di Pejo	+39 338 3685394
Taxi Panizza	Fucine di Ossana	+39 0463 751 875
Taxi Travel di Stabulum Franco	Malé	+39 339 812 2893

summer 2022

**INFORMATION OFFICES**  
Malé tel. +39 0463 901280 - info@visitvaldisole.it  
Dimaro Folgarida tel. +39 0463 986113 - dimaro@visitvaldisole.it  
Mezzana Marilleva tel. +39 0463 757134 - mezzana@visitvaldisole.it  
Passo Tonale tel. +39 0364 903838 - tonale@visitvaldisole.it  
Peio tel. +39 0463 753100 - peio@visitvaldisole.it

↑ hospitality  
↙ events  
⊙ adrenaline  
⋯ park  
✳ nature  
✳ water  
✳ history  
✳ sustainability  
✳ taste

⬅ W N E ➡  
S

Facebook Instagram YouTube Twitter

**Val di Sole**  
visitvaldisole.it

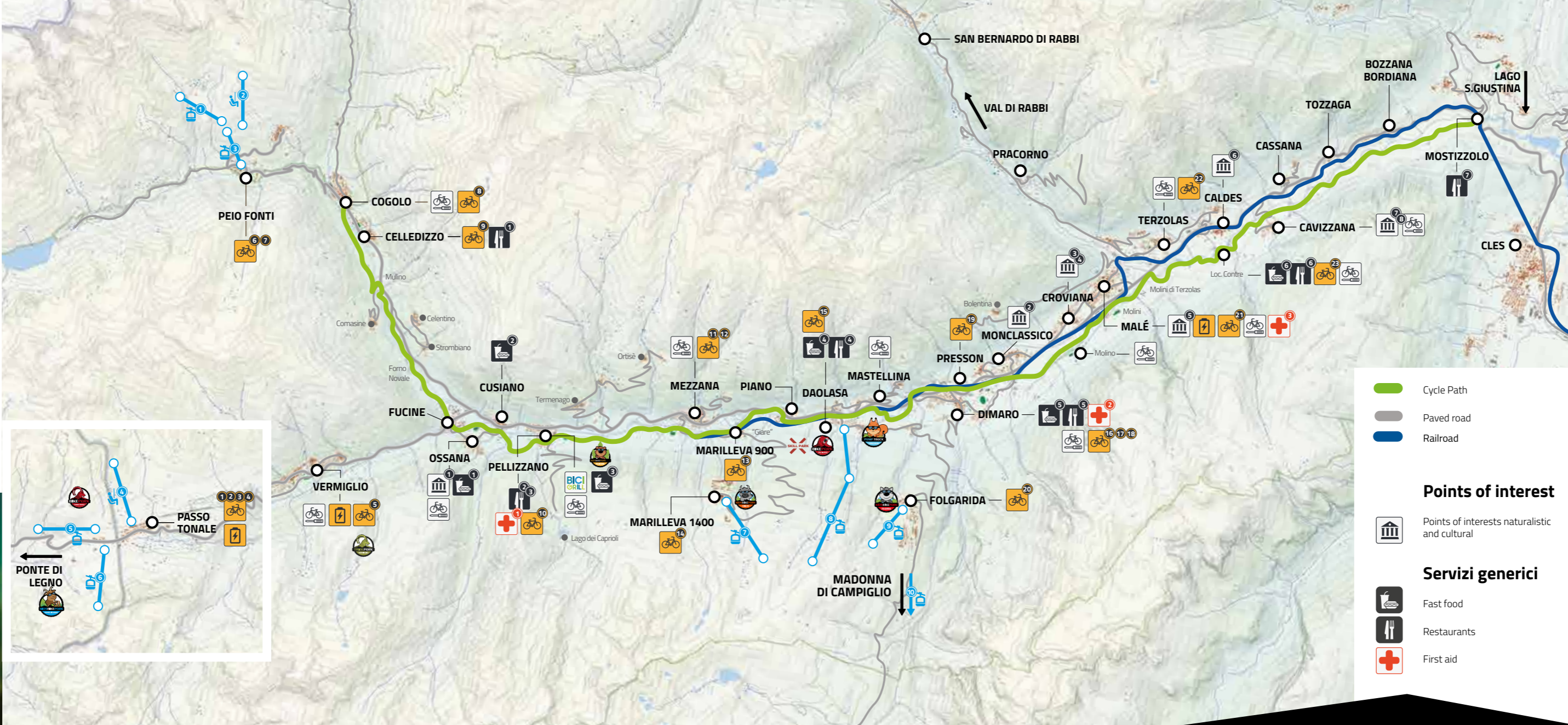
# Information Offices

## OFFICES OPEN ALL YEAR

Malé	0463 901280	info@visitvaldisole.it
Dimaro	0463 986113	dimaro@visitvaldisole.it
Mezzana	0463 757134	mezzana@visitvaldisole.it
Cogolo	0463 754345	info@visitvaldipejo.it
Pejo	0463 753100	pejo@visitvaldisole.it
Vermiglio	0463 758200	info@vermigliovacanze.it
Passo Tonale	0364 903838	tonale@visitvaldisole.it

## SEASONAL OFFICES

Rabbi	0463 985048	info@valdirabbi.com
Folgarida	0463 986608	folgarida@visitvaldisole.it
Commezzadura	0463 974840	prolococommezzadura@gmail.com
Marilleva 1400	0463 757588	info@marilleva.it
Pellizzano	0463 751183	info@pellizzano.com
Ossana	0463 751301	ossana@visitvaldisole.it



# Services for Bikers



				1	Ponte Tonale Bike	320 0127533
				2	Guide dell'Accademia Nazionale Mtb-Passo Tonale	338 8818439
				3	Centro Bike Val di Sole	324 8270056
				4	Noleggio Delpero	0364 903785
				5	Lodo Sport	0463 758624
				6	Montelli Sport	0463 753356
				7	Rent Val di Pejo	0463 800100
				8	Promescaiol	327 4908745
				9	Pit Stop Bike	0463 754604
				10	Vegher Sport	0463 751137
				11	Promescaiol	328 0253924
				12	Ursus Adventures	334 8468540
				13	Skiarea Sport Shop	0463 757163
				14	Skiarea Sport Shop	345 0488230
				15	Centro Bike Val di Sole	334 8575209
				16	Rosatti Sport	0463 974626
				17	Trek and Bike Trentino Wild	0463 973278
				18	Val di Sole Bike Rent & Tour	327 3770809
				19	Armani Sport & Shop	0463 973370
				20	Folgarida Sport	0463 986275
				21	Andreis Cicli Specialized	0463 901585
				22	Pit Stop Bike	0463 900052
				23	Trek and Bike Trentino Wild	0463 973278

Check out full equipment details (makes, types of bike, accessories) at [www.visitvaldisole.it/en/biking](http://www.visitvaldisole.it/en/biking)

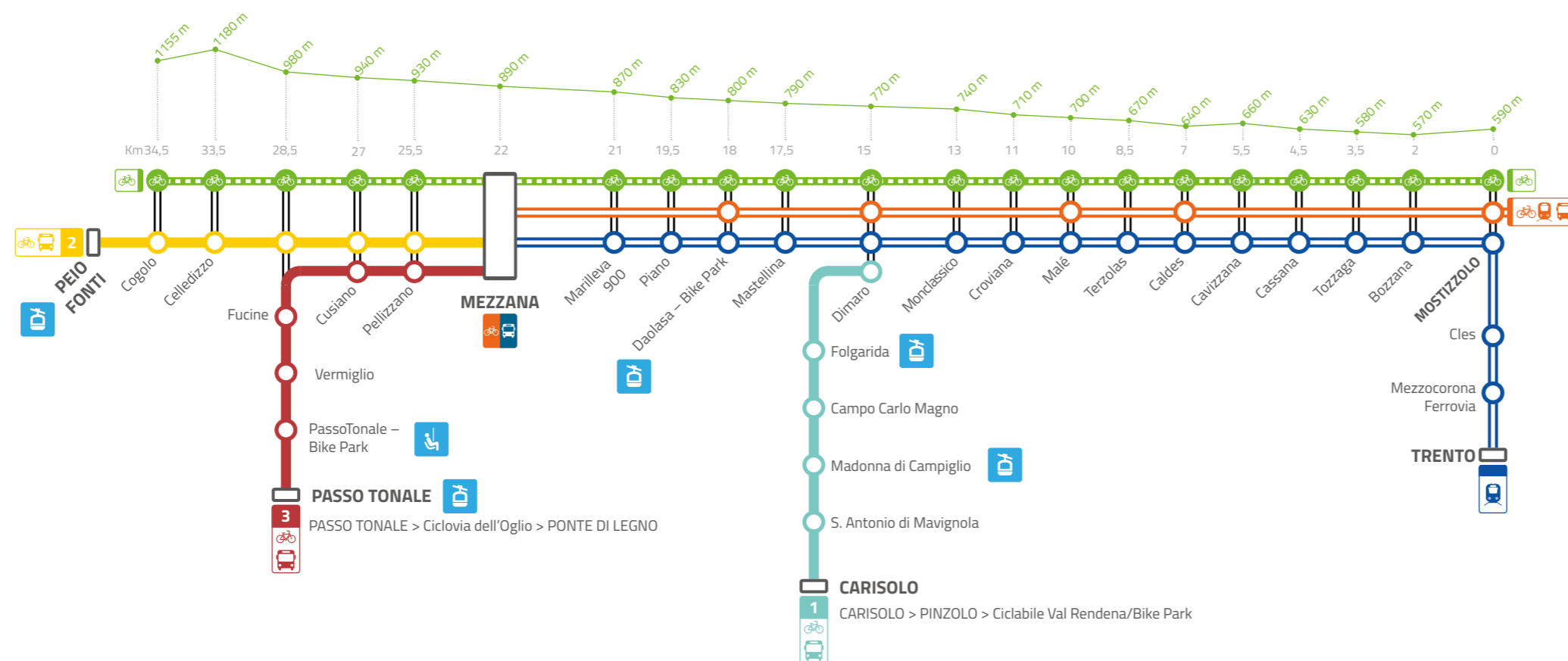
# Lifts

BY LIFT UP TO THE HIGH MOUNTAINS  
Cable Cars and Chairlifts open during summer 2022

<b>Pejo Funivie</b>	<b>Funivie Pontedilegno-Tonale</b>
1 Pejo 3000	4 Valbiolo
2 Doss dei Gembri	5 Pontedilegno-Tonale
3 Pejo Fonti - Tarlenta	6 Paradiso
<b>Funivie Folgarida Marilleva</b>	<b>Funivie Madonna di Campiglio</b>
7 Copai Panciana	10 Grostè express
8 Daolasa 1 e Daolasa 2	
9 Folgarida	



# Altitude and Mobility



# Legend

<b>Bike experience</b>	<b>Mobility</b>
Bike Park Val di Sole	Cycle Path / Radweg
Bike Park Ponte di Legno Tonale	Bike Train/Bus
Skill Park	Train / Zug
Kids Bike Park Ponte di Legno	Bike Bus line 1
Kids Bike Park Pellizzano	Bike Bus line 2
Kids Bike Park Marilleva	Bike Bus line 3
Kids Bike Park Folgarida	Cable car / Kabinenbahn
Pump Track Commezzadura	Chairlift / Sessellift
Trial Park Vermiglio	Bike Bus Hub

## Services for Bikers

Bike Rent, Shop & Service
E-Bike Point
Noce Box E-Bike Point e Bike Tool

# Where to eat along the Cycle Path

The map only shows eating points along the cycle path

<b>Fast food</b>	
1 Bar Camping Cevedale	0463 751630
2 Bar Ursus Adventures	334 8468540
3 Bici Grill	0463 751183
4 Bar Dolce Amaro	0463 970036
5 Bar Riverside	347 1184845
6 Trentino Wild Bar	0463 901263
<b>Restaurants</b>	
1 Ristorante Il Mulino	0463 754244
2 Rosticceria Vegher	0463 751390
3 Agritur Bontempelli	348 4876411
4 Devils Pizzeria Hamburgeria Birreria	0463 1980738
5 Ristorante Pizzeria Dolomiti	0463 974022
6 Ristorante Lastè	0463 902933
7 Da Happy	0463 1980698

# First Aid

Pronto Soccorso Pellizzano c/o Poliambulatorio Via Baschenis, 12	0463 752538
Alp Trauma Clinic Dimaro (centro privato) Strada Statale 239, 5	0463 721837
Alp Trauma Clinic Malé Piazza Garibaldi, 12	0463 893293

# Points of interest

1 Ossana Castle	5 Venetian Sawmill
2 The Sundials	6 Castel Caldes
3 Croviana Alder Tree Wood	7 Trout incubators in Cavizzana
4 MMape Mill Bee Museum	8 Porchjola Biotope