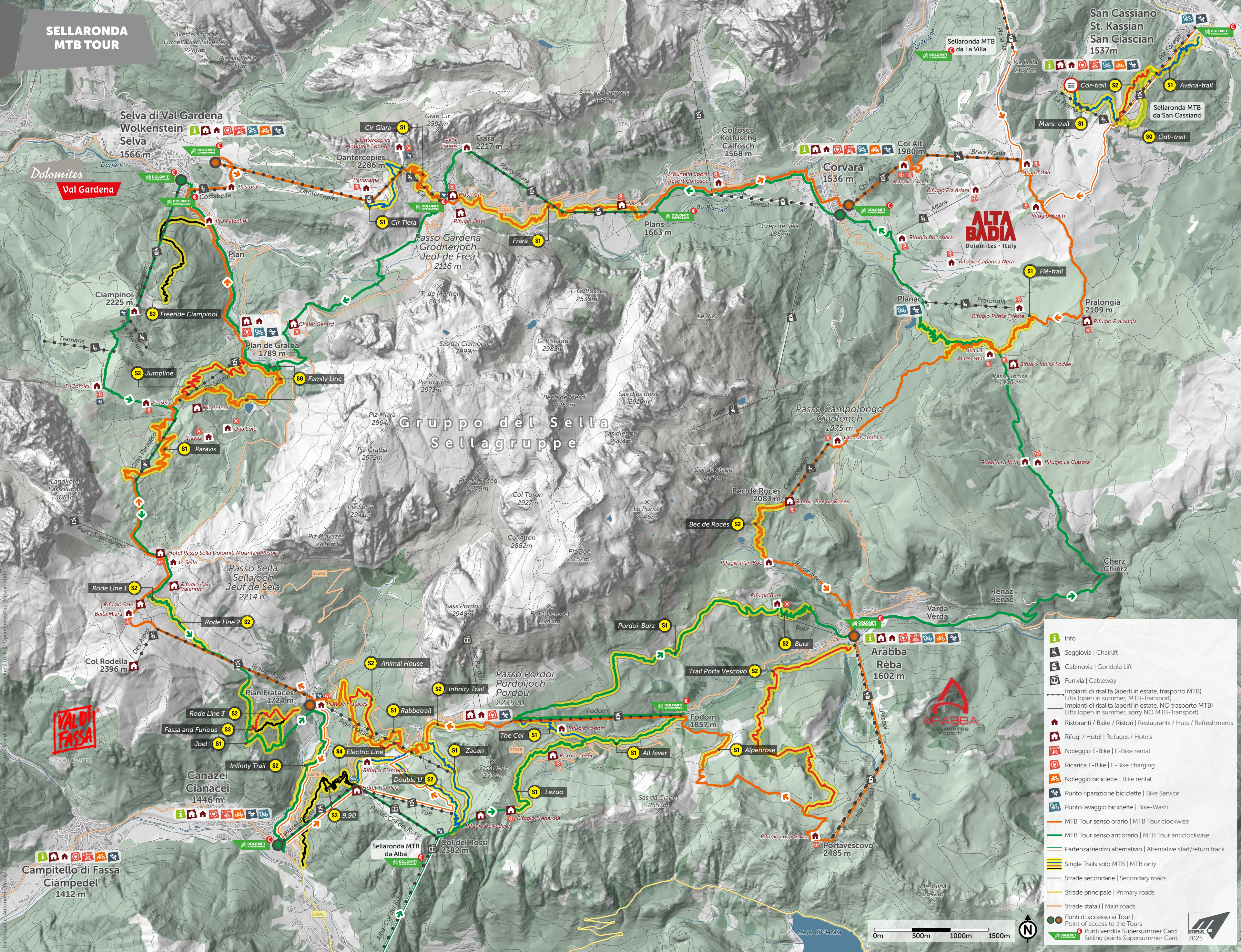


SELLARONDA
MTB TOUR



**MTB TOUR
CLOCKWISE**
57,7 km | 560 hm

**MTB TOUR
ANTICLOCKWISE**
58,6 km | 1050 hm

Lunghezza totale
Total length

→ **57,7 km**

Lunghezza totale
Total length

→ **58,6 km**

Uphill in MTB
Salite in MTB

560 hm

Uphill in MTB
Salite in MTB

1050 hm

Pendio totale
Total descent

3790 hm

Pendio totale
Total descent

3835 hm



SIGNAGE SYSTEM AND DIFFICULTY

	COSTABELLA (8.30-17.00)
	DANTERCEPIES (8.30-17.30)
	COL ALT (8.30-17.30)
	CAMPOLONGO (9.00-17.00)
	PESCOI + FORCELLA EUROPA (8.30-17.00)
	FODOM (9.00-17.30)
	PRADEL-SALEI (8.45-17.00)
	PIZ LA ILLA (8.30-17.30) da/per from/to LA VILLA
	PIZ SOREGA (8.30-17.30) da/per from/to SAN CASSIANO
	CANAZEI-PECOL (8.30-17.30) da/per from/to CANAZEI
	TOE (8.30-17.00) da/per from/to CANAZEI/PECOL

SIGNAGE SYSTEM AND DIFFICULTY

Valle Valley

Logo Sellaronda

Nome percorsi
Tracks name

Freccia direzione
Direction arrow

Difficoltà
Difficulty

Difficoltà tecnica
Technical difficulty

Impegno fisico
Physical effort

Molto facile
Very easy

Facile
Easy

Medio
Medium

Difficile
Difficult

S0

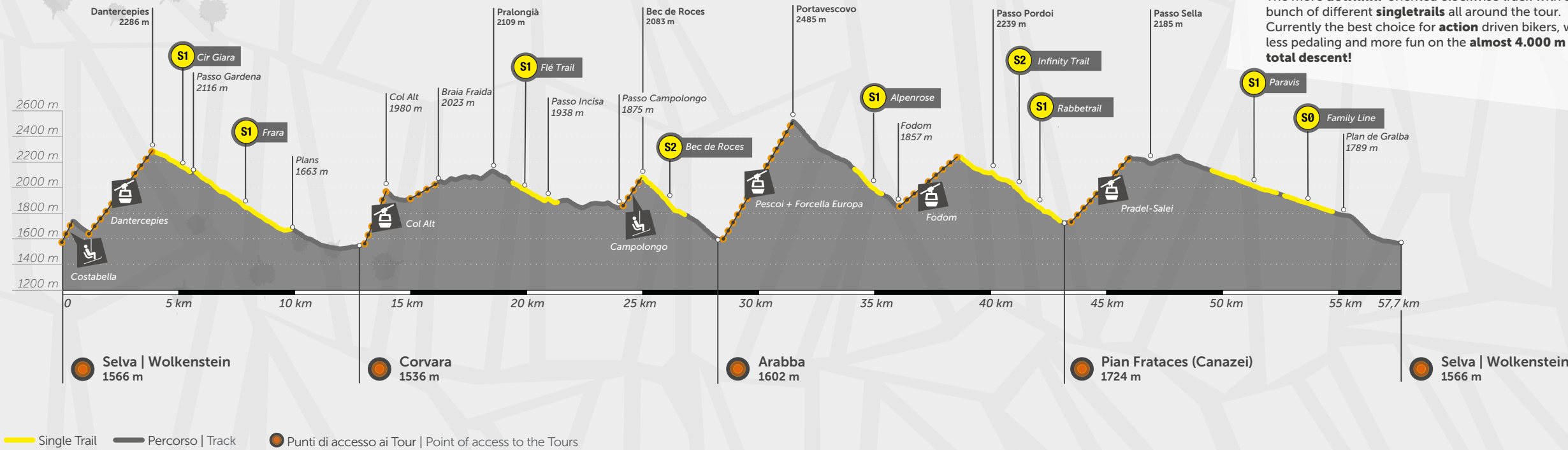
S1

S2

S3

Impressum:
max2 gmbh, Bozner Platz 7, 6020 Innsbruck (cartografia, design), 2024
mellowdesign srl/gmbh, Str. Ciampinè 14, 39046 Selva Val Gardena-BZ (design)

MTB TOUR
CLOCKWISE
57,7 km | 560 hm



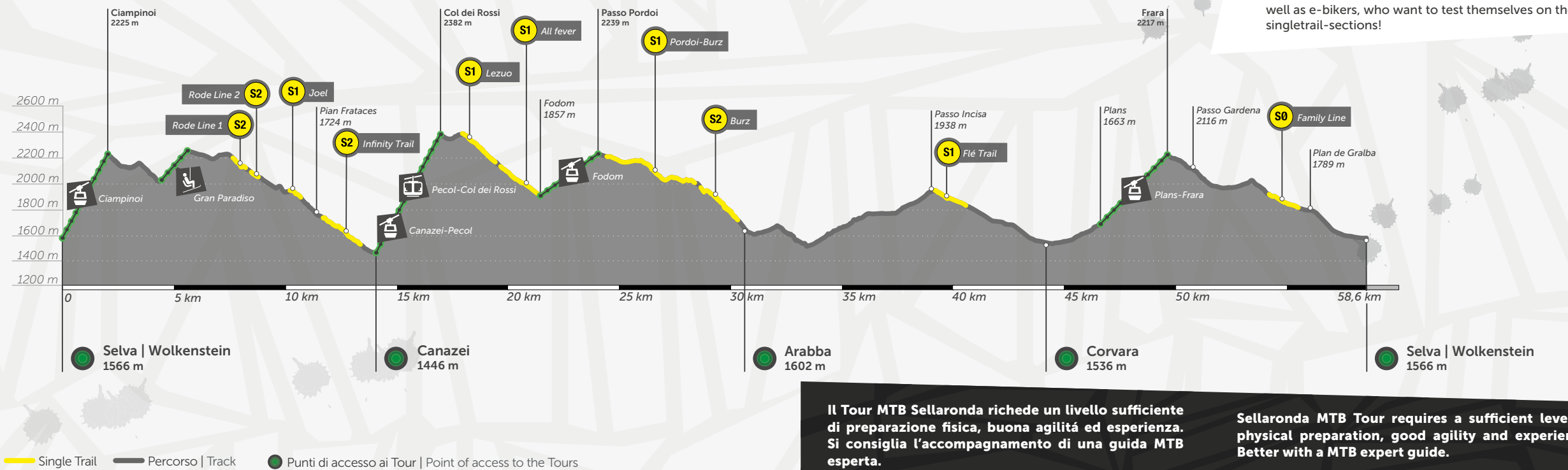
IL TOUR CLASSICO SELLARONDA MTB
Il percorso offre una varietà di trails naturali e flow trail dedicati alle MTB. Attualmente la scelta migliore per i bikers amanti dell'azione. Minore il dislivello da pedalare in salita e tanto divertimento sui quasi 4000 m di discesa totale!

SELLARONDA MTB CLASSIC TOUR
The more downhill-oriented clockwise track with a bunch of different singletrails all around the tour. Currently the best choice for action driven bikers, with less pedaling and more fun on the almost 4.000 m of total descent!

S1 Cir Giara
S1 Frara
S1 Flé Trail
S2 Bec de Rocas
S1 Alperrose
S1 Rabbetrail
S2 Infinity Trail
S1 Paravis
S0 Family Line
S1 Plan de Graiba

LA PERLA NASCOSTA
Una combinazione ottimale tra salita e discesa per chi ama pedalare oppure godersi il tour in e-bike. Non mancano singletrails per divertirsi in discesa!
THE HIDDEN PEARL
With a greater balance between uphill and downhill, this track is suited for all the touroriented bikers as well as e-bikers, who want to test themselves on the singletrail-sections!

MTB TOUR
ANTICLOCKWISE
58,6 km | 1050 hm



Sellaronda MTB Tour requires a sufficient level of physical preparation, good agility and experience. Better with a MTB expert guide.

Il Tour MTB Sellaronda richiede un livello sufficiente di preparazione fisica, buona agilità ed esperienza. Si consiglia l'accompagnamento di una guida MTB esperta.

TOURIST INFORMATION



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www.arabba.it



+39 0462 609 500
www.fassa.com



+39 0471 777 777
www.valgardena.it



+39 0471 836 176
www.altabadia.org



WWW.SELLARONDA-MTB.COM

BIKE SHOPS AND MECHANICAL ASSISTANCE ALONG THE TRACK

SELVA DI VAL GARDENA

DOLOMITI ADVENTURES · Selva
Tel. +39 0471 770 905
www.dolomiti-adventures.com

BIKE RS · Selva
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www.bike-rs.it

BIKE RENTAL 2000 · Selva
Tel. +39 0471 773 125
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www.maciaconi.com

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www.noleggio-bike.it

ARABBA FODOM

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DETOMAS SHOP · Canazei
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www.detomashop.com

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www.northlandski.com

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www.canazeibikerent.com

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www.fassaskibike.com

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BIKE-HIKE ALTA BADIA · Colfosco
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www.bike-hike.it

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Tel. +39 0471 830 977
www.noleggiodacarlo.it

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www.sportposch.com

EDOARDO SPORT · Colfosco
Tel. +39 0471 836 212
www.sportedoardo.it

ALTA BADIA SHOP & RENTAL · La Villa
Tel. +39 0471 847 616
www.altabadiasport.it

6 SINGLE TRAILS
13.9 km OF FUN
1.457 m DESCENT



BREATHTAKING
LANDSCAPES

Dolomites
Val Gardena
www.mtb-dolomites.com

14 SINGLE TRAILS
28,9 km OF FUN
4.050 m DESCENT



UNLIMITED
FREEDOM



7 SINGLE TRAILS
17.5 km OF FUN
2.250 m DESCENT



LET'S RIDE THE SELLARONDA



APERTO · OPEN
from mid JUNE to end of SEPTEMBER
DOLOMITI SUPERSUMMER CARD

Un biglietto per 140 impianti di risalita nelle Dolomiti, incluso il Sellaronda MTB Tour e le quattro aree bike Val di Fassa, Arabba, Alta Badia e Val Gardena. Il biglietto include il trasporto Bike/Ebike ed è acquistabile presso gli impianti di risalita o online.

One ticket for 140 lifts in the Dolomites, including Sellaronda MTB Tour and the four bike areas of Val di Fassa, Arabba, Alta Badia and Val Gardena. Bike/Ebike transport is included and the ticket can be purchased directly at the lift facilities or online.



DOLOMITI
SUPERSUMMER

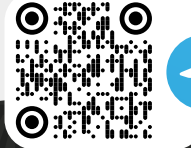
WWW.DOLOMITISUPERSUMMER.COM

SELLARONDA MTB INFO:



REAL TIME
INFORMATION
opening status
of trails and lifts

Scan the QR code of your favorite messaging app, view and join Sellaronda MTB Info right away.



https://t.me/sellarondamtbEN



https://bit.ly/4IREwBE

BUON SENSO E RISPETTO

- In montagna ci si saluta, è la tradizione, sia per i biker che per gli escursionisti a piedi; dai sempre la precedenza ai pedoni e avvisa della tua presenza in anticipo.
- Rispetta la segnaletica e rimani sui trail autorizzati.
- Chiudi i cancelli dei pascoli, non spaventare gli animali. Non lasciare rifiuti nell'ambiente.
- Guida sempre a velocità controllata per poterti fermare in caso di emergenza, evita brusche frenate (erosione del suolo).
- Usa sempre casco e guanti.
- Pianifica le tue escursioni in anticipo. Guida MTB consigliata!

COMMON SENSE AND RESPECT

- In the mountains we greet each other; it is the tradition, both for bikers and hikers; always give right of way to pedestrians and warn of your presence in advance.
- Always drive at a controlled speed so you can stop in an emergency, avoid hard braking (soil erosion).
- Always use helmet and gloves.
- Respect signs and stay on authorized trails.
- Close pasture gates; don't scare animals. Do not leave litter in the environment.
- Plan your excursions in advance. MTB guide recommended!

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www.sportkostner.rentals

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www.sportpescosta.it

LAGAZOI CYCLING · San Cassiano
Tel. +39 0471 849 554
www.rent.lagazoi.it

SPORT ALFREDO · Corvara
Tel. +39 0471 836 059
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BIKERENTAL SKIBAR · San Cassiano
Tel. +39 0471 849 198
www.altabadiacycling.it

ALL BIKE SHOPS, RENTALS AND MTB GUIDES:



FOR MORE INFORMATION VISIT: SELLARONDA-MTB.COM