



TOUR DATA		Percentage of Distance
Total Distance	17,42 km	100%
Height Variation Uphill	692 Hm	
Height Variat. Downhill	-693 Hm	
Maximum Height	2341 m	
Tarmac Road	0,12 km	1%
Tarmac Cyclepath	6,45 km	37%
Gravel	3,60 km	21%
Hikingtrail	0,13 km	1%
Single Track	7,12 km	41%
Push/Carry	0,00 km	0%

RIDING TIME	Net Riding Time without pauses
Riding Time at 10 km/h	1 Std 44 min
Riding Time at 12 km/h	1 Std 27 min
Riding Time at 14 km/h	1 Std 14 min
Riding Time at 16 km/h	1 Std 05 min
Riding Time at 18 km/h	58 min
Riding Time at 20 km/h	52 min
Riding Time at 22 km/h	47 min

TOUR EVALUATION		
Overall Difficulty	3,5	●●●●○
Climb Difficulty	3,2	●●●●○
Descent Difficulty	4,0	●●●●○

PHYSICAL CONDITION		
Overall Condition	2,7	●●●●○
Total Height Variation	3,0	●●●●○
Total Distance	2,0	●●○○○
Maximum Altitude	4,0	●●●●○

RIDING TECHNIQUE		
Overall Riding Technique	5,0	●●●●●
Surface	5,0	●●●●●
Average climb gradient	5,0	●●●●●
Average descent gradient	5,0	●●●●●

EMOTIONAL EXPERIENCE		
Panorama	4,0	●●●●○
Riding Fun	5,0	●●●●●

## CHARACTERISTICS

Trail lovers in good physical condition will appreciate this tour because Valle delle Mine combines a formidable trail experience with fantastic views. Having set off along the cycle path as in tour 02 Ciclabile Ronda Media the gravel path makes a steep ascent into the Valle delle Mine. Most bikers will be forced out of their saddles to push for short stretches. This effort is however greatly recompensed by the beautiful trail that turns off sharp left in front of the Alp. From here the 1m wide and level trail that was especially built for bikers continues to climb for a while before easing into a leisurely up and down rhythm along the tree line. A couple of wooden steps keep the biker alert and occasionally the ups and downs become slightly steeper – on the whole this stretch is a relaxing ride with magic views over the entire Livigno valley. The path does, however, lead along a few very steep ridges, demanding confident biking skills and no fear of heights. 6.5km further on the single-trail meets the Eira Pass road. The fantastic descent along a forest trail that begins here is not that easy to find as the turn-off into the trail was covered with rubble and barred by a road security barrier during recent construction work. The best way to find the entrance is to cycle

uphill for about 120m before climbing over the left-hand road barrier and walking back a short distance. You will then need to cut downhill through the trees for about 150m until you meet the trail. Finding the trail without a GPS can prove quite difficult. We would therefore recommend taking the small navigation tool along for this tour. Once you have found the trail nothing stands between you and a breathtaking final descent – over 2km and 200m in altitude on soft forest ground will lead you back to the event booth on the large meadow by Livigno.

## ALTERNATIVES

Waypoint 05: turn off left into tour 01 Ciclabile Ronda Piccola; Waypoint 12: straight on to combine with tour 03 Ciclabile Ronda Grande – recommended for good bikers; Waypoint 15: short cut over a stretch of tour 05 Lungolivigno; Waypoint 22: after the roads meet continue straight on uphill to Eira Pass to combine with tour 08 Monte Crapene.

## GETTING THERE AND STARTING POINT

Getting there:	Starting Point
From Frankfurt/Stuttgart take motorway via Ulm – Memmingen – Bregenz – Switzerland – Landquart to Klosters. Here you can either continue via Davos – Flüela Pass to Zernez or put your car on the train through the Vereina tunnel to Zernez. Continue in direction of the Ofen Pass as far as Punt La Drossa, where you take a right turn through the Swiss customs post and then on through the single lane tunnel to Italy and Livigno. From Munich take motorway via Garmisch – Fernpass – Imst – before Landeck turn off in direction of Reschen Pass – on to Pfunds where you turn off to the right in direction of Zernez via Scuol. From Zernez follow the above instructions.	The cycle path (Ciclabile) starts in front of the Mottolino cable car station.

