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Mountain**Bike**

in Val di Fassa

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WPT 1 - Km 0 - Height 1350 m

From the church climb along the asphalted road of Valle S. Nicolò. A relatively steep section leads to the meadows of Malga Crocifisso (beautiful small church next to it).

WPT 2 - Km 2,420 - Height 1540 m

Continue on the road along the bottom of the valley. After a harder climb a dirt road descends right to the stream.

WPT 3 - Km 4,240 - Height 1710 m

Continue still on asphalt which becomes easier and crosses some beautiful alpine pastures. You then reach Baita Ciampì, where the asphalt finishes.

WPT 4 - Km 5,960 - Height 1815 m

The dirt road is wide. Stay on the main track. After a near flat section you climb a hard stony ramp after which you will see the "Baita alla Cascade" building on your right.

WPT 5 - Km 7,720 - Height 2000 m

After crossing the meadow near the baita you descend a track to the right of the stream. The track continues across the meadow until you reach a small hut where you continue along a cart track until a junction.

WPT 6 - Km 8,680 - Height 1900 m

Turn left towards the stream (signposted Monzoni), cross the stream (or use the bridge upstream) and reach another junction.



Photos of Val San Nicolò



WPT 7 - Km 8,760 - Height 1900 m

Turn right onto "Strada dei Russi", so-called because it was built by Russian prisoners during the war. A pretty descent takes you to a bridge at a junction.

WPT 8 - Km 11,290 - Height 1710 m

Turn left and climb a moderate ascent to a junction with a crucifix.

WPT 9 - Km 12,820 - Height 1805 m

Head right and climb the ramp with difficulty. The road finishes at a small manger. Follow a path where it is necessary to dismount and push. You reach the top, from where a steep descent heads down on a narrow path.

WPT 10 - Km 13,360 - Height 1885 m

The path is very narrow and certain sections are very exposed and steep. After a first section where it is necessary to push, you continue more easily until a meadow with a signpost.

WPT 11 - Km 14,110 - Height 1830 m

Carry straight on along grassy sections and passing an alpi-

ne hut you descend through meadows to another small hut called "El Paradis".

WPT 12 - Km 14,350 - Height 1820 m

Turn right and climb, initially on grass, then along a rocky road. After crossing a stream you get to the meadows below Malga Monzoni. You reach the malga along an asphalted road.

WPT 13 - Km 14,810 - Height 1870 m

Descend this road until you get to Rifugio Monzoni.

WPT 14 - Km 15,270 - Height 1815 m

Leave the road to take a forestry track on the left which first climbs and then descends to a junction.

WPT 15 - Km 16,550 - Height 1825 m

Turn right (signposted Malga Crocifisso). The road ends and you continue along a pretty path which follows the hillside to reach a main dirt road.

WPT 16 - Km 17,610 - Height 1760 m

Descend along the beautiful cart track. At a switchback the