



BIKE WEEK SESTO DOLOMITES

**GUIDED MOUNTAIN BIKE & E-MTB TOURS
IN THE TRE CIME BIKE REGION**

Experience unforgettable trails, spectacular panoramas, and real Dolomites adventures.

Guided by the Bike Academy Sextner Dolomiten.



MOUNTAIN BIKING IN THE SESTO DOLOMITES

Experience mountain biking in one of the most impressive bike regions in the Alps: the Sesto Dolomites, in the Tre Cime Bike Region. Breathtaking landscapes, legendary military roads, and pristine singletrack trails make every tour an unforgettable experience.

Thanks to modern cable cars, you can easily reach the best starting points for flowing descents and spectacular panoramic views of the world-famous Tre Cime. Whether you prefer a relaxed ride on an e-MTB or a sporty ride on a mountain bike, everyone finds the perfect tour here.

All guided tours are led by the experienced guides of the Bike Academy Sextner Dolomiten. With plenty of know-how, passion, and a feel for the best trails, they show you the region's highlights — technically varied, scenically unique, and full of alpine history.

 **Top tip:** let our guides lead you to the most beautiful trails and experience your own personal bike adventure in the Dolomites!



THE BIKE GUIDES OF THE BIKE ACADEMY SEXTNER DOLOMITEN

Crazy, cool, and always one trail ahead!

Trail by trail, right into the heart of the Dolomites. Our guides combine nature, technique, and experience. With passion, they show you the best sides of the Tre Cime Bike Region — authentic, safe, and unforgettable.



ARNO



KARO



PATRICK



MARKUS



FRED



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Difficulty: (easy) · Leisure · Landscape · E-bike tour

TUESDAY

LEARN & RIDE – YOUR TECHNIQUE BOOST WITH A TRAIL TOUR AROUND SESTO

Difficulty: (all levels) · Riding technique · Training · Practice

ALONG OLD WARTIME ROADS TO THE MARCHKINKELE

Difficulty: (medium–demanding) · Panorama · History · Trail

WEDNESDAY

MTB & E-MTB TOUR "DEMUTH TRAIL – TOP OF THE STONEMAN"

Difficulty: (demanding) · Technique · High-alpine · S2–S3

E-MTB ADVENTURE: TRE CIME & STRUDELKOPF, PLÄTZWIESE

Difficulty: (medium) · Panorama · Leisure · Dolomites view

THURSDAY

THE CLASSIC IN THE SESTO DOLOMITES „MONTE ARNESE TRAIL TO THE KLAMMBACH ALM“

Difficulty: (medium–demanding) · Trail · Panorama · Classic

LAGO DI BRAIES – NATURE, PANORAMA & UNESCO MAGIC

Difficulty: (easy) · Leisure · Nature · UNESCO

FRIDAY

"HIGHLIGHT ON THE MONTE SPINA TRAIL" TIP!

Difficulty: (demanding) · Panorama · Trail · Highlight

FIVE HUTS – THE ULTIMATE DOLOMITES EXPERIENCE

Difficulty: (medium) · Huts · Panorama · Flow

SATURDAY

SINGLETRAIL GIRO – 3 LIFTS 3 MOUNTAINS 3,200 M OF DESCENT!

Difficulty: (demanding) · Adrenaline · Natural trail · 3,500 hm



DIFFICULTY LEVELS – SINGLETRACK SCALE

WHERE IT'S MOST BEAUTIFUL ... OR STEEPEST

A trail's rating is based on objective trail characteristics – under ideal conditions (dry, good visibility).

👉 Factors such as weather, fall risk, or speed further affect the difficulty!

● S0 – VERY EASY

Flowing forest and meadow paths · firm surface

No obstacles · wide curves · gentle gradient

● S1 – EASY

Small roots & stones · occasional gullies

Loose surface possible · gradient up to 40%

● ● S2 – MEDIUM

Larger roots & stones · steps & tight curves

Partly steep (up to 70%) · more technically demanding

● S3 – DEMANDING

Blocked/rocky trails · high steps · switchbacks

Loose stones & steep sections (>70%)

● S4 – VERY DEMANDING

Extremely steep & technical · large rocks & scree

Tight switchbacks · advanced riding skills required

⚠️ IMPORTANT

- Trails may contain sections of varying difficulty
- Example: S2 with occasional S3 sections
- Difficulty increases in wet conditions, at speed, or in poor visibility



MONDAY: ALPINE HUT LOOP DELUXE – PANORAMA, HUT FLAIR & ERLA TRAIL



Tour data

Duration: Full-day tour

Length: 52 km

Climb: 1,330 hm

Descent: 1,330 hm

Fitness level: ***

Uphill: **

Downhill: S0

Start: Bike Academy Sextner Dolomiten

Start time: 10:00 AM

Type: E-Mountainbike

Price: €55.00

READY FOR THE PERFECT START TO YOUR BIKE WEEK?

Then grab your e-MTB and join us on this one-of-a-kind panoramic tour – a route that couldn't be more beautiful: scenic climbs, rustic mountain huts, laid-back trails, and a hut stop you're guaranteed to remember!

We start at the Bike Academy Sextner Dolomiten – the first 4 km on the forest road toward the Rotwand meadows (1,950 m) warm up the legs and get the pulse racing with panorama. Once at the top, we cruise down past the Schellab-Alm to the Kreuzbergpass, where the legendary trail no. 146 leads to the picturesque Coltrondoalm.

But that's not all: the tour continues past the Nemesalm to the magnificently situated Klammbachalm (1,950 m), where hut host Hannes awaits with South Tyrolean specialities on the sun terrace — and a view of the Tre Cime that stays with you.

To finish, we head back to Sesto along the flowing Erla Trail — or, for anyone who prefers to roll home at an easy pace, there's the forest road. A picture-perfect day.

The ideal kickoff for unforgettable bike days.

Don't forget: book early, spots are limited.

👉 **Sign up now and look forward to pure nature and enjoyment!**

👉 📅 **REGISTRATION BY 5:00 PM THE DAY BEFORE**



MONDAY: BY E-BIKE FROM DOBBIACO TO OLYMPIC CITY CORTINA – NEW!



Tour data

Duration: Full-day tour

Length: 64 km

Climb: 750 hm

Descent: 750 hm

Fitness level: ***

Uphill: *

Downhill: S0

Start: Bike Academy Sextner Dolomiten

Start time: 10:00 AM

Type: E-Mountainbike

Price: €55.00 + €10.00 shuttle (Dobbiaco round trip)

DOLCE VITA ON TWO WHEELS – PANORAMA, ENJOYMENT & ITALIAN FLAIR

Experience an unforgettable e-bike tour from Dobbiaco through the picturesque Val di Landro all the way to the 2026 Olympic city of Cortina d'Ampezzo.

After a relaxed shuttle transfer to Dobbiaco, we set off along the old railway line and soak up pure nature: passing the turquoise-blue Lago di Landro, with an impressive view of the Tre Cime.

We ride along pleasant paths right through the heart of the Dolomites — perfect for those who like to savour the journey. In Cortina, Italian flair, cosy cafés, and a well-earned break with pizza and an Aperol await.

Afterwards, we head back to Dobbiaco at a relaxed pace, from where the shuttle takes us back to Sesto.

Fancy an unforgettable e-bike experience with an Italian touch?

Then secure your spot and discover the magic of Cortina — between alpine panoramas and Italian joie de vivre!

 **REGISTRATION BY 5:00 PM THE DAY BEFORE**



TUESDAY: LEARN & RIDE – YOUR TECHNIQUE BOOST WITH A TRAIL TOUR AROUND SESTO



Tour data

Duration: Full-day tour
Length: 15 km
Climb: 400 hm
Descent: 400 hm
Fitness level: *
Uphill: *
Downhill: S0/S1
Start: Bike Academy Sextner Dolomiten
Start time: 10:00 AM
Type: E-Mountainbike & Mountainbike
Price: €55.00

RIDING TECHNIQUE MEETS TRAIL ADVENTURE!

In our Learn & Ride course, we take you to the next level — with a mix of intensive technique training and a hands-on practice tour on the terrain. All with plenty of fun and panorama!

It starts with a roughly 2-hour riding-technique course in our brand-new "Signaue" practice park at the valley station of the Drei Zinnen cable car. Here you learn the basics of safe riding on alpine terrain — from braking technique and basic position to cornering and small obstacles.

Then it's time to hit the trails!

Together with our guides, who know every rock around Sesto, you put what you've learned straight into practice on a varied tour — with tips and feedback directly from the pros.

And of course, a break with a typical hut snack and a cold beer is a must!

Sign up now!

The Learn & Ride course is ideal for anyone who wants to improve their riding technique and gain more confidence on the bike — all relaxed and fun.

Perfect for beginners, returning riders, and advanced bikers alike.

 Book now and roll out with us!  REGISTRATION BY 5:00 PM THE DAY BEFORE



TUESDAY: ALONG OLD WARTIME ROADS TO THE MARCHKINKELE



Tour data

Duration: Full-day tour

Length: 50 km

Climb: 1,300 hm

Descent: 1,300 hm

Fitness level: ***

Uphill: ***

Downhill: S2

Start: Bike Academy Sextner Dolomiten

Start time: 10:00 AM

Type: E-Mountainbike

Price: €55.00 + €10.00 shuttle

HISTORY, GOOSEBUMPS & TRAIL ADVENTURE IN THE SESTO DOLOMITES

Experience a one-of-a-kind bike adventure on historic paths — along old military roads, through quiet valleys, and on varied trails right in the middle of the Dolomites.

Here's what awaits you:

Start at the Bike Academy Sextner Dolomiten, a shuttle transfer to Dobbiaco, and the entrance to the quiet, unspoiled Silvester Valley.

Along a First World War military road, we climb in steady switchbacks up to the Marchkinkele (2,550 m) — with an impressive panorama of the Tre Cime, the Sesto Dolomites, and Austria's glacier world.

A varied trail descent to the Steinbergalm follows, before we roll on at an easy pace to the Silvesteralp and enjoy a South Tyrolean lunch break.

To finish, a flowing trail takes us back to Dobbiaco, where the shuttle comfortably returns us to the Bike Academy Sextner Dolomiten.

🌟 Spots are limited! 🖨️ REGISTRATION BY 5:00 PM THE DAY BEFORE

Experience pure Dolomites feeling: history, nature, and the finest trail flow in a single day.

👉 Tip: also suitable for beginners — the descent can alternatively follow the same military road used on the way up.



WEDNESDAY: MTB & E-MTB TOUR "DEMUTH TRAIL – TOP OF THE STONEMAN"



Tour data

Duration: Full-day tour
Length: 28 km
Climb: 800 hm + 600 hm by cable car
Descent: 1,400 hm
Fitness level: ***
Uphill: ***
Downhill: S2
Start: Bike Academy Sextner Dolomiten
Start time: 10:00 AM
Type: E-Mountainbike/MTB
Price: €55.00 + cable car ticket

PURE STONEMAN FEELING – YOUR LEGENDARY TRAIL STAGE IN THE DOLOMITES!

Ready for real high-alpine feeling?

This exclusive tour takes you along one of the most spectacular sections of the legendary Stoneman Trail — with grand views, alpine trails, and technical demands.

Start at 10:00 at the Bike Academy Sextner Dolomiten. The Helmbahn cable car takes you comfortably uphill — the perfect start to your alpine adventure.

Via the Hahnspeilhütte and Sillianer Hütte (2,450 m) we reach the Hornischeck, with an impressive panorama of the Tre Cime and Großglockner. Then comes the highlight: the Demuthpassage — 7 km of demanding trail (S2–S3), partly requiring you to carry your bike.

We continue via the Villpoan Trail to the Nemesalm (1,877 m) and, for the grand finale, roll flowingly back along the Erla Trail to the Bike Academy Sextner Dolomiten.

Want to feel the "real" Stoneman?

Technique. Panorama. Adrenaline.

This tour is like a bike film set in the high mountains — and you play the lead role.

 Sign up now — fly along the ridge of the Dolomites together with our guides!

 REGISTRATION BY 5:00 PM THE DAY BEFORE



WEDNESDAY: E-MTB ADVENTURE: TRE CIME & STRUDELKOPF, PLÄTZWIESE



Tour data

Duration: Full-day tour

Length: 45 km

Climb: 1,200 hm

Descent: 1,200 hm

Fitness level: **

Uphill: **

Downhill: S1

Start: Bike Academy Sextner Dolomiten

Start time: 10:00 AM

Type: E-Mountainbike

Price: €55.00 + €10.00 shuttle

PURE PANORAMA IN THE BRAIES DOLOMITES

Here's what awaits you:

We start directly at the Bike Academy Sextner Dolomiten and take a relaxed shuttle ride to Dobbiaco. From there, we pedal at an easy pace toward Carbonin — passing emerald-green lakes and through picturesque forest stretches.

Then the adventure begins: a scenic forest road climbs up to the Plätzwiese, where a gigantic Dolomites panorama awaits. After a short break at the Dürrensteinhütte, we tackle the final metres of climbing to the Strudelkopf. At the top, a real highlight awaits: a view of the Tre Cime — goosebumps guaranteed!

After that summit feeling, we stop at the hut and then roll downhill on a gentle trail toward Carbonin. The lake of Landro and the lake of Dobbiaco sweeten the way back to Dobbiaco — pure natural enjoyment!

Return from Dobbiaco comfortably by shuttle back to the starting point.

👉 **Spots are limited!** 📄 **REGISTRATION BY 5:00 PM THE DAY BEFORE**

Sign up now and experience the magic of the Dolomites on two wheels — with a view of the Tre Cime!



THURSDAY: THE CLASSIC IN THE SESTO DOLOMITES „MONTE ARNESE TRAIL TO THE KLAMMBACH ALM“



Tour data

Duration: Full-day tour
Length: 25 km
Climb: 1,300 hm
Descent: 1,300 hm
Fitness level: ***
Uphill: **
Downhill: S1
Start: Bike Academy Sextner Dolomiten
Start time: 10:00 AM
Type: E-Mountainbike
Price: €55.00

READY FOR REAL DOLOMITES FEELING?

This tour is a must for anyone who loves technically demanding trails, magical places, and unforgettable panoramas!

Here's what awaits you:

Start directly at the Bike Academy Sextner Dolomiten — warm up riding toward Sesto, then into the mystical atmosphere at the Waldkapelle am Mitterberg. Here you feel the calm of nature, before continuing on — past the Jägerhütte and up toward the Helm.

From the Hahnspielhütte, things get serious: we climb up to the Sillianerhütte at 2,450 m. Once at the top: a 360° view of the Dolomites! From the Hornischeck begins the ultimate trail enjoyment — a technically demanding ride down toward the Klammbachalm, always accompanied by the epic panorama of the Sesto Dolomites and the legendary Tre Cime.

At the Klammbachalm, we treat ourselves to a well-earned lunch break.

But the adventure isn't over yet: the Erlatrail offers one more dose of pure, flowing trail fun to finish, before we cruise back to the Bike Academy Sextner Dolomiten at a relaxed pace.

👉 **mThe Karnischer Kamm is calling — secure your spot now and experience this epic ridge ride!**

📄 **REGISTRATION BY 5:00 PM THE DAY BEFORE**



THURSDAY: LAGO DI BRAIES – NATURE, PANORAMA & UNESCO MAGIC



Tour data

Duration: Full-day tour

Length: 35 km

Climb: 550 hm

Descent: 550 hm

Fitness level: **

Uphill: *

Downhill: S0

Start: Bike Academy Sextner
Dolomiten

Start time: 10:00 AM

Type: E-Mountainbike

Price: €65.00 + Dobbiaco shuttle
round trip (€10.00), including a gift at
Alpe Pragas

SOUNDS LIKE A POSTCARD – FEELS EVEN BETTER!

Pure panorama – your leisure tour to Lago di Braies! 🇮🇹🚴

This e-MTB tour takes you at a relaxed pace to the legendary Lago di Braies, one of the most beautiful spots in South Tyrol — nestled within the UNESCO World Heritage Dolomites. But the way there is just as special: you roll along the dreamy Val Pusteria cycle path, passing mountain huts, villages, and wide meadows.

A stop at the Alpe Pragas Manufaktur is a must: there you get an exclusive look at how the finest organic jam and fruit juices are made — and even take home a small gift. 🍓🍏

At the lake itself, there's time to marvel, take photos, stop for a bite, or simply breathe it all in — pure natural enjoyment.

As the crowning finish, a culinary stop awaits at the Tuscherhof in Außerprags — the delicious highlight of this tour!



📅 **Book now and experience the lake of lakes!**

📄 **REGISTRATION BY 5:00 PM THE DAY BEFORE**



FRIDAY: "HIGHLIGHT ON THE MONTE SPINA TRAIL" TIP!



Tour data

Duration: Full-day tour

Length: 47 km

Climb: approx. 1,300 hm + 600 hm by cable car

Descent: 1,900 hm

Fitness level: ***

Uphill: ***

Downhill: S2

Start: Bike Academy Sextner Dolomiten

Start time: 09:30 AM

Type: E-Mountainbike

Price: €55.00 + cable car ticket

THOMAS GIGER FROM RIDE MAGAZINE CALLS IT THE „CHERRY-PICKER TRAIL“.

This alpine e-MTB tour is spectacular, technically demanding, and a real scenic highlight. The Monte Spina Trail ranks among the most beautiful panoramic trails in the Dolomites — perfect for experienced riders.

Start at 09:30 at the Bike Academy Sextner Dolomiten. Via forest road and the Drei Zinnen cable car, we reach the Stiergarten and continue on to the Nemesalm. From there, a demanding climb leads to the Kniebergsattel (2,320 m), with an impressive panorama.

The highlight is the roughly 7 km-long Monte Spina Trail: varied, flowing, and technical — with views of the Sesto Dolomites and the Crode dei Longerin.

After this high-altitude treat, we continue flowingly toward the Kreuzbergpass, before the final descent back to the Bike Academy Sextner Dolomiten in Sesto.

Ready for a real trail adventure?

This tour is more than just a ride — it's a statement for anyone who wants more than just vertical metres.

 Book, saddle up, go — the Monte Spina is waiting.

 REGISTRATION BY 5:00 PM THE DAY BEFORE



FRIDAY: FIVE HUTS – THE ULTIMATE DOLOMITES EXPERIENCE



Tour data

Duration: Full-day tour
Length: 30 km
Climb: approx. 1,150 hm
Descent: 1,150 hm
Fitness level: ***
Uphill: **
Downhill: S1
Start: Bike Academy
Sextner Dolomiten
Start time: 09:00 AM
Type: E-Mountainbike
Price: €55.00 + €10.00
shuttle

FIVE HUTS. ONE TRAIL EXPERIENCE. UNESCO PANORAMA INCLUDED.

Get ready for a bike adventure in a class of its own!

Five legendary huts, dreamy Dolomites panoramas, and flowing trails — the "Five Huts" tour is a highlight for connoisseurs and adventurers alike.

Start at the Bike Academy Sextner Dolomiten, then a shuttle ride toward Cortina as far as Passo Cimabanche (Gemärk) — where the adventure begins.

A tough climb takes you over the Forcella Le Rosa, with a spectacular view. Via the Rifugio Ra Stua, we continue through the Sennes Valley to the Sennes Hütte.

We carry on to the hut hamlet of Fodara Vedla, where a well-earned lunch break with a view awaits. A flowing trail descent toward Ra Stua follows — curves, scenery, and a pure sense of freedom.

Return to the starting point and shuttle transfer back to Sesto.

👉 Spots are limited!

Experience a day full of adventure, hut flair, and Dolomites magic — book your unforgettable e-MTB highlight now!

 **REGISTRATION BY 5:00 PM THE DAY BEFORE**



SATURDAY: SINGLETRAIL GIRO – 3 LIFTS 3 MOUNTAINS 3,200 M OF DESCENT!



Tour data

Duration: Full-day tour

Length: 50 km

Climb: approx. 500 hm + 2,700 hm by cable car

Descent: 3,200 hm

Fitness level: **

Uphill: **

Downhill: S1/S2

Start: Bike Academy Sextner Dolomiten

Start time: 09:00 AM

Type: E-Mountainbike

Price: €60.00 + cable car ticket

100% ADRENALINE – 100% NATURAL TRAIL – 100% TRE CIME FEELING

 **READY FOR THE ULTIMATE MTB ADVENTURE?**

Then buckle up, because the GIRO is not for the faint of heart: 3 legendary mountains, 3 cable cars, and over 3,500 vertical metres of descent on the finest natural trails await you — exclusively guided by the pros from the Bike Academy Sextner Dolomiten!

 **HERE'S WHAT AWAITS YOU:**

 The cable cars take you up high: Helm · Stiergarten · Rotwand

Once at the top, your trail movie begins: epic natural descents, tight forest sections, high-speed flow trails, and again and again that goosebump-inducing view of the Tre Cime.

 Every trail challenges you: sometimes technically demanding (S3), sometimes dreamily flowing (S1). Always perfectly combined. Always 100% genuine mountain bike feeling.

 Stops at Klammbachalm · Zin Fux · Hennstall — then on to more trails, more action, more adrenaline!

 **ONLY WITH US. ONLY WITH A GUIDE. ONLY AUTHENTIC WITH THE BIKE ACADEMY SEXTNER DOLOMITEN.**

  **REGISTRATION BY 5:00 PM THE DAY BEFORE**