



### 3 Stage / Etappe: Franzensfeste/Forzezza – Bruneck/Brunico

← 35 km ↑ 420 m ↓ 350 m

### 3 Stage / Etappe: Toblach/Dobbiaco – Bruneck/Brunico

← 30 km ↑ 100 m ↓ 480 m

### 3 Stage / Etappe: Toblach/Dobbiaco – Cortina (E1)

← 30 km ↑ 410 m ↓ 400 m

### 3 Stage / Etappe: Toblach/Dobbiaco – Innichen/San Candido – Lienz (A)

← 49 km ↑ 120 m ↓ 660 m

### 3 Cycle Route / Fietsroute

#### Prager Tal valley

← 10 km ↑ 380 m ↓ 40 m

### 3 Dolomitic Cycle Route / Dolomieten-fietsroute

#### Toblach/Dobbiaco – Cortina (E1)

### 3 Cycle Route / Fietsroute

#### Sexten/Sesto

← 12 km ↑ 310 m ↓ 20 m

### 3.02 Cycle Route / Fietsroute

#### Val Badia valley/Gadertal

← 18 km ↑ 660 m ↓ 260 m

### 3.04 Cycle Route / Fietsroute

#### Tauferer Ahrntal valley

← 17 km ↑ 50 m ↓ 90 m

### 3.06 Cycle Route / Fietsroute

#### Antholzertal valley

← 10 km ↑ 120 m ↓ 10 m

### 3.07 Cycle Route / Fietsroute

#### Gaisertal valley

← 18 km ↑ 430 m ↓ 40 m

The map displays a network of cycle routes across South Tyrol, including the Adige Cycle Route, Brenner/Brennero routes, Dolomitic Cycle Route, and various valley routes. It also shows major passes, towns, and natural parks. The routes are color-coded and marked with icons for services like bike rental and refueling.

### Legend / Legende

Bike Rental / Fietsverhuur	Railway network / Spoorwegen	Traffic-calmed street from mid-July to mid-September / Verkeersluwe straat van half juli tot half september	Rise / Stijgen
Bike rental system / Fietsverhuursysteem	Mountain railway / Liften	Cycle Route / fietsroute	Descent / Afdalen
Bike service / Fiets service	Castles / monasteries / Burchten / Kloosters	Brenner/Brennero – Bolzano/Bozen	Highlights
E-Bike charging station / e-bike oploadpunten	Asphalt Cycle Routes / Geasfaltdeerde fietsroutes	Emergency number / Noodnummer	Excursion tips / Excursietip
Train station / Treinstation	Gravel Cycle Routes / Grind fietsroutes	App / SOS EU ALP	Of interest / Goed om te weten

### Further useful information

Andere nuttige informatie

- [Cycle Routes – South Tyrol Fietsroutes in Zuid-Tirol](https://www.suedtirol.info/trekking)
- [Certified accommodations for cyclists](https://www.suedtirol.info/accommodations-for-cyclists)
- [Water refill stations](https://www.suedtirol.info/water-refill-stations)
- [Bike Rental / Fietsverhuur in Zuid-Tirol](https://www.suedtirol.info/bike-rental)
- [Mobility on site / Mobiliteit ter plaatse](https://www.suedtirol.info/mobility)
- [Austrian Federal Railways / Oostenrijkse Bundesbahnen](https://oebb.at)

- [Munich – Venice Cycle Route / Fietsroute München – Venetië](https://muenchen-venezia.info)
- [The Drau Cycle Path / Drau-fietsroute](https://drauradweg.com)
- [Via Claudia Augusta](https://www.viaclaudia.org)
- [Eurovelo 7](https://www.eurovelo.com)

### Other Cycle Routes in South Tyrol

#### Meer fietsroutes door Zuid-Tirol / Südtirol

- Fortress / Vesting / Franzensfeste/Forzezza
- South Tyrolean Folklore Museum / Zuid-Tirols Volkskundemuseum
- Nature park house / Natuurpark huis / Fanes-Sennes-Braies
- Waterfalls / Waterval / Reinbach/Riva
- Kids World / Olang/Valdaora
- Lake Antholz / Antholzmeer
- Spielgolf / Welsberg/Monguelfo
- Kneipp Aktivpark / Kneipp recreatiepark
- Nature Park visitor center / Natuurpark bezoekerscentrum / Drei Zinnen/Three Peaks

### Other Available Maps

#### Andere beschikbare kaarten

- Brenner/Brennero – Bolzano/Bozen Cycle Route / 96 km total: along the Main Alpine Ridge to the ustling provincial capital of Bolzano at the valley basin of the Etsch and Eisack rivers.
- Etsch Cycle Route along the Via Claudia Augusta / 142 km total: along the Etsch river, across Alpine and Mediterranean landscapes from the Reschensee lake to Salurn/Salorno – following in the footsteps of the ancient Romans.
- Brenner/Brennero – Bolzano/Bozen-fietsroute / 96 kilometer van de Alpenhoofdkam naar de levendige provinciehoofdstad in het keteldal van de rivieren Etsch en Eisack.
- Etsch-Fietsroute op de Via Claudia Augusta / Op 142 kilometer in het spoor van de Romeinen van de bergen naar het Mediterraan landschap, van de Reschensee naar Salurn/Salorno.

Publisher © IDM Südtirol - Alto Adige / All rights reserved. All statements without guarantee. Edition 2022. Photos: IDM Südtirol-Alto Adige/Riding/Handl/Winterbauer/Manuel Kottner/Thomas Fritzi/Ty Cozzani/Harald Westbauer/Brunen/Tourismus/Georg Hofer/Gasser Hermann Maria/Ty San Vigilio/San Martin/Ty Cozzani/Riding. Touristinfo South Tyrol/Burton. Bett+me Nielsen. Graphic design: rtw/tdi. Panoramic map www.comma.info any use, copy, reproduction and display of its contents is strictly prohibited. Printing: Athesia Druck