



VINSCHGAU · SOUTH TYROL

6 Days, 6 Trails.

Guided tours for Natural & E-Bikers with certified guides in small groups

MONDAY

10.08

UINASCHLUCHT & PASS COSTAINAS

S1/S2

E-BIKE

70 km

⌚ 8 h

Looking for something special? Dive into the wild mountain scenery of the Uina Gorge and discover the wide, alpine pastures at Pass Costainas. This tour promises pure nature experience and unforgettable moments in breathtaking surroundings.

BALDI · 7:50 | SHUTTLE +18 € P.P.

⚡ 2250 up / 3050 down

TUESDAY

11.08

SCHMUGGLERTRAILS ALP CHAMPATSCH

S1/S2

E-BIKE & NATURAL

42 km

⌚ 7 h

From the Ofenpass, epic Smugglers' Trails await: pure flow paired with technically demanding passages. Steps and natural obstacles alternate and require a forward-looking riding style and confident bike handling. Those who have their bike under control in challenging terrain will love this ride!

NATIONAL PARK HOUSE AQUAPRAD · 9:00 | SHUTTLE +23 € P.P.

⚡ 500 up / 1700 down

WEDNESDAY

12.08

PASSO GALLO – VAL MORA

S1/S2

E-BIKE & NATURAL

60 km

⌚ 7 h

Ready for an alpine highlight? After a punchy climb, a long forest track leads over the Passo Gallo to the Livigno reservoir and into the stunning Val Mora. Gravel and natural trails require confident bike handling – a dream tour in a magnificent setting!

NATIONAL PARK HOUSE AQUAPRAD · 9:00 | SHUTTLE +23 € P.P.

⚡ 950 up / 2200 down

THURSDAY

13.08

SUMMIT BIKE TOUR PIZ CHAVALATSCH

S2/S3

NATURAL

30 km

⌚ 8 h

Epic summit tour with technically demanding sections and brilliant views. The trails are varied and offer pure riding fun. Perfect for enduro riders who love high-alpine terrain.

NATIONAL PARK HOUSE AQUAPRAD · 9:00 | SHUTTLE +18 € P.P., 600 M ELEVATION PUSH/CARRY

⚡ 1400 up / 2100 down

FRIDAY

14.08

SUMMIT BIKE TOUR PIZ UMBRAIL

S3

NATURAL

37 km

⌚ 7 h

A classic with technically demanding trails in rocky terrain. In the lower section, ⚠ nose pivot turns are mandatory. A must for enduro riders who fancy a short carry section and lots of adrenaline.

NATIONAL PARK HOUSE AQUAPRAD · 9:00 | SHUTTLE +28 € P.P., 500 M ELEVATION PUSH/CARRY

⚡ 800 up / 2400 down

SATURDAY

15.08

BOCCHETTA DI FORCOLA – VAL MORA

S1/S2

E-BIKE & NATURAL

70 km

⌚ 7 h

A physically demanding high-alpine experience that requires solid riding skills and experience! The steep trail climb to the Forcola is followed by flowing and ⚠ exposed sections of a military road that demand alpine confidence. Natural trails from Val Mora lead back to the Vinschgau.

NATIONAL PARK HOUSE AQUAPRAD · 9:00 | SHUTTLE +28 € P.P.

⚡ 1000 up / 2600 down

* E-Bike by arrangement with guide.

INFO & REGISTRATION

By 18:00 the day before at accommodation in the Prad holiday area, online or at the Prad Information Office.

info@pradbike.com

+39 0473 616034



CUSTOM TOUR

Is a day tour cancelled? No need to spend the day without a bike. Eugen will plan a custom tour for you on request. Bookings daily between 6pm and 7pm.

+39 340 606 3847

CYCLING MEET-UP

Every **Monday** at **6 pm** at the **Hotel Zentral** with Eugen, the guide from Pradbike.com