



VINSCHGAU · SOUTH TYROL

6 Days, 6 Trails.

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

MONDAY

03.08

JUFPLAUN – ALP MORA

S1/S2

E-BIKE & NATURAL

On gravel tracks through the wild Val Mora, framed by first-class trails before and after. A short, punchy climb burns the legs, but the outstanding mountain panorama makes immediate amends. A true highlight for technically skilled bikers!

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

△ 900 up / 2100 down

53 km

⌚ 6 h

TUESDAY

04.08

SCHMUGGLERTRAILS ALP CHAMPATSCH

S1/S2

E-BIKE & NATURAL

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

42 km

⌚ 7 h

WEDNESDAY

05.08

VAL BELLA & SCHMUGGLERTRAILS

S2

E-BIKE & NATURAL

From the wild Val Bella over the Smugglers' Trails — physically and technically demanding throughout. An alpine highlight offering a cool mix of flow sections, rocky segments and ⚠ exposed lines — full control required and plenty of adrenaline guaranteed!

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

△ 700 up / 1900 down

48 km

⌚ 7 h

THURSDAY

06.08

SUMMIT BIKE TOUR PIZ UMBRAIL

S3

NATURAL

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

37 km

⌚ 7 h

FRIDAY

07.08

PRADER TRAILS

S1/S2

E-BIKE & NATURAL

A brilliant mix of action and flow with constant ups and downs, offering plenty of variety. Ideal for those who love smooth lines without extreme obstacles and want to ride the fun, grippy trails right on the doorstep.

NATIONAL PARK HOUSE AQUAPRAD · 9:00

△ 950 up / 950 down

33 km

⌚ 5 h

SATURDAY

08.08

BOCCHETTA DI FORCOLA – VAL MORA

S1/S2

E-BIKE & NATURAL

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

70 km

⌚ 7 h

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