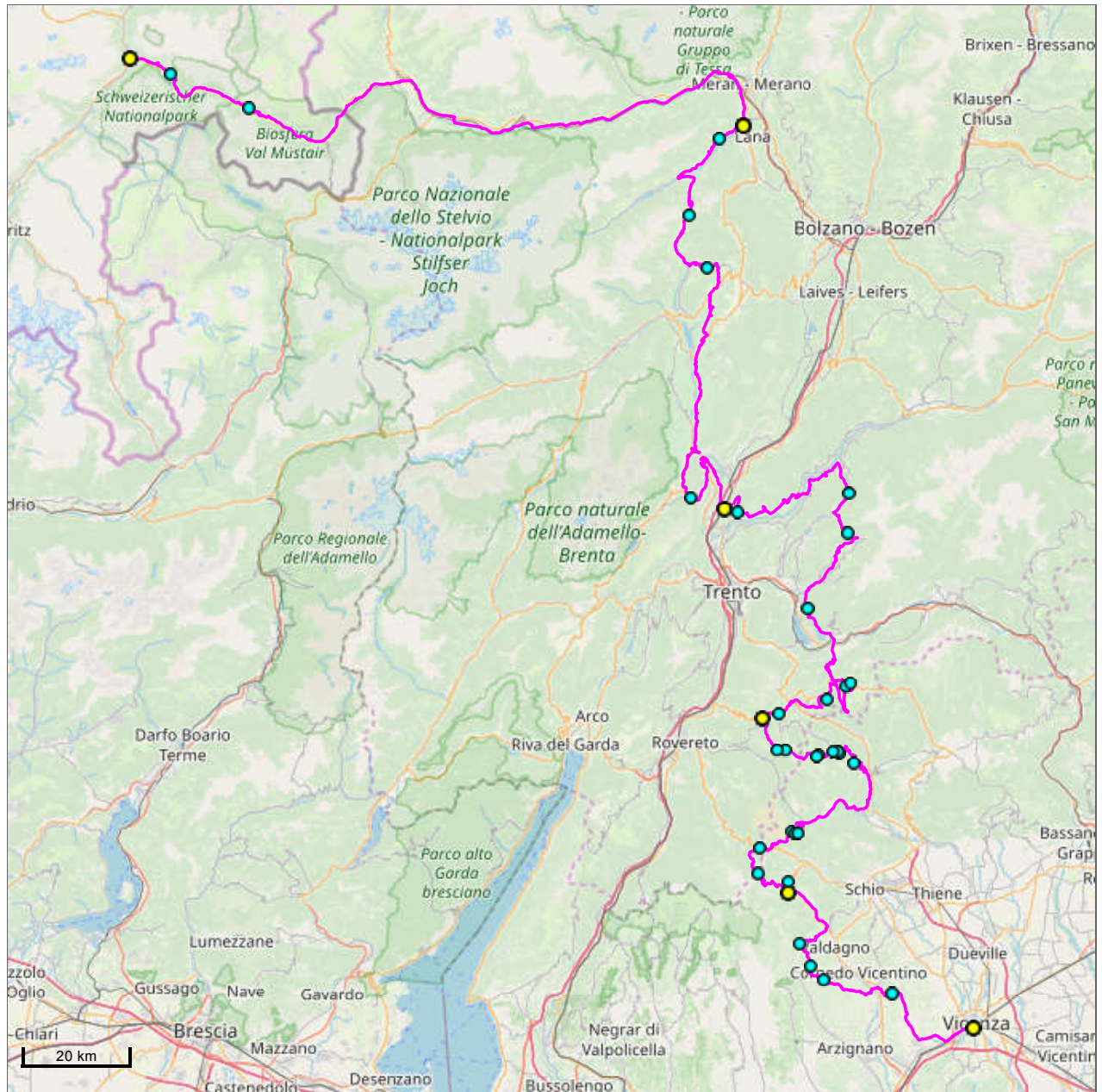
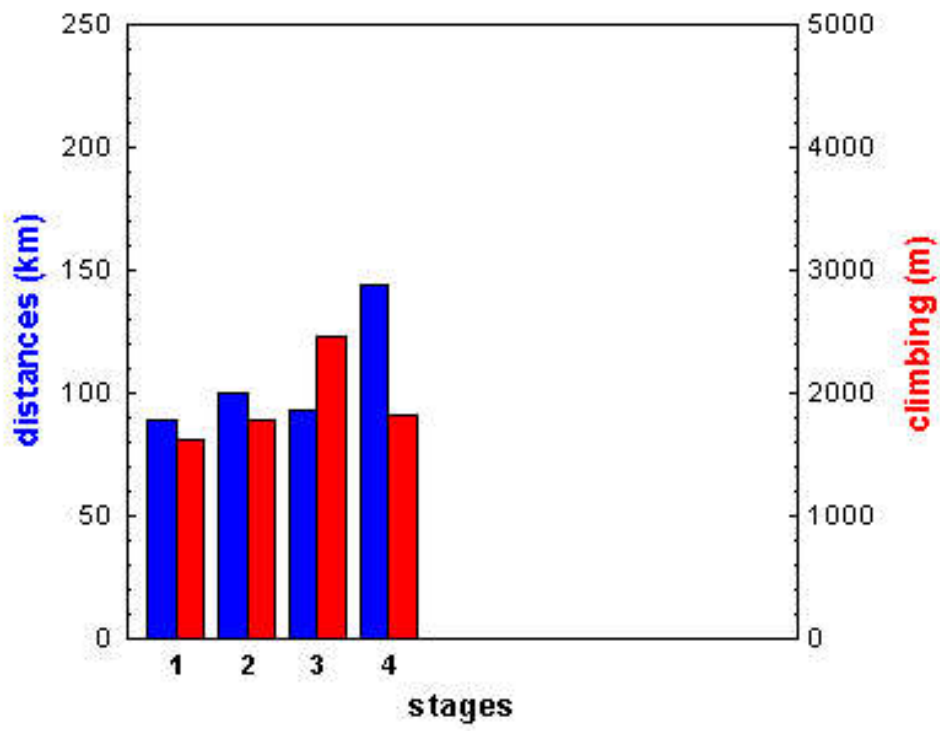


# Bicycle tour 2019, 04 - 08 July

Patrick Schleppe

stage	distance (km)	climbing (m)
Vicenza - Carstelvechio - Recoaro	53	1110
Recoaro - Xomo - Folgaria	88	2990
Folgaria - Redebus - Nave	110	2280
Nave - Bréz - Lana	106	2960
Lana - Santa Maria - Zernez	113	2070
<b>total</b>	<b>470</b>	<b>11410</b>





Road of the Campogrosso pass, south slope



Passo del Sommo, Folgaria's side



Brez



Dans le haut du Val Müstair

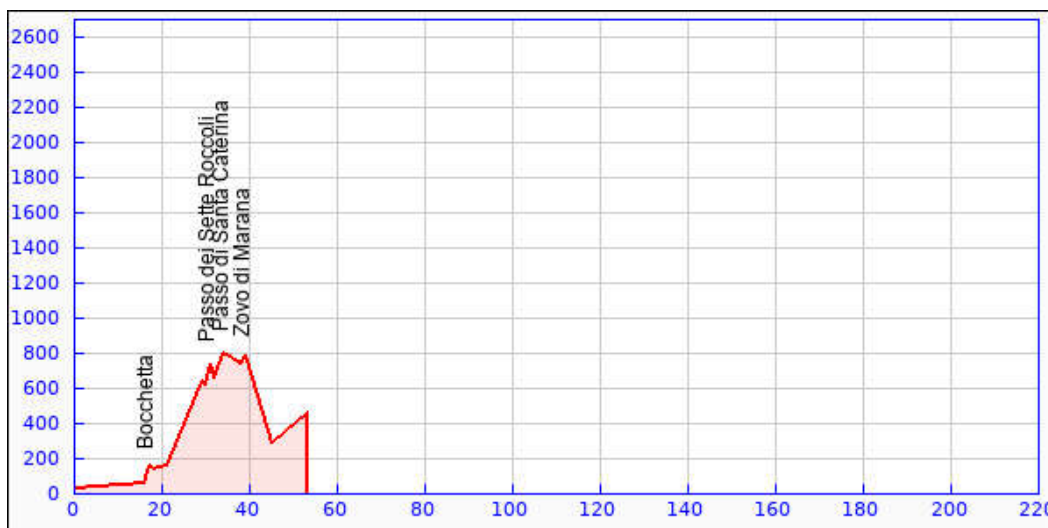


## Stage 1 (4 July 2019): Vicenza - Carstelvecchio - Recoaro

This year again, the tour started with a train ride: from Zurich to Vicenza without having to change train. I was able to start the bicycle ride at 3. In the middle of the afternoon, it was quite hot, but nothing compared to the heat of the previous week.

Soon after leaving the city of Vicenza, i came into a hilly landscape. The first pass on my road was not high at all, [Bocchetta](#), at 155 m asl, but it had à least one feature of winding mountain roads: there was a small trafic jam because a bus and a lorry had difficulties to cross. Then i crossed the Valdagno valley and climbed on its opposite slope. Once again, i was glad to have short gears on my touring bicycle because some parts were very steep, especially close to the [Sette Roccoli](#). After this pass, my road followed more or less the crest to the north. It went always again up and down and brought me to two other passes, [Santa Caterina](#) and [Zovo di Marana](#). Then i went back to the Valdagno valley and followed it up to the town of Recoaro Terme, located in the circular upper part of the valley, surrounded by the Little Dolomites mountains. It is easy to forget that it is actually not far from the flat Po plain.

	distance (km)	altitude (m)	climbing (m)
Vicenza	0	30	
Valle	16	60	30
<a href="#">Bocchetta</a>	17	160	100
Castelgomberto	18	140	
Brogliano	21	160	20
Val di Valaro	29	640	480
Colombara	30	620	
<a href="#">Passo dei Sette Roccoli</a>	31	740	120
Disconzi (Campanella)	32	660	
<a href="#">Passo di Santa Caterina</a>	34	800	140
Mecceneri (Castelvecchio)	38	740	
<a href="#">Zovo di Marana</a>	39	790	50
Maglio di Sopra	45	290	
Recoaro Terme	53	460	170
<b>total</b>	<b>53</b>		<b>1110</b>

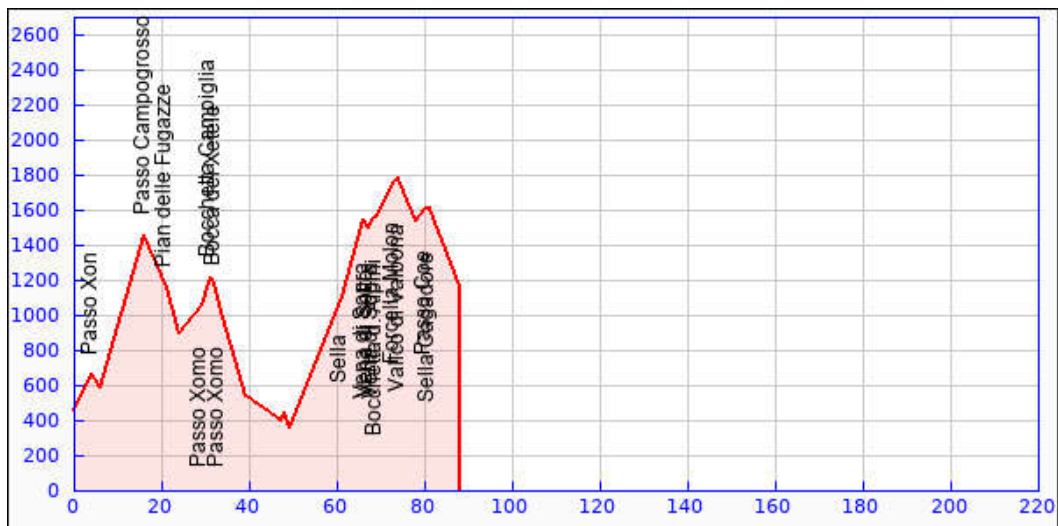


## Stage 2 (5 July 2019): Recoaro - Xomo - Folgaria

I had decided to climb first to the [Xon](#) pass, but without continuing to the other side. Instead, i came just a little bit back and took a small road along the mountain side. The poor quality of this road did not make it easy, neither the ups and downs, but it was still better than going all the way back down to Recoaro. This way, i joined the road climbing to [Campogrosso](#). This climb was not so easy, but very nice, with very few cars. On the other side of the pass, the descent brought me to [Pian dei Fugazze](#) and further to a bifurcation for climbing to the [Xomo](#) pass. There was a sign indicating that the road was closed, but this was pure nonsense! From this pass, i climbed to the [Bocchetta Campiglia](#), from where it would be possible to walk an old military road (world war 1) with many tunnels. With my bicycle, i rode back the same (quite bad) road, just touching another pass ([Xetele](#)) on the way down.

From the Xomo pass, i went down towards Arsiero, but turned left just before reaching this town, now climbing along the steep slope of the Astico valley. It was a long climb, partly in the shade of the woods, until i reached [Sella](#) and finally the [upper Vena pass](#). From there, i went forth and back to the [lower Vena pass](#), which was no big deal but just one pass more. Then i continued westwards to reach the [Alpini](#) pass, where there is actually a very short tunnel under the pass. Now again on the southern slope, i rode up to the rifugio Rumor, where i made a short break. The rest of the climb was not long and there was a short ride over a flat gravel road to reach the [Forcella Molon](#). Coming back the same way, i reached the highest pass of the day, [Valico di Valbona](#). The next pass, [Passo Coe](#), still to the west, was a very short and easy climb. Just after it, i took a short gravel road towards the [Cagadore](#) pass, from where there was a nice view over the Terragnolo valley. After returning to the main road, i rode down to Folgaria where i wanted to finish this stage. The place is very touristical and it was no problem to find an hotel.

	distance (km)	altitude (m)	climbing (m)
Recoaro Terme	0	460	
<a href="#">Passo Xon</a>	4	670	210
Valcalda	6	590	
<a href="#">Passo Campogrosso</a>	16	1460	870
<a href="#">Pian delle Fugazze</a>	21	1160	
Ponte Verde	24	900	
<a href="#">Passo Xomo</a>	29	1060	160
<a href="#">Bocchetta Campiglia</a>	31	1220	160
<a href="#">Bocca del Xetele</a>	32	1180	
<a href="#">Passo Xomo</a>	33	1060	
Posina	39	540	
Valoie	47	400	
Piaggio	48	450	50
Arsiero	49	360	
<a href="#">Sella</a>	61	1110	750
<a href="#">Vena di Sopra</a>	66	1550	440
<a href="#">Vena di Sotto</a>	67	1500	
<a href="#">Vena di Sopra</a>	68	1550	50
<a href="#">Bocchetta d. Alpini</a>	69	1570	20
<a href="#">Forcella Molon</a>	73	1770	200
<a href="#">Valico di Valbona</a>	74	1780	10
Malga Zonta	78	1540	
<a href="#">Passo Coe</a>	80	1610	70
<a href="#">Sella Cagadore</a>	81	1610	
Folgaria	88	1170	
<b>total</b>	<b>88</b>		<b>2990</b>



## Stage 3 (6 July 2019): Folgaria - Redebus - Nave

The third day started right away with a nice little climb: to the [Sommo](#) pass. I came so in the uppermost part of the Astico valley. Next it went downhill to Nosellari, then gently uphill again to the [Cost](#) pass. In the descent, i tried to take a short-cut over the resort of Malga Laghetto. This was not the best idea as i had to take a relatively steep gravel road to join the paved road again. Nevertheless, i was then riding south to Lusern and then agian north, up to [Monte Cucco](#). From there, it was only riding down to reach [Passo di Vézzena](#). This pass was nothing for the eyes: many cars and a big construction site. The descent to the north, on the contrary, offered a very nice view over the valley of the Brenta river. I crossed this river near Levico Terme and continued along the lake of Levico. This road brought me to a very gentle pass, [Sella di Vignola](#), then to the Fersina valley. I followed the main road of this valley up to Canezza, took then the cycling route along the stream. At some point, however, i had to climb to Sant'Orsola, and then it was very steep. I continued on this sun-exposed slope almost up to the last village in the valley, Palù, turned then left to the [Redebus](#) pass. After the descent to Centrale, i took right to [Brusago](#) and further north until i reached the Cembra valley. This valley has a road on each side and i wanted to go to the other side. To go down, i took an extremely steep road in the vineyards to Piazza. On the other side of the bridge over the Avisio stream, it went up to Faver and further to Cembra and Verla. After riding through this town, i took the road up to [Passo Croce](#) and then down to the Adige valley. The ride of the day ended there in Nave.

	distance (km)	altitude (m)	climbing (m)
Folgaria	0	1170	
<a href="#">Passo del Sommo</a>	3	1340	170
Nosellari	9	1000	
<a href="#">Passo del Cost</a>	15	1300	300
Malga Laghetto	18	1190	
<a href="#">Monte Cucco</a>	27	1550	360
<a href="#">Passo di Vézzena</a>	30	1400	
Fiume Brenta	43	440	
<a href="#">Sella di Vignola</a>	51	560	120
Zivignago	53	500	
Torrente Fersina	60	780	280
S. Orsola	61	950	170
<a href="#">Passo del Redebus</a>	68	1440	490
Le Piazze	73	1060	
<a href="#">Brusago</a>	76	1100	40
Bedolazzi	81	760	
Segonzano	88	650	
Ponte dell'Amicizia	89	480	
Faver	92	680	200
Ponte Fornei	99	550	
Cèola	100	570	20
Verla	102	480	
<a href="#">Passo Croce</a>	104	610	130
Nave	110	210	
<b>total</b>	<b>110</b>		<b>2280</b>

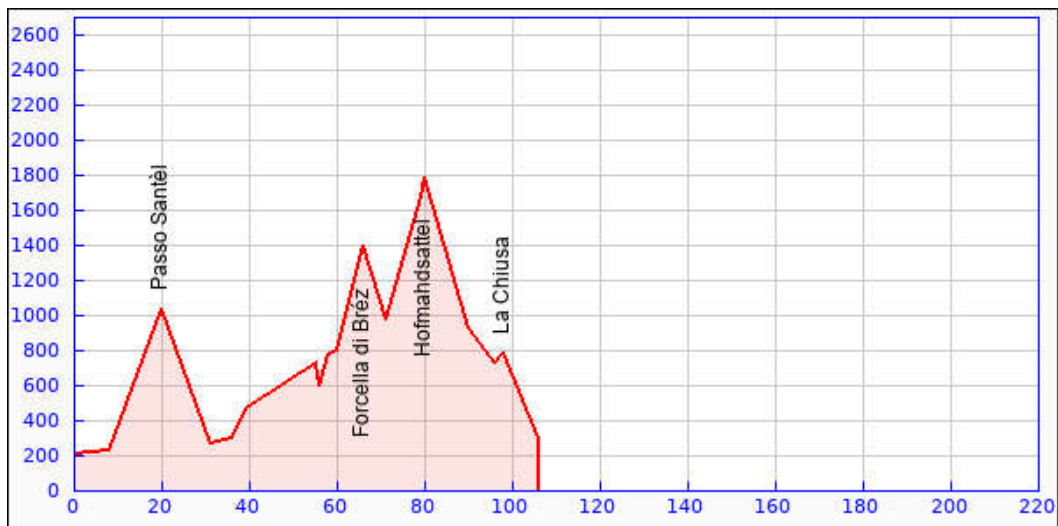


## Stage 4 (7 July 2019): Nave - Bréz - Lana

The roads were dry again after a thunderstorm the previous evening. First thing, i had to cross the railway and the river. No problem, there was an underpass for the first and a bridge for the second right in the vicinity. I joined a large road, but with not too much traffic on this Sunday morning. As soon as i left the valley to climb towards the Paganella high plain, however, there were more cars on the way. I climbed to Fai and then it was no longer far until i reached the first pass of the day, [Passo Santèl](#). The descent from there brought me close to the starting point of the climb: almost closing the loop. The crossing near the river was so special that many drivers did not know where to go. At least, with my bicycle i had the freedom to stop at the road side to study the signs. And i took the right way: on the left side of the river, i.e. on the right side from my point of view. There was not much traffic there, and between Sabino and Dermulo there was a good bicycle way, well designed in the topography between road and narrow-track railway. In that region, there are indeed engineers knowing something about cycling. The main speciality of the region, however, is another: apples. Apple trees all around!

In Dermulo, i had to stop because of a strong thunderstorm. Strong but not long: after a quarter of an hour, i could hit the road again. My next goal was Cloz, but this was on the other side of the valley. I went thus down from Dambel and up again to Cloz. Both parts were steep. I was then on a larger road, but not for long because i turned left already before Bréz, to climb to the [Forcella di Bréz](#). This was also quite steep, full in the sun for the first part, then in a forest. The descent brought me to Laurein and then to the Pescara stream, which i followed uphill. The weather was now cloudy and it almost looked like it would rain as i finally reached then tunnel leading north to the Ultimo valley. The normal way with a road bicycle would be to take this tunnel, but i decided to go over the [Castrin](#) pass, which meant first pushing the bicycle along a path, then riding on a gravel road. After joining again the paved road, i went down to Lana, where stopped i for the night.

	distance (km)	altitude (m)	climbing (m)
Nave	0	210	
Cervara (Mezzolombardo)	8	230	20
<b>Passo Santèl</b>	20	1040	810
La Rochetta	31	270	
Sabino	36	300	30
Mollaro	39	470	170
Dàmbel	55	730	260
Torrente Novella	56	600	
Cloz	58	780	180
Arsio	60	800	20
<b>Forcella di Bréz</b>	66	1400	600
Pt. 980	71	980	
Hofmahdtunnel	79	1680	700
<b>Hofmahdsattel</b>	80	1790	110
Innerbirbach	90	930	
Meierhof (St. Pankraz)	96	730	
<b>La Chiusa</b>	98	790	60
Lana	106	300	
<b>total</b>	<b>106</b>		<b>2960</b>



## Stage 5 (8 July 2019): Lana - Santa Maria - Zernez

The last day of this tour was planned entirely on known roads. Nevertheless there was a place, near the brewery of Forst, where the sign posts for the cycling road were either absent or well hidden and I found no other solution than going down to the Etsch river and then up on the other side. Apart from this point, I enjoyed the nice cycling route up the Vinschgau valley. With a tiny exception, at Göflan, where there were construction works and a deviation. My little pride is that on all the way up to Mals I was not passed by a single electrical bicycle. Then near the Swiss border, there were also construction works and a deviation, but it wasn't really a detour. I made a short break in Santa Maria, then continued to the **Fuorn** pass. By then it was really chilly and at the pass, for the first time of this tour I put on my wind jacket... which I removed again as I had to climb again to go over **Ova Spin**. After this last pass, the last descent and I reached Zernez, from where I could take a train to return home. I was in the train when it started raining. Lucky I had been.

	distance (km)	altitude (m)	climbing (m)
Lana	0	300	
Cantina	4	300	
Marling	6	380	80
Forst	9	360	
Algund	10	340	
Töll	14	510	170
Göflan	42	730	220
Laas	47	870	140
Taufers	71	1240	370
Tschierv	85	1660	420
<b>Pass dal Fuorn</b>	91	2150	490
Punt la Drossa	101	1710	
<b>Ova Spin</b>	106	1890	180
Zernez	113	1470	
<b>total</b>	<b>113</b>		<b>2070</b>

