

Weekly Biking Programme



Monday 24.05. - 01.11.2021

Best of Trails Brixen - experience the best freeride trails
It is no coincidence that Brixen and its surroundings are considered a top mountain bike destination - as long as you choose the right trails! The local guides from Plose Bike know the local trail network like the back of their hand. At the Best of Trails Special, Michi Gostner and his guides show you the top 3 trails of the region. So, enjoy the flow and the best trails at your feet. The shuttle or lifts will take you comfortably to the starting point of each tour. Flowing trails, rough paths and a big smile on your face await you.

Required equipment: helmet (possibly also full-face), knee and elbow pads, back protector recommended.
STS: S2 (depending on the group; up to level S3 possible)
Fitness: 3/5
Altitude difference: 2500 - 3500 m (down)

Start shuttle: Brixen: Car park south 09.40 a.m. (free parking)

Please note: The ticket for the lifts of the Plose is not included in the price of the tour and can be purchased on site. One return trip for free a day with the BrixenCard, DolomitiMobil Card or KlausenCard.

Tuesday 18.05. - 26.10.2021



Villnöss e-MTB Tour: Biking through the Dolomites!

Spectacular panorama, unique nature, rustic mountain huts, your bike and you. Doesn't that sound like a perfect holiday? The eMountainbike (e-MTB) tour in the valley of Villnöss starts in the village of St. Peter/Pizack, from where it continues towards St. Magdalena. It goes slightly uphill to the rustic mountain huts, inviting us to stop beneath the Geisler mountains, one of the most beautiful spots in the Dolomite UNESCO World Heritage site. Crossing over various kinds of trails and scenic paths, we return to the starting point.

STS: S1
fitness: 3/5
altitude difference: 1450m (up)
Km: ca. 30
eMTB Tour, day tour

Start shuttle: Brixen: Car park south 09.40 a.m. (free parking), Klausen: Tourist Info: 10 a.m., Villnöss: 10.30 a.m.

Thursday 13.05. - 26.10.2021



Feldthurns Mountain Pasture Tour – the right combination makes the difference!

The Mountain Pasture Tour of Feldthurns is ideal for all those who would like to master meters in height on their own, rewarding oneself with a ride on a varied downhill trail. For this tour, you should bring a good basic fitness, as there are no steep ascents, but it is still continuously ascending. We start our tour above Feldthurns at approximately 1150 m and ride the forest roads to the Klausner Hütte mountain hut for a little refreshment. Rising above the tree line and with a stunning view of the Dolomites, we continue our ride using varied forest roads and trails to return to the starting point.

STS: S1 – S2
fitness: 3/5
altitude difference: 800m (up)
Km: 20
Cross Country Tour, day tour

Start: Brixen: Car park south 09.40 a.m. (free parking), Klausen: Tourist Info: 10 a.m.

Friday 21.05 - 29.10.2021



Stoanamandl - summit tour with trail promises

The tour to the Stoanamandl peak is a must do for every passionate mountain biker! We take the shuttle from Brixen or Natz to Spinges. On a steadily ascending forest road we make most of the altitude metres and treat ourselves in a rustic alpine hut. After another short, easy ascent, we reach the summit of the Stoanamandl, where a 360° panoramic view awaits us. Then, a seemingly endless trail descent begins, which brings us back to the starting point of the tour. Partly flowing and partly very rough forest paths, but also forest roads keep the promise.

STS: S2
Fitness: 3/5
altitude difference: 900m (up), 1500m (down)
Km: approx. 30
Cross Country tour, day tour

Start: Brixen: Car park south 09.40 a.m. (free parking), Natz-Schabs: fire station Schabs 10 a.m.

Saturday 12.06. - 18.09.2021



Sellaronda – Pure Biking Enjoyment!

Clockwise? Counterclockwise? When's the last lift? Definitely too many questions that you don't want to ask yourself on your biking holiday. That is why our guides take over the organisation of this high alpine enduro tour and accompany you on a challenging ride through the Sella Mountain Group in the Dolomites, a UNESCO World Heritage since 2009, famous for the classic picture-postcard setting. Good body fitness mixed with agility and experience are essential on this tour. The 4,000 m elevation difference of the tour is no joke, those deciding to take part in this tour need to be able to handle S2 level trails without difficulty and also be able to manage S3 passages.

STS: S2 – S3
fitness: 4/5
altitude difference: 440m (up)
altitude difference: 3,900 (down)
Km: ca. 58
Enduro Tour, day tour

Start: Brixen: Car park south 7.40 a.m. (free parking), Klausen: Tourist Info: 8 a.m.

Note: The ticket for the lifts of the Sellaronda is not included and can be purchased on site for 47,00 €.

Sunday 06.06. - 03.10.2021



Beginner session (9 a.m. – 12 p.m.)

Riding a bike correctly needs to be learned and is the key to safety and fun on trails. In our beginner's riding technique course we teach you the basics such as correct shifting, getting on and off the bike, the right position and the most important thing: balance. The session is perfect for everyone who wants to gain their first experience on a mountain bike with the support of experienced guides.

- Fitness: 3/5
- Riding technique training & trail surfing in the bike park, half day (3 hours, from 9 - 12 hrs)

Meeting point: valley station of the Plose gondola lift, 9 a.m.

Advanced Session (2 - 5 p.m.)

Are you motivated to improve your skills on the bike? Then the advanced technique training is for you. We improve your skills on the bike with technical exercises such as braking technique, overcoming obstacles uphill and downhill, bunny hop, hairpin turns. Whether on natural trails or in the bike park, we will show you how to take bends cleanly and in flow, without risk or dismounting.

Bike technique training & trail surfing in the bike park, half-day (3 hours, from 2 - 5 p.m.)
Meeting point: valley station of the Plose gondola lift, 2 p.m.

Note: The ticket for the lifts of the Plose is not included in the price of the workshop and can be purchased on site (info prices: plose.org)

Price (incl. guide & shuttle): 40 € for guests of our bike partner accommodations, otherwise 60 €. Riding technique course (half day): 25 € for guests of our bike partner accommodations, otherwise 40 €.

The lift tickets as well as a rental bike is not included in the tour price. "Plose Bike" is happy to help find what you need. All tours can be done with MTBs or eMTBs. Basic MTB knowledge is required for all tours (at least S1 level).

Registration at Plose Bike (info@plosebike.com, +39 339 64 45 548, www.plosebike.com) or at our bike partner accommodations