

11

THE 5 TORRI FREE RIDE TOUR

Starting and arrival point:

Freccia nel Cielo cable car valley station, Cortina 1190 m

Max elevation:

Rifugio Sciattoli, 2255 m

Length: 31 km

Total ascent: 1590 m (1360 m with uplift)

Total descent: 1590 m

Duration: 3–4 hours

Grade: ● ● ● ●

Required fitness level: ● ● ● ●

Climbing sections: ● ● ● ●

Downhill sections: ● ● ● ●

When: May–September

Getting there:

A) Val Pusteria-Pustertal, Val di Landro-Höhlensteinalt, Cortina
B) Belluno SS 51, Pieve di Cadore, Cortina



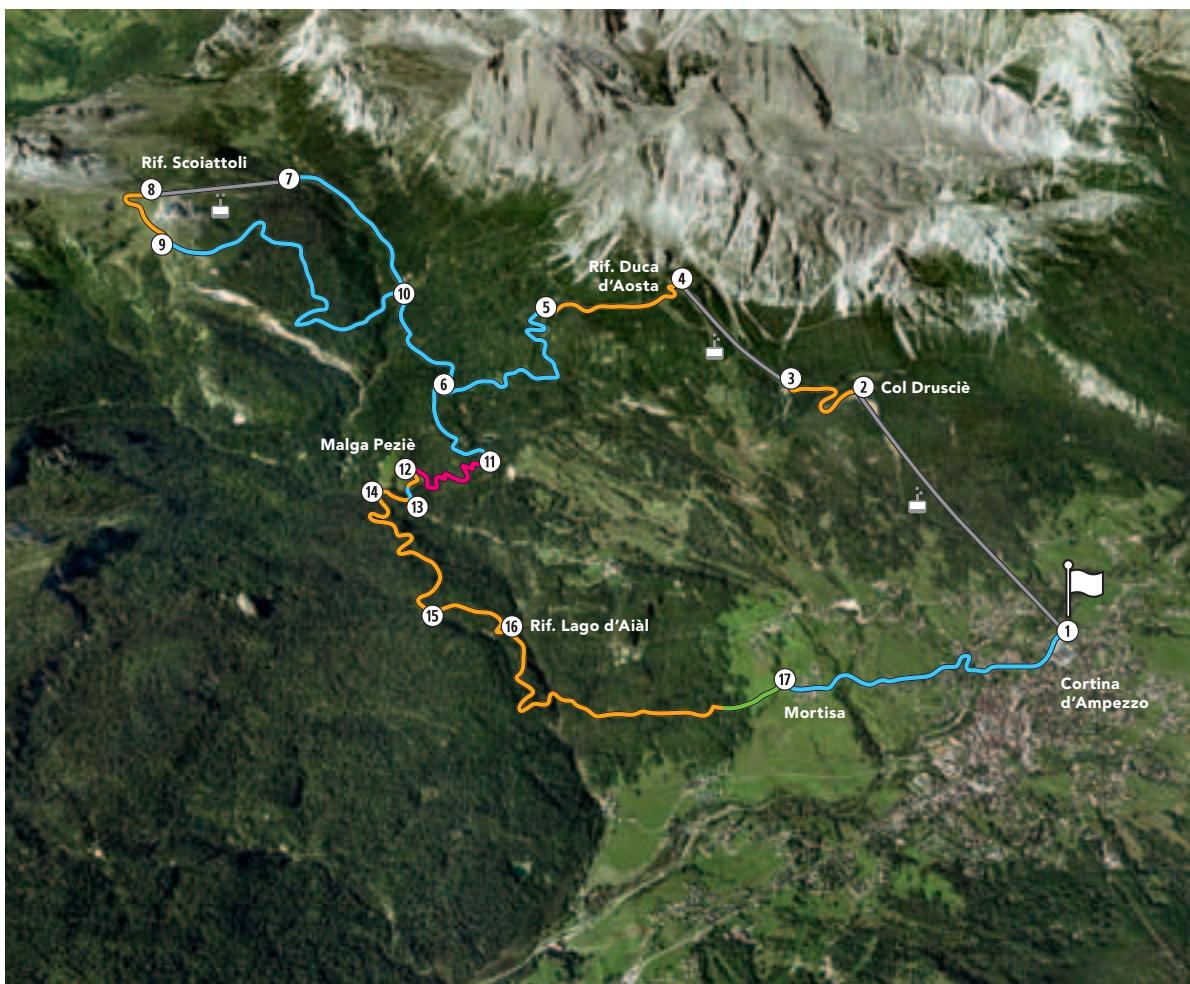
This tour is supported by the use of three lifts. The downhill sections follow sketchy ski runs on fairly rough terrain; from the Sciattoli refuge onwards a secondary road with deep rain grooves keeps riders on their toes. The descent onto the Malga Peziè de Parù hut is easy, with the exception that the ground can often be wet.

After the Winter Olympic Games in 1956 Cortina experienced an economical boom. Until the 1970's Cortina – with St. Moritz, Kitzbühel and Megeve – was one of the most popular tourist destinations in the Alps. To this day tourism is the thriving economical sector in this region. Particularly at Christmas and in August the Pearl of the Dolomites is a very popular destination for lots of tourists. It is easy to understand why upon arrival to the Sciattoli refuge.

Itinerary description

Set off from the ① valley station (1190 m) of the Freccia nel Cielo cable car and climb up to the ② Rifugio Col Drusciè (1779 m); from here descend into the valley following MTB route N. 15, to get to the lift valley station of ③ Pié Tofana (1675 m); take the lift ④ the Rif. Duca d'Aosta (2082 m); from here, descend for 1.5 km on ski terrain to the paved road ⑤. Ride along the valley and get to the road to ⑥ Passo Falzarego; follow this for 4 km (160 m vertical metres) toward the pass, up to the valley station of the ⑦ Cinque Torri lift (1889 m). This second ascension goes to the ⑧ Rifugio Sciattoli (2255 m); from here descend along a forest road over sketchy terrain – still following MTB route N. 15 – and to the ⑨ Rifugio Cinque Torri (2137 m). On paved mountain road (deep rain grooves) ride to road access ⑩ SR 48 (road to Passo Falzarego). Follow this road for 2.8 km, dropping into the valley. After a tight right-hand switchback, look for and take the entrance to ⑪ MTB route N. 6. Stay on this nice single-track all the way to the ⑫ Malga Peziè de Parù, and from here proceed to the nearby ⑬ SP 638, cross it, descend into the valley for a few metres and then turn right onto the MTB route N. 6–15; at ⑭ the bridge turn left, and undertake a light climb following signage N. 406 to Lago d'Aiàl, up to ⑮ Croz del Macaron (1484 m). From ⑯ Lago d'Aiàl (1412 m) take the forest path and drop into ⑰ Mortisa (1240 m) and from here, heading north, return to Cortina, the starting point.

Sign-posted MTB route N. 15



Additional cartographic material for this tour: see page 3