

Weekly Program MTB School Ortisei 15/06 – 26/09/2020



| | E-bike Tours | | Mtb Tours | | Enduro Tours | |
|------------------|---|---|---|--|--|------------------|
| | <i>morning</i> | <i>afternoon</i> | <i>morning</i> | <i>afternoon</i> | <i>morning</i> | <i>afternoon</i> |
| Monday | S.Giacomo <u>9.30 - 12.00</u> 25km ↑750hm ↓750hm | | Ride & Learn Basics <u>9.30 - 12.00</u> | | Flow Trail Tour Selva** <u>9.30 - 16.00</u> 5x 🚵 45km ↑350hm ↓3590hm | |
| Tuesday | Sotto le Odle <u>9.30 - 13.30</u> 24km ↑964hm ↓964hm | | | | Marmolada Freeride (Padon-Fedaia)** <u>8.15 - 17.00</u> 5x 🚵 71km ↑500hm ↓4380hm 1x 🏠 | |
| Wednesday | Monte Pana - Selva <u>9.30 - 12.00</u> 24km ↑750hm ↓750hm | Family E-Bike Tour * <u>14.00 - 16.30</u> 20km ↑365hm ↓365hm | Hut Tour Alpe di Siusi <u>9.30 - 16.00</u> 1x 🚵 45km ↑1000hm ↓1650hm | | | |
| Thursday | | Evening E-bike Tour <u>17.00 - 19.30</u> 20km ↑365hm ↓365hm | Val Gardena Uphill Tour <u>10.00 - 15.00</u> 35km ↑800hm ↓800hm | | Sellaronda** <u>8.15 - 17.00</u> 7x 🚵 60km ↑600hm ↓4000hm 1x 🏠 | |
| Friday | E-Bike Tour Gourmet*** <u>10.00 - 13.30</u> 30km ↑800hm ↓800hm | | | Ride & Learn Advanced <u>15.00 - 17.30</u> | Alta Badia Enduro Tour** <u>8.15 - 16.30</u> 5x 🚵 70km ↑550hm ↓4340hm 1x 🏠 | |
| Saturday | Alpe di Siusi - Val Duron <u>09.30-16.00</u> 1x 🚵 45km ↑1100hm ↓2086hm | | | | Flow Trail Tour Selva** <u>9.30 - 16.00</u> 5x 🚵 45km ↑350hm ↓3590hm 🏠 | |
| Sunday | | | Alpe di Siusi Ride <u>10.00 - 12.30</u> 1 x 🚵 23km ↑298hm ↓1069hm | | | |

- easy level
- medium level
- hard level
- expert level

Minimum age for adult Tours **16 years**

* Family E-bike Tour just for parents and kids
Minimum age of the kids 10 years

** Shuttle 5,00€ per Person

*** Aperitivo 10,00€ per Person