

# GRAN LAGORAI

RIDE IT WHEN YOU WANT;  
NO DOTS,  
NO CUTOFF.  
JUST YOU AND THE MOUNTAIN.

KOMOOT PAGE

[WWW.GRANLAGORAI.IT](http://WWW.GRANLAGORAI.IT)





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# GRAN LAGORAI

KM: 280  
ELEVATION: 8K





# MANIFESTO

The Granlagorai Bike Adventure is a permanent bikepacking route born from the desire to share a mountain range we feel deeply connected to: the Lagorai.

Austere and quiet, shaped by dark volcanic rock, it stands in contrast to the softer lines and shifting colours of the nearby Dolomites.

The Lagorai still preserves a wild soul: a rare, scarcely populated wilderness. We believe that those who experience the mountains can do so respectfully, without harming their biodiversity or identity.

The route is built on two principles: freedom and respect.

It's a permanent track you can tackle whenever you want, with whomever you want, at the pace that feels right for you. It's not a race: no rankings, no medals. Only the hope that everyone reaches the end carrying their own personal experience.

Peddalling along the route, you'll discover the Lagorai's variety: gentle slopes alternating with rugged ridgelines, iconic passes like Manghen or Rolle, and old military roads that still guard the memory of the past.



The route is demanding: significant elevation gain (8k) and rocky sections require full attention. Don't underestimate it. You'll cross 2,000 metres of altitude several times, and—just as every mountain loves to remind us—the weather can change in an instant. Always carry a shell, gloves, and warm clothing.

In the roadbook you'll find all the practical information: resupply points, bivouacs, and suggested stage divisions. Remember: the adventure is personal, but the route belongs to everyone.

Honor the mountains and their fragile harmony.

Prepare well, set off whenever you wish, and experience the Lagorai with respect: your adventure is waiting.





# RULES





# LEAVE NO TRACE

We keep things simple: freedom and respect.

- Self-Sufficiency: whatever you bring with you, you take back out. There's no one sweeping the trail behind you. Stick to the Leave No Trace ethos at all times. Pack out every scrap. And if you happen to find rubbish where you stop for the night, pick it up and take it with you. Small actions make a real difference.
- No Stickers: please don't put stickers on signs or trail markers. The mountains don't need proof that we were here; being here is enough.

## BIVOUAC & CAMPING

- Keep a low profile: along the route you'll find several mountain huts, and you can pitch your tent in the more remote sections. Just stay discreet.
- Arrive Late, Leave Early: set up your tent at dusk and head off again with the first light of day.
- Social Media: if you share photos online, make sure the location of your bivouac isn't easy to identify. It's a matter of respect, discretion, and helping ensure that the privilege of wild camping can continue.



# RESUPPLY





## FOOD

The Granlagorai passes through several mountain communities.

- Planning: water and food aren't a problem — there are plenty of sources along the way and you'll pass through several villages. Still, always carry enough food with you
- Emergency Snacks: depending on your daily plan, keep some emergency rations at the bottom of your bag (nuts, energy bars, etc.). Hunger can strike when you least expect it!
- Huts & Resupply: along the route you'll find various huts where you can eat and sleep. Make sure they're open before you rely on them.

## WATER

- Easy to find: water isn't an issue. Every village you pass and many recreational areas have fountains. Just keep in mind that in winter some may be closed.
- Recommended Carry: in the warmer months, it's a good idea to carry at least 2 litres. That will give you enough autonomy to reach the next refill point.
- In the roadbook we've only marked the main water sources.





# WHERE TO SLEEP

AGRITUR  
MALGA VENEGIOTA



## WHERE TO SLEEP ⚠ ATTENTION

LOCAL REGULATIONS: In the Lagorai, especially in areas bordering the Paneveggio - Pale di San Martino Natural Park, wild camping is prohibited. The only allowed option is an overnight alpine bivouac, understood as a temporary, emergency shelter.

If you choose to use a tent or tarp, there's one golden rule: set up late (after sunset) and break camp early (before sunrise). Stay invisible. Never stop near roads, villages, or huts.

Alternatively, take advantage of the many huts and fixed SAT (società alpinisti tridentini) bivouacs along the route for a safe night's rest.





## 📌 SECTION 1: From the Adige Valley to Passo Manghen

This section focuses on the western part of the route, rich with valleys and lakes.

- Baselga di Pinè Lakes: several alpine huts in the area offer opportunities to stop for a meal and refuel.
- Molina di Fiemme: one of the first mountain communities along the route, offering accommodations (B&Bs) and plenty of dining options.
- Rifugio Passo Manghen: a food stop here is a must after the effort of climbing Passo Manghen — the ascent will really test you!

## 📌 SECTION 2: Across the Lagorai Range

- Hotel SAT Lagorai: a base for eating and sleeping.
- Rifugio Carlettini: a convenient spot for meals and overnight stays.
- Rifugio Malga Conseria: perfect for a high-altitude break, with food and lodging available.
- Rifugio Refavaie: another stop for meals and overnight stays.
- Caoria / Canal San Bovo: this area offers several accommodations before the tough climb up to Lake Calaita.



## 📌 SECTION 3: Pale di San Martino

- Hotel-Restaurant Miralago Calaita: stunning panoramic location, where you can enjoy a meal while taking in the views of the Pale di San Martino.
- San Martino di Castrozza: a major tourist hub offering a wide range of accommodations.
- Rifugio Capanna Cervino & Baita Segantini: iconic viewpoints with breathtaking views of the Pale, ideal for a meal or a daytime stop only.
- Malga Venegiota and Malga Venegia: refreshment points in Val Venegia, suitable for meals only.

## 📌 SECTION 4: Val di Fiemme and Val di Cembra

- Cavalese / Ziano / Predazzo: these towns in Val di Fiemme offer plenty of accommodation options.
- Rifugio Malga Monte Corno: an excellent base where you can both eat and sleep.
- Rifugio Potzmauer: a strategic stop with full services, perfect for meals and overnight stays.





## ARRIVAL & DEPARTURE

Trento (Start/Finish): the city offers B&Bs both in the historic center and in the hillside areas. Choose based on your budget and how much you want to celebrate completing the Granlagorai!

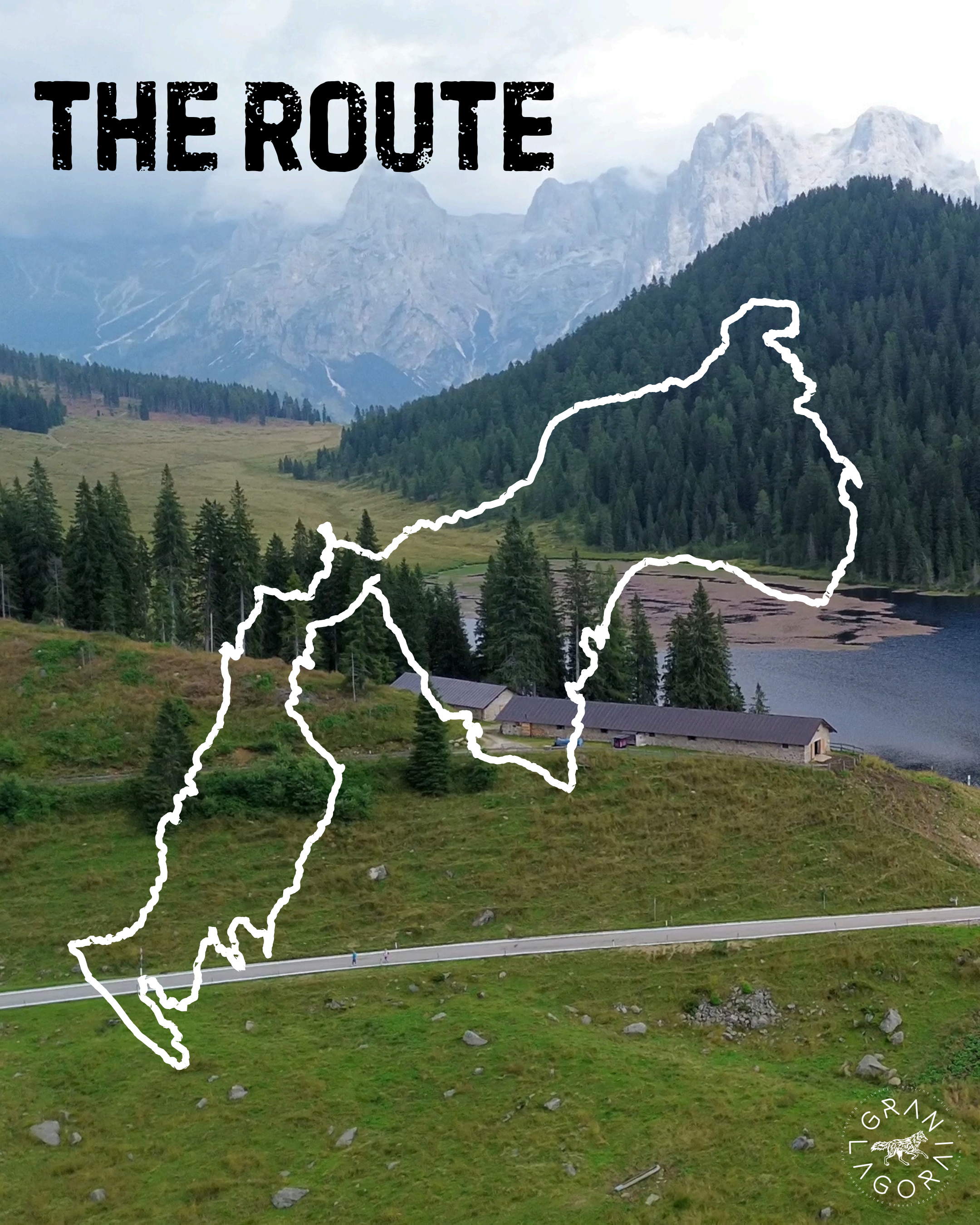


## Campsites

There are several campsites along the route: at the Baselga di Pinè Lakes, Valle Verde Campsite (near Predazzo), and a campsite above Carano.



# THE ROUTE





# HOW TO SPLIT THE ROUTE

We suggest a few ways to break up the route; feel free to use them as a reference or divide it however you like. You can find the pre-divided tracks available for download in the Collections section of our [Komoot profile](#).

The route isn't designed for any specific type of bike: you can tackle it on a gravel bike (minimum 45 mm tires) or a hardtail MTB.

Whatever bike you choose, be generous with your gearing — on long climbs it's always better to have a few extra teeth!

On a gravel bike, you might need to push briefly on short hike-a-bike sections; on a MTB, you might feel it on the paved climbs.

It's all part of the adventure. Use the slower moments to look around, breathe, and feel the rhythm of the mountains.

## 2 DAYS

If you want to tackle the Granlagorai in a “sprint” mode, here's a balanced suggestion:

- Day 1: Trento - Canal San Bovo, 136 km with 4,230 m of elevation gain.
- Day 2: Canal San Bovo - Trento, 143 km with 3,590 m of elevation gain.



## 3 DAYS

In our opinion, this is the best way to divide the route — a perfect mix of adventure and effort. Here's our suggestion:

- Day 1: Trento - Rifugio Malga Conseria, 102 km with 3,540 m of elevation gain.
- Day 2: Rifugio Malga Conseria - Cavalese, 106 km with 2,810 m of elevation gain.
- Day 3: Cavalese - Trento, 69 km with 1,440 m of elevation gain.

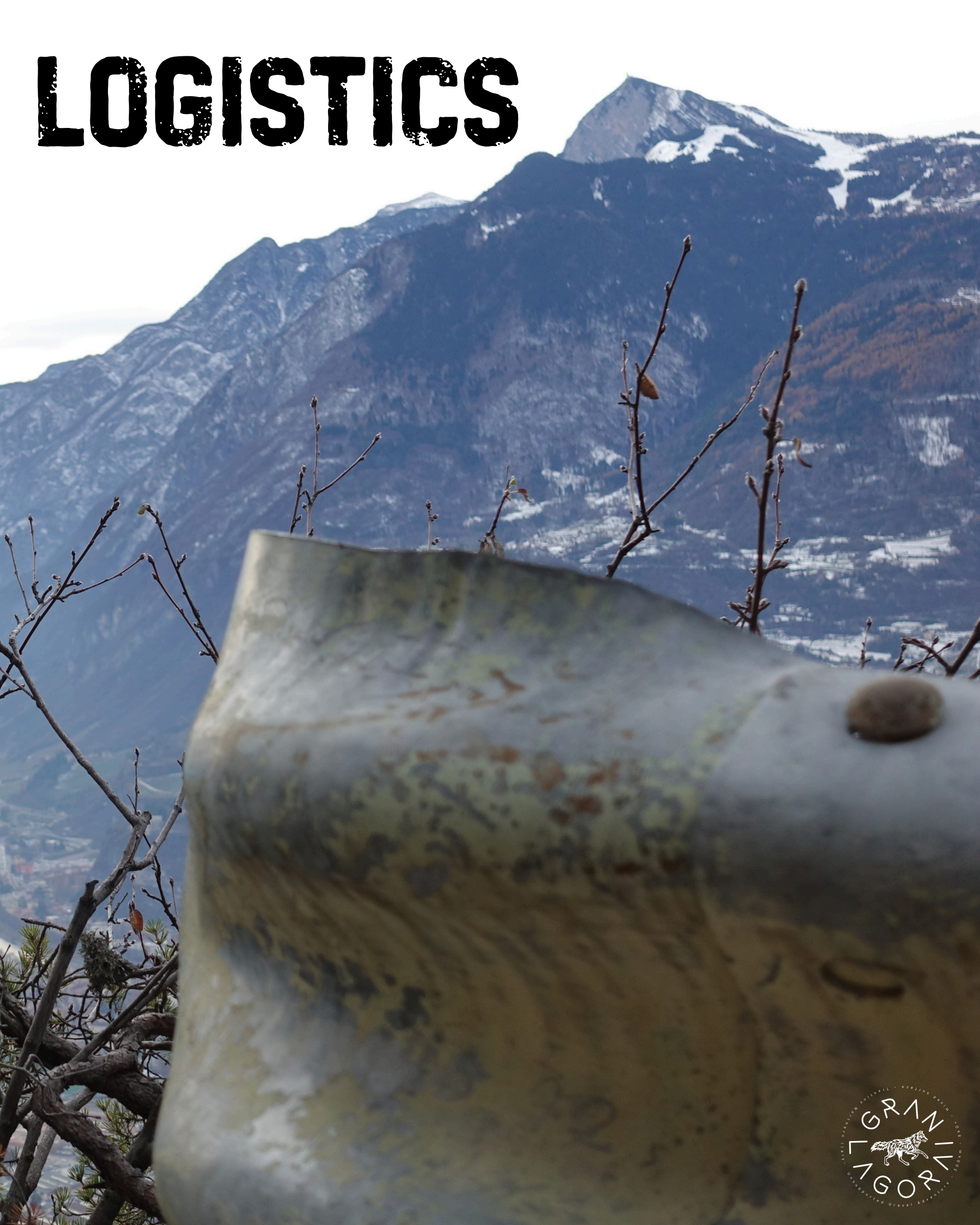
## 4 DAYS

If you prefer a more relaxed pace to fully enjoy the route, we recommend dividing it into four stages:

- Day 1: Trento - Molina di Fiemme, 67 km with 1,840 m of elevation gain.
- Day 2: Molina di Fiemme - Caoria, 68 km with 2,380 m of elevation gain.
- Day 3: Caoria - Cavalese, 74 km with 2,160 m of elevation gain.
- Day 4: Cavalese - Trento, 69 km with 1,430 m of elevation gain.



# LOGISTICS





# LOGISTICS

The route starts and finishes in the heart of Trento.

The starting point, about one kilometre from the train station, is easily accessible by train.

Trento station is also connected to Verona, a convenient hub for onward travel to other destinations.

## Airports:

If you're arriving by plane, the most convenient airports are Verona (Valerio Catullo), Venice (Marco Polo), and Bergamo (Orio al Serio). All offer train or bus connections to Verona and Trento, making it easy to travel with your bike.

## Arriving from Bolzano:

Trento is accessible from Bolzano via frequent trains along the Brenner line. The journey takes around 45-50 minutes and is generally bike-friendly — perfect for arriving in the city ready to hit the route.