



IMPIANTI / LIFTS		SENTIERI / TRAILS	
	Aperto/Open		Bike Trails
	Chiuso/Closed		Bike & Hiking Trails
11	Carosello 3000 I		Hiking/running Trails
12	Carosello 3000 II		White Roads
25	Livigno Centro - Tagliede		Facile/Easy
27	Tagliede - Costaccia		Media/Intermediate
28	Valandrea - Vetta		Difficile/Advanced
			Val Federia
ALTRO / OTHER			
	Restaurant		Rifugio aperto / Open refuge
	Free Wi-fi		Best View Point
	Solarium		Madonon
	Biglietteria / Ticket Office		Livigno Mtb Guides
	Bike Fix Station		E-bike Charging Station
	Bike Skill Center		Cableway parking
	Public Hospital		International Medical Center
	Bike academy Area		

LEAVE NO TRACE
Rispetta la Montagna: non uscire dai sentieri segnalati, non abbandonare rifiuti e non spaventare gli animali che incontri sui percorsi. Rallenta alla vista degli hikers che incontri sui sentieri misti.
Respect the Mountain: don't leave the trails, don't abandon rubbish and don't scare the animals you maybe meet on the routes. Slow down when you see hikers on the shared trails.

🚑 **Serve aiuto? / Do you need help?** +39.333.63.79.333


🗺 **Serve una guida? / Do you need a mtb-guide?** +39.331.33.22.023




TRAILS INFO

USE THE RIGHT BIKE


USA LA BICI GIUSTA




ALL MTN/
ENDURO




CROSS-COUNTRY




FAT



FREERIDE/
DOWNHILL



CITY BIKE



OLD SCHOOL

E-BIKES ARE WELCOME
 LE E-BIKE SONO LE BENVENUTE

BEST BIKE TRAILS	
MTB1	COAST TO COAST SCENIC FLOW TRAIL 5,5 km 385 m 7%
MTB2	ROLLER COASTER PURE FLOW 4 km 336 m 8.2%
MTB3	BIKERS UNITED FLOW & ENDURO 4,2 km 522 m 10.5%
MTB4	BLUEBERRY LINE TECHNICAL FLOW 1,7 km 244 m 11.2%
MTB5	H-DREAM FAST FLOW 4,2 km 385 m 9.3%
MTB6	S-WAY SPEED & BUMPS 1,8 km 156 m 6.7%
MTB7	ENDURO ENDURO 1,6 km 286 m 15.2%
MTB8	BIKE ACADEMY LEARNING AREA 4,9 km 336 m 5.1%
MTB9	THE BOMB ENDURO 2,7 km 407 m 15.1%
163	FEDERIA NATURAL TRAIL 3,1 km 536 m 17.4%
157	MADONON NATURAL TRAIL 3,2 km 84 m 2.6%
159	HAIRY CATTLE SCENIC TRAIL 3,1 km 114 m 3.8%
190	PANORAMICA SCENIC TRAIL 5,8 km 110 m 1.9%
158	PLASCIANET NATURAL TRAIL 2 km 70 m 3.6%

USE THE RIGHT GEARS

USA L'ATTREZZATURA ADATTA



- CASCO PROTETTIVO / BIKE HELMET**
- OCCHIALI / SUNGLASSES**
- GOMITIERE / ELBOW PADS**
- GINOCCHIERE / KNEE PADS**
- PORTA NEL TUO ZAINO / PUT IN YOUR BAG**
 - Cartina / Map
 - Giacca antivento / Wind jacket
 - Kit di riparazione / Repair kit
 - Kit di 1° soccorso / First Aid kit
 - Acqua / Water
 - Telefono / Mobile phone