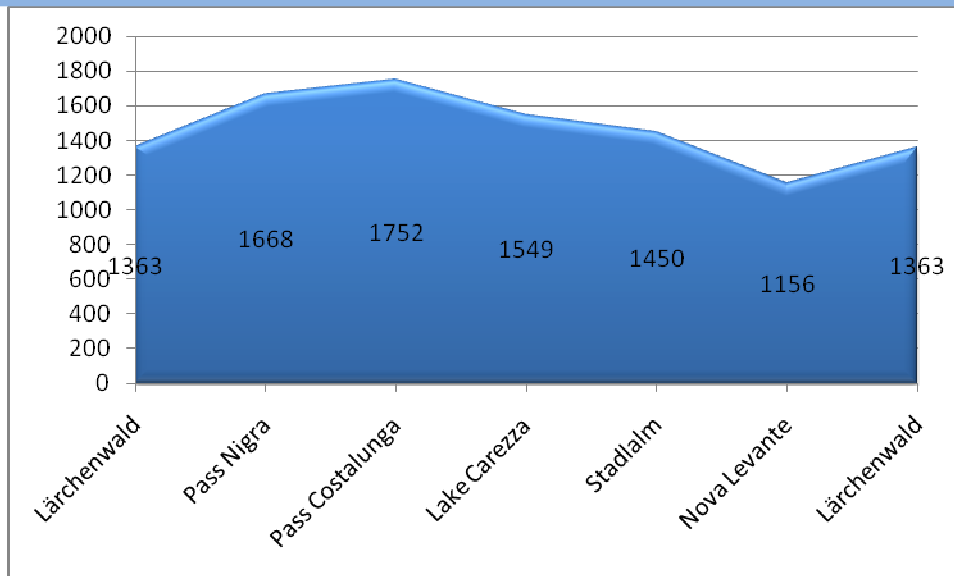


MOUNTAIN BIKE TOURS

:::Lake Carezza:::



Characteristics: The first 200 meters after the "Gasthof Lärchenwald" (Gummer) are very steep but then you follow a slightly up and down forest road to the Nigra Pass. The asphalted road has little traffic and leads you directly to the Catinaccio in the direction of Carezza Pass and then downhill to the magnificent Lake Carezza. After the guesthouse "Erna", the "Samerweg", it is quite steep. The single trail which follows is also very steep and demanding, until you come to the "Zipperlehof". From there, you will enjoy an extraordinary panoramic view at the foot of the Catinaccio. The clear and magnificent Lake Carezza makes this tour an unforgettable experience.

Length: 38.4 km

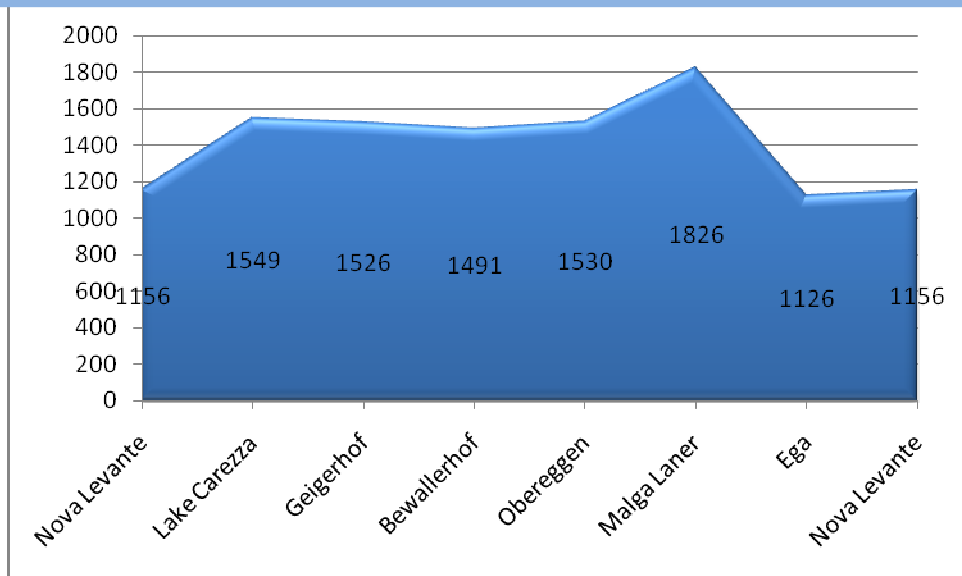
Altitude: 1,140 m

Approximate driving time: 4 hours

Route description: The tour starts Obergummer at the parking lot of "Gasthaus Lärchenwald". Follow marking 1 at the left hand side of the restaurant until you come to the Nigra Pass. Turn right at the Nigra hut and follow the tarmac road in the direction of the Carezza Pass (Pass Costalunga). Turn right in the direction of Lake Carezza. Once you arrive there, take the tarmac road a further 200 meters, then turn left in the direction of the "Stadlalm" - marking 8. Turn right in the direction of the "Stadlalm" and again left when you reach the next turn (marking 25). Turn left in the direction of Nova Levante, using marking 27. Now you are on a heavy downhill drive. Please drive slowly and watch out for hikers! Turn right, then uphill on the tarmac road in the direction of Nova Levante. Then turn left in the direction of "Gummer". After you have passed the guesthouse "Erna", you need to turn right, uphill in the direction of Obergummer "Samerweg", marking 2 A. Then turn left, marking 2 A, on a single trail with short sliding barriers. You will see a sign "Zipperle". Follow marking 2 A. Cross the bridge on your right and drive up the steep hill. After the "Zipperlehof", you must drive on the tarmac road to the restaurant.

MOUNTAIN BIKE TOURS

:::Malga Laner:::



Characteristics: Very varied tour with beautiful downhill drives and some short single trails. Comfortable Alpine refuge huts invite you for a short stay. If you would like to extend your tour, you can drive from the "Epircher Laner Alm" to the "Eggental Alm". However, you would need to return the same way. From the "Epircher Laner Alm", the route runs straight through the large meadow. Besides beautiful meadow paths and single trails, you can enjoy a unique panoramic view of the Latemar. A further highlight of this tour is path number 7 from Eggen to Nova Levante. It runs along forest paths and single trails.

Length: 28.6 km

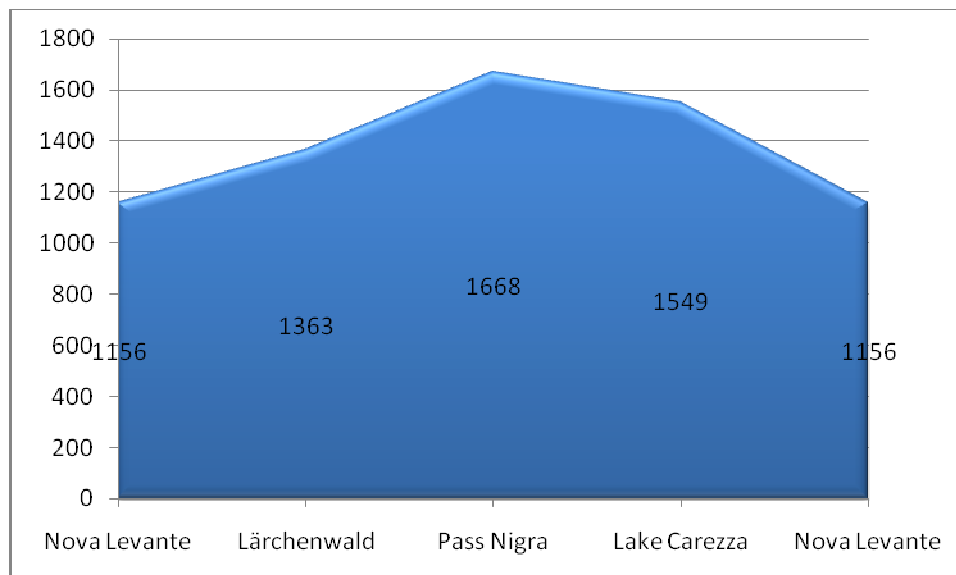
Altitude: 1,300 m

Approximate driving time: 3 - 4 hours

Route description: The tour starts in Nova Levante at the parking lot beside the tourist board office. Drive towards the right in the direction of Bolzano. After 500 meters, as soon as you reach the bridge, turn left and follow the sign "10 A - Karer See" (Lake Carezza). Then always go straight on, pass the barriers, drive up a steep hill and follow sign 27 (you are on the right hand side of the path). After house number 120, you need to turn right. Once you have passed the "Geigerhof", turn left, downhill on marking 25. Then pass the barriers on your right and drive uphill again. After 300 meters, you need to follow marking 8 on the right hand side. Once you pass the "Bewallerhof" turn left onto the main road to Obereggen. After the town sign for "Obereggen", turn left in the direction of "Epircher Laner Alm". When you arrive there, turn right and follow marking 10 uphill. Drive along the gravel road uphill and further on, on the left hand side, followed the tarmac road downhill. At the stop sign, turn right and follow the red-white marking to the "Weisshof". Turn right and follow the sign for "Eggen - Ega" - red-white marking, then later marking 7. Cross over at the main road, right through Eggen/Ega, pass the church and follow marking 7 to Nova Levante. After "Haus Sonnleiten", use the trail to the right steeply uphill, always straight on and then on the main road back to the base point of the tour.

MOUNTAIN BIKE TOURS

::From Nova Levante to Pass Nigra::



Starting point: Nova Levante – parking place „Planggenbrugg“

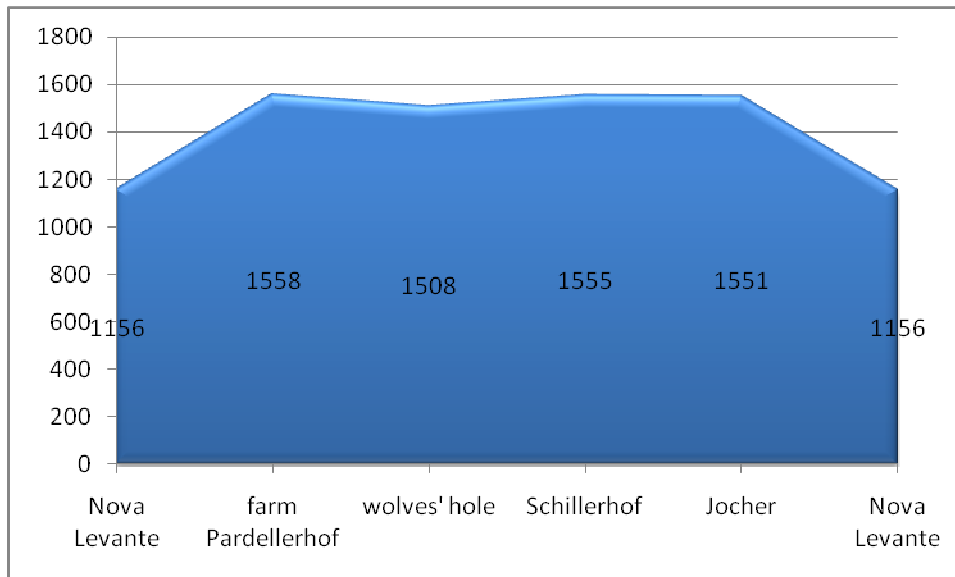
Follow the asphalt road to San Valentino (via Roma, via San Valentino) just to the guest house Erna. After the guest house keep right – follow the via Samer for 200 m and then path n. 22 right to the fork of path n. 2A and n. 22. Now follow path n. 2A (path Taufen - the name 'Taufen' derives from the wood in this forest which was used to construct wine casks) to the Zipperle inn (eatery). Afterwards follow the asphalt road to the Lärchenwald inn (eatery). From here take path n. 1 direction Pass Nigra. Arrived at the pass you have the choice to follow path "Nigertalweg" or to follow the asphalt road passing the Lake Carezza and returning to Nova Levante.

Length: 24 km

Approximate driving time: 3 hours

MOUNTAIN BIKE TOURS

::From Nova Levante to the Wolves' Hole::



Until 200 years ago, there lived wolves and bears in the surrounding forests. According to some oral traditions, the last wolf was caught in a 4 meter deep hole in the year 1822.

From here you can reach easily the "death moss" – an idyllic place with a charming little lake full of water lilies.

The farm Schiller was first mentioned as property of the 'Maister Schiller' in the year 1445.

Starting point: Nova Levante – parking place „Planggenbrugg“

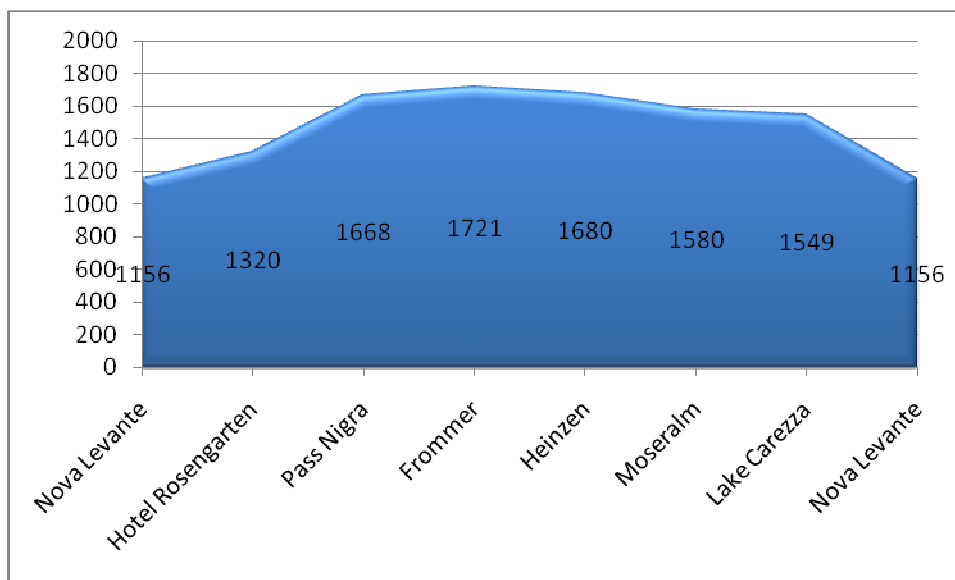
Follow the asphalt road to San Valentino (via Roma, via San Valentino) just to the guest house Erna. After the guest house keep right – follow the 'via Samer' for 200 m and then path n. 22. Pass the farm Innerföhner and the farm Pardeller (n. 23). Afterwards follow path n. 2B and then path n. 22 to the "death moss" and the wolves' hole. There are two possibilities now: or you take path n. 5 (steep) to Nova Levante or path n. 1 to the Schillerhof (eatery), Hagner (eatery) and Jocher. From here follow path n. 4B and then keep right – path "Nigertalweg" to Nova Levante

Length: 13,2 km

Approximate driving time: 2-3 hours

MOUNTAIN BIKE TOURS

::From Nova Levante to the Lake Carezza::



Lake Carezza: This small mountain lake is well-known for its soft, deep green waters and the exquisite view of the Rosengarten and Latemar mountain ranges. The lake is at its most gorgeous in the evening or early morning, when the Rosengarten-Latemar Mountain ranges and the green of the Karerwald forest are reflected in its crystal clear water. This is a natural spectacle you won't want to miss!

Follow the asphalt road to the Hotel Rosengarten (via Catinaccio) and then path "Nigertalweg" to the Pass Nigra. From here continue on the asphalt road for approximately 2 km just to the Frommer guest house. Now take path n. 1A to the hut Duca di Pistoia and follow the signposts to 'Malga Heinzen'. Afterwards continue on path n. 16 to the Berghotel Moseralm. Cross a little stream and follow path n. 9 and path n. 6 to the Pension Simhild (guest house). Turn right and follow the asphalt road to the Lake Carezza and return to Nova Levante.

Length: 19,5 km

Approximate driving time: 3 hours