



translated by
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Lake Garda

GPS Bikeguide

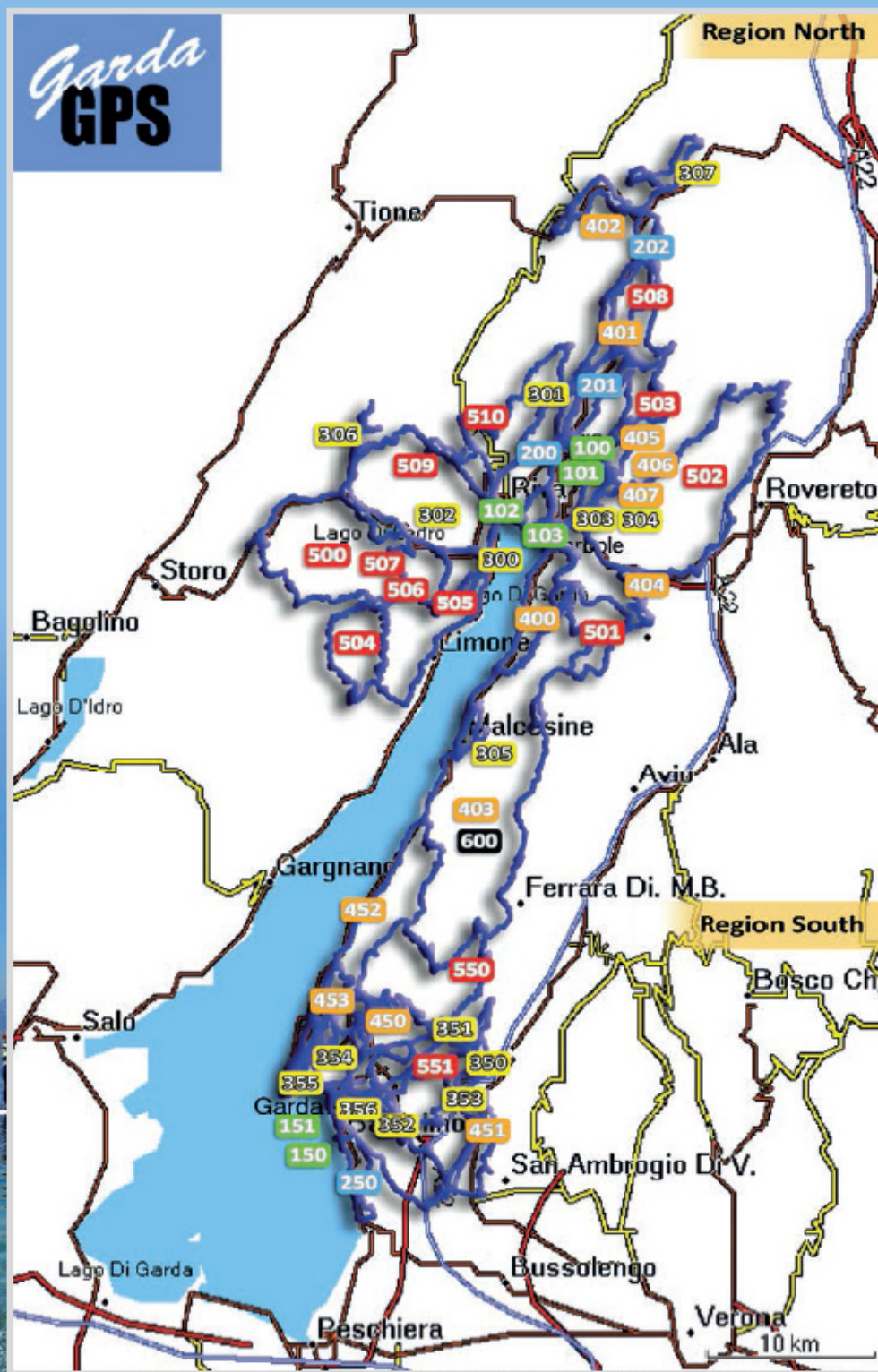
**Mountain bike tours
for the whole family**



» also als ebook

» www.gps-bikeguide.com

Garda GPS





Lake Garda GPS Bikeguide

Lake Garda - a paradise for bikers

- Notes on the contents

Bambini tours

- Tour 100: cycle path Torbole – Arco
- Tour 101: Giro di Linfano
- Tour 102: Giro di Brione
- Tour 103: Torbole – Riva coastal path
- Tour 150: Garda – Bardolino coastal path
- Tour 151: San Vigilio

Taster tours - flat

- Tour 200: Giro di Torbole, Arco, Riva
- Tour 201: Dro Shoe market – ice cream parlour Maui
- Tour 202: Lago Cavedine, Lago Toblino
- Tour 250: Piccolo Giro di Garda

- **Taster tours - mountain**

- Tour 300: Ponale road Riva – Pregasina
- Tour 301a: Arco – Laghel Circuit
- Tour 301b: Arco – Laghel Circuit
- Tour 302: Riva – Lago di Ledro Circuit
- Tour 303: Marmitte dei Giganti
- Tour 304: Busatte – St. Lucia
- Tour 305: Malcesine Scenic Road

- Tour 306: Lago di Ledro – Rifugio Al Faggio
- Tour 307: Lago di Toblino – Ranzo
- Tour 350: Forte Rivoli – Wohlgemuth Fortress
- Tour 351: Val delle Grate
- Tour 352: Monte Moscal
- Tour 353: Garda – Adige round
- Tour 354: Monte Lenzino
- Tour 355: Monte Luppia
- Tour 356: Rocca Vecchia

Half day tours

- Tour 400a and b: Dosso dei Roveri
- Tour 401: Marocche di Dro – Braila
- Tour 402 and 402 lang: Passo della Morte
- Tour 402 lang: Passo della Morte (day tour)
- Tour 403: Mezzo Giro di Monte Baldo
- Tour 404: Dos Remit
- Tour 405: Monte Velo 1
- Tour 406: Monte Velo 2
- Tour 407: St. Barbara – Nago
- Tour 450: Monte Belpo
- Tour 451: Forte Monte
- Tour 452: Garda – Malcesine panorama tour
- Tour 453: Garda track round

Day tours

- Tour 500: Tremalzo (over Lake Ledro)
- Tour 501: Monte Baldo North
- Tour 502: Lago di Cei – Albi route

- Tour 503: Malga Campo – Monte Velo
- Tour 504: Bocca Fobia – Corna Vecchia
- Tour 505: Bocca dei Fortini – Corna Vecchia
- Tour 506: Bocca dei Fortini – Baita Segala
- Tour 507: Bocca dei Fortini – Passo Guil
- Tour 508: Passo Due Sassi – Cavedine
- Tour 509: Bocca di Trat – Adrenalina
- Tour 510a: San Giovanni – Lake Tenno
- Tour 510b: San Giovanni – Campi – Pinza
- Tour 510c: San Giovanni – Campi – Malga Grassi
- Tour 550: Malga Ime – Prada – Sperane-Track
- Tour 551: Moscal – Adige – Forte San Marco

Extreme tours

- Tour 600: Monte Baldo Supergiro

Appendix

- tour overview
- Single Track Scale (STS)
- Disclaimer
- eBook
- Attention: Important rules for biking in Italy!
- some more books by Andreas Albrecht

LAKE GARDA

»» Lake Garda - a paradise for bikers

Cycling and particularly mountain biking is booming on Lake Garda. Peak season is from the end of March through to October when dream tours can be ridden with a pretty safe good weather guarantee. Even January or February have enough sunny days to make it worth taking your bike along. Having finished your tour there's plenty to do, the tourist infrastructure is excellent, though you rarely get the feeling that you're sinking into the chaos of mass tourism. The way the towns have built up and been settled through the centuries have seen to that.

Lake Garda has always been a melting pot of peoples and cultures, which gives the region its own special flair. Over the millennia a thick network of paths and tracks has built up providing bike tours for every level of aspiration. The position of the lake on the one time border between the Austro-Hungarian Empire and Italy lead to countless military roads being driven into the mountains, which after many quiet years have woken from their slumbers thanks to the arrival of mountain bikers, giving them a late blooming, and putting them to a deeply peaceful use.

Increasingly, families are coming to the Lago to bike. They need Tours

- which can also be ridden by young children
- and the parents can do by themselves should they get some time off.

The tour suggestions are divided into the following categories.

| Nr. | Name | Synopsis |
|-----------------|-------------------------------|--|
| 100 – 199 | Bambini tours | Flat tours, up to approx. 10 km. Also feeder routes to Start/Finishing points |
| 200 – 299 | Taster tours – flat | Mostly flat, more than 10 km, little change in altitude |
| 300 – 499 | Taster tours – mountain | Up to approx. 500 m of ascent |
| 400 – 499 | Half day Tours | 500 to approx. 1200 m of ascent |
| 500 – 599 | Day tours | 1200 to approx. 2000 m of ascent |
| 600 – 699 | Extreme tours | Very long, extreme height differences and/or very difficult tracks from S3 on the single track scale (STS: see appendix) |
| 700 | round Trip Lake Garda | Garda Bike Challenge (see Gardasee GPS Bikeguide Südwest – only in german language) |

Within the categories the tours have been numbered from 00 to 99. That doesn't mean that within each chapter you'll find a hundred tours, but rather leaves space for a future expansion of the tours without having to alter the basic structure of the road book.

There is a further regional division between Northern Lake Garda and Lake Garda south as you can see in the summary.

The tours in the northern region are numbered from *00 to *49 and those in the south from *50 to *99.

I have consciously chosen not to include timings for the tours, as in my experience they are too inaccurate being so heavily dependant upon your personal speed. It's better to orientate yourself by the simple rule of thumb for climbs: 500 metres of ascent per hour for the average rider with large deviations in either direction. The majority of the tours in the northern region are within the Riva - Arco - Torbole triangle. The towns are linked through an excellent cycle path network which contains almost no climbs. Transfers can be made so easily by bike and are a good chance to warm up before heading into the mountains. As a whole, the tours have been conceived in such a way that a car is not essential to get you to the starting points. Should a tour start or finish in Limone or Malcesine the transfer could be made by boat - a good excuse for an experience which shouldn't be missed out on. The coast roads, the Gardesana Orientale and Occidentale are usually very busy and not every biker's cup of tea. Some tours can be started and/or finished at the Lago di Ledro as an alternative to Riva.

Most tours in the southern region begin in Garda, though are just as easily reached from Bardolino, Affi or the Costermano plateau.

Up to now this south eastern part of Lake Garda, the area around Garda, Bardolino, Prada and Torri del Benaco was rather the overlooked when it came to available tour suggestions for mountain bikers. Quite unjustly, you only need to open your eyes to the landscape and study the maps to see that! The southern foothills of Monte Baldo and the mountains around Costermano offer numerous hidden lanes and tracks of all sorts just waiting to be woken up. The huge advantage of this area is that not every half way interesting tour involves a minimum of a thousand metre climb as is often the case in the northern region. The Lessinic Alps on the other side of the Adige are within easy

reach, tours in these mountains can also be found in the southern Lake Garda section.

In summer a bus and bike service links Garda with San Zeno di Montagna or Prada which can save you a few metres of climb. The special charm of the tours in the south around Garda is that they can be combined much more easily than the tours on the northern end of Lake Garda. You can lengthened or shorten them at whim should you be left wanting more or start running out of time and energy.

As far as possible I've chosen small lanes for the climbs which as a rule have very little motor traffic on them. Putting it simply, on asphalt it's just easier to climb. The downhills are often on good logging roads or gravel tracks. For the average biker they shouldn't present any problem. However, for many mountainbikers tracks are the salt in the soup of interesting tours.

For this reason, particularly in the new tours in the south east region, I've made sure that the downhills have had as many interesting tracks as possible built into them whilst keeping the route logical. Expect some bumpy passages. If they are above your current ability, just get off and push a few meters.

The tracks have been classified in the route descriptions according to the single track scale (STS – see pages [156ff](#)).

To sum things up, I have ridden all of the tours described in this book and they reflect my attitude towards cycling in general, and mountain biking specifically: it has to roll!

HINTS

Notes on the contents

The book series was explicitly conceived in the form of a GPS bikeguide. The tour descriptions are not designed for a roadbook which gives every single way. From my point of view, that would not be helpful because there is a huge path network on Lake Garda.

height profiles - overview maps

From the colours used on the height profile and the overview maps you can read whether for example the downhill is on a track or gravel track meaning it's easier to find your perfect tour. Detailed descriptions are not needed for the tours in the 100 and 200 categories. The routes are simple and need no further explanation. It's practically impossible to get lost and even if you do manage to, if needs be you will be able to get your self back to your starting point.

- **blue: road** (including traffic, appropriate for all types of bikes)
- **green: cycle path, tarmac** (secondary routes with barely traffic, appropriate for all types of bikes)
- **red: gravel track, dirt road** (can also be quite rough riding surface, usually more suitable for mountain bikes)
- **black: track, path** (narrow paths, tracks can be challenging, generally only appropriate for mountain bikes)

GPS data

Purchasers of this book can request the GPS tracks over the internet using this form:

- www.gps-bikeguide.com/gps-tracks-english-v7.php

All the tours within this book have GPS data in the form of gpx tracks. The tracks have been created by riding the routes and not artificially on the PC. The data was then edited with the help of digital maps in order to eliminate obvious glitches which can occur when the track runs along a rock face or through a tunnel.

The GPS tracks are provided with a time stamp according to international standards. This ensures that they function independently of devices and platforms. Unfortunately, with the large number of new players entering the market, it is not possible to test compatibility with every single GPS device. The GPS handsets need a PC in order to transfer the data which can be done with the help of the following programmes:

- Qua Vadis QV (www.quovadis-gps.de)
- integrated Software from the digital KOMPASS map of Lake Garda "Gardasee"
- BaseCamp (usually in the accessories with GARMIN machines)
- FUGAWI (www.fugawi.com)
- various internet Freeware, e.g. G7ToWin

Maps

KOMPASS walker's maps

It's always a good idea to keep paper maps with you so you don't get stuck should your GPS handset stop working for some reason, or you have to deviate from the planned route. The newest edition of the following KOMPASS walker's

maps are of excellent quality, GPS compatible and have many bike routes already marked.

1:50.000 scale

| | |
|--|----------------------|
| WK 71: Adamello-La Presanella | ISBN: 978-3854910800 |
| WK 071: Alpi di Ledro, Valli Giudicarie | ISBN: 978-3854915607 |
| WK 73: Gruppo di Brenta | ISBN: 978-3854910824 |
| WK 100: Monti Lessini, Gruppo della Carega | ISBN: 978-3854914167 |
| WK 101: Rovereto-Monte Pasubio | ISBN: 978-3854911036 |
| WK 102: Lago di Garda-Monte Baldo | ISBN: 978-3854911043 |

1:35.000 scale (recommendation).

| | |
|--|----------------------|
| <u>WK 697: Gardasee and Umgebung (3-teilig).</u> | ISBN: 978-3850263481 |
|--|----------------------|

1:25.000 scale

| | |
|---|----------------------|
| <u>WK 096: Alto Garda, Ledro, Valle del Sarca</u> | ISBN: 978-3850264921 |
| WK 647: Trento and Umgebung, Trento e dintorni | ISBN: 978-3854918929 |
| WK 649: Paganella - Dolomiti di Brenta | ISBN: 978-3850265362 |
| WK 687: M. Stivo, M. Bondone, Rovereto | ISBN: 978-3854916840 |
| WK 688: Gruppo di Brenta | ISBN: 978-3854917700 |
| WK 691: Monte Baldo North | ISBN: 978-3850265379 |

WK 692: Monte Baldo South

ISBN: 978-
3850264709

WK 694: Parco Alto Garda Bresciano

ISBN: 978-
3850264716

WK 695: Gardasee South - Basso
Garda

ISBN: 978-
3850265386

The following **Digital maps** are currently available from
KOMPASS

GPS 4102: Gardasee

ISBN: 978-
3854913115

GPS 4310: Über die Alpen

ISBN: 978-
3850264303

These digital maps let you extract the map segments you require and print them with the GPS tracks. KOMPASS has integrated the required software. The KOMPASS digital maps with the latest PC software contain another special feature – maps and tracks can be directly uploaded onto the display smartphones.

Further providers

There is a huge number of maps that can be bought from different publishers on Lake Garda. Lagir Alpina and 4Land maps are high quality. There are various regional survey maps including many tour suggestions available at the local tourist informations. For example, in Limone you got a very good one from Tappeiner – Map 109 – for a great price of 1 euro.

100 TOURS

Bambini tours

As the name suggests these tours are designed with children in mind, perfect for the first bike trips with the whole family. The vast majority of the tours follow the cycle paths which are usually asphalted. The routes are basically flat, and contain no major climbs meaning that an altitude profile is superfluous. They are up to 10 km long. Some tours can serve as transfers to the start and end points of other longer tours.



Old Roman Bridge near Ceniga



Panorama to Riva, Monte Brione and Torbole

TOUR 100

Tour 100: cycle path Torbole - Arco

Synopsis » nice warm up route along the Sarca

- **Region** » Northern Lake Garda
- **Start/Finish** » Torbole/Arco
- **Distance** » approx. 6 km/3.7 miles
- **Ascent/Descent** » approx. 35 m/115 ft
- **Tracks** » no
- **Highest point** » 93 m/305 ft
- **Map** » WK 096, 697-1
- **Riding surface** » paved road: 1 % | bike path: 99 % | gravel: 0 % | singletrack: 0 %
- **GPS track** » tour100.gpx
- **Refreshments** » various bars and ice cream parlours in Arco

» Route description:

The first part of this tour starts at Meckis Bar in Torbole following a frequented bike path to Arco. Past a sports area, we also pass a parking and then turn left. After the supermarket we take a right turn towards the city centre. The cycle track runs alongside a small park. We are guided by the church tower. Why not treat yourself with an ice cream? For the way back, instead of taking the same route, we can combine it with a bambini tour. Therefore, you can branch off to Giro di Brione (see also in [tour 102](#))..



■ paved road
 ■ double track/bike path
 ■ gravel/dirt road
 ■ singletrack

TOUR 101

Tour 101: Giro di Linfano

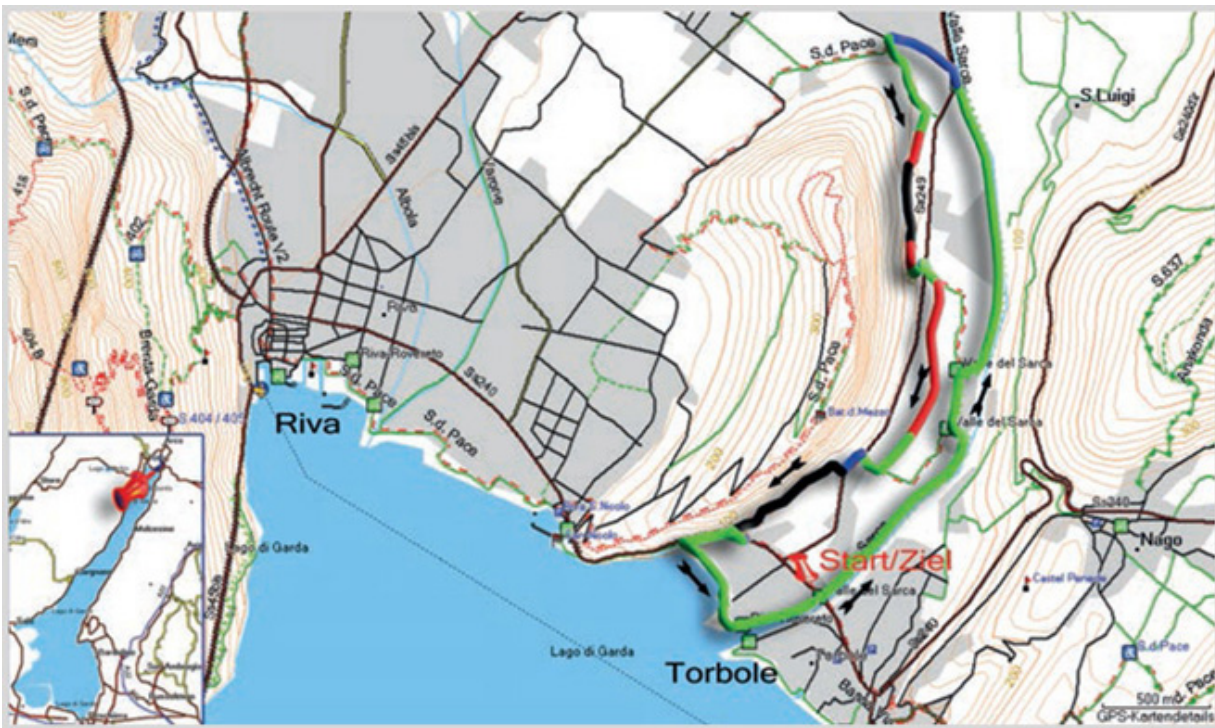
Synopsis » short circular route, a good introduction for children

- **Region** » Northern Lake Garda
- **Start/Finish** » Torbole
- **Distance** » approx. 8 km/5 miles
- **Ascent/Descent** » approx. 50 m/164 ft
- **Tracks** » Ø S0
- **Highest point** » 88 m/288 ft
- **Map** » WK 096, 697-1
- **Riding surface** » paved road: 8 % | bike path: 67 % | gravel: 12 % | singletrack: 13 %
- **GPS track** » tour101.gpx
- **Special features** » some of this tour uses a Nordic walking route, pedestrians have right of way

» Route description:

This tour also starts at Meckis Bar towards Arco. At the bike snack bar we leave the cycle path and cross the street following Via Sabbloni. After approximately 400 m we sharply turn left onto a path that takes us back to Lake Garda. The trail runs through olive groves and ends up back on the road. A cross is marking the way here. After crossing the street we take the first right-hand turn onto a country lane. After a few hundred meters we reach another road. At this point, we turn right, cross the street again and bend right. When reaching a chapel, turn right through the

vineyards. At the finish we are on Lido di Arco. The municipal area of Arco stretches right from the Sarca to Lake Garda. Once more we cross the road and head towards Monte Brione and get back to Torbole on the riverside-path.



■ paved road ■ double track/bike path ■ gravel/dirt road ■ singletrack

TOUR 102

Tour 102: Giro di Brione

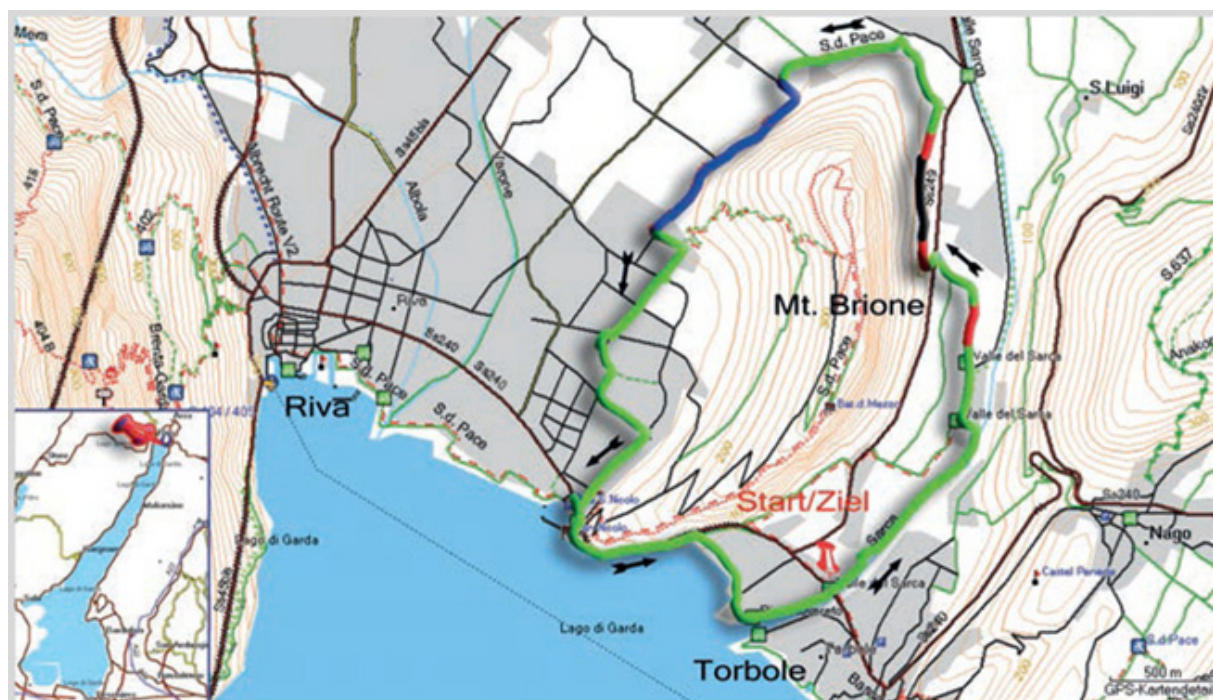
Synopsis » short circular route, a good introduction for children

- **Region** » Northern Lake Garda
- **Start/Finish** » Torbole
- **Distance** » approx. 9 km/5.6 miles
- **Ascent/Descent** » approx. 70 m/230 ft
- **Tracks** » Ø S0
- **Highest point** » 89 m/292 ft
- **Map** » WK 096, 697-1
- **Riding surface** » paved road: 13 % | bike path: 76 % | gravel: 7 % | singletrack: 4 %
- **GPS track** » tour102.gpx
- **Special features** » some of this tour uses a Nordic walking route, pedestrians have right of way
- **Refreshments** » various ice cream parlours in Riva

» Route description:

This is another tour starting on the cycle path from Torbole to Arco. We turn off the bike path when passing the electricity station by riding straight on through the gardens. We pass the street at the cross and follow the Nordic Walking route. At the foothills of Monte Brione, we keep left and ride past La Grotta and San Alessandro. At the church on the square, we turn left and shortly afterwards to the right. On the way we get to a nice playground for kids. Next

stop is the marina in Riva. We find our way back to Torbole on the nice cycle path right on the shores of Lake Garda.



■ paved road ■ double track/bike path ■ gravel/dirt road ■ singletrack

TOUR 103

Tour 103: Torbole - Riva coastal path

Synopsis » nice motivating route along Lake Garda

- **Region** » Northern Lake Garda
- **Start/Finish** » Torbole
- **Distance** » approx. 4 km/2.5 miles
- **Ascent/Descent** » approx. 20 m/66 ft
- **Tracks** » no
- **Highest point** » 73 m/240 ft
- **Map** » WK 096, 697-1
- **Riding surface** » paved road: 0 % | bike path: 100 % | gravel: 0 % | singletrack: 0 %
- **GPS track** » tour103.gpx
- **Special features** » At certain times of the summer bikes are not allowed to use the path between the yacht harbour and Riva. Often very busy with pedestrians, patience is required. See the tour as single track practice: take note of and avoid obstacles in plenty of time, stay concentrated
- **Refreshments** » various ice cream parlours in Riva

» Route description:

On this tour you can't get lost. We start at the seaside cafe in Torbole and just follow the cycleway along the beautiful Lake Garda. It really is a very nice path that you share with walkers, joggers and other bikers.



■ paved road ■ double track/bike path ■ gravel/dirt road ■ singletrack

TOUR 150

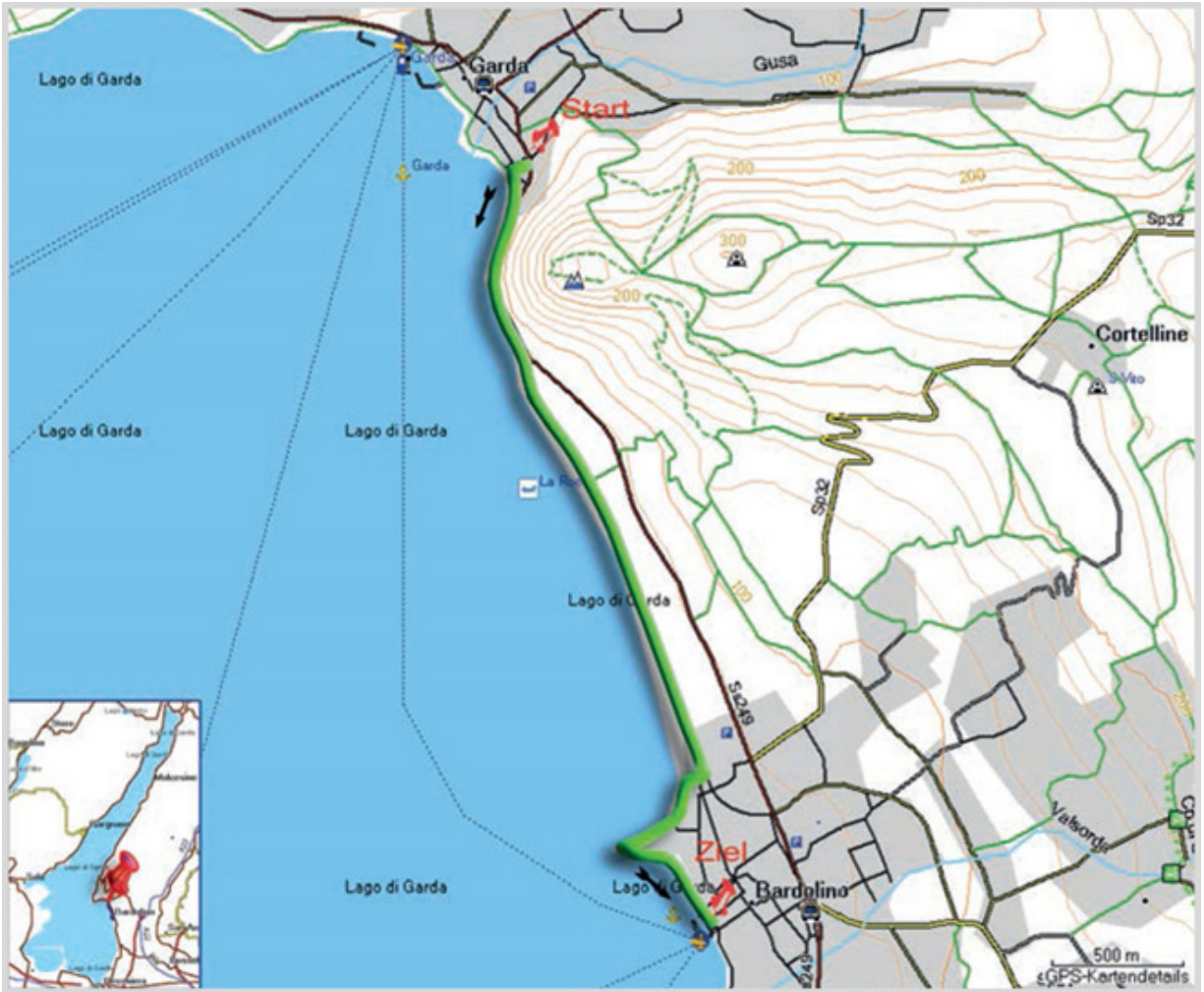
Tour 150: Garda - Bardolino coastal path

Synopsis » Lake Garda shore line tour

- **Region** » South Lake Garda
- **Start/Finish** » Garda/Bardolino
- **Distance** » approx. 7 km/4.3 miles
- **Ascent/Descent** » approx. 5 m/33 ft
- **Tracks** » no
- **Highest point** » 70 m/230 ft
- **Map** » WK 102, 697-2
- **Riding surface** » paved road: 0 % | bike path: 100 % | gravel: 0 % | singletrack: 0 %
- **GPS track** » tour150.gpx
- **Special features** » can be lengthened to Lazise making a complete tour of approx. 16 km/9.9 miles, and uses the track of [tour 250](#) (tour250.gpx)
- **Refreshments** » various bars and ice cream parlours along the route

» Route description:

This route runs from Garda to the south along the lakeside. At certain seasons of the year, the town is lively and there can be a lot of tourists, patience is required. The route to Bardolino or Lazise corresponds to the description of the [tour 250](#). The way back to Garda is on the same route.



■ paved road ■ double track/bike path ■ gravel/dirt road ■ singletrack

TOUR 151

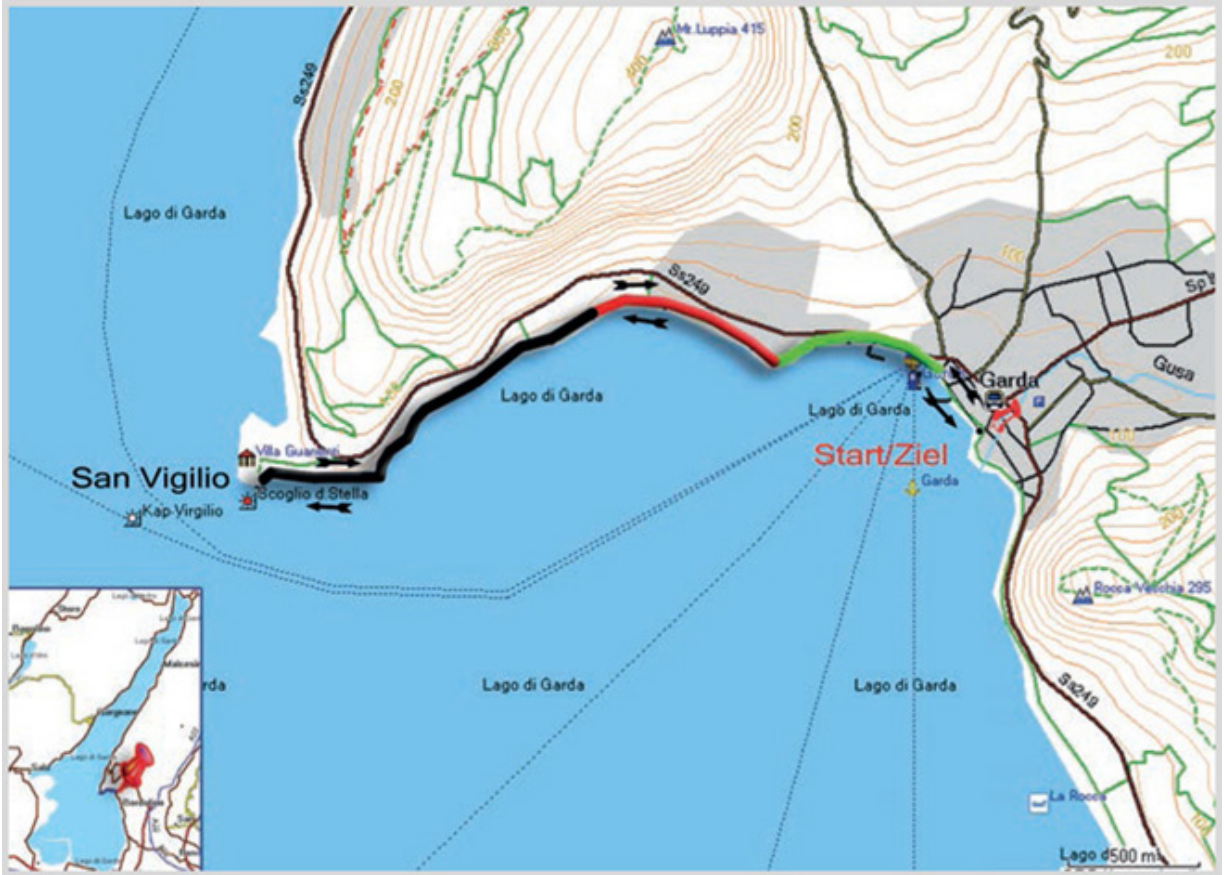
Tour 151: San Vigilio

Synopsis » Lake Garda shore line tour

- **Region** » South Lake Garda
- **Start/Finish** » Garda
- **Distance** » approx. 6 km/3.7 miles
- **Ascent/Descent** » approx. 5 m/16 ft
- **Tracks** » Ø S0, max. S1
- **Highest point** » 70 m/230 ft
- **Map** » WK 102, 697-2
- **Riding surface** » paved road: 0 % | bike path: 26 % | gravel: 29 % | singletrack: 45 %
- **GPS track** » tour151.gpx
- **Special features** » necessary to turn back in San Vigilio: no through route for bikers
- **Refreshments** » Ristorante in San Vigilio and Garda

» Route description:

We start at Garda's marina heading north along the lakeside. At the beginning it is more of a hiking trail which changes later on into a gravel path. There are some rough parts that are perfect for children to learn and love mountainbiking. The tour ends at the beautifully situated restaurant in San Vigilio. You cannot ride any further so you have to ride the same way back.



■ paved road
 ■ double track/bike path
 ■ gravel/dirt road
 ■ singletrack