



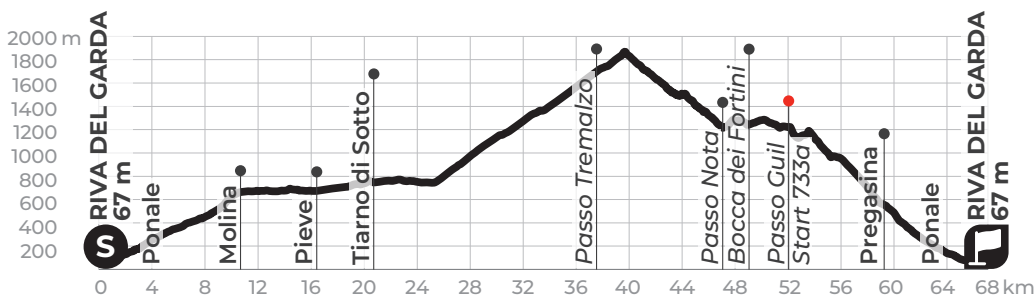
**Not to be missed by ambitious bikers**

If you're coming to Lake Garda for mountain biking, you have to ride the Ponale trail. The same goes for Passo Tremalzo. Tackling both on one outing is a challenge, but it's definitely doable for good bikers and you'll never forget the experience. Highlights include the legendary Ponale trail, carved spectacularly into the rock, idyllically situated Lago di Ledro, scenic Passo di Tremalzo, the mountainous old military roads down to Passo Nota, the views down towards Limone and Lake Garda, and the scenic and relaxing routes through Bocca dei Fortini and Passo Rocchetta. You can think back on it all when you take a culinary break in Pregasina towards the end of the trip. And at the end you can enjoy the Ponale once again as you coast back down towards Riva del Garda.

Caution! The route is not technically challenging and runs along wide trails and roads, but in some places there is a risk of falling off. A defensive riding style is recommended!



**GET YOUR GPX**



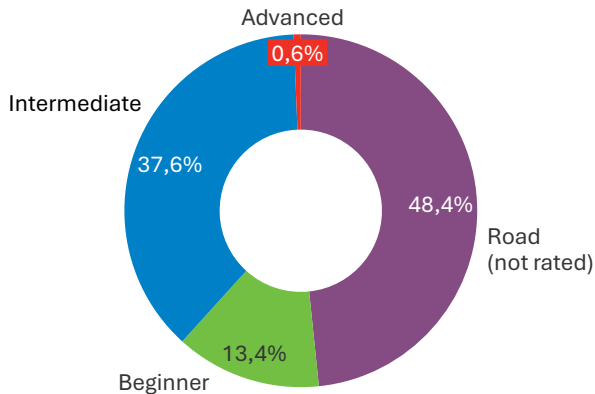
↔ 66,3 km  
 Ⓜ 2490 m

**112** NUMERO EMERGENZA  
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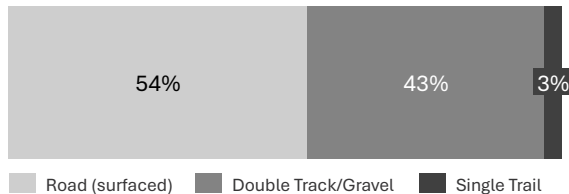
### Details on Technical Difficulty

Predominantly Blue (Intermediate) with few sections of Red(Advanced).

Intermediate riders may have to push at a few places.



### Shares of Single Trails and Double Tracks/Gravel Roads



### Details on Exposure



The route contains sections with exposure level Black – Fatal consequences in case of a fall off the trail.

Be careful, also if it is a wide gravel road that is exposed.

Please see the map for the locations.

### Details on Wilderness



Mobile reception not everywhere but above 70% of the route



The route passes remote areas. It can take you more than 1 hour to walk to the next public road.



Water is scarce, very few fountains along the route, careful planning required of the amount of water that you carry (longest distance without drinking water 25 to 50 km).



Dangerous wildlife can be met.



Some crossings of small seasonal rivers/creeks exist and have to be considered in periods of rain, snow melt or thunderstorms.



Route contains zones with high probability of rockfall. Avoid it, e.g., during heavy rain.

More info on  
the ITRS

