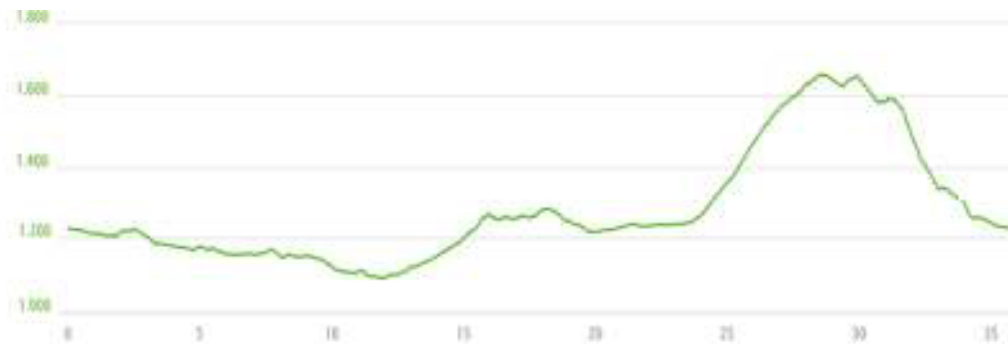


7.) We enter Valle di Casies



Length: 35.76 km

Altitude: 837 m

Endurance: 🚴🚴🚴

Technique: 🚴🚴

Views: 🚴🚴🚴🚴



We enjoy a comfortable ride along the cycle path which goes gently downhill, with the occasional short uphill stretch, the dozen or so kilometres to Monguelfo. At Monguelfo we leave the main valley and head for the extensive Valle di Casies. We continue on delightful woodland roads and paths along the Rio di Casies. After about a dozen kilometres is the most challenging part of our ride, a wide gravel road with a 350-metre difference in altitude. We then follow a short uphill part of the famous "Dolomiti Superbike". Before the fast descent to the main valley, we stop to savour the view of Dobbiaco and Valle di Landro from Monte Rota.