

## Futourist pilot area AGORDINO

### MTB TO CASONI DI VALFREDDA AND RIFUGIO FLORA ALPINA MTB CASONI DI VALFREDDA E RIFUGIO FLORA ALPINA



<b>Theme:</b>	<b>Nature and Culture</b>
<b>Emotional attractions:</b>	<b>Discovering immensity of meadows and Dolomites</b>
<b>Kind of outdoor activity:</b>	<b>Biking</b>
<b>Target:</b>	<b>Mtb</b>

#### Tour Data

<b>Distance</b>	<b>19 km</b>
<b>Ascent</b>	<b>801 m</b>
<b>Descent</b>	<b>797 m</b>
<b>Duration</b>	<b>3 h</b>
<b>Difficulty:</b>	<b>moderate</b>
<b>Best time of year</b>	<b>from April to October</b>



Link to the itinerary  
<http://out.ac/dgswp>

<b>Starting point/trailhead:</b>	<b>Rifugio Flora Alpina – San Pellegrino pass</b>
<b>Coordinates:</b>	<b>Geogr. 46.379897,11.828398</b>
<b>Loop</b>	

*Il Rifugio Flora Alpina, situato in Valfredda a 2 km dal Passo San Pellegrino facilmente raggiungibile in auto, è luogo di partenza di numerosi sentieri trekking e di itinerari di scialpinismo. Nella valle si incontrano numerosi piccoli edifici, i Casoni di Valfredda, che una volta servivano come riparo ai pastori ed ora sono diventati baite dove passare il fine settimana. L'itinerario per mtb proposto è a tratti faticoso, ma le bellezze del paesaggio ripagano lo sforzo compiuto.*

The Rifugio Flora Alpina is located in the valley of Valfredda, 2 km from the San Pellegrino Pass. Easily accessible by car, it is a well-known starting point for walks and hikes in the summer and pleasant ski mountaineering itineraries in winter. This valley is dotted with many little mountain huts called Casoni di Valfredda, small shelters of the shepherds, that have recently become suggestive huts for excursions in this natural paradise, lying on the green meadows enclosed in the splendid setting of the rocky cathedrals of the surrounding Dolomites. These typical mountain huts where once used by the inhabitants of the valleys underneath as shelter during the summer pastures, when they used to take cows or goats to high altitude or to go there to take care of their meadows. Nowadays these little shelters are used by the owners as “second houses” where they can spend their Sunday having fun with the family or to take a relaxing break from the stress and traffic of the every day life.

The 18,96 km long path with a difference in height of 891 m is unknown to many and runs along the old dirt track that climbs up to the San Pellegrino Pass. Because of the often hostile bottom associated with steep slopes, it will sometimes force you to get off the mountain bike and keep pushing, but the peculiarity of the places and the feeling of having made it will be the predominant thoughts at the end of the lap and the final destination can undoubtedly reward for the effort made.

Casoni di Valfredda



MTB tour in Valfredda - panorama



# MTB - Rifugio Flora alpina

← 18,9km

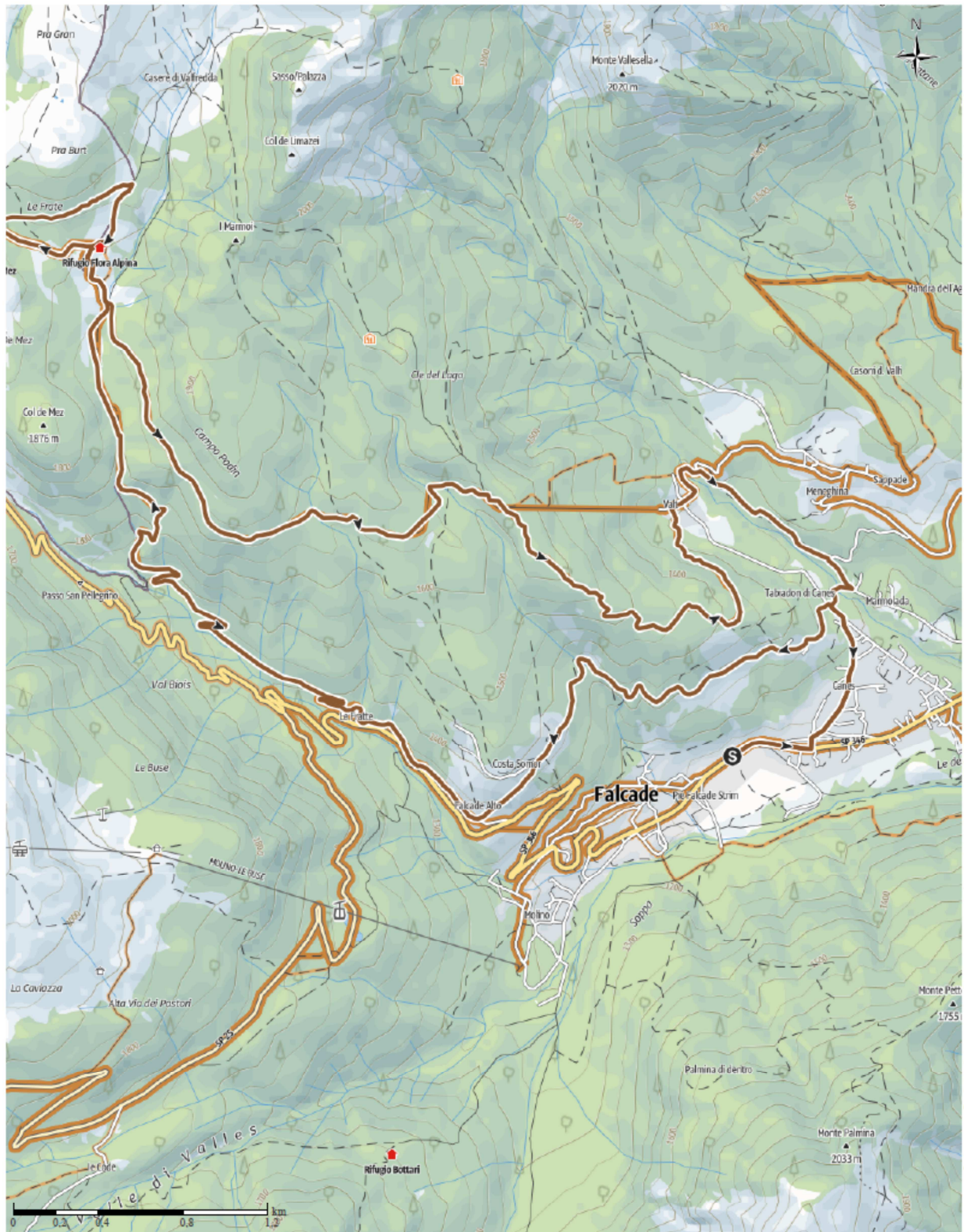
🕒 3:29h.

↕ 801m

↗ 797m

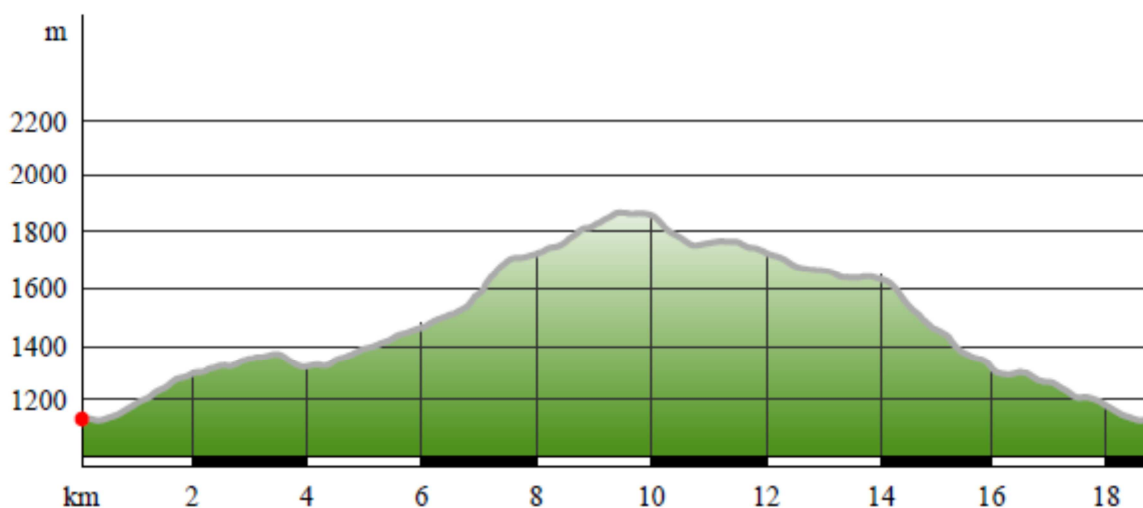
Difficoltà

media



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## Elevation profile



## **HOW TO GET THERE**

By car. From Agordino valley SR 203 or from North through San Pellegrino Pass SS346

By bus: reach Falcade by bus. <https://dolomitibus.it/> for updated timetable

## **ADDITIONAL INFORMATION**

### **LOCAL DISHES:**

barley soup, pumpkin dumplings, potatoes dumplings with smoked ricotta cheese, tagliatelle with venison sauce, polenta with pastin, venison, salamis and local cheeses, mushrooms; strudel and desserts with fruits of the forest, grappa

### **POINTS OF INTEREST NEARBY:**

Piana di Falcade, large green plain, for many outdoor activities

Museo Augusto Murer [www.museomurer.it](http://www.museomurer.it)

Musal-il Museo di Papa Albino Luciani a Canale d'Agordo [www.musal.it](http://www.musal.it)

### **INFO POINT**

Proloco Caviola

Ufficio Falcade Piazza Municipio, 17 +39 0437 599062

Ufficio Caviola Via Lungo tegosa, 9 +390437590116

info@prolococaviola.it <http://www.prolococaviola.it>

### **WEATHER FORECAST**

ARPAV – Dolomiti meteo

[http://www.arpa.veneto.it/previsioni/it/html/meteo\\_dolomiti.php](http://www.arpa.veneto.it/previsioni/it/html/meteo_dolomiti.php)