

Tour 1: Monte Spina and Red Wall Valley

Time	6,5 h	Condition	2
Difference in altitude	1.950m	Highest point	2.400m
Distance	47km	suitable for E-MTB	YES
Technique	S1/S2	Difficulty	red

Start at the Berghotel to the church of Moso and take a left up to the Nemes Alm/alp. 100 m before the Nemes Alm turn left and almost flat to the ground of the valley and going up to the Kniebergsattel/Passo Silvella facing lots of serpentines. Arrived up take a right and pass the foot of the Knieberg/Monte Quaternà (pushing the bicycle) to arrive at the start of the Monte Spina trail Nr. 148. For 7 km southward and it is simply superlative! Arrived at Casamazzagno further to Dosoledo – Padola – Val Grande take a right up path nr. 155, a steep forest road leading up at the Kreuzbergpass/Passo Monte Croce. There are missing only 300 m in altitude to arrive at the Rotwandwiesen/Prati di Croda Rossa taking path nr. 18 ca. 200 m after the Pass on the left. The last descent is paying for all the efforts taking first the sledge road and then path nr. 153 down to the Dolomitenhof from where we turn home.

