



# Weekly Program MTB School Ortisei 2018

	Kids & Junior Bike		E-bike Tours	Mtb Tours	Enduro Tours
	Basic 5 - 7 years	Advanced 8 - 14 years			
<b>Mon</b>	Skillpark (Find balance on bike) 14.00 – 16.00	Skillpark (start & stop, basic elements of Mtb) 13.30 – 16.00	E-Bike Tour S. Giacomo - Vallunga 10.00 – 12.30 25km ↑750hm ↓750hm	Ride & Learn (basic) 10.00-12.30	Enduro Ride Resciesa 14.00 – 16.30 1x 🚵 20km ↑250hm ↓990hm 02.06 – 14.10.18
<b>Tue</b>	Skillpark (first steps) 10.00 - 12.00	Skillpark (learn the base position) 9.30 - 12.00	E-Bike Tour Saltria – Monte Pana 14.00 – 16.30 22km ↑780hm ↓780hm	Città die Sassi 9.30 – 16.00 1x 🚵 43km ↑1000hm ↓1680hm 16.06 – 30.09.18	Marmolada Freeride (Padon-Fedaia) 8.15 - 17.00 5x 🚵 71km ↑500hm ↓4380hm 1x 🏠 16.06 - 30.09.18
<b>Wen</b>			E- Bike Tour Jender – Passo Sella 10.00-16.00 37km ↑1427hm ↓1427hm	Panoramic Tour Alpe di Siusi Seiser Alm 9.30 – 15.30 1x 🚵 35km ↑500hm ↓1340hm	
<b>Thu</b>	Skillpark (start and stop) 10.00 - 12.00	Tour (overcome obstacles, small jumps) 9.30 - 12.00		Tour below the Geisler 9.30 - 16.00 2x 🚵 33km ↑600hm ↓2050hm 02.06 – 14.10.18	Sellaronda 8.15 – 17.00 7x 🚵 65km ↑600hm ↓4000hm 1x 🏠 16.06 – 30.09.18
<b>Fri</b>	Skillpark (easy Parkours) 14.00 – 16.00	Tour 9.30 - 14.30	E – Bike Tour Puez - Odle 10.00 – 16.00 24km ↑964hm ↓964hm		Wild Enduro Tour ( Canazei) 8.15 – 16.30 4x 🚵 73km ↑500hm ↓3930hm 1x 🏠 16.06 – 30.09.18
<b>Sat</b>	Skillpark (easy Parkours and final exam) 14.00 – 16.00	Parkours and final exam 14.00 – 16.00	E-Bike Tour Alpe di Siusi – Val Duron 10.00-16.00 1x 🚵 45km ↑1101hm ↓2086hm 16.06 – 30.09.18	Val Gardena All Mountain Tour 9.30 – 16.00 1x 🚵 45km ↑1000hm ↓1650hm 16.06 – 30.09.18	Alta Badia Enduro Tour 8.15 – 16.30 5x 🚵 73km ↑550hm ↓4340hm 16.06 – 30.09.18
<b>Sun</b>				Alpe di Siusi Ride 10.00 – 12.30 1x 🚵 23km ↑298hm ↓1069hm 19.05 – 04.11.18	