

# EMU Cycling Team Loppem Dolomieten – Juni 2014



# Deelnemers & Programma

## Deelnemers

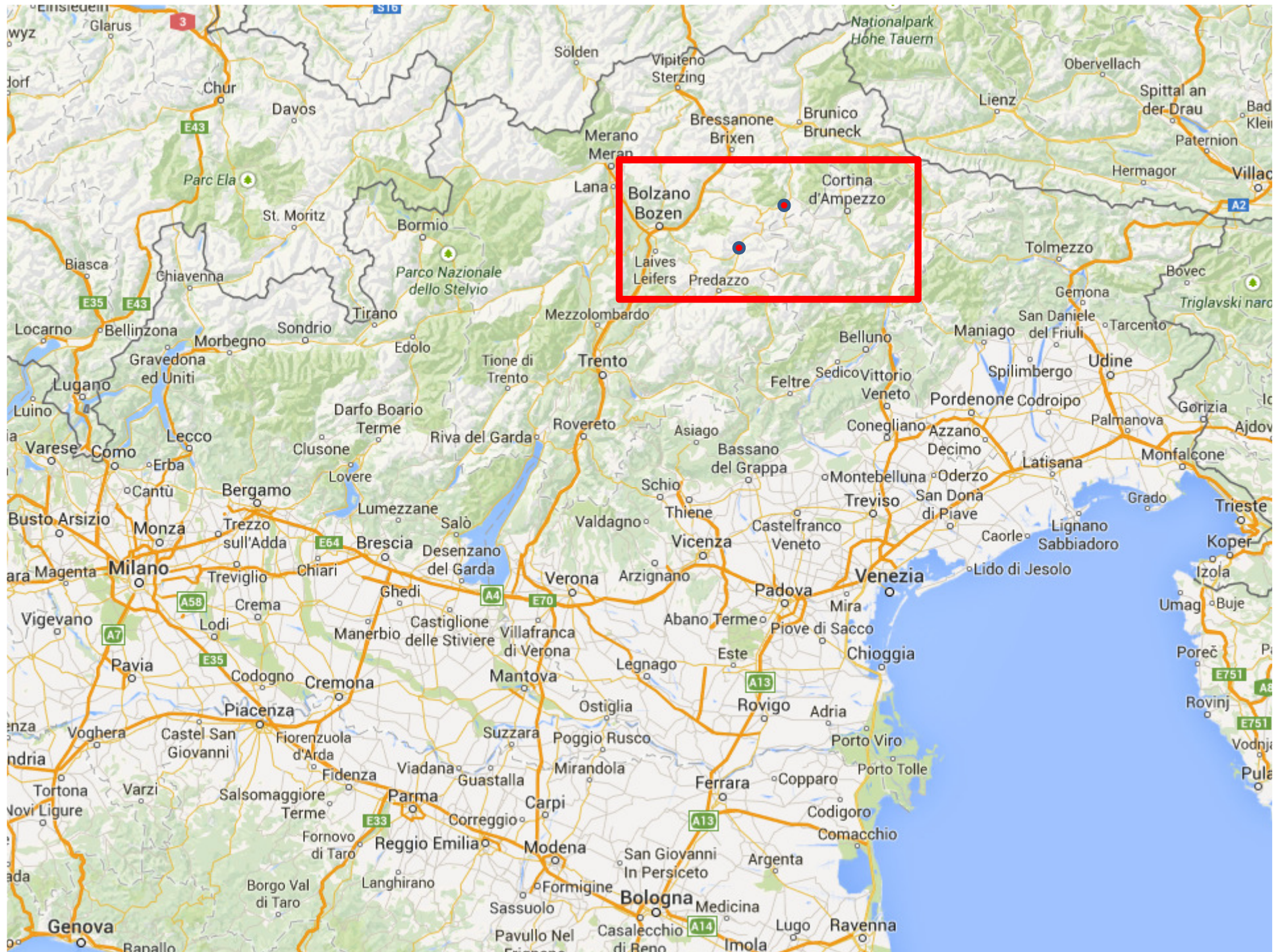
- Pascal Traen, Tim Vanroose, Nico Deceuninck, Filip G, Johan Pintelon, Jan Simaey, Koen Compernelle
- 2 vans, 7 bikes, enkele reservewielen, een massa bandjes en kilo's Etixx producten ...

## Programma

- Zaterdag 14/6 : Heenreis Loppem – **Corvara in Badia** (Hotel La Tambra)
- Zondag 15/6 : Rit 1 - Sella Ronda: Passo di Campolongo, Passo Pordoi, Passo di Sella, Passo di Gardena
- Maandag 16/6 : Rit 2 – Passo di Campalongo, Pso Giau, Passo Falzarego, Passo Valparola
- Dinsdag 17/6 : Rit 3 - Passo Tre Crocci en Passo Tre Cime di Laveredo  
+ Verplaatsing naar **Vigo di Fassa** (Hotel Renato)
- Woensdag 18/6 : Rit 4 – Passo di Rolle, Passoo di Valles, Passo di San Pellegrino
- Donderdag 19/6 : Rit 5 – Alpe di Pampeago, Passo di Lavazè, Passo di Oclini
- Vrijdag 20/6 : Rit 6 – Passo Costalunga, Passo Nigre en Passo Costalunga
- Zaterdag 21/6 : Terugreis Vigo di Fassa – Loppem

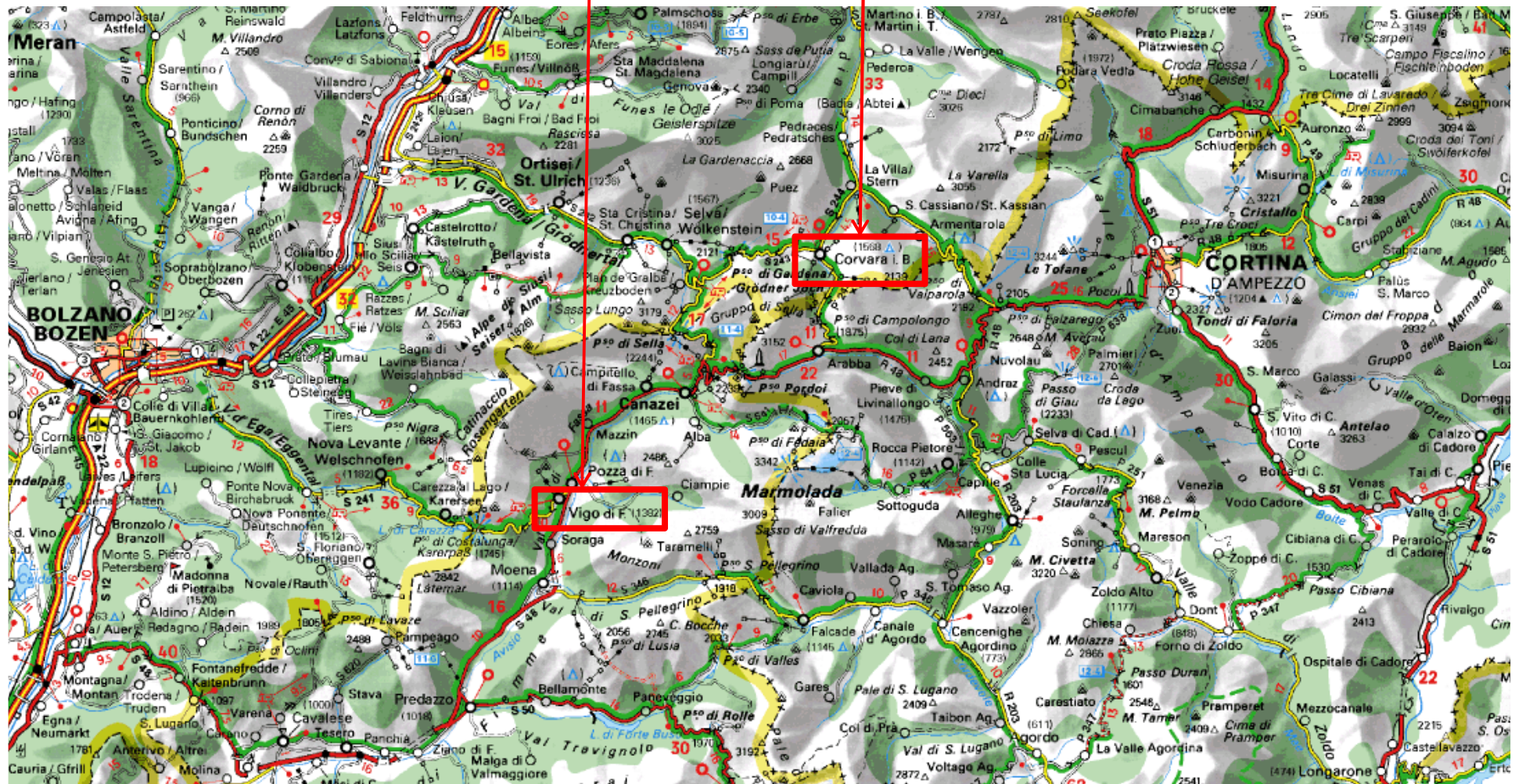
<http://emucyclingteam.jimdo.com/reizen>





Corvara in Badia, eerste verblijfplaats

Vigo di Fassa, tweede verblijfplaats



# Hotel La Trambra – Corvara in Badia



# Rit 1: Sella Ronda

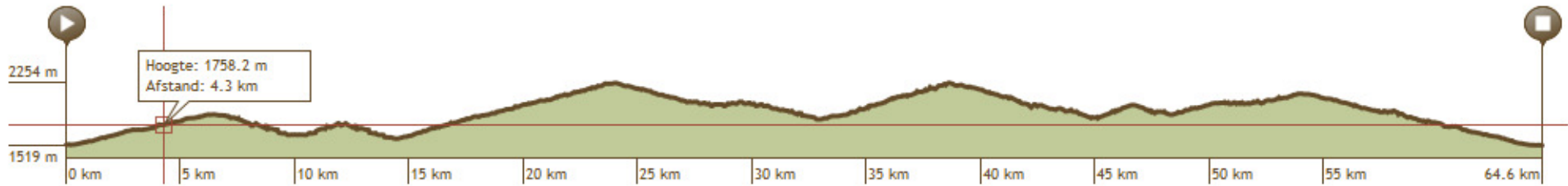
Zondag 15/06/2014:

- Corvara in Badia, 1548m
- **Passo di Campolongo**, 1871m
- Arabba, 1602m
- **Passo Pordoi**, 2239m
- Sass Pordoi (Johan, Koen dalen af naar Canazei, 1450m)
- **Passo di Sella**, 2244m
- Plan de Gralba (Johan, Koen dalen af nr Val Gardena, 1550m)
- **Passo Gardena**, 2121m
- Corvara in Badia, 1548m – Aankomst Sella Ronda voor Tim, Filip, Pascal
- **Passo di Campolongo**, 1871m (Jan, Nico, Johan, Koen)
- Corvara in Badia, 1548m

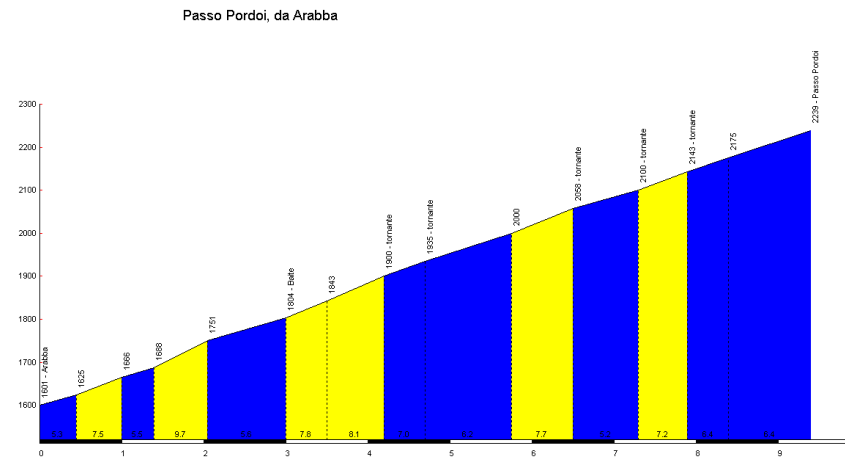
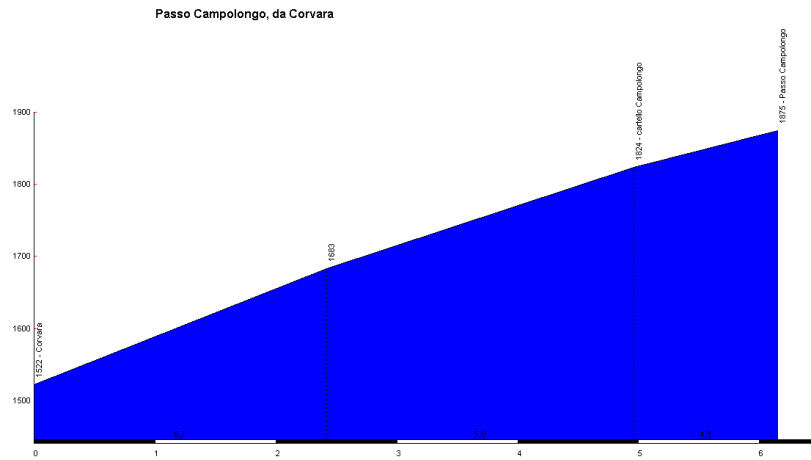
Totalen:

- 52 km, 1692 hm (Pascal, Tim, Filip)
- (Nico, Jan)
- 87 km, 2747 hm (Johan, Koen)









### Basic data & ranking

Italy > Trentino-Alto Adige > Corvara > Passo Campolongo

Average grade: 5 %

Length: 6.15 km

Height start: 1568 m

Height top: 1875 m

Ascent: 307 m

Maximum: %



#### Passo Campolongo rankings

Difficulty ranking world: 6071 ([all](#))

Ranking Italy: 1859 ([all](#))

Ranking Dolomites-Alps (Sella): 510 ([all](#))

Difficulty score: 40.22 [what?](#)



#### Passo Campolongo ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)

### Basic data & ranking

Italy > Veneto > Arabba > Passo Pordoi (Pordoijoch)

Average grade: 6.8 %

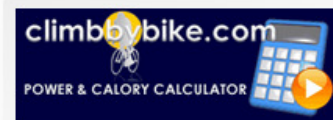
Length: 9.4 km

Height start: 1602 m

Height top: 2239 m

Ascent: 637 m

Maximum: %



#### Passo Pordoi (Pordoijoch) rankings

Difficulty ranking world: 2423 ([all](#))

Ranking Italy: 744 ([all](#))

Ranking Dolomites-Alps (Sella): 254 ([all](#))

Difficulty score: 78.55 [what?](#)

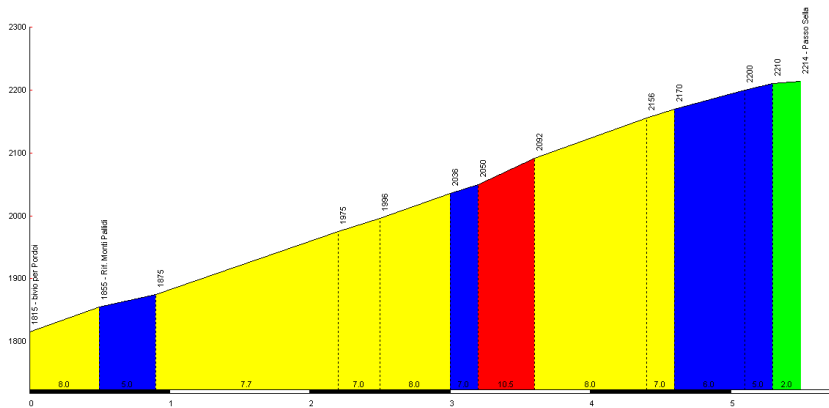


#### Passo Pordoi (Pordoijoch) ratings

(4) Overall

[\(rate it\)](#)

Passo Sella, da bivio per Pordoi



Basic data & ranking

Italy > Trentino-Alto Adige > [crossroad Pordoi](#) > [Passo Sella \(Sellajoch\)](#)

Average grade: 7.3 %
Length: 5.5 km
Height start: 1815 m
Height top: 2214 m
Ascent: 399 m
Maximum: %



Passo Sella (Sellajoch) rankings

Difficulty ranking world: 3655 ([all](#))  
 Ranking Italy: 1128 ([all](#))  
 Ranking Dolomites-Alps (Sella): 351 ([all](#))  
 Difficulty score: 61.18 [what?](#)

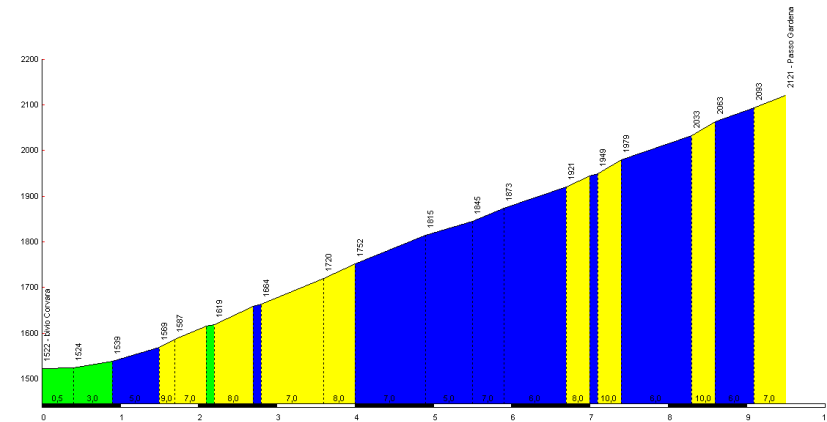


Passo Sella (Sellajoch) ratings



([rate it](#))

Passo Gardena, da Corvara



Basic data & ranking

Italy > Trentino-Alto Adige > [Corvara](#) > [Passo Gardena-\(Grodner-Joch\)](#)

Average grade: 6.2 %
Length: 9.6 km
Height start: 1522 m
Height top: 2121 m
Ascent: 599 m
Maximum: 12 %



Passo Gardena-(Grodner-Joch) rankings

Difficulty ranking world: 2925 ([all](#))  
 Ranking Italy: 896 ([all](#))  
 Ranking Dolomites-Alps (Sella): 292 ([all](#))  
 Difficulty score: 70.58 [what?](#)



Passo Gardena-(Grodner-Joch) ratings



([rate it](#))

# Passo di Campolongo



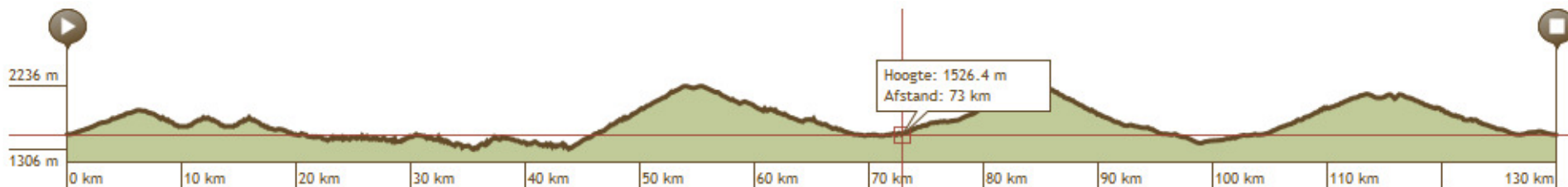


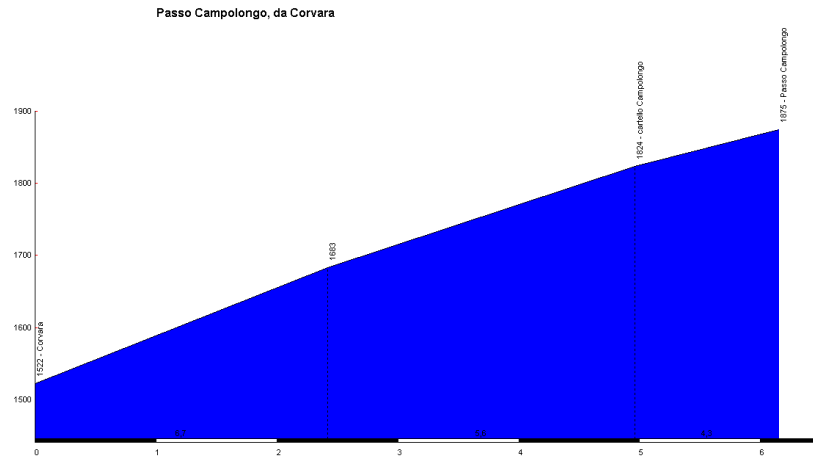
# Rit 2: Passo Giau – Passo Falzarego & Valparola

Maandag 16/06/2014

- Corvara (1548m)
- **Passo di Campolongo**, 1871m
- Arabba, 1602m
- Cernadoi
- Colle San Lucia
- **Passo Di Giau**, 2236m
- Pocol
- **Passo Falzarego**, 2117m
- **Passo di Valparola**, 2192m
- La villa
- Corvara
- **Passo di Gardena**, 2114m  
(jan, Johan, Tim, koen)







Basic data & ranking

Italy > Trentino-Alto Adige > Corvara > Passo Campolongo

Average grade: 5 %
Length: 6.15 km
Height start: 1568 m
Height top: 1875 m
Ascent: 307 m
Maximum: %

**Passo Campolongo rankings**

Difficulty ranking world: 6071 ([all](#))  
 Ranking Italy: 1859 ([all](#))  
 Ranking Dolomites-Alps (Sella): 510 ([all](#))  
 Difficulty score: 40.22 [what?](#)

🔴🔴🟡🟡🟡

**Passo Campolongo ratings**

No ratings submitted yet. [Rate here!](#)  
[\(rate it\)](#)



Basic data & ranking

Italy > Veneto > Selva di Cadore > Passo Giau

Average grade: 9.1 %
Length: 10.12 km
Height start: 1314 m
Height top: 2236 m
Ascent: 922 m
Maximum: %

**Passo Giau rankings**

Difficulty ranking world: 668 ([all](#))  
 Ranking Italy: 175 ([all](#))  
 Ranking Dolomites-Alps: 56 ([all](#))  
 Difficulty score: 124.68 [what?](#)

🔴🔴🔴🟡🟡

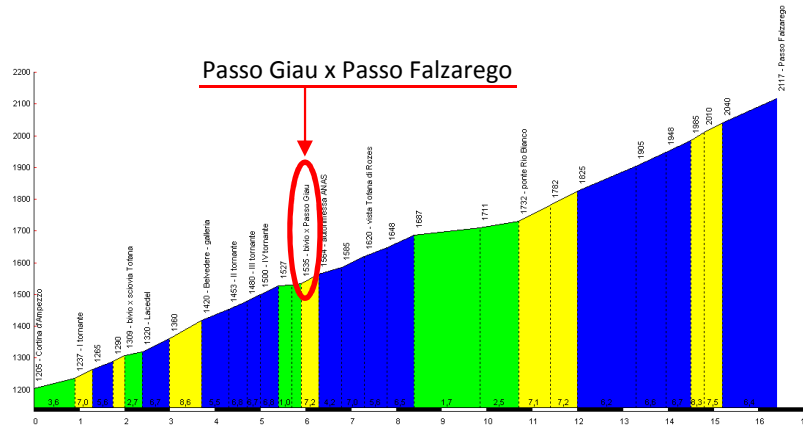
**Passo Giau ratings**

🟢🟢🟢🟡 (4.4) Overall  
 🟢🟢🟡 (3) Road  
 🟢🟢🟢🟡 (5) Traffic  
 🟢🟢🟢🟡 (4) Amenities  
 🟢🟢🟢🟡 (4) Surroundings

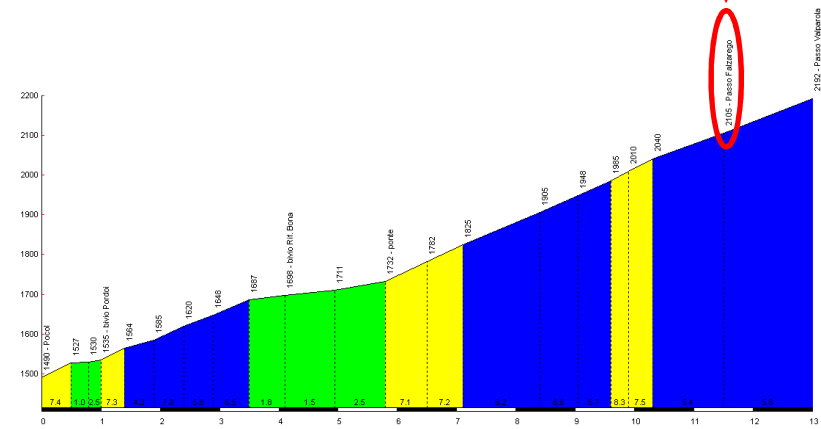
[\(rate it\)](#)



Passo Falzarego, da Cortina d'Ampezzo



Passo Valparola, da Pocol



Passo Falzarego x Passo Valparola

Basic data & ranking

Italy > Veneto > Cortina > [Passo Falzarego](#)

- Average grade: 5.6 %
- Length: 16.4 km
- Height start: 1204 m
- Height top: 2117 m
- Ascent: 913 m
- Maximum: %



Passo Falzarego rankings

Difficulty ranking world: 1837 ([all](#))  
 Ranking Italy: 545 ([all](#))  
 Ranking Dolomites-Alps: 194 ([all](#))  
 Difficulty score: 89.59 [what?](#)



Passo Falzarego ratings

4 green stars, 1 yellow star (4) Overall

[\(rate it\)](#)

Basic data & ranking

Italy > Veneto > Pocol > [Passo Valparola](#)

- Average grade: 5.4 %
- Length: 13 km
- Height start: 1490 m
- Height top: 2192 m
- Ascent: 702 m
- Maximum: %



Passo Valparola rankings

Difficulty ranking world: 2741 ([all](#))  
 Ranking Italy: 836 ([all](#))  
 Ranking Dolomites-Alps: 275 ([all](#))  
 Difficulty score: 73.62 [what?](#)

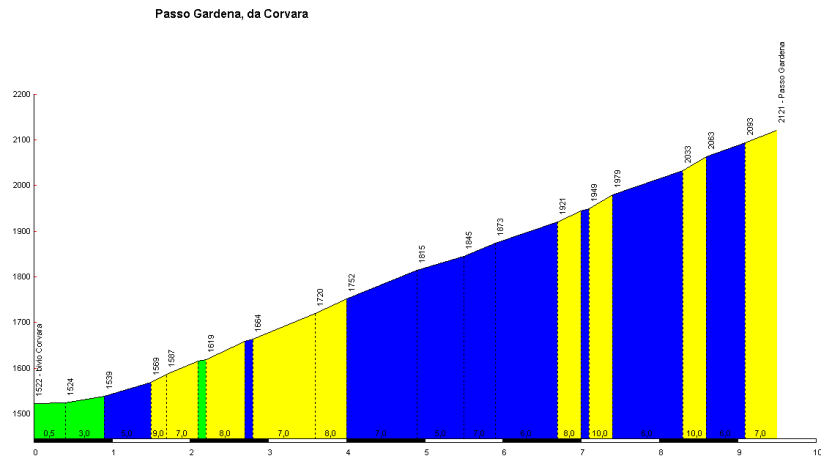


Passo Valparola ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)





## Basic data & ranking

Italy > Trentino-Alto Adige > Corvara > Passo Gardena-(Grodner-Joch)

Average grade: 6.2 %

Length: 9.6 km

Height start: 1522 m

Height top: 2121 m

Ascent: 599 m

Maximum: 12 %



### Passo Gardena-(Grodner-Joch) rankings

Difficulty ranking world: 2925 ([all](#))

Ranking Italy: 896 ([all](#))

Ranking Dolomites-Alps (Sella): 292 ([all](#))

Difficulty score: 70.58 [what?](#)



### Passo Gardena-(Grodner-Joch) ratings

(3) Overall

[\(rate it\)](#)



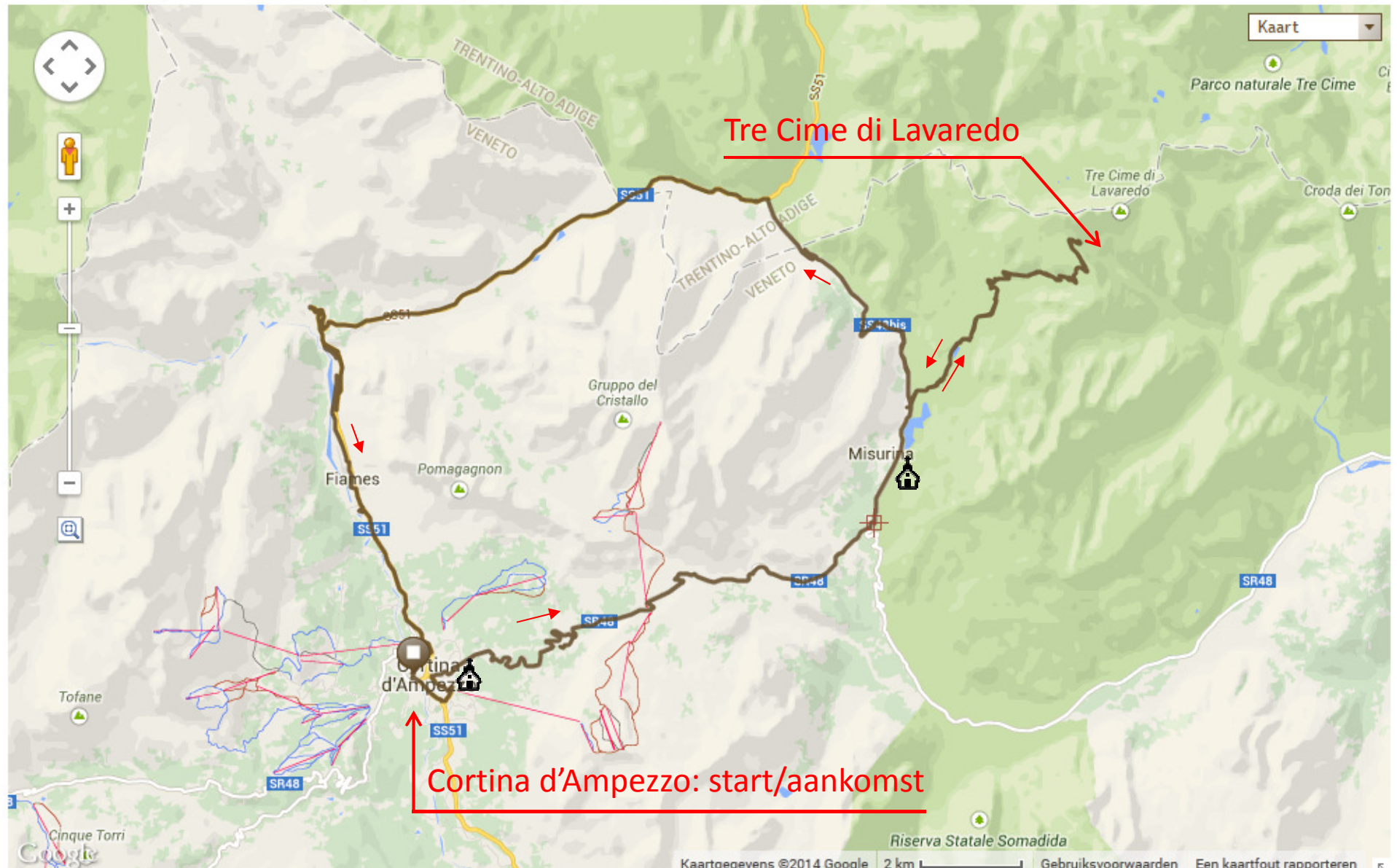
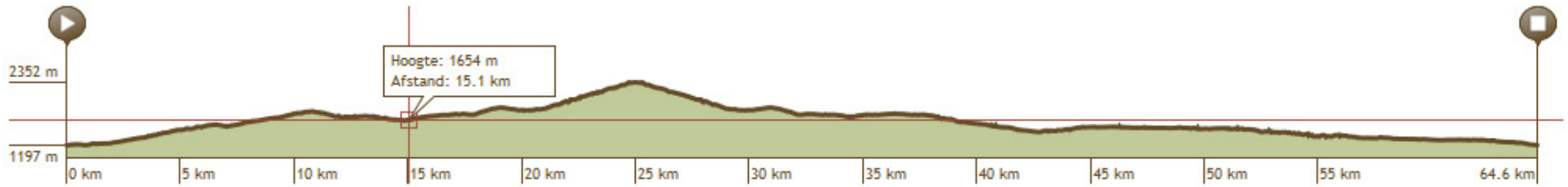


# Rit 3: Tre Cime di Lavaredo

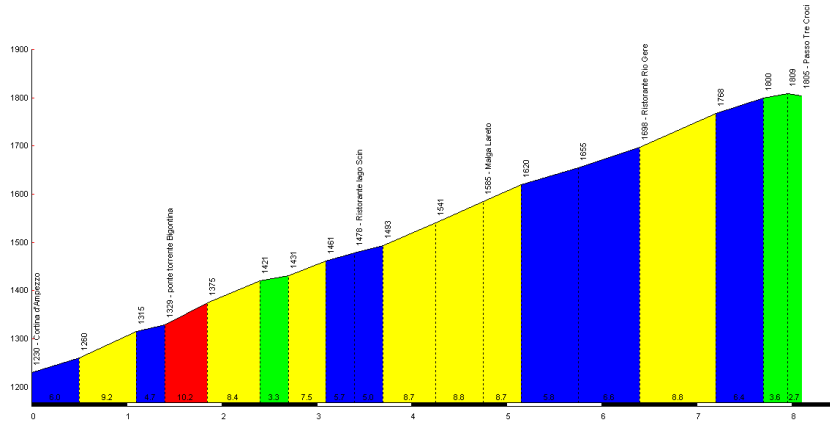
Dinsdag 17/06/2014:

- Met wagen naar Cortina d'Ampezzo, 1193m
- **Passo Tre Crocci**, 1805 m
- Lago Di Misurina
- Auronzo
- **Tre Cime de lavaredo: *l'inferno***, 2314m
- Cortina d'ampezzo
- Met de wagen terug naar Corvara
- Verbindingsrit naar Vigo Di Fassa

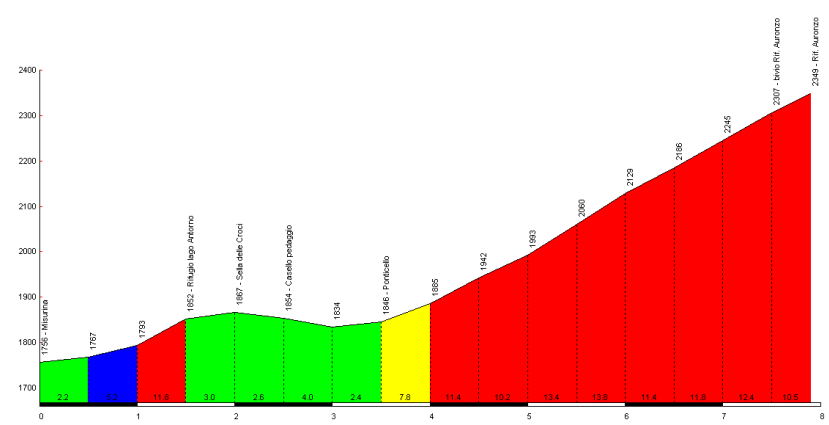




Passo Tre Croci, da Cortina



Tre Cime di Lavaredo, da Misurina



### Basic data & ranking

Italy > Veneto > Cortina > Passo Tre Croci

Average grade: 7.1 %

Length: 8.1 km

Height start: 1230 m

Height top: 1805 m

Ascent: 575 m

Maximum: %



#### Passo Tre Croci rankings

Difficulty ranking world: 2891 [\(all\)](#)

Ranking Italy: 883 [\(all\)](#)

Ranking Dolomites-Alps: 286 [\(all\)](#)

Difficulty score: 71.16 [what?](#)



#### Passo Tre Croci ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)

### Basic data & ranking

Italy > Veneto > Misurina > Tre Cime di Lavaredo

Average grade: 7.5 %

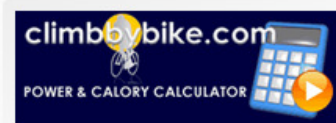
Length: 7.53 km

Height start: 1752 m

Height top: 2320 m

Ascent: 568 m

Maximum: %



#### Tre Cime di Lavaredo rankings

Difficulty ranking world: 2421 [\(all\)](#)

Ranking Italy: 743 [\(all\)](#)

Ranking Dolomites-Alps: 253 [\(all\)](#)

Difficulty score: 78.57 [what?](#)



#### Tre Cime di Lavaredo ratings

(4.7) Overall

[\(rate it\)](#)

# Tre Cime di Lavaredo







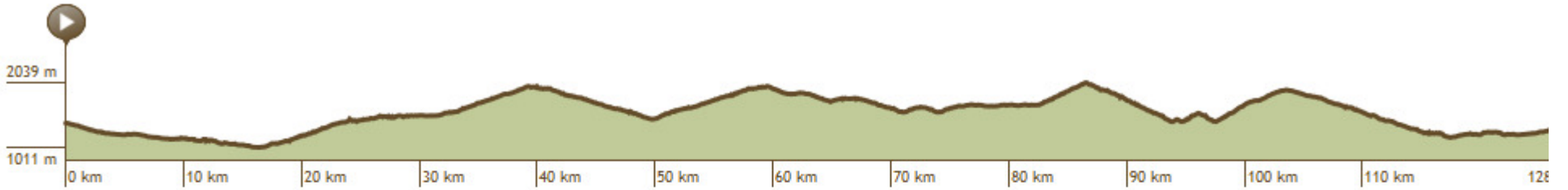
# Hotel Renato – Vigo di Fassa



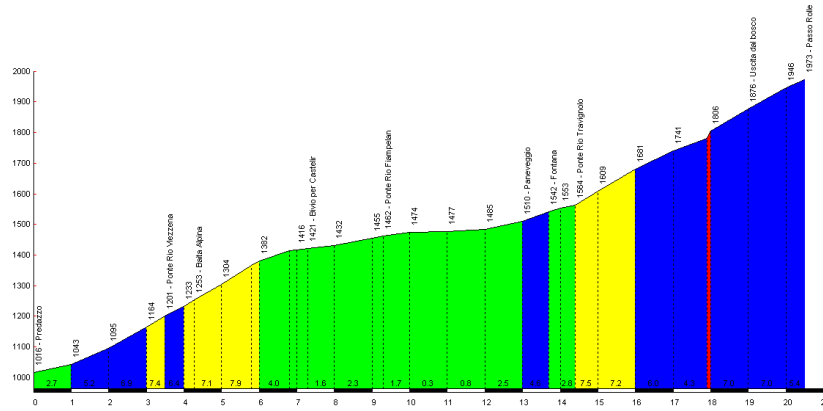
# Rit 4:

Woensdag 18/06/2014:

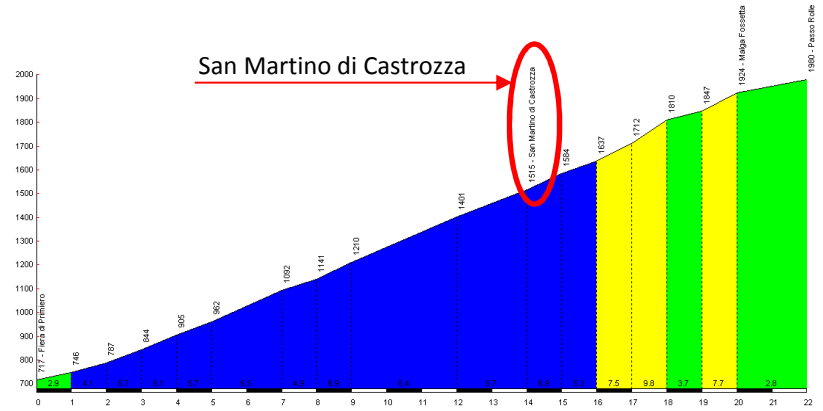
- Vigo di fassa
- Moena
- Predazzo
- **Passo di Rolle**, 1984m
- San Martino Di Castrozza
- **Passo di Rolle**, 1984m
- **Passo di Valles**, 2032m
- Le Fratte
- **Passo San Pellegrino**, 1918m
- Moena
- Vigo dDi Fassa



Passo Rolle, da Predazzo



Passo Rolle, da Fiera di Primiero



### Basic data & ranking

Italy > Trentino-Alto Adige > Predazzo > Passo Rolle

Average grade: 4.7 %

Length: 20.5 km

Height start: 1016 m

Height top: 1973 m

Ascent: 957 m

Maximum: %



#### Passo Rolle rankings

Difficulty ranking world: 2116 (all)

Ranking Italy: 636 (all)

Ranking Dolomites-Alps: 224 (all)

Difficulty score: 84.3 what?



#### Passo Rolle ratings

No ratings submitted yet. [Rate here!](#)

(rate it)

### Basic data & ranking

Italy > Trentino-Alto Adige > Fiera di Primiero > Passo Rolle

Average grade: 5.4 %

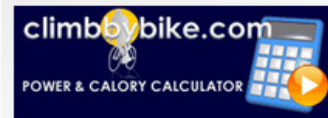
Length: 23.1 km

Height start: 717 m

Height top: 1970 m

Ascent: 1253 m

Maximum: %



#### Passo Rolle rankings

Difficulty ranking world: 986 (all)

Ranking Italy: 262 (all)

Ranking Dolomites-Alps: 100 (all)

Difficulty score: 111.56 what?

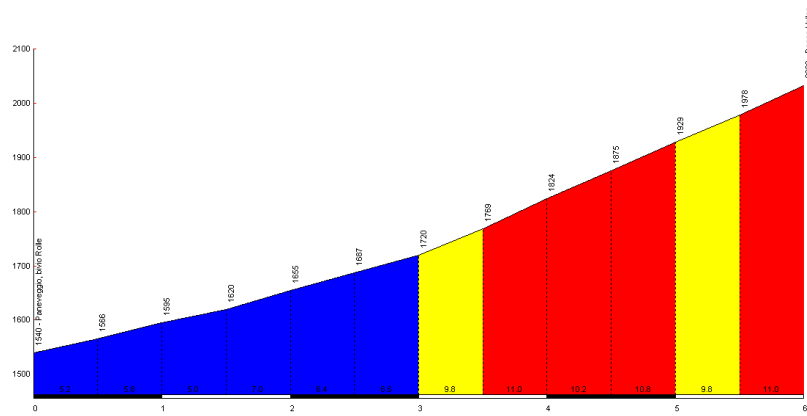


#### Passo Rolle ratings

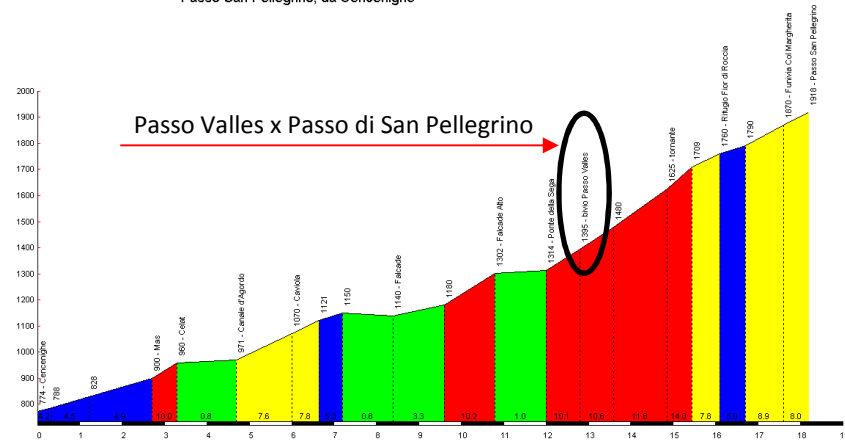
(4) Overall

(rate it)

Passo Valles, da Paneveggio



Passo San Pellegrino, da Cencenighe



### Basic data & ranking

Italy > Trentino-Alto Adige > Paneveggio > Passo Valles

Average grade: 8.2 %
Length: 6 km
Height start: 1540 m
Height top: 2033 m
Ascent: 493 m
Maximum: %

#### Passo Valles rankings

Difficulty ranking world: 2770 ([all](#))  
 Ranking Italy: 843 ([all](#))  
 Ranking Dolomites-Alps: 279 ([all](#))  
 Difficulty score: 73.23 [what?](#)



#### Passo Valles ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)



### Basic data & ranking

Italy > Abruzzo > Falcade - Passo San Pellegrino

Average grade: 8.6 %
Length: 9.01 km
Height start: 1140 m
Height top: 1918 m
Ascent: 778 m
Maximum: 14 %

#### Falcade - Passo San Pellegrino rankings

Difficulty ranking world: 1278 ([all](#))  
 Ranking Italy: 344 ([all](#))  
 Ranking Alps : 501 ([all](#))  
 Difficulty score: 102.56 [what?](#)



#### Falcade - Passo San Pellegrino ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)







# Rit 5:

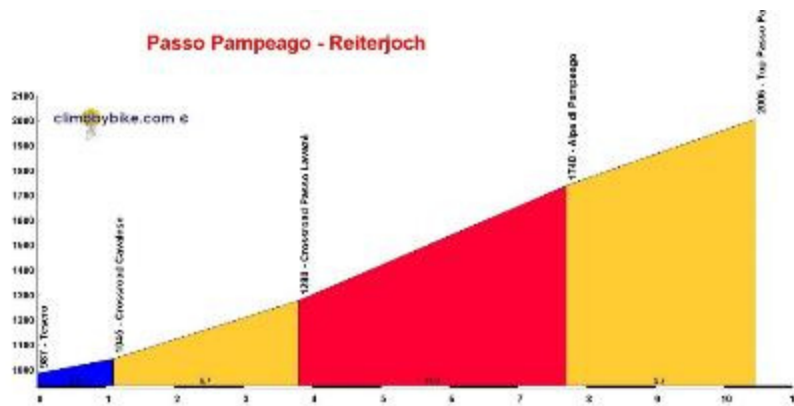
Donderdag 19/06/2014:

- Vigo Di Fassa
- Met de wagen naar Predazzo, 1016m
- Tesero, 950m
- Alpe Di pampeago, 2005m
- Obereggen, 1550m
- Passo Lavazè, 1808m
- Passo di Oclini, 2000m
- Cavalese
- Predazzo
- Met de wagen terug naar Vigo Di Fassa









#### Basic data & ranking

Italy > Trentino-Alto Adige > Tesero > [Passo Pampeago - Reiterjoch](#)

Average grade: 10.2 %

Length: 10.08 km

Height start: 974 m

Height top: 2005 m

Ascent: 1031 m

Maximum: 16 %



#### Passo Pampeago - Reiterjoch rankings

Difficulty ranking world: 355 ([all](#))

Ranking Italy: 84 ([all](#))

Ranking Dolomites-Alps: 20 ([all](#))

Difficulty score: 145.98 [what?](#)



#### Passo Pampeago - Reiterjoch ratings



[\(rate it\)](#)

#### Basic data & ranking

Italy > Trentino-Alto Adige > Ponte Nova > [Passo Lavazè](#)

Average grade: 7.7 %

Length: 12.2 km

Height start: 872 m

Height top: 1808 m

Ascent: 936 m

Maximum: %



#### Passo Lavazè rankings

Difficulty ranking world: 1116 ([all](#))

Ranking Italy: 296 ([all](#))

Ranking Dolomites-Alps: 112 ([all](#))

Difficulty score: 107.49 [what?](#)

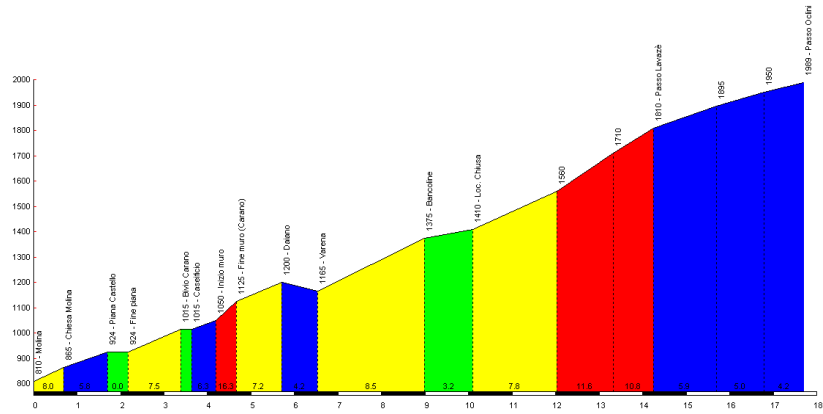


#### Passo Lavazè ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)

Passo Oclini, da Molina



Basic data & ranking

Italy > Trentino-Alto Adige > Molina > Passo Oclini

Average grade: 6.7 %
Length: 17.7 km
Height start: 810 m
Height top: 1989 m
Ascent: 1179 m
Maximum: %



Passo Oclini rankings

Difficulty ranking world: 774 (all)  
 Ranking Italy: 207 (all)  
 Ranking Dolomites-Alps: 71 (all)  
 Difficulty score: 119.52 what?



Passo Oclini ratings

No ratings submitted yet. [Rate here!](#)

([rate it](#))



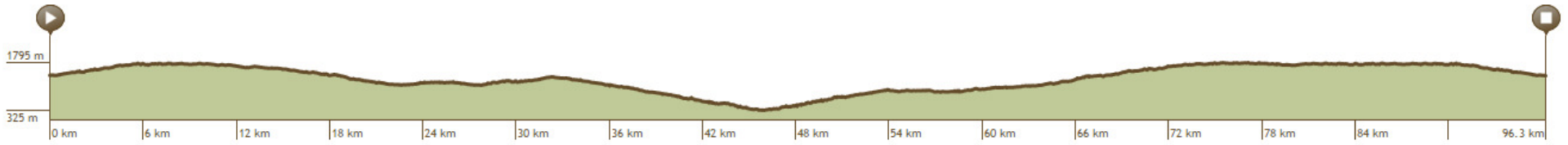
Passo di Oclini



# Rit 6:

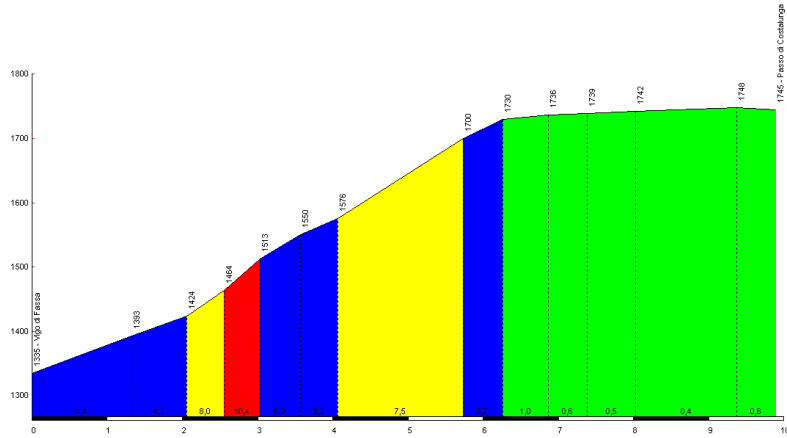
Vrijdag 20/06/2014:

- Vigo di Fassa
- **Passo Costalunga**, 1752m
- Nova Levante
- Cardano
- Prat all'isarco
- San Cipriano
- **Passo Nigra**, 1690m
- **Passo Costalunga**, 1752m
- Vigo di Fassa

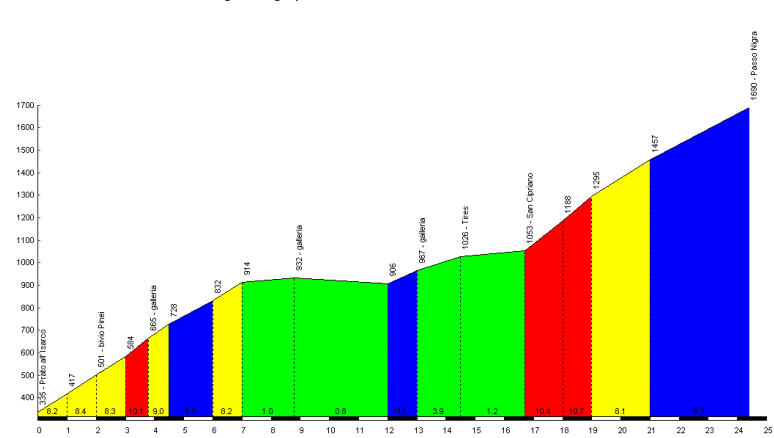




Passo di Costalunga, da Vigo di Fassa



Passo Nigra - Niglerpass



### Basic data & ranking

Italy > Trentino-Alto Adige > Vigo di Fassa > [Passo Costalunga](#)

Average grade: 4.1 %

Length: 9.89 km

Height start: 1335 m

Height top: 1745 m

Ascent: 410 m

Maximum: %

#### Passo Costalunga rankings

Difficulty ranking world: 5726 ([all](#))

Ranking Italy: 1764 ([all](#))

Ranking Dolomites-Alps: 496 ([all](#))

Difficulty score: 42.53 [what?](#)



#### Passo Costalunga ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)



### Basic data & ranking

Italy > Trentino-Alto Adige > Prato all'Isarco > [Passo Nigra](#)

Average grade: 5.6 %

Length: 24.4 km

Height start: 335 m

Height top: 1690 m

Ascent: 1355 m

Maximum: %

#### Passo Nigra rankings

Difficulty ranking world: 816 ([all](#))

Ranking Italy: 216 ([all](#))

Ranking Dolomites-Alps: 78 ([all](#))

Difficulty score: 117.74 [what?](#)



#### Passo Nigra ratings

No ratings submitted yet. [Rate here!](#)

[\(rate it\)](#)



Bolzano





# Overzicht

Rit	Afstand (min) km	Afstand (max) km	Hoogtemeters (min)	Hoogtemeters (max)
<a href="#">Rit 1 kort</a> <a href="#">Rit 1 lang</a>	52	87	1 692	2 747
<a href="#">Rit 2 kort</a> <a href="#">Rit 2 lang</a>	84	103	2 510	3 112
<a href="#">Rit 3</a>		55		1 426
<a href="#">Rit 4</a>		102		2 683
<a href="#">Rit 5</a>		76		2 207
<a href="#">Rit 6</a>		83		2 184
<b>Totaal</b>	<b>452 km</b>	<b>506 km</b>	<b>12 702 hm</b>	<b>14 359 hm</b>



# Links en referenties

## Links

- <http://www.routeyou.com/route/view/2793434/fietsroute/emu-2014-dolomieten-rit-1-2014-06-15.nl>
- <http://www.routeyou.com/route/view/3004085/fietsroute/emu-2014-dolomieten-rit-1b-2014-06-15.nl>
- <http://www.routeyou.com/route/view/3004462/fietsroute/emu-2014-dolomieten-rit-2a-2014-06-16.nl>
- <http://www.routeyou.com/route/view/3004327/fietsroute/emu-2014-dolomieten-rit-2b-2014-06-16.nl>
- <http://www.routeyou.com/route/view/2791710/fietsroute/emu-2014-dolomieten-rit-3-2014-06-17.nl>
- <http://www.routeyou.com/route/view/2791712/fietsroute/emu-2014-dolomieten-rit-4-2014-06-18.nl>
- <http://www.routeyou.com/route/view/2791713/fietsroute/emu-2014-dolomieten-rit-5-2014-06-19.nl>
- <http://www.routeyou.com/route/view/2792957/fietsroute/emu-2014-dolomieten-rit-6-2014-06-20.nl>

## Referenties

- <http://www.climbbybike.com>
- <http://maps.google.it>
- <http://www.routeyou.com>
- <http://www.viamichelin.com>