****PRESS RELEASE

**LÜM**

**THE LIGHT THAT GUIDES THE**

**MARATONA DLES DOLOMITES – ENEL 2025**

**Just over two months to go until the 38th edition of the Maratona dles Dolomites – Enel, taking place on Sunday, July 6th, 2025. *Lüm*, Light: this is the theme of this year’s event.**

**Intense rays of light**

**Alta Badia (South Tyrolean Dolomites-Italy)** - As you can see in this year’s logo, crossed by intense rays of sunlight, it evokes the wish for light to symbolically guide the 38th Maratona dles Dolomites – Enel. Lüm – Light: a simple word, yet rich with meaning. It’s an invitation to find inner illumination, to seek one’s path, to discover clarity and hope even after darkness.

The logo, solid yet carved by light, expresses exactly that: transformation, change, the power of renewal. The final “M” refers not only to the Maratona, but also to the silhouette of the Sassongher mountain, which, like every year, is lit by the first light of dawn, offering a moment of pure magic before the start.

**Numbers and requests**

The years go by, but the allure of the Maratona dles Dolomites – Enel remains unchanged.  
Once again, enthusiasm for the 2025 edition has been extraordinary: for the 8,000 available entries, an impressive 32,700 applications were received. Participants are evenly split – 50% from Italy and 50% from abroad – with 91 nationalities represented. As always, making all of this possible will be 1,500 tireless volunteers, and the event will be broadcast live on the italian national channel Rai2 for a full 6 hours.

**Courses and closed passes**

As always, there are three routes that characterize the Maratona dles Dolomites – Enel, winding through the epic passes of the Dolomites, strictly closed to traffic. Campolongo, Pordoi, Sella, Gardena, Giau, Falzarego, Valparola: anyone can test themselves and ride in scenarios of incomparable beauty. And discover once again that nature, including the magnificent flowers that color the meadows and fields around the rocky massifs at the beginning of summer, is what we must safeguard. Today more than ever.

* The Maratona course: 138 km and 4230 m of altitude difference
* The Medium course: 106 km and 3130 m of altitude difference
* The Sellaronda course: 55 km and 1780 m of altitude difference

**Maratona and Charity**

Solidarity is a fundamental pillar of the Maratona. For the 2025 edition, 400 entries were sold, raising over €73,000, which was donated to three charitable organizations.

The association "Gruppi Insieme si può" Onlus/NGO, which runs the *“Light for Life”* project, aims to ensure access to quality healthcare in vulnerable areas, addressing the health crisis in Syria, Uganda, and Chad.

The Dr. Ambrosoli Memorial Hospital Foundation ETS supports the *“Shine a Light on the Future”* project, which aims to provide safe childbirth for 3,000 mothers and their babies at the Kalongo hospital in Uganda.

The Michele Scarponi Foundation ETS supports the educational project *“The Road Belongs to Everyone – Starting with the Most Vulnerable”*, which raises awareness among students about the importance of respecting traffic rules, road safety, and sustainable mobility.

**“The Enervit Story”**

For Enervit, the Maratona dles Dolomites – Enel is more than just a cycling race: it’s a special moment in which passion, effort, and joy come together year after year. For almost 30 years, Enervit has been present in Corvara – bringing know-how, innovation, and its Enervit Endurance Team, riding side by side with cycling enthusiasts.

Along the Dolomite passes, the team has welcomed numerous Enervit friends and sporting legends: Francesco Moser, Miguel Indurain, Davide Cassani, Stefano Baldini, Federico Pellegrino, Laura Pirovano, and Linus. All of them are featured in the documentary – together with other iconic figures such as Sara Simeoni, Valentina Vezzali, Tadej Pogačar, and Jannik Sinner.

This documentary, presented by Sky Sport and Enervit, is available exclusively on Sky Sport. It tells not only the story of an Italian company, but also highlights the influence of science, nutrition, and social change on the world of sport. Directed and narrated by long-time Maratona friend Giovanni Bruno.

**SELLARONDA BIKE DAY E DOLOMITES BIKE DAY: TWO EVENTS WITH THE DOLOMITE PASSES CLOSED TO MOTORISED TRAFFIC**

The month of June is packed with events that have become a fixture in every cyclist's calendar, as Alta Badia's cycling events once again combine breathtaking scenery with sustainability. These two special days offer the opportunity to enjoy the Dolomite passes free of motorised traffic, even for those who do not have the chance to take part in the coveted Maratona dles Dolomites-Enel.

The Bike Days are non-competitive cycling events open to everyone without the need to register. The routes follow the course of the Maratona dles Dolomites-Enel and other legendary cycling routes.

On 7 June, the already traditional Sellaronda Bike Day takes place, during which the passes around the Sella Group are closed to traffic. The event will be repeated on 13 September. In June from 08.30 to 16.00, keen cyclists will be able to take part in the non-competitive event, which runs in an anti-clockwise direction, is 53 km long and has an altitude gain of 1637 metres. The official merchandising of the event, available in the shops of the organising valleys, was created by designer Manuel Bottazzo and produced by Sportful. [www.sellarondabikeday.com](http://www.sellarondabikeday.com)

The protagonists of the Dolomites Bike Day on 21ST June, on the other hand, are the Campolongo, Falzarego and Valparola Dolomite passes, scenes of epic exploits that have made cycling history. The route runs along the ring that begins in Alta Badia and leads over the Passo Campolongo to Arabba and the Livinallongo Valley. It continues to the Falzarego Pass and then to the Valparola Pass before reaching the villages of La Villa and Corvara to finish the ride. The route, which is closed to traffic from 08:30 to 14:30, is 51km long and has a total elevation gain of 1.370m. The route must be ridden in an anti-clockwise direction. [www.dolomitesbikeday.it](http://www.dolomitesbikeday.it)

**More information:**

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