



TOUR INFO		% of distance
Total distance	36,96 km	100%
Height variation uphill	1038 m	
Height variation downhill	2037 m	
Maximum altitude	2400 m	
Tarmac	0,40 km	1,1%
Tarmac cycle path	6,03 km	16,3%
Gravel	23,53 km	63,7%
Hiking trail	3,60 km	9,8%
Single track	1,06 km	2,9%
Carrying / pushing	0,00 km	0,0%
Cable car / transfer	2,31 km	6,3%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	3 hrs 42 min
Riding time at 10 km/h	3 hrs 05 min
Riding time at 14 km/h	2 hrs 38 min
Riding time at 16 km/h	2 hrs 19 min
Riding time at 18 km/h	2 hrs 03 min
Riding time at 20 km/h	1 hrs 51 min

GETTING THERE AND STARTING POINT	
Getting there:	Starting point:
A22 motorway: coming from the north, take exit Innsbruck-Brennero; coming from the south, take exit Verona-Bolzano. We recommend you exit the A22 at Klausen/Chiusa – Grödner Tal/Val Gardena: after 20 minutes on a well-signposted Alpine road you reach St. Ulrich/Ortisei then, after a few km, St. Christina/Santa Cristina and Wolkenstein/Selva.	The tourist information office in Wolkenstein/Selva is located some 500 m after the entrance to the locality on the left. Parking facilities: at the start of the centre of Wolkenstein/Selva, before the Piazza Nives, take two consecutive left turns to reach the car park of the same name. The tour begins at the tourist information office in Wolkenstein/Selva.



















TOUR EVALUATION		
Overall difficulty	3,5	●●●○○
Climb difficulty	3,3	●●●○○
Descent difficulty	3,7	●●●○○

























PHYSICAL CONDITION		
Overall condition	3,1	●●●○○
Total height variation	3,0	●●●○○
Total distance	3,0	●●●○○
Maximum altitude	4,0	●●●○○

RIDING TECHNIQUE		
Overall riding technique	3,5	●●●○○
Surface	2,9	●●●○○
Average climb gradient	4,0	●●●○○
Average descent gradient	4,0	●●●○○

EMOTIONAL EXPERIENCE		
Panorama	5,0	●●●●●
Riding fun	4,0	●●●○○

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
1	0,00	0,05	1557		Tourist information office in Wolkenstein/Selva	Straight on downhill	A-6%	00:00	00:00
2	0,05	0,05	1554		Café Mozart	Sharp left onto permanent hiking trail	R-8%	00:00	00:00
3	0,10	0,06	1550		Casa Elisabetha	Sharp right downhill	R-4%	00:00	00:00
4	0,17	0,20	1548		End of tarmac	Straight on	S-3%	00:00	00:00
5	0,37	0,08	1543		Fire station	Straight on	R-4%	00:01	00:02
6	0,45	0,43	1540		House of Culture	Bear left	R 0%	00:01	00:02
7	0,88	0,18	1541		Junction at signpost 30	Straight on	R-3%	00:02	00:05
8	1,06	0,51	1535		Junction with hiking trail 22A	Straight on following road	R 7%	00:02	00:06
9	1,57	0,25	1567		Transformer, bus stop La Selva	Bear right to Monte Pana	R 3%	00:04	00:09
10	1,81	0,89	1572		Junction to Fischburg/Castel Gardena	Straight on to Monte Pana	R 3%	00:04	00:10
11	2,71	0,04	1592		End of tarmac	Straight on	S-12%	00:07	00:16
12	2,75	0,12	1587		Junction	Straight on	S 1%	00:07	00:16

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
13	2,87	0,09	1590		Ciaslat (towards Sellajoch/Passo Sella)	Straight on	S -9% 	00:07	00:17
14	2,96	0,50	1581		End of gravel path	Straight on	P -5% 	00:08	00:17
15	3,46	0,08	1562		Beginning of tarmac	Straight on	R -9% 	00:09	00:20
16	3,54	0,58	1555		Prensanueva apartments	Bear left to Monte Pana	R 12% 	00:09	00:21
17	4,12	0,09	1625		Junction to S. Cristina, Selva/Wolkenstein	Bear left following road	R -2% 	00:11	00:24
18	4,21	0,39	1624		Crossing with bottom of Monte Pana lift	Straight on Saltria 30	S 10% 	00:11	00:25
19	4,61	0,40	1662		Junction to ski jump	Straight on uphill	S 9% 	00:12	00:27
20	5,01	0,83	1702		Junction (towards Strena)	Straight on uphill	S 6% 	00:13	00:30
21	5,83	0,69	1760		Junction to Jender Valley	Bear left to Saltria	S 4% 	00:15	00:34
22	6,52	0,46	1782		Junction to Langkofelscharte gorge	Straight on to Saltria	S 1% 	00:17	00:39
23	6,98	0,35	1788		Junction to Langkofelscharte gorge	Straight on uphill	S 7% 	00:19	00:41
24	7,33	3,11	1815		Junction	Bear left to Zallinger	S 8% 	00:19	00:43

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
25	10,44	0,14	2060		Junction to Plattkofel Hut	Bear right to Zallinger 9	S -4% 	00:28	01:02
26	10,58	0,18	2053		Junction towards Florian chairlift	Bear left to Zallinger, Saltria 9	S -9% 	00:28	01:03
27	10,76	0,47	2037		Zallinger Hut, chapel, water source	Bear right downhill	S -9% 	00:29	01:04
28	11,23	1,14	1996		Bridge over stream Junction to Dialer church 7	Straight on to Saltria 8	S -12% 	00:30	01:07
29	12,37	0,30	1859		Junction to bend	Bear left uphill	S 10% 	00:33	01:14
30	12,67	1,12	1891		Junction to bend	Bear right uphill	S 12% 	00:34	01:16
31	13,79	1,33	2021		Junction	Sharp right to Malignon Hut	W 8% 	00:37	01:22
32	15,12	0,25	2119		Junction to Plattkofel Hut	Straight on	W 5% 	00:41	01:30
33	15,37	0,12	2130		Below Dialer Church/Chapel of St. Anthony	Sharp left to Tierser Alpl	S 10% 	00:41	01:32
34	15,49	0,42	2143		Dialer Church/Chapel of St. Anthony	Bear right to Tierser Alpl	S 20% 	00:42	01:32
35	15,91	0,38	2226		Electric fence	Bear right to Plattkofel Hut	W -10% 	00:43	01:35
36	16,29	0,08	2186		Junction	Bear left on flat	P -2% 	00:44	01:37



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
37	16,37	1,16	2185		Mahlknechtjoch/ Passo Duron	Right to Val Duron	S-12% ↓	00:44	01:38
38	17,54	0,72	2047		Hut	Straight on down- hill	S-12% ↓	00:47	01:45
39	18,25	1,91	1967		Junction to Antermoia Hut	Straight on Campitello	S-3% →	00:49	01:49
40	20,16	0,86	1897		Junction to Antermoia Hut	Straight on Campitello	S-2% →	00:54	02:00
41	21,02	0,90	1875		Lino Brach Hut	Straight on	S-1% →	00:57	02:06
42	21,92	0,03	1865		Junction above Duron Hut	Right following main hiking trail	S-13% ↓	00:59	02:11
43	21,95	0,06	1861		Junction to Plattkofel Hut	Bear right downhill to Campitello	S-15% ↓	00:59	02:11
44	22,01	0,18	1852		Duron Hut	Straight on	S-14% ↓	01:00	02:12
45	22,19	0,03	1828		Junction to Antermoia Hut	Straight on Campitello	S-3% →	01:00	02:13
46	22,22	1,05	1827		Junction to Sentiero per Campitello	Straight on	S-14% ↓	01:00	02:13
47	23,27	0,83	1679		Junction towards Sandro Pertini Hut	Straight on	S-13% ↓	01:03	02:19
48	24,10	0,08	1568		Bridge over stream	Straight on	S-13% ↓	01:05	02:24
49	24,18	0,61	1557		Junction	Straight on	S-11% ↓	01:05	02:25

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
50	24,79	0,53	1500		Bridge over stream, car park	Straight on	R -13% ↓	01:07	02:28
51	25,32	0,19	1430		Junction after first houses	Straight on along stream	R-8% ↓	01:09	02:31
52	25,51	0,34	1414		Albergo Ladino in Campitello	Left/right via Pent de Sèra	R-6% ↓	01:09	02:33
53	25,84	0,10	1400		Car park at bottom of Col Rodella lift	Left towards cable car	R 0% →	01:10	02:35
54	25,94	2,31	1400		Bottom of Col Rodella lift in Campitello	Take cable car	X 29% ↑	01:10	02:35
55	28,25	0,14	2399		Top of Col Rodella lift	Straight on	S 1% →	01:17	02:49
56	28,39	0,51	2400		Rifugio des Alpes hut	Straight on Passo Sella	S-19% ↓	01:17	02:50
57	28,91	0,47	2313		Crossroads	Right Passo Sella	S-14% ↓	01:18	02:53
58	29,37	0,19	2243		Junction to Rodella Hut	Straight on Passo Sella	S-10% ↓	01:20	02:56
59	29,56	0,51	2224		Salei Hut	Straight on	S-3% →	01:20	02:57
60	30,07	0,16	2212		Crossroads (to Salei Hut)	Bear left at mea- dow	W -13% ↓	01:22	03:00
61	30,23	0,11	2190		Junction near chapel	Straight on	W-9% ↓	01:22	03:01

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
62	30,34	0,06	2181		Car park at bottom of Langkofelscharte gorge lift	Straight on	S-2% →	01:22	03:02
63	30,40	0,10	2180		Intersection with gravel road	Right downhill	S-9% ↓	01:22	03:02
64	30,51	0,49	2171		Crossroads by hut	Straight on Plan de Gralba	P-12% ↓	01:23	03:03
65	30,99	0,03	2113		Hut (fence)	Straight on between hut and barn	S-6% ↓	01:24	03:05
66	31,02	0,05	2111		Path junction	Straight on over meadow	W-6% ↓	01:24	03:06
67	31,08	0,53	2108		Crossroads	Straight on	W-10% ↓	01:24	03:06
68	31,61	0,63	2047		Crossroads	Straight on	S-11% ↓	01:26	03:09
69	32,24	0,60	1975		Intersection	Bear right to Plan de Gralba, Selva	S-11% ↓	01:27	03:13
70	32,84	0,69	1910		Wayside cross	Follow main path	S-17% ↓	01:29	03:17
71	33,54	0,27	1805		Junction to Jeuf de Freia (near bottom of drag lift)	Straight on	S-8% ↓	01:31	03:21
72	33,80	0,14	1787		Bridge over Rio Gardena stream	Bear right over bridge	R-3% →	01:32	03:22
73	33,94	0,15	1783		Bottom of the Piz Sella lift	Left	R-1% →	01:32	03:23

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
74	34,09	0,10	1781		Bridge over Plan de Gralba stream	Left to Plan Selva (over bridge)	S 4% ↗	01:32	03:24
75	34,19	0,06	1785		Covered snowgun	Bear right to Wolkenstein/Selva	S-5% ↓	01:33	03:25
76	34,25	0,79	1782		Junction at edge of forest	Bear right downhill to Wolkenstein/Selva	W-21% ↓	01:33	03:25
77	35,04	0,19	1621		Bridge over stream	Bear right over bridge then along stream	S-9% ↓	01:35	03:30
78	35,23	0,25	1604		Carpentry shop	Straight on to Wolkenstein/Selva	R-6% ↓	01:36	03:31
79	35,48	0,06	1589		Intersection with main road	Sharp right to Plan de Gralba	A 7% ↗	01:36	03:32
80	35,53	0,77	1593		Casa Alpina	Bear right (left along sports ground)	R-1% →	01:36	03:33
81	36,31	0,28	1581		Hotel La Tambra	Bear left onto course of old railway	R-2% →	01:39	03:37
82	36,58	0,09	1577		Hotel Sun Valley	Sharp left downhill	R-12% ↓	01:39	03:39
83	36,67	0,04	1567		Intersection with main road	Sharp right	A-3% →	01:40	03:40
84	36,71	0,09	1566		Hotel Krone	Bear left following main road	A 0% →	01:40	03:40



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
85	36,79	0,17	1566		Bottom of Ciampinoi lift	Straight on	A -5% 	01:40	03:40
86	36,96	0,00	1557		Tourist information office in Wolkenstein/Selva	End of tour	A 0% 	01:40	03:41

EXPLANATION OF EVALUATION FACTORS

Overall difficulty based on climb difficulty (60%) and descent difficulty (40%)

Climb difficulty based on total distance uphill (30%), overall height variation uphill (30%), surface uphill (10%), average slope uphill (25%), highest altitude reached (5%).

Descent difficulty consists of total distance downhill (10%), overall height variation downhill (10%), surface downhill (50%), average slope downhill (30%).

Physical condition based on total distance (40%), with overall height variation (50%) and highest altitude reached (10%).

Riding technique based on surface (50%), with average slope uphill (30%) and average slope downhill (20%).

Writer's subjective evaluation of panorama and riding fun.

EXPLANATION OF SURFACE AND SLOPE

A = Tarmac road		steep uphill	from + 15%
R = Tarmac cycle path		uphill	up to + 14%
S = Gravel		level	ca. +/- 4 %
W = Hiking trail		downhill	up to - 19%
P = Path, Single Trail		steep downhill	from - 20%
T = Carrying / pushing			
X = Cable car / transfer			

Route: the percentages indicate the average climb (+) or the average descent (-) to the next waymarker.