



TOUR INFO		% of distance
Total distance	14,32 km	100%
Height variation uphill	224 m	
Height variation downhill	905 m	
Maximum altitude	2247 m	
Tarmac	0,52 km	3,6%
Tarmac cycle path	1,67 km	11,7%
Gravel	4,80 km	33,5%
Hiking trail	4,45 km	31,1%
Single track	1,01 km	7,1%
Carrying / pushing	0,06 km	0,5%
Cable car / transfer	1,79 km	12,5%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	1 hrs 26 min
Riding time at 10 km/h	1 hrs 12 min
Riding time at 14 km/h	1 hrs 01 min
Riding time at 16 km/h	0 hrs 54 min
Riding time at 18 km/h	0 hrs 48 min
Riding time at 20 km/h	0 hrs 43 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	2,9	●●●○○
Climb difficulty	2,6	●●●○○
Descent difficulty	3,5	●●●○○

PHYSICAL CONDITION		
Overall condition	2,2	●●○○○
Total height variation	2,0	●●○○○
Total distance	2,0	●●○○○
Maximum altitude	4,0	●●●●○

RIDING TECHNIQUE		
Overall riding technique	3,7	●●●●○
Surface	3,4	●●●○○
Average climb gradient	4,0	●●●●○
Average descent gradient	4,0	●●●●○

EMOTIONAL EXPERIENCE		
Panorama	5,0	●●●●●
Riding fun	3,0	●●●○○

CHARACTERISTICS

This short, in parts technically demanding tour leads through the “City of Stone” to the Salei Hut: thanks to the cable car to Ciampinoi, little climbing is required. Only real experts will be able to master some of the sections up to the City of Stone while remaining the saddle, but even pushing your bike for a few metres still allows you to admire the magnificent views of the Langkofel/Sassolungo towering above you. There are also two opportunities to get refreshments and appreciate the breathtaking panorama over the Dolomites, while a fantastic trail on the upper part of the descent also offers something to look forward to.

Just a short distance from the start of the tour near the Tourist Information Office in Wolkenstein/Selva is the bottom of

the cable car to Ciampinoi, which takes you up the first 700m. From the top station a hiking trail initially leads steeply downhill then, after a climb, you arrive at the Comici Hut at the foot of the imposing Langkofel/Sassolungo. It is probably too soon to enjoy a refreshment stop, but the food on offer here is excellent. Perhaps you can have a quick drink and admire the panorama before continuing the tour. The path proceeds in the direction of the City of Stone, turning into a marvellous trail with some particularly steep sections and curves obliging most bikers to get off and push. An easy descent through the City of Stone takes you to the car park for the cable car up to the Langkofelscharte/Forcella del Sassolungo gorge, admiring the huge rocks that centuries before fell from the Lang-





kofel/Sassolungo, silent witnesses of a bygone age.

A climb of 50m in the direction of Col Rodella brings you to the Salei Hut: as the tour is now mostly downhill, you can savour a long and enjoyable break.

Afterwards you return to the car park for the Langkofelscharte/Forcella del Sassolungo cable car, where the most interesting part of the tour begins in terms of riding technique: a wonderful, narrow trail with a few tricky hairpin bends runs along the lower reaches of the City of Stone in the direction of Plan de Gralba

before turning into a wide gravel path. From here, the trail is on the ski piste down to the Grödner Tal/Val Gardena, with the last section following the old railway line back to Wolkenstein/Selva.

VARIATIONS

1. Omitting the Salei Hut: you can slightly shorten the tour by not turning sharp right towards the Salei Hut at the car park at the bottom of the Langkofelscharte/Forcella del Sassolungo cable car (waymarker 15) but instead bearing left downhill in the direction of Plan de Gralba. This omits waymarkers 15-20 (-1.5 km, -50m altitude).

2. Longer approach via Monte Pana: from the starting point in Wolkenstein/Selva, follow the "Sella Ronda anticlockwise" tour. Proceed towards Monte Pana via the village of La Selva then take the lift up to the top and from there to the Comici Hut. At waymarker 8 you rejoin the tour described above (+5.2 km, +310 m altitude).

