



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

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	●●●○○

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.

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
1	0,00	0,17	1557	↑	Tourist information office in Wolkenstein/Selva	Straight on uphill	A 5% ↗	00:00	00:00
2	0,17	1,79	1566	↖	Bottom of Ciampinoi lift	Take cable car	X 26% ↑	00:00	00:01
3	1,96	0,05	2247	↷	Top of Ciampinoi lift and restaurant	Right	S -6% ↘	00:05	00:11
4	2,01	0,08	2244	↑	Junction to ski piste Sasslonch	Straight on	S -17% ↘	00:05	00:12
5	2,08	0,57	2231	↖	Top of chair lift	Left to Comici Hut (path being rebuilt)	W -18% ↘	00:05	00:12
6	2,66	0,47	2127	↷	Tieja-Sattel (2.128m)	Bear right to Sellajoch/Passo Sella, Naturonda	W -3% →	00:07	00:15
7	3,13	0,22	2116	↑	Junction to ski piste	Straight on	W 9% ↗	00:08	00:18
8	3,35	0,11	2137	↖	Intersection near Comici Hut	Left towards Comici Hut	S 13% ↗	00:09	00:20
9	3,47	0,02	2153	↑	Comici Hut	Straight on to Passo Sella, City of Stone	S -5% ↘	00:09	00:20
10	3,49	0,74	2152	↖	Junction	Straight on	S -0% →	00:09	00:20
11	4,22	0,53	2148	↷	Junction	Bear right to City of Stone	P 16% ↑	00:11	00:25
12	4,76	0,06	2226	↑	Beginning of pushing section	Straight on	P 14% ↗	00:12	00:28

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
13	4,82	1,27	2235	↑	End of pushing section	Straight on	W-5% ↓	00:13	00:28
14	6,09	0,06	2183	↑	Bottom of Langkofelscharte gorge lift, end of City of Stone	Straight on	S-4% →	00:16	00:36
15	6,14	0,11	2181	↙	Car park at bottom of Langkofelscharte gorge lift	Sharp right uphill	W 9% ↗	00:16	00:36
16	6,25	0,16	2190	↑	Junction near chapel	Straight on	W13% ↗	00:17	00:37
17	6,42	0,51	2212	↙	Wayside cross	Bear right to Salei Hut	S 3% →	00:17	00:38
18	6,92	0,51	2224	↓	Salei Hut	Turn back	S-3% →	00:18	00:41
19	7,43	0,16	2212	↙	Crossroads (to Salei Hut)	Bear left at meadow	W-13% ↓	00:20	00:44
20	7,59	0,11	2190	↑	Junction near chapel	Straight on	W-9% ↓	00:20	00:45
21	7,70	0,06	2181	↑	Car park at bottom of Langkofelscharte gorge lift	Straight on	S-2% →	00:21	00:46
22	7,76	0,10	2180	↘	Intersection with gravel road	Right downhill	S-9% ↓	00:21	00:46
23	7,87	0,49	2171	↑	Crossroads by hut	Straight on Plan de Galba	P-12% ↓	00:21	00:47

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
24	8,35	0,03	2113	↑	Hut (fence)	Straight on between hut and barn	S-6% ↓	00:22	00:50
25	8,39	0,05	2111	↑	Path junction	Straight on over meadow	W-6% ↓	00:22	00:50
26	8,44	0,53	2108	↑	Crossroads	Straight on	W-10% ↓	00:23	00:50
27	8,97	0,63	2047	↑	Crossroads	Straight on	S-11% ↓	00:24	00:53
28	9,60	0,60	1975	↗	Intersection	Bear right to Plan de Galba, Wolkenstein/Selva	S-11% ↓	00:26	00:57
29	10,20	0,69	1910	↑	Wayside cross	Follow main path	S-17% ↓	00:27	01:01
30	10,90	0,27	1805	↑	Junction to Jeuf de Frea (near bottom of drag lift)	Straight on	S-8% ↓	00:29	01:05
31	11,16	0,14	1787	↙	Bridge over Rio Gardena stream	Bear right over bridge	R-3% →	00:30	01:06
32	11,31	0,15	1783	↙	Bottom of the Piz Sella lift	Left	R-1% →	00:30	01:07
33	11,45	0,10	1781	↙	Bridge over Plan de Galba stream	Left to Plan Wolkenstein/Selva (over bridge)	S 4% ↗	00:31	01:08
34	11,55	0,06	1785	↑	Covered snowgun	Bear right to Wolkenstein/Selva	S-5% ↓	00:31	01:09
35	11,61	0,79	1782	↙	Junction at edge of forest	Bear right downhill to Wolkenstein/Selva	W-21% ↓	00:31	01:09

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
36	1240	0,19	1621		Bridge over stream	Bear right over bridge then along stream	S -9% 	00:33	01:14
37	1259	0,25	1604		Carpentry shop	Straight on to Wolkenstein/Selva	R -6% 	00:34	01:15
38	1284	0,06	1589		Intersection with main road	Sharp right to Plan de Gralba	A 7% 	00:35	01:17
39	1290	0,77	1593		Casa Alpina	Bear left (left along sports ground)	R -1% 	00:35	01:17
40	1367	0,28	1581		Hotel La Tamba	Bear right onto course of old railway	R -2% 	00:37	01:22
41	1394	0,09	1577		Hotel Sun Valley	Sharp left downhill	R -12% 	00:38	01:23
42	1403	0,04	1567		Intersection with main road	Sharp right	A -3% 	00:38	01:24
43	1407	0,09	1566		Hotel Krone	Bear left following main road	A 0% 	00:38	01:24
44	1416	0,17	1566		Bottom of Ciampinoi lift	Straight on	A -5% 	00:38	01:24
45	1432	0,00	1557		Tourist information office in Wolkenstein/Selva	End of tour	A 0% 	00:39	01:25

### 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.