

TOUR INFO		% of distance
Total distance	17,91 km	100%
Height variation uphill	805 m	
Height variation downhill	805 m	
Maximum altitude	2245 m	
Tarmac	2,73 km	15,3%
Tarmac cycle path	3,11 km	17,4%
Gravel	7,88 km	44,0%
Hiking trail	2,96 km	16,6%
Single track	1,21 km	6,8%
Carrying / pushing	0,00 km	0,0%
Cable car / transfer	0,00 km	0,0%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	1 hrs 47 min
Riding time at 10 km/h	1 hrs 30 min
Riding time at 14 km/h	1 hrs 17 min
Riding time at 16 km/h	1 hrs 07 min
Riding time at 18 km/h	1 hrs 00 min
Riding time at 20 km/h	0 hrs 54 min

GETTING THERE AND STARTING POINT

Getting there:	Starting point:
<p>A22 motorway: coming from the north, take exit Innsbruck-Brennero; coming from the south, take exit Verona-Bolzano.</p> <p>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.</p>	<p>The tourist information office in Wolkenstein/Selva is located some 500 m after the entrance to the locality on the left.</p> <p>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.</p> <p>The tour begins at the tourist information office in Wolkenstein/Selva.</p>

TOUR EVALUATION

Overall difficulty	3,8	●●●●○
Climb difficulty	4,0	●●●●○
Descent difficulty	3,6	●●●●○

PHYSICAL CONDITION

Overall condition	2,7	●●●○○
Total height variation	3,0	●●●○○
Total distance	2,0	●●○○○
Maximum altitude	4,0	●●●●○

RIDING TECHNIQUE

Overall riding technique	3,6	●●●●○
Surface	3,3	●●●○○
Average climb gradient	4,0	●●●●○
Average descent gradient	4,0	●●●●○

EMOTIONAL EXPERIENCE

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

CHARACTERISTICS

The Sellajoch with its staggering panorama of the Dolomite Mountains and the rocky ruins of the stony town at the foot of the Langkofel are magical points of attraction for skiers, hikers and mountain bikers. Whoever has worked his way up with his own muscular strength from the Gardena valley, experiences this particularly intensively. The ascent in the upper part shortly before the stony town is easy, even if momentarily steep. The way through the stony town as far as the Rifugio (mountain cabin) Comici offers a

lot of fun on the trails directly below the mighty Langkofel. The Rifugio Comici is an appropriate place for refreshments where even gourmets will get their money's worth. The long and varied descent back to Wolkenstein is a short but very worthwhile end to this tour. From the tourism association in Wolkenstein you can warm up perfectly on the gently rising former railway line. Then for just under 2.5km you follow the pass road that has more traffic in the season as far as Plan de Gralba. Here there is no





realistic alternative for mountain bikers. But the less than 200m difference in altitude are soon completed and from Plan de Gralba it becomes noticeably steeper uphill still heading for Sellajoch. At first, the way leads over a gravel path, but changes in the upper part to a fantastic narrow trail with some narrow switchbacks. Here you can already see the outskirts of the stony town. Fit bikers with a good technique will be able to do everything. Those who want to or have to dismount can enjoy here already the impressive view of the steeply towering Langkofel.

The path still gently rising through the midst of the stony town begins from the car park of the cable car to the Langkofelscharte. In the season and on fine weekends, you are bound to share this section with many other hikers and bikers. That does not matter. You should go slowly here anyway and marvel at the stony witnesses of several centuries of rock-slides of the Langkofel in its various forms.

The following descent begins with a supertrail in the shade of the Langkofel. You could continue on this, but the Rifugio Comici is located one and a half kilo-

metres further on on the edge of the trail, a refreshment stop that bikers find difficult to ride past. You may find it difficult to believe, but you can eat excellently in this stunningly located mountain cabin. It remains a secret from where the innkeeper gets the fresh fish for which he is, among other things, highly renowned. In any case, in accordance with all the rules of the culinary art, gourmets can let themselves be pampered here.

It is good that the rest of the way to Wolkenstein is now almost only downhill because a full stomach adds speed to the journey down to the valley. But take care! This varied descent branches off into a hardly-noticeable track that you are guaranteed to rush past if you do not look closely at the road book or GPS equipment (waymarker 36).

Somewhat surprisingly you climb yet again uphill 50m in altitude before La Selva, then however you roll along relaxed and happy back to the starting point of the tour in Selva/Wolkenstein.



VARIATIONS

1. Ascent with the cable car: You will not see the Sellajoch and the stony town on this alternative route, but in Wolkenstein you can also take the cable car to Ciampinoi and from the mountain station follow the signposts to Comici. You join the tour described here at waymarker 30 right next to the refreshment station.

2. Extension via Monte Pana: Do not turn sharp right at the easily overlooked waymarker 36, but go straight ahead on the gravel road. After exactly two kilometres, turn sharp right in the direction of Monte Pana. Continue downhill and take the beautiful trail to Cislatt and La Selva. There you join the tour described here at waymarker 46.

3. Complete ascent to the mountain pass road: The ascent from Plan de Gralba as far as the car park of the cable car to Langkofelscharte on the mountain pass to Sellajoch is conceivable, but only to be recommended when there is light traffic. To do this in Plan de Gralba at waymarker 10 continue uphill straight ahead on the main road. The car park for the cable car is located on the right shortly before you reach the Sellajoch. You can continue the tour described here at waymarker 23.