

TOUR INFO		% of distance
Total distance	24,22 km	100%
Height variation uphill	786 m	
Height variation downhill	786 m	
Maximum altitude	1639 m	
Tarmac	1,63 km	6,8%
Tarmac cycle path	12,28 km	50,7%
Gravel	5,46 km	22,6%
Hiking trail	2,83 km	11,7%
Single track	2,00 km	8,3%
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	2 hrs 25 min
Riding time at 10 km/h	2 hrs 01 min
Riding time at 14 km/h	1 hrs 44 min
Riding time at 16 km/h	1 hrs 31 min
Riding time at 18 km/h	1 hrs 21 min
Riding time at 20 km/h	1 hrs 13 min

GETTING THERE AND STARTING POINT	
Getting there:	Starting point:
Take Brenner motorway A22, coming from the north via Innsbruck-Brenner, or from the south via Verona-Bozen. The best motorway exit is Klausen/Gröden. From there in about 20 minutes you can reach St Ulrich and a few kilometres further on St. Christina and Wolkenstein on a clearly signposted mountain road.	The tour begins at the tourism association in St. Ulrich. There are parking facilities at the valley station of the Seceda cable car.

TOUR EVALUATION		
Overall difficulty	3,0	●●●○○
Climb difficulty	2,7	●●●○○
Descent difficulty	3,4	●●●○○

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

RIDING TECHNIQUE		
Overall riding technique	2,8	●●●○○
Surface	3,1	●●●○○
Average climb gradient	2,0	●●○○○
Average descent gradient	3,0	●●●○○

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

## CHARACTERISTICS

Alternative to the Gardena valley tour with a visit to the Sankt Jakob church, the oldest church in the valley. It dates from the 17th century and features frescoes on the south façade well worth

seeing. The second part of the tour takes place on gloriously secluded secondary roads and woodland trails with surprisingly funny trails between Insom and Annatal (Anna valley). There the guest house Annatal, an idyllic stop for refreshments in a stunning location, is waiting for thirsty bikers.



It starts at the tourism association in St. Ulrich. You now ride uphill for just under ten kilometres on a steady moderate even climb. The route follows the course of the Gardena valley tour via St. Christina as far as Wolkenstein and where it is allowed it uses the former railway line that is very pleasant to cycle along.

From the centre of Wolkenstein it gets momentarily a little steeper until you reach the mouth of the Langental that is already in the Puez-Geisler nature park. Whoever wants to can extend the tour with a detour into the upper Langental (s. variations). At the car park in the Langental the tour takes a south-westerly turn. Still above the main road the tour leads via La Pozza to the



valley station of the Col Raiser cable car. The most beautiful part of the tour begins here. Via the secluded hamlet of Insom you go in the direction of Sankt Jakob, still somewhat above and away from the hustle and bustle of the valley. The trail becomes ever narrower and gives a lot of pleasure well before reaching the church. The small church of Sankt Jakob with its distinctive tower, its contemplative cemetery and its lovely frescoes is located in a stunning spot overlooking the valley. Bikers enjoy this on the spacious sunbathing lawn next to the church with

a view that stretches as far as the Plattkofel, Langkofel and the Sella mountain range. There then follow three kilometres of sheer riding fun on the narrow woodland trail leading to the Annatal. Still in woodland handkerchief-wide trails alternate with wide woodland trails, switchbacks and small wooden bridges and make you wish it would stay like this forever. Unfortunately, the trails end at the Pauli mountain cabin. It is only a few metres still to the well-tended Annatal mountain cabin, the ideal stop for refreshments on this tour. Tables in the shade

or sun loungers in the sun invite you to relax to the full. Or you can cool your heated feet in the stream behind the sunbathing lawn. After refreshments you roll along, almost only downhill, past the valley station of the Seceda cable car back to the centre of St. Ulrich.

**VARIATIONS**

1. Extension into the Langental: waymarker 41 is the ideal place to extend the tour into the upper Langental. Simply continue straight ahead and keep following the cross-country ski run as far as Pra da Ri mountain pasture. In this way, you add 7.2 km and 230 m in altitude difference to the tour.

2. Leaving out Wolkenstein and Langental: if you do not turn right onto the former railway line at waymarker 26, but bear left up to the road, you save 6.6 km and 175 m in altitude difference. You continue the tour at waymarker 51.

3. On the other side of the valley from St. Ulrich to Wolkenstein: In St. Ulrich take the pedestrian bridge to the valley station of the Seiser Alm cable car. Go left uphill before the valley station and along the promenade of rio Gardena. Now continue to follow the course of the Gardena valley tour in the opposite direction. In this way, you arrive at the starting point at the tourism association in Wolkenstein. A few metres further straight ahead on the main road, you join the tour described here at waymarker 34.

