



TOUR INFO		% of distance
Total distance	54,49 km	100%
Height variation uphill	1283 m	
Height variation downhill	3182 m	
Maximum altitude	2369 m	
Tarmac	5,08 km	9,3%
Tarmac cycle path	8,37 km	15,4%
Gravel	23,55 km	43,2%
Hiking trail	7,93 km	14,6%
Single track	2,64 km	4,9%
Carrying / pushing	0,06 km	0,1%
Cable car / transfer	6,83 km	12,5%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	5 hrs 27 min
Riding time at 10 km/h	4 hrs 32 min
Riding time at 14 km/h	3 hrs 54 min
Riding time at 16 km/h	3 hrs 24 min
Riding time at 18 km/h	3 hrs 02 min
Riding time at 20 km/h	2 hrs 43 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 tourism association is located on the left about 500m after you enter the village of Wolkenstein. Parking is available at the the beginning of the village centre of Wolkenstein. Turn left before Nives Platz and then immediately left again into the Nives car park. The tour begins at the tourism association Wolkenstein.

TOUR EVALUATION		
Overall difficulty	3,7	●●●●○
Climb difficulty	3,6	●●●●○
Descent difficulty	3,8	●●●●○

























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

RIDING TECHNIQUE		
Overall riding technique	3,4	●●●●○
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	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	287	0,09	1590		Ciaslat (towards Sellajoch/Passo Sella)	Straight on	S -9% 	00:07	00:17
14	296	0,50	1581		End of gravel path	Straight on	P -5% 	00:08	00:17
15	346	0,08	1562		Beginning of tarmac	Straight on	R -9% 	00:09	00:20
16	354	0,58	1555		App. Prensanueva	Bear left to Monte Pana	R 12% 	00:09	00:21
17	412	0,09	1625		Junction to S. Cristina, Selva/Wolkenstein	Bear left following road	R -2% 	00:11	00:24
18	421	1,58	1624		Crossing with bottom of Monte Pana lift	Take lift up	X 20% 	00:11	00:25
19	579	0,81	2040		Top of Monte Pana lift	Bear left to Comici, Sellajoch/Passo Sella	S -10% 	00:15	00:34
20	660	0,30	1968		Junction	Bear right to Comici, Sellajoch/Passo Sella	S -1% 	00:18	00:39
21	690	0,06	1963		Junction to Wolkenstein/Selva	Straight on to Comici, Sellajoch/Passo Sella	W 3% 	00:18	00:41
22	696	0,34	1965		Junction 22c (gate)	Straight on	W 13% 	00:18	00:41
23	730	0,52	2008		Junction with hiking trail (snow gun connector)	Bear left	W 13% 	00:19	00:43

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
24	782	0,47	2077		Intersection with gravel road	Right uphill	S 13% 	00:21	00:46
25	829	0,11	2137		Junction to Ciampinoi	Bear left to Sellajoch/Passo Sella	S 13% 	00:22	00:49
26	840	0,02	2153		Comici Hut	Straight on to Passo Sella, City of Stone	S -5% 	00:22	00:50
27	842	0,74	2152		Junction	Straight on	S -0% 	00:22	00:50
28	916	0,53	2148		Junction	Bear right to City of Stone	P 16% 	00:24	00:54
29	969	0,06	2226		Beginning of pushing section	Straight on	P 14% 	00:26	00:58
30	976	1,27	2235		End of pushing section	Straight on	W -5% 	00:26	00:58
31	11,02	0,06	2183		Bottom of Langkofelscharte lift, end of City of Stone	Straight on	S -4% 	00:30	01:06
32	11,08	0,11	2181		Car park of Langkofelscharte lift	Sharp right uphill	W 9% 	00:30	01:06
33	11,19	0,16	2190		Junction near chapel	Straight on	W 13% 	00:30	01:07
34	11,35	0,10	2212		Crossroads (to Salei Hut)	Straight on Valentini Hut	R -9% 	00:30	01:08
35	11,46	0,35	2203		Valentini Hut	Left downhill	S -12% 	00:31	01:08

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
36	11,81	1,46	2154	↑	End of gravel road	Straight on	W -11%	00:32	01:10
37	13,27	0,75	2009	↗	Val 2000	Right to Lupo Bianco	S-16%	00:36	01:19
38	14,02	0,94	1893	↖	Wayside cross	Sharp left downhill	S-16%	00:38	01:24
39	14,96	0,15	1738	↑	Bridge over stream	Straight on to Canazei	S-12%	00:40	01:29
40	15,11	0,05	1724	↑	Junction	Straight on	S 0%	00:41	01:30
41	15,15	0,12	1724	↗	Plan de Frataces 1725	Bear right	A -4%	00:41	01:30
42	15,28	0,14	1720	↖	Lupo Bianco (lake)	Bear left Canazei 655	P -7%	00:41	01:31
43	15,42	0,20	1713	↑	Junction	Straight on	P -25%	00:42	01:32
44	15,62	0,18	1662	↗	Bend 8	Stay on trail	S -4%	00:42	01:33
45	15,80	1,33	1654	↖	Intersection with gravel road	Sharp right downhill	S-12%	00:43	01:34
46	17,13	0,24	1494	↖	Bridge	Bear left over bridge	R -19%	00:46	01:42
47	17,36	0,21	1452	↑	Church of Canazei	Cross into one-way street	R -5%	00:47	01:44
48	17,57	0,13	1440	↗	Intersection with main road	Left to Pecol cable car	A -1%	00:47	01:45

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
49	17,70	1,32	1439	↖	Bottom of Belvedere lift	Take cable car	X 13%	00:48	01:46
50	19,03	1,27	1926	↖	Middle station	Change lifts	X 21%	00:51	01:54
51	20,29	0,33	2365	↑	Top of Pecol cable car	Straight on	S-11%	00:55	02:01
52	20,63	1,97	2328	↖	Near start of downhill section	Bear left downhill	S-11%	00:56	02:03
53	22,59	0,08	2107	↗	Hotel Gonzaga, bend 19	Sharp right Passo Pordoi	P 18%	01:01	02:15
54	22,67	0,02	2119	↗	Benches	Bear right	S 13%	01:01	02:16
55	22,69	0,94	2121	↖	Reservoir	Sharp left uphill Passo Pordoi	W 10%	01:01	02:16
56	23,63	0,15	2221	↗	Sass Pordoi cable car	Bear right uphill	A 11%	01:04	02:21
57	23,78	0,40	2238	↑	Passo Pordoi	Straight on downhill	A -8%	01:04	02:22
58	24,18	0,04	2203	↖	Signpost "Benvenuti a Belluno"	Sharp left Proprietà privata	S -14%	01:05	02:25
59	24,22	0,67	2197	↗	Barn	Right to Arabba 680	W -9%	01:06	02:25
60	24,90	0,52	2136	↖	Back of Ristoro Lezuo	Left to Arabba	W -19%	01:07	02:29
61	25,41	0,27	2036	↑	Intersection with gravel road	Straight on	W -11%	01:09	02:32



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
62	2568	0,38	2006		Inconspicuous path junction near 2 huts	Left to Arabba	P-16% 	01:10	02:34
63	2606	0,65	1948		Start of wider path	Straight on	W -13% 	01:11	02:36
64	2671	0,24	1863		Intersection with bend	Straight on downhill	A-7% 	01:12	02:40
65	2695	2,46	1844		Imbiss Peter snack bar	Sharp right onto ski piste	S-10% 	01:13	02:41
66	2941	0,03	1607		Intersection with gravel road near bottom Porto Vescovo lift	Left downhill	S-15% 	01:20	02:56
67	2944	0,05	1602		Junction with gravel road	Straight on downhill	S-6% 	01:20	02:56
68	2949	0,13	1599		Bridge over stream	Cross bridge	S-1% 	01:20	02:56
69	2962	0,10	1598		Casa Cantoniva	Bear right downhill	A-6% 	01:20	02:57
70	2971	0,06	1593		Church of Arabba	Bear left into Zona traffico limitato	R-1% 	01:21	02:58
71	2977	0,07	1592		Ristorante Posta	Bear right	A-9% 	01:21	02:58
72	2984	2,18	1586		Arabba roundabout	Straight on to Belluno	A-5% 	01:21	02:59
73	3202	0,98	1491		Bar Bianco in Renac	Bear left to Chertz	R 13% 	01:27	03:12

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
74	33,00	0,84	1613		Junction to Masozi	Straight on uphill	R 7% 	01:29	03:17
75	33,83	1,59	1673		End of Chertz village	Straight on uphill	S 7% 	01:32	03:23
76	35,42	2,24	1767		Chertz Hut	Straight on to Incisa Hut	S 7% 	01:36	03:32
77	37,66	0,19	1928		Incisa Hut (Water source)	Straight on	S 3% 	01:42	03:45
78	37,86	1,12	1938		La Marmota	Straight on to Capanna Nera, Corvara	S-8% 	01:43	03:47
79	38,98	0,86	1849		Crossing with hiking trail 25	Straight on Corvara 24	S-9% 	01:46	03:53
80	39,84	0,23	1776		Near Capanna Nera	Bear left to Corvara 24	S-10% 	01:48	03:59
81	40,07	0,11	1753		Golf course	Right to Corvara 24	S-9% 	01:49	04:00
82	40,18	0,47	1743		Electricity mast by golf course	Right to Corvara 24	P-1% 	01:49	04:01
83	40,65	0,47	1733		Intersection with bend	Bear left downhill Corvara	S-14% 	01:50	04:03
84	41,12	0,11	1671		Hotel Arlara	Right	R-5% 	01:52	04:06
85	41,22	0,45	1666		Sporthotel Panorama	Sharp left downhill	R -14% 	01:52	04:07
86	41,67	0,32	1607		Junction with Str. Col	Left downhill	R -14% 	01:53	04:10



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
87	41,99	0,16	1564		Pension La Fontana	Right downhill	A -6% ↓	01:54	04:11
88	42,15	0,28	1555		Corvara mountain guide office	Left into Str. Rù Tort	R -6% ↓	01:54	04:12
89	42,42	0,22	1541		Hotel Arkadia, near bottom of Boè lift	Left to Colfosco	S 5% ↑	01:55	04:14
90	42,64	0,81	1553		Junction under drag lift	Straight on Borest trail	S 0% →	01:56	04:15
91	43,46	0,52	1561		Camp site	Bear left to Mittagstal/Val Mezdi	S 7% ↑	01:58	04:20
92	43,98	0,67	1593		Bridge over stream	Bear left to Grödner Joch/Passo Gardena	S 9% ↑	01:59	04:23
93	44,65	0,44	1651		Junction (Water source)	Right Plans Frara Colfosco	W 1% →	02:01	04:27
94	45,09	2,67	1662		Bottom of Colfosco cable car	Take cable car	X 15% ↑	02:02	04:30
95	47,76	0,16	2219		Top station	Straight on	S -7% ↓	02:10	04:46
96	47,92	0,47	2208		Clark Hut	Straight on downhill	S -13% ↓	02:10	04:47
97	48,39	0,08	2155		Junction	Straight on	S 9% ↑	02:11	04:50
98	48,47	0,22	2162		Intersection with gravel road	Bear left downhill	S -13% ↓	02:12	04:50

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
99	48,69	0,14	2131		Hotel Cir	Left downhill	R -10% ↓	02:12	04:52
100	48,83	0,19	2121		Grödner Joch/Passo Gardena	Sharp right downhill	A -3% →	02:13	04:52
101	49,02	0,17	2115		Car park	Straight on downhill	A -5% ↓	02:13	04:54
102	49,19	0,70	2103		Junction to Wolkenstein/Selva 654	Straight on downhill	A -6% ↓	02:14	04:55
103	49,88	0,35	2059		Crossing with hiking trail in bend	Bear left downhill Wolkenstein/Selva	P -16% ↓	02:16	04:59
104	50,23	0,52	2005		Intersection	Straight on downhill	W -10% ↓	02:17	05:01
105	50,75	0,55	1962		Junction with hiking trail 653	Bear right to Selva 654	S -11% ↓	02:18	05:04
106	51,30	0,07	1905		Junction	Straight on to Selva 654	S -4% →	02:19	05:07
107	51,37	0,19	1903		Junction	Straight on steeply downhill to Selva 654	S -25% ↓	02:20	05:08
108	51,56	0,86	1851		Junction Trail	Straight on downhill	S -18% ↓	02:20	05:09
109	52,41	0,05	1683		Intersection with tarmac road	Straight on downhill	R -14% ↓	02:22	05:14
110	52,47	0,19	1675		Bend in main road	Straight on downhill to Selva 654	S -20% ↓	02:23	05:14

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
111	5266	0,27	1637		Wooden bridge	Straight on downhill	R -13% 	02:23	05:15
112	5293	0,14	1606		Hotel Plan Alpino	Right downhill	A-10% 	02:24	05:17
113	5307	0,77	1593		Casa Alpina	Bear right (left along sports ground)	R -1% 	02:24	05:18
114	5384	0,28	1581		Hotel La Tamba	Bear left onto course of old railway	R -2% 	02:26	05:23
115	5412	0,09	1577		Hotel Sun Valley	Sharp left downhill	R -12% 	02:27	05:24
116	5421	0,04	1567		Intersection with main road	Sharp right	A -3% 	02:27	05:25
117	5425	0,09	1566		Hotel Krone	Bear left following main road	A 0% 	02:27	05:25
118	5433	0,17	1566		Bottom of Ciampinoi lift	Straight on	A -5% 	02:28	05:25
119	5450	0,00	1557	●	Tourist information office in Wolkenstein/Selva	End of tour	A 0% 	02:28	05:26

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.		