



TOUR INFO		% of distance
Total distance	57,48 km	100%
Height variation uphill	807 m	
Height variation downhill	3873 m	
Maximum altitude	2484 m	
Tarmac	3,55 km	6,2%
Tarmac cycle path	4,87 km	8,5%
Gravel	22,54 km	39,2%
Hiking trail	9,85 km	17,1%
Single track	6,86 km	11,9%
Carrying / pushing	0,06 km	0,1%
Cable car / transfer	9,73 km	16,9%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	5 hrs 45 min
Riding time at 10 km/h	4 hrs 47 min
Riding time at 14 km/h	4 hrs 06 min
Riding time at 16 km/h	3 hrs 36 min
Riding time at 18 km/h	3 hrs 12 min
Riding time at 20 km/h	2 hrs 52 min

GETTING THERE AND STARTING POINT	
Getting there: 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 Ortisei/St Ulrich and a few kilometres further on St. Christina and Selva/Wolkenstein on a clearly signposted mountain road.	Starting point: The tourism association is located on the left about 500 m after you enter the village of Wolkenstein. Parking is available at the the beginning of the village centre of Selva/Wolkenstein. Turn left before Nives Platz and then immediately left again into the Nives car park. The tour begins at the tourism association Selva/Wolkenstein.























TOUR EVALUATION		
Overall difficulty	3,4	●●●○○
Climb difficulty	2,9	●●●○○
Descent difficulty	4,3	●●●○○



























PHYSICAL CONDITION		
Overall condition	3,5	●●●○○
Total height variation	3,0	●●●○○
Total distance	4,0	●●●○○
Maximum altitude	4,0	●●●○○

RIDING TECHNIQUE		
Overall riding technique	3,1	●●●○○
Surface	3,4	●●●○○
Average climb gradient	2,0	●●○○○
Average descent gradient	4,0	●●●○○

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

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 Selva	Straight on uphill	A 5%	00:00	00:00
2	0,17	0,09	1566		Bottom of Ciampinoi lift	Straight on	A -0%	00:00	00:01
3	0,25	0,04	1566		Hotel Krone	Bear right onto main road	A 3%	00:00	00:01
4	0,29	0,09	1567		Junction Str. Dantercepies	Sharp left Langental/Vallunga	R 12%	00:00	00:01
5	0,38	0,16	1577		Hotel Sun Valley	Straight on	R 11%	00:01	00:02
6	0,54	0,37	1593		Junction to Langental	Straight on to Dantercepies	R 11%	00:01	00:03
7	0,91	0,04	1635		Junction towards bottom of Dantercepies lift	Right uphill towards Dantercepies	R 16%	00:02	00:05
8	0,95	2,56	1642		Bottom of Dantercepies lift	Right and take cable car	X 10%	00:02	00:05
9	3,51	0,04	2291		Top of Dantercepies lift	Bear right to Grödner Joch/Passo Gardena	S -21%	00:09	00:21
10	3,54	0,27	2284		Junction near top of Dantercepies lift	Straight on following main hiking trail	S -7%	00:09	00:21
11	3,81	0,16	2266		Junction to bend	Sharp right following main hiking trail	S -14%	00:10	00:22
12	3,98	0,54	2243		Junction towards top of lift	Sharp right following main hiking trail	S -15%	00:10	00:23

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
13	4,52	0,08	2162		Fork	Bear left	S-9% 	00:12	00:27
14	4,59	0,19	2155		Junction	Sharp right	W-12% 	00:12	00:27
15	4,78	0,11	2131		Intersection	Right	W-9% 	00:13	00:28
16	4,89	0,07	2121		Near Restaurant Frara	Left/right through subway	W-20% 	00:13	00:29
17	4,96	0,92	2107		Intersection with ski piste	Left downhill	P-16% 	00:13	00:29
18	5,88	0,09	1961		Small lake, car park	Straight on across car park	S-3% 	00:16	00:35
19	5,97	0,89	1958		Signpost, marker stone	Bear right to Corvara	P-21% 	00:16	00:35
20	6,85	0,36	1779		Junction with hiking trail	Bear right to Corvara	S-20% 	00:18	00:41
21	7,21	0,79	1719		Rest area	Straight on to Corvara	S-3% 	00:19	00:43
22	8,00	0,54	1692		Crossroads	Bear left to Corvara	S-6% 	00:21	00:48
23	8,54	0,67	1651		Junction towards Colfosco, water source	Straight on	S-9% 	00:23	00:51
24	9,22	0,52	1593		Bridge over stream	Bear right to Corvara	S-7% 	00:25	00:55
25	9,74	0,81	1561		Camping	Bear right to Corvara	S-0% 	00:26	00:58

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
26	10,55	0,22	1553		Junction below drag lift	Straight on over piste	S-5% 	00:28	01:03
27	10,77	0,07	1541		Hotel Arkadia, near bottom of Boé lift	Left	A-3% 	00:29	01:04
28	10,84	0,06	1539		Snack Bar Corf	Right for pedestrians	R-3% 	00:29	01:05
29	10,90	0,04	1537		Crossroads	Straight on across stream	R-2% 	00:29	01:05
30	10,94	0,12	1536		Crossroads	Straight on towards church	R 3% 	00:29	01:05
31	11,06	0,13	1540		Villa Tony	Right uphill	A 7% 	00:30	01:06
32	11,19	0,18	1548		Piccolornaz	Left into car park (barrier)	R 10% 	00:30	01:07
33	11,37	1,01	1565		Bottom of Col Alto lift	Take cable car	X 14% 	00:31	01:08
34	12,38	0,12	1979		Top of Col Alto lift	Straight on	S-17% 	00:33	01:14
35	12,50	0,33	1959		Junction to Hotel Col Alto	Sharp right to Pralongia, Piz Sorega	S-13% 	00:34	01:14
36	12,83	0,37	1913		Crossroads	Left to Hotel Dolomiti	S-5% 	00:34	01:16
37	13,20	1,27	1898		Bottom of chair lift	Take chair lift	X 6% 	00:35	01:19
38	14,47	0,05	2021		Top of chair lift	Right to Piz Sorega	S 14% 	00:39	01:26










ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
39	1452	0,12	2028		Restaurant "I Tabla"	Bear left to Bioch Hut, Pralongia	W -3% →	00:39	01:27
40	1464	0,07	2026		Steps	Straight on	W 29% ↑	00:39	01:27
41	1470	0,49	2045		End of steps	Right (take path on left)	P 6% ↗	00:40	01:28
42	1520	0,04	2070		Top of chair lift	Bear left	S -2% →	00:41	01:31
43	1524	0,12	2069		Bioch Hut	Straight on to Pralongia	S -13% ↓	00:41	01:31
44	1536	1,10	2058		Junction	Straight on	S 0% →	00:41	01:32
45	1646	0,53	2066		Junction	Right to Pralongia (take path over meadow)	W 12% ↗	00:44	01:38
46	1699	0,02	2129		Pralongia Hut	Straight on uphill (right of the chapel)	S 19% ↑	00:46	01:41
47	1701	0,04	2133		Junction by chapel	Right towards chairlift	P 9% ↗	00:46	01:42
48	1705	0,10	2136		Chairlift	Straight on uphill	S -5% ↓	00:46	01:42
49	1715	0,31	2130		Junction before drag lift	Straight on	S -13% ↓	00:46	01:42
50	1746	0,96	2092		Crossroads	Left to La Marmotta	S -17% ↓	00:47	01:44














ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
51	1842	2,04	1938		La Marmotta Hut	Straight on to Campo Longo	W 2% →	00:50	01:50
52	2047	0,65	1973		Junction to Hotel Monte Chertz	Bear right to Campo Longo	W -14% ↓	00:55	02:02
53	21,11	0,29	1886		Junction to Planac	Straight on	W -14% ↓	00:57	02:06
54	21,40	0,05	1851		Intersection with gravel road	Straight on downhill	S -7% ↓	00:58	02:08
55	21,45	0,63	1848		Intersection with main road, car park	Bear left	A 4% ↖	00:58	02:08
56	22,08	0,18	1876		Campo Longo	Straight on downhill	A -1% →	01:00	02:12
57	22,26	1,14	1875		Hotel	Bear right onto hiking trail parallel to road over pass	P -16% ↓	01:00	02:13
58	23,40	0,29	1702		Junction to Plan Boe	Straight on to Arabba	S -18% ↓	01:03	02:20
59	23,69	0,22	1649		Junction to Plan Boe	Straight on downhill	S -21% ↓	01:04	02:22
60	23,91	0,14	1603		Intersection Casa Arnica	Bear right	A -8% ↓	01:05	02:23
61	24,05	0,06	1592		Ristorante Posta	Bear right into "Zona traffico limitato"	R 1% →	01:05	02:24
62	24,12	0,10	1593		Church at Arabba	Bear right uphill	A 6% ↗	01:05	02:24



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
63	2421	0,13	1598		Casa Cantoniva	Bear left to cable car	S 1% →	01:06	02:25
64	2434	0,11	1599		Bridge over stream	Bear left along stream	S 4% →	01:06	02:26
65	2444	2,58	1603		Bottom of Porta Vescovo lift	Take cable car	X 23% ↑	01:06	02:26
66	2703	0,55	2484		Top of Porta Vescovo lift	Sharp right downhill	S -22% ↓	01:13	02:42
67	2758	0,11	2362		Junction to Arabba/Passo Pordoi	Sharp left Passo Pordoi	S -7% ↓	01:15	02:45
68	2769	0,08	2354		Junction with gravel road	Straight on	S -18% ↓	01:15	02:46
69	2777	1,95	2340		Junction with gravel road	Straight on	S -11% ↓	01:15	02:46
70	2972	2,23	2130		Junction	Straight on Passo Pordoi 680	P -0% →	01:21	02:58
71	3195	1,19	2134		Intersection with road over pass near Ristoro Lezuo	Straight on uphill	A 6% ↑	01:27	03:11
72	3314	0,40	2203		Signpost "Benvenuti a Belluno"	Straight on uphill	A 8% ↑	01:30	03:18
73	3354	0,15	2238		Passo Pordoi	Straight on	A -11% ↓	01:31	03:21
74	3369	0,94	2221		Sass Pordoi cable car	Bear left Pecol/Canazei	W -10% ↓	01:31	03:22

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
75	3463	0,02	2121		Reservoir	Sharp right Pecol/Canazei	S -13% ↓	01:34	03:27
76	3465	0,08	2119		Benches	Bear left downhill to bend	P -18% ↓	01:34	03:27
77	3473	0,18	2107		Hotel Gonzaga, bend 19	Bear right downhill on main road	R -3% →	01:34	03:28
78	3491	0,10	2099		Signpost "Al Lago - zum See"	Sharp right	S -1% →	01:35	03:29
79	3501	0,62	2099		End of tarmac	Straight on	W -11% ↓	01:35	03:30
80	3563	0,28	2031		Near bend in road over pass	Straight on	S -14% ↓	01:37	03:33
81	3591	0,63	1993		Junction	Straight on	W -19% ↓	01:37	03:35
82	3653	0,12	1880		Junction to bend	Left	W -22% ↓	01:39	03:39
83	3666	0,05	1853		Ruined house	Right	W -6% ↓	01:39	03:39
84	3671	0,05	1850		Junction to Passo Pordoi, Pecol	Straight on	S 0% →	01:40	03:40
85	3676	0,50	1850		Intersection with road over pass, Ristorante Monti Pallidi	Sharp left back onto road over pass Canazei	R -6% ↓	01:40	03:40
86	3726	0,16	1813		Intersection with road over pass towards Pordoi, bend 14	Bear right downhill Canazei	R -7% ↓	01:41	03:43

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
87	37,42	0,07	1802		Junction with forest trail	Sharp right	S -3% →	01:42	03:44
88	37,49	0,21	1800		Signpost "Località Roa"	Sharp left to Lupo Bianco	S -5% ↙	01:42	03:44
89	37,70	0,20	1784		Crossing with road over pass	Straight on to Lupo Bianco	S -21% ↓	01:42	03:46
90	37,90	0,13	1742		Large meadow	Straight on to Lupo Bianco	S -14% ↓	01:43	03:47
91	38,02	0,05	1724		Intersection	Bear left	S 0% →	01:43	03:48
92	38,07	0,12	1724		Plan de Frataces 1725	Bear right	A -4% ↘	01:43	03:48
93	38,19	0,14	1720		Lupo Bianco (lake)	Bear left Canazei 655	P -7% ↙	01:44	03:49
94	38,34	0,20	1713		Junction	Straight on	P -25% ↓	01:44	03:50
95	38,54	0,18	1662		Bend 8	Stay on trail	S -4% ↓	01:45	03:51
96	38,72	1,33	1654		Intersection with gravel road	Sharp right down-hill	S -12% ↘	01:45	03:52
97	40,04	0,24	1494		Bridge	Bear left over bridge	R -19% ↘	01:49	04:00
98	40,28	0,11	1452		Church of Canazei	Sharp right	A -3% →	01:49	04:01
99	40,39	0,15	1448		Bridge	Left after bridge into Strada Roma	R -10% ↓	01:50	04:02

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
100	40,54	0,29	1439		Crossing with main road	Straight on along Strada Roma	R -4% ↘	01:50	04:03
101	40,82	0,18	1425		Hotel Genzianella	Sharp left at Campo Sportivo (sports ground)	R 0% →	01:51	04:04
102	41,00	0,17	1426		Intersection with Strèda de Cerenà	Right	R -3% →	01:51	04:06
103	41,17	0,85	1420		Cardo Residence	Bear right across meadow	W 0% →	01:52	04:07
104	42,02	0,54	1423		Beginning of gravel path	Straight on	S -4% →	01:54	04:12
105	42,56	0,20	1402		Car park for tennis courts	Straight on	R 1% →	01:56	04:15
106	42,76	0,06	1405		Car park at bottom of Col Rodella lift	Right towards cable car	R -9% ↘	01:56	04:16
107	42,82	2,31	1400		Bottom of Col Rodella lift	Take cable car	X 29% ↑	01:56	04:16
108	45,13	0,14	2399		Top of Col Rodella lift	Straight on	S 1% →	02:03	04:30
109	45,27	0,51	2400		Rifugio des Alpes	Straight on Passo Sella	S -19% ↘	02:03	04:31
110	45,78	0,47	2313		Crossroads	Right Passo Sella	S -14% ↘	02:04	04:34
111	46,25	0,19	2243		Junction to Rodella Hut	Straight on Passo Sella	S -10% ↘	02:06	04:37
112	46,44	0,51	2224		Crossroads (to Salei Hut)	Bear left at meadow	S -3% →	02:06	04:38



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
113	4694	0,16	2212		Junction near chapel	Straight on	W -13% ↓	02:08	04:41
114	4711	0,11	2190		Car park at bottom of Langkofelscharte gorge lift	Sharp left towards bottom lift	W -9% ↓	02:08	04:42
115	4722	0,06	2181		Bottom of Langkofelscharte lift, beginning of City of Stone	Straight on	S 4% →	02:08	04:43
116	4728	1,27	2183		Beginning of pushing section (uphill)	Straight on	W 5% →	02:08	04:43
117	4854	0,06	2235		End of pushing section (uphill)	Straight on	P -14% ↓	02:12	04:51
118	4861	0,53	2226		Intersection	Bear left (marked red-white)	P -16% ↓	02:12	04:51
119	4914	0,74	2148		Junction	Straight on	S 0% →	02:14	04:54
120	4987	0,02	2152		Comici Hut	Straight on to Wolkenstein/Selva	S 5% →	02:16	04:59
121	4989	0,11	2153		Junction to Ciampinoi	Bear right to Wolkenstein/Selva	S -13% ↓	02:16	04:59
122	5001	0,47	2137		Junction downhill	Left downhill across meadow	S -13% ↓	02:16	05:00
123	5048	0,52	2077		Intersection with hiking trail	Bear right downhill	W -13% ↓	02:17	05:02

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
124	51,00	0,34	2008		Junction 22c (gate)	Straight on	W -13% ↓	02:19	05:06
125	51,34	0,06	1965		Junction	Bear right La Selva 22	W -3% ↓	02:20	05:08
126	51,40	0,19	1963		Crossing (towards Cason Hut)	Straight on	W -7% ↓	02:20	05:08
127	51,59	1,21	1947		Inconspicuous junction with hiking trail	Sharp right towards bridge over stream	S -18% ↓	02:20	05:09
128	52,80	0,13	1750		Intersection with hiking trail	Bear left downhill 23	P -6% ↓	02:24	05:16
129	52,94	0,23	1742		Junction	Bear right	S -10% ↓	02:24	05:17
130	53,16	0,45	1720		Cross ski piste (near camelback)	Straight on	S 7% →	02:24	05:18
131	53,61	0,50	1743		Intersection with gravel road	Left Wolkenstein	S 5% →	02:26	05:21
132	54,11	1,19	1764		Junction to bend	Bear right uphill	S -13% ↓	02:27	05:24
133	55,30	0,32	1615		Hotel Pozzamanigoni	Straight on	S -4% ↓	02:30	05:31
134	55,62	0,10	1598		Junction with gravel road	Straight on downhill	R -11% ↓	02:31	05:33
135	55,71	0,19	1589		Junction with hiking trail	Straight on downhill	R -11% ↓	02:31	05:34
136	55,91	0,02	1568		Transformer, bus stop La Selva	Sharp right	R -6% ↓	02:32	05:35

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
137	55,92	0,51	1567		Junction with hiking trail	Straight on following road	R -7%	02:32	05:35
138	56,43	0,18	1535		Junction with path signpost 30	Straight on	R 3%	02:33	05:38
139	56,61	0,43	1541		House of Culture	Bear right along stream	R -0%	02:34	05:39
140	57,04	0,08	1540		Fire station	Straight on	R 4%	02:35	05:42
141	57,12	0,20	1543		Beginning of tarmac	Straight on	S 3%	02:35	05:42
142	57,32	0,06	1548		Casa Elisabetha	Sharp left over bridge over stream	R 4%	02:36	05:43
143	57,39	0,05	1550		Café Mozart	Sharp right uphill to main road	R 8%	02:36	05:44
144	57,49	0,00	1557		Tourist information office in Wolkenstein/Selva	End of tour	A 6%	02:36	05:44

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.		