



TOUR INFO		% of distance
Total distance	32,56 km	100%
Height variation uphill	1316 m	
Height variation downhill	2043 m	
Maximum altitude	2453 m	
Tarmac	0,00 km	0,0%
Tarmac cycle path	8,04 km	24,7%
Gravel	12,83 km	39,4%
Hiking trail	4,67 km	14,4%
Single track	5,04 km	15,5%
Carrying / pushing	0,00 km	0,0%
Cable car / transfer	1,96 km	6,0%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	3 hrs 15 min
Riding time at 10 km/h	2 hrs 43 min
Riding time at 14 km/h	2 hrs 20 min
Riding time at 16 km/h	2 hrs 02 min
Riding time at 18 km/h	1 hrs 49 min
Riding time at 20 km/h	1 hrs 38 min

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.	This tour begins at the tourism association in St. Ulrich. Parking is available at the valley station of the Seceda cable car.

TOUR EVALUATION		
Overall difficulty	4,0	●●●●○
Climb difficulty	3,9	●●●●○
Descent difficulty	4,3	●●●●○

PHYSICAL CONDITION		
Overall condition	3,6	●●●●○
Total height variation	4,0	●●●●○
Total distance	3,0	●●●○○
Maximum altitude	4,0	●●●●○

RIDING TECHNIQUE		
Overall riding technique	4,2	●●●●○
Surface	3,8	●●●●○
Average climb gradient	5,0	●●●●●
Average descent gradient	4,0	●●●●○

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

CHARACTERISTICS

This tour through the Puez-Geisler nature park is one of the most impressive mountain bike ventures in the Gardena valley. The panoramic path from the Raschötz mountain cabin as far as the Holy Cross Chapel alone would be worth the almost 1,000m in altitude difference from St. Ulrich. But there is still better to come. In the second half of the tour you pass through inspired trails straight to the foot of the steeply towering Geisler mountain range. There the distinctive Perialongia rock formation is waiting

with scenery for the perfect souvenir photo. A long descent leads back into the Gardena valley, where the fantastic mountain path from Insom via St. Jakob's church as far as the Anna valley completes an unforgettable mountain bike adventure.

There is not a lot of time for warming-up for shortly after the start of the tour at the tourism association in St. Ulrich you will have to start changing down as you will be going uphill only. First of all to the valley station of the Seceda cable car,





after this initially on a tarmac road and later on the woodland track with switchbacks that time and again cross the line of the new Raschötz funicular railway. At the last switchback go straight on until you reach the mountain path further up at 150m altitude difference that leads from the mountain station of the Raschötz funicular railway to the Holy Cross Chapel. This finishes the ascent and so you can happily enjoy the fantastic panorama this mountain path offers. Directly opposite the green meadows of the Seiser Alm spread out. Behind them the pointed peaks of the Langkofel to-

wer steeply up into the sky. Further on on the left the well-known Sella mountain range rises up. When the weather is fine you can make out the Marmolada precisely between the white glacier surfaces in the structure of the peak. The mountain path only rises gently as far as the idyllically located Holy Cross Chapel to the crossing into the neighbouring Villnöß valley. Here you turn round to enjoy again to the full the view on the trip back to the Raschötz mountain cabin and roll along back on the route known from your ascent to the woodland path that you follow uphill for

the last few metres as far as the mountain station of the Raschötz funicular railway. A little later you arrive at the Saltner mountain cabin from where you will have a similarly beautiful view to the one you had earlier on the mountain path. The steep descent on the ski piste in the direction of the intermediate station Seceda begins immediately behind the mountain cabin. The cable car takes the bikers and bikes in a short time to the highest point of the tour at 2,450m above sea level. Now the Geisler mountain range seems to be close enough to touch and together with the Mont de Stevia, the Sella mountain range, the

Langkofel and Plattkofel forms a real amphitheatre of rocks. There now comes the best part of the tour for riding technique experts. A handkerchief-wide trail aims precisely at the peaks of the Geisler mountains, not too narrow and not too steep downhill, but simply fantastic to ride. It ends exactly under the Geisler peaks at the Pieralongia mountain cabin. The rock formation of the same name looks as if a giant had rammed an oversized letter V into the ground. The perfect spot for a prolonged rest. You descend a further 800m of altitude difference past



Sangon mountain hut until al-most to the valley station of Col Raiser. You continue via the remote hamlet of Insom in the direction of Sankt Jakob, still somewhat above and away from the hustle and bustle of the valley. The path becomes ever narrower and provides a lot of fun before reaching the oldest church of the Gardena valley. The small church of Sankt Jakob with its distinctive tower, contemplative cemetery and frescoes well worth seeing, has a box seat view of the valley. Bikers enjoy this on the spacious sunbathing lawn near to the church with its sweeping view as far as the Plattkofel, Langkofel and Sella mountain range. There follows three kilometres of sheer

riding fun on the narrow woodland path leading to the Anna valley. Still in the forest the narrow trails alternate with wide woodland paths, switchbacks and small wooden bridges that make you wish that it could go on for ever. Unfortunately, the trails end at the Pauli mountain cabin. It is only a few metres still to the well-tended Annatal mountain cabin, the last stop for refreshments on this tour. Tables in the shade or sun loungers in the sun invite you to take a good, long rest. Or you can cool off your hot feet in the stream behind the sunbathing lawn. After refreshments you can roll along, almost only downhill, past the valley station of the Seceda cable car back to the centre of St. Ulrich.

VARIATIONS

1. Ascent with the Raschötz funicular railway: this tour is decidedly shorter and easier if you use the recently built (2010) Raschötz funicular railway. To this end do not go straight on at waymarker 4 at the valley station of Seceda, turn left instead. Follow the signposts to Raschötz and take the train/cable car. Below the mountain station join the tour described here again at waymarker 24 and continue directly on to the Saltner mountain cabin, omitting the mountain path to the Holy Cross church. You save about 1,000m in altitude difference and a bit less than 10km.

2. Leaving out Raschötz mountain cabin and the Holy Cross church: The tour will be somewhat shorter if you take a sharp right turn at waymarker 17 and go in the direction of the mountain station Raschötz (-185m altitude difference, -3.3km).

3. Extension via La Poza and Langental: Whoever would like to extend the tour a bit should not take a sharp right turn into the underground passage at the junction shortly before the valley station of Col Raiser (waymarker 57), but bear left further downhill. Via La Poza in the direction of Wolkenstein and further on into the Langental, you can ride along

the cross-country ski run as far as you want (at a maximum to the start of the mountain pasture Pra da Ri). Back again on the cross-country run bear left at the car park and via the valley station of Dantercepies to Wolkenstein. From there still on the left side of rio Gardena back to St. Ulrich (corresponds exactly to the first part of the Gardena valley tour).

4. Leaving out the Anna valley mountain cabin: Whoever at the end of the tour does not want to stop for more refreshments should not turn sharp right into the Annatal at the junction (waymarker 83), but carry straight on in the direction of valley station Seceda (-33m altitude difference, -0.7km).

