

TOUR INFO		% of distance
Total distance	42,71 km	100%
Height variation uphill	1589 m	
Height variation downhill	1589 m	
Maximum altitude	2047 m	
Tarmac	1,46 km	3,4%
Tarmac cycle path	24,38 km	57,1%
Gravel	10,86 km	25,4%
Hiking trail	4,55 km	10,7%
Single track	1,45 km	3,4%
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	4 hrs 16 min
Riding time at 10 km/h	3 hrs 34 min
Riding time at 14 km/h	3 hrs 03 min
Riding time at 16 km/h	2 hrs 40 min
Riding time at 18 km/h	2 hrs 22 min
Riding time at 20 km/h	2 hrs 08 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	3,4	●●●○○
Climb difficulty	3,6	●●●●○
Descent difficulty	3,2	●●●○○

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

RIDING TECHNIQUE		
Overall riding technique	3,2	●●●○○
Surface	2,7	●●●○○
Average climb gradient	4,0	●●●●○
Average descent gradient	3,0	●●●○○

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

CHARACTERISTICS

This is a breathtaking tour to a beautiful spot at the foot of the Schlern/Sciliar that offers fantastic views of the Santner Spire at its northern end as well as down to Kastelruth/Castelrotto. Fit bikers must overcome a total of three uphill sections to reach the Seiser Alm/Alpe di Siusi. From Spitzbühel the tour becomes a wonderful marathon of views and huts on Europe's largest high pastureland, with plenty of magnificent trails to enjoy. There are also plenty of opportunities to pause for refreshments, as the Seiser Alm/Alpe di Siusi alone boasts seven

guesthouse and huts with something for every taste. Shortly after leaving St. Ulrich/Ortisei comes the first hard climb: 100m up with an average gradient of 16% bring you to the locality of Überwasser/Oltretorrente directly under the Seiser Alm/Alpe di Siusi cable car. A pleasant undulating trail through the forest takes you to Passberg then, after a short section (less than 500m) along the main road, you head for the Panider Sattel/Passo Pinei pass, bearing left onto the road towards Pufels/Bulla (closed to traffic).





Foto:SeiserAlmMarketing/TillGottbrath

Now comes a climb of over 600m, with an average gradient on the lower part of 15-16%. The tarmac road should however present no problems for fit bikers. After the secluded village of Pufels/Bulla, near the Hotel Monte Piz, you reach the plateau of the Seiser Alm/Alpe di Siusi: a short climb brings you to the connecting road to Saltria. Taking it in the opposite direction to reach Compatsch/Compaccio, you then continue along the trail down to the Spitzbühel car park. The perfect, 16% gradient of the climb up to the top of the Spitzbühel lift will

once more test your strength. After 200m ascent, however, you can relax: the hut, with its wide panoramic terrace, dominates the valley like an eagle's nest and is in fact a favourite departure point for hang-gliders. The beautiful scenery is complemented by the imposing Santner Spire, which appears close enough to touch. Like pearls on a necklace, the tour passes the huts and inns on the Seiser Alm/Alpe di Siusi: the Laurin Hut, the Alpenhotel Panorama and the Almrosen Hut, each with its own atmosphere and charm, all

against the wonderful backdrop of the Dolomites. The descent from the Almrosen Hut is perfect for technical specialists. A wonderful trail followed by the path through the woods downwards to the Tirlir Hut and another chance for a pause. Past Saltria you reach the upper Jender Valley and, after a short climb, the tour heads to Monte Pana, followed by a short and enjoyable trail towards Ciaslat. The remaining part of the tour leads towards Wolkenstein/Selva where you turn left and take a fast downhill along the left bank of the Grödner Bach/Rio Gardena to cover the last 10 km into St. Ulrich/Ortisei.

VARIATIONS

1. Take the Seiser Alm/Alpe di Siusi cable car up: at waymarker 4 take the Seiser Alm/Alpe di Siusi cable car which makes the first part of the tour much easier. From the top of the lift you can either go via the Sanon Hut or the Icaro Hotel towards Compatsch/Compaccio. Both routes rejoin the tour described above at waymarker 19 and save approximately 800m of climbing.
2. Omitting Spitzbühel: it is possible to avoid the summit (which in fact lends its name to the tour!) by ascending from



waymarker 21 (via the Hotel Steger Del-lai) or 22 (by the Alpenhotel Panorama) to rejoin the tour described above at waymarker 45.

3. A much shorter tour: instead of bearing right towards Compatsch/Compaccio at waymarker 20 on the main road on the Seiser Alm/Alpe di Siusi, bear left past the Rauch Hut towards Saltria and rejoin the tour described above at way-

marker 60, avoiding a climb of 450m, but missing the numerous huts and views of the Seiser Alm/Alpe di Siusi.

4. Extension via the small church at Dialer: at the Almrosen Hut (waymarker 51) do not bear left but carry on via the Mahlknecht Hut to the Dialer church. Bear left onto the high-level route and, after approximately 1.6 km, take a sharp left to Saltria. After another 1.4 km you

join the gravel road to the Zallinger Hut, where you can stop for a break, before continuing in the direction of Monte Pana and rejoining the tour described above at waymarker 73.

