

TOUR INFO		% of distance
Total distance	28,61 km	100%
Height variation uphill	435 m	
Height variation downhill	1216 m	
Maximum altitude	2001 m	
Tarmac	1,00 km	3,5%
Tarmac cycle path	14,92 km	52,2%
Gravel	9,00 km	31,5%
Hiking trail	1,10 km	3,9%
Single track	0,76 km	2,7%
Carrying / pushing	0,00 km	0,0%
Cable car / transfer	1,80 km	6,3%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	2 hrs 52 min
Riding time at 10 km/h	2 hrs 23 min
Riding time at 14 km/h	2 hrs 03 min
Riding time at 16 km/h	1 hrs 47 min
Riding time at 18 km/h	1 hrs 35 min
Riding time at 20 km/h	1 hrs 26 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.	The tour begins at the car park of Val Gardena Marketing in St. Christina.

TOUR EVALUATION		
Overall difficulty	2,5	●●○○○
Climb difficulty	2,2	●●○○○
Descent difficulty	2,9	●●●○○

PHYSICAL CONDITION		
Overall condition	2,6	●●●○○
Total height variation	2,0	●●○○○
Total distance	3,0	●●●○○
Maximum altitude	4,0	●●●●○

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

EMOTIONAL EXPERIENCE		
Panorama	5,0	●●●●●
Riding fun	3,0	●●●○○

CHARACTERISTICS

This panoramic tour of the Seiser Alm promises stunning mountain views without any great effort. The Seiser Alm cable car that takes bikers from St Ulrich to an altitude of almost 800 m, makes this possible. The route on either well-built secondary roads or on gravel paths also contributes to making this trouble-free for first-timers to mountain biking and for those less well trained. A few short sections of trail and cosy refreshment facilities, for example at the Rauchhütte (mountain cabin), complete this easy tour.

From the starting point in St. Christina

you roll alongside rio Gardena at first nearly always only downhill as far as St. Ulrich. Here the Seiser Alm cable car with its round cabins that take two bikes and two bikers without any difficulty is already waiting for you. Just a few minutes later you reach the highest point of the tour at almost 2,000m above sea level. Already here at the mountain station you are in the midst of the most beautiful panorama of the Dolomite Mountains. The view of the Schlern, Rosszähne, Plattkofel and Langkofel mountains cast no doubts on the name given to this tour.





An easy descent on gravel with a subsequent ride on tarmac ends at Gasthaus Icaro, the first stop for refreshments. Only a few kilometres further, now downhill again, the traditional and quaint Rauchhütte with its excellent cuisine is located on the left of the road to Saltria. You can enjoy the scenery to the full on its beautiful terrace or spacious sunbathing lawn. Fully refreshed, you reach Saltria a few minutes later. There then comes the only climb of the tour worthy of mention on the gravel road leading to Monte Pana. With the Langkofel and Plattkofel moun-

tains right under your nose these 170m of difference in altitude are also quickly completed. From now onwards the slope is almost only downhill. From Monte Pana to Ciaslat a few very beautiful trails feature some changes in riding technique in this otherwise very easy tour. You roll along via Wolkenstein and the cycle path on the former railway line to La Pozza, change over to the other side of rio Gardena and in this way reach the starting point of the tour in St. Christina.



VARIANTE

1. Muscular strength instead of the cable car: you can of course see the panorama and get to the refreshment facilities on the Seiser Alm by honestly pedaling. To do this do not bear right downhill at waymarker 12, but bear left uphill into the Jender valley and continue towards Saltria. By doing this, you join the tour described here at waymarker 32. In order not to miss the fantastic refreshments at the Rauchhütte, you can first of all turn right and at just under 1.8km and 160m in altitude difference you reach the mountain cabin.

2. Extension via Tirlir and Zallinger: at waymarker 31 in Saltria turn right uphill in the direction of Tirlir. Either take refreshments there or go on straight to Zallinger and take refreshments on its unbeatable panoramic terrace. From Zallinger go north where at waymarker 34 you join the tour described here.

3. Shorter tour: at waymarker 51 do not go straight on to Wolkenstein, but go sharp left down in the direction of rio Gardena. After a few minutes you join the tour again at Haus Paladina, waymarker 70.

