

TOUR INFO		% of distance
Total distance	17,72 km	100%
Height variation uphill	464 m	
Height variation downhill	464 m	
Maximum altitude	1569 m	
Tarmac	1,20 km	6,8%
Tarmac cycle path	10,09 km	57,0%
Gravel	4,68 km	26,5%
Hiking trail	1,73 km	9,8%
Single track	0,00 km	0,0%
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	1 hrs 46 min
Riding time at 10 km/h	1 hrs 29 min
Riding time at 14 km/h	1 hrs 16 min
Riding time at 16 km/h	1 hrs 06 min
Riding time at 18 km/h	0 hrs 59 min
Riding time at 20 km/h	0 hrs 53 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 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 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	2,1	●●○○○
Climb difficulty	2,1	●●○○○
Descent difficulty	2,2	●●○○○

PHYSICAL CONDITION		
Overall condition	2,1	●●○○○
Total height variation	2,0	●●○○○
Total distance	2,0	●●○○○
Maximum altitude	3,0	●●○○○

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

EMOTIONAL EXPERIENCE		
Panorama	2,0	●●○○○
Riding fun	2,0	●●○○○

## CHARACTERISTICS

The tour of the Gardena valley features the three main towns of the valley in a diversified tour that is ideal for those starting mountain biking. Its course runs almost completely away from the more busy main road. The ascent on sections of the former railway line in the second part of the tour on the way back to Wolkenstein is especially pleasant. The gentle, steady incline that was necessary then for trains is very relaxing for bikers. The tour begins at the tourism associati-

on in Wolkenstein. The route out of the valley mainly follows the left bank of rio (brook) Gardena. It begins on beautiful woodland and meadow paths directly along the brook and later between St. Christina and St. Ulrich on tarmac secondary roads with hardly any traffic. In this way you arrive at the promenade in St. Ulrich with almost no increase in altitude difference.

At the valley station of the Seiser Alm cable car you turn right, cross the main



road via the pedestrian bridge and reach the centre of the village. From now on it is only uphill. Altogether, it is a good 450 metres difference in altitude to Wolkenstein, but the incline is very moderate and makes for a fantastic ride. Shortly before St. Christina you come across La Pozza, a small village behind St. Christina, on the section you already

know from the way there and that you now take in the opposite direction. The route changes there again to the other side of the valley and follows the old, abandoned railway line, that has been converted to a cycle path, back to Selva/Wolkenstein.



## VARIATIONS

1. Alternative starting points: you can start the tour from any place in the valley, for example, even from St. Christina or Ortsei.

2. Short tour: already at waymarker 10 you can greatly shorten the tour by not bearing left here but going right to La Pozza. You continue the tour by a direct route at waymarker 57 (-13.6 km, -373 m altitude difference).

3. The way back via Anna valley (Annatal), St. Jakob and the valley station Col Raiser: the tour is decidedly more demanding, but also much more beautiful if you follow the signposts in St. Ulrich for the valley station Seceda and further on in the direction of the Annatal. Either you take the short detour to this stunningly located stop for refreshments, or at the Pauli mountain cabin turn immediately right in the direction of St. Jakob's church. The route continues via Insom to the Col Raiser valley station. A short descent takes you down to La Pozza, where you join the tour described here again at waymarker 59.

4. Extension into the Langental: Whoever, on the way back and just before Wolkenstein, has not yet had enough should not continue straight ahead on

the old railway line at waymarker 61, but bear left for a short distance on the road. Turn left at the next traffic roundabout and from there on follow the road into the Langental. On the way back keep left at the car park at the mouth of the valley and go back to Wolkenstein again via the valley station Dantercepies.