



TOUR INFO		% of distance
Total distance	7,43 km	100%
Height variation uphill	207 m	
Height variation downhill	207 m	
Maximum altitude	1670 m	
Tarmac	1,16 km	15,6%
Tarmac cycle path	3,97 km	53,4%
Gravel	1,92 km	25,9%
Hiking trail	0,37 km	5,0%
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	0 hrs 45 min
Riding time at 10 km/h	0 hrs 37 min
Riding time at 14 km/h	0 hrs 32 min
Riding time at 16 km/h	0 hrs 28 min
Riding time at 18 km/h	0 hrs 25 min
Riding time at 20 km/h	0 hrs 22 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	1,9	●●○○○
Climb difficulty	1,8	●●○○○
Descent difficulty	2,1	●●○○○

PHYSICAL CONDITION		
Overall condition	1,7	●●○○○
Total height variation	2,0	●●○○○
Total distance	1,0	●○○○○
Maximum altitude	3,0	●●●○○

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

EMOTIONAL EXPERIENCE		
Panorama	3,0	●●●○○
Riding fun	2,0	●●○○○

## CHARACTERISTICS

The Langental, to the north-east of Wolkenstein, is part of the Puez-Geisler nature park and impresses with its steeply towering rock faces on both sides and the beautiful head of the valley with the Pra da Ri mountain pasture. The toned-down version of the tour into the Langental is the ideal introductory tour for first-time mountain bikers or for families. It is toned-down because the tour does not go into the upper Langental, but only just as far as the mouth of the val-

ley. The route follows side roads with little traffic and easy gravel and woodland trails.

From the start at the tourism association in Wolkenstein you go first of all to the valley station of Dantercepies. The route leads from there in a northerly direction, more downhill than uphill, until, at the mouth of the valley, you reach the car park with refreshment facilities.

The route suggested here only takes you about one kilometre and a good





50m in altitude difference into the Langental. Bikers, who find that this is not enough, can extend the tour as desired by following the cross-country ski route further uphill. It does not finish until the beginning of Pra da Ri mountain pasture. You cannot go further by bike (s. Variations). The way back takes you first of all to the car park again and then on the narrow access road down to the Langental and the cycle path west of Wolkenstein.

On this cycle path, once the railway line into the Gardena valley, you cycle gently uphill back to the starting point of the tour at the tourism association.

### VARIATIONS

1. Extension as far as Pra da Ri: Whoever would like to go further and higher, does not go back at the turning point of the tour in the lower Langental (waymarker 14), but follows the cross-country ski run further uphill as far as the Pra da Ri mountain pasture. There you can have a good rest. Return the same way, then continue the tour at waymarker 14 (+9.4km, +280m difference in altitude).

2. Combining with the Gardena valley tour: The tour into the Langental can be combined perfectly with the Gardena valley tour. The best way is to take the Gardena valley tour first of all as far as

waymarker 61. Bear left there and follow the road for a short distance. At the next traffic roundabout go left and from there follow the road into the Langental. Join the tour described here at waymarker 23 and follow it in the opposite direction as far as waymarker 1 at the tourism association in Selva/Wolkenstein.

