



TOUR INFO		% of distance
Total distance	41,89 km	100%
Height variation uphill	1815 m	
Height variation downhill	1815 m	
Maximum altitude	2212 m	
Tarmac	2,96 km	7,1%
Tarmac cycle path	6,66 km	15,9%
Gravel	25,59 km	61,1%
Hiking trail	5,07 km	12,1%
Single track	1,58 km	3,8%
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 11 min
Riding time at 10 km/h	3 hrs 29 min
Riding time at 14 km/h	3 hrs 00 min
Riding time at 16 km/h	2 hrs 37 min
Riding time at 18 km/h	2 hrs 20 min
Riding time at 20 km/h	2 hrs 06 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	3,8	●●●●○
Climb difficulty	3,9	●●●●○
Descent difficulty	3,5	●●●●○

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

RIDING TECHNIQUE		
Overall riding technique	3,6	●●●●○
Surface	3,2	●●●●○
Average climb gradient	4,0	●●●●○
Average descent gradient	4,0	●●●●○

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

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
1	0,00	0,17	1557		Tourist information office in Wolkenstein/Selva	Straight on uphill	A 5%	00:00	00:00
2	0,17	0,09	1566		Bottom of Ciampinoi lift	Straight on	A -0%	00:00	00:01
3	0,25	0,04	1566		Hotel Krone	Bear right onto main road	A 3%	00:00	00:01
4	0,29	0,09	1567		Junction with Str. Dantercepies	Sharp left Langental/Vallunga	R 12%	00:00	00:01
5	0,38	0,28	1577		Hotel Sun Valley	Sharp right onto course of old railway	R 2%	00:01	00:02
6	0,65	0,77	1581		Hotel La Tamba	Bear left on course of old railway	R 1%	00:01	00:03
7	1,43	0,14	1593		Casa Alpina	Bear left to Grödner Joch/Passo Gardena	A 10%	00:03	00:08
8	1,57	0,91	1606		Hotel Plan Alpino	Straight on following main road	A 7%	00:04	00:09
9	2,48	1,34	1675		Junction with hiking trail 654 in bend	Sharp right following main road	A 8%	00:06	00:14
10	3,82	0,07	1780		Junction	Bear right to Piz Sella lift	R 1%	00:10	00:22
11	3,89	0,15	1781		Junction to Plan	Bear left to bottom of Piz Sella lift	R 1%	00:10	00:23
12	4,04	0,14	1783		Bottom of the Piz Sella lift	Right	R 3%	00:11	00:24



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
13	4,18	0,27	1787		Bridge over Rio Gardena stream	After bridge bear left over car park	S 8%	00:11	00:25
14	4,45	0,69	1805		Junction to Jeuf de Frea (near bottom of drag lift)	Straight on	S 17%	00:12	00:26
15	5,14	0,60	1910		Wayside cross	Follow main path	S 11%	00:14	00:30
16	5,74	0,63	1975		Junction	Bear left	S 11%	00:15	00:34
17	6,38	0,53	2047		Crossroads	Straight on	W 10%	00:17	00:38
18	6,90	0,05	2108		Crossroads	Straight on	W 6%	00:18	00:41
19	6,96	0,03	2111		Junction by hut	Straight on between hut and barn	S 6%	00:18	00:41
20	6,99	0,49	2113		Meadow fence after hut	Straight on	P 12%	00:19	00:41
21	7,48	0,10	2171		Crossroads by hut	Straight on Naturonda	S 9%	00:20	00:44
22	7,58	0,06	2180		Junction	Left to car park	S 2%	00:20	00:45
23	7,64	0,11	2181		Car park at bottom of Langkofelscharte gorge lift	Straight on uphill	W 9%	00:20	00:45
24	7,75	0,16	2190		Junction near chapel	Straight on	W 13%	00:21	00:46

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
25	7,92	0,10	2212		Crossroads (to Salei Hut)	Straight on Valentini Hut	R -9%	00:21	00:47
26	8,02	0,35	2203		Valentini Hut	Left downhill	S -12%	00:21	00:48
27	8,37	1,46	2154		End of gravel road	Straight on	W -11%	00:22	00:50
28	9,83	0,75	2009		Val 2000	Right to Lupo Bianco	S -16%	00:26	00:58
29	10,58	0,94	1893		Wayside cross	Sharp left downhill	S -16%	00:28	01:03
30	11,52	0,15	1738		Bridge over stream	Straight on to Canazei	S -12%	00:31	01:09
31	11,67	0,05	1724		Junction	Straight on	S 0%	00:31	01:10
32	11,71	0,12	1724		Plan de Frataces 1725	Bear right	A -4%	00:31	01:10
33	11,84	0,14	1720		Lupo Bianco (lake)	Bear left Canazei 655	P -7%	00:32	01:11
34	11,98	0,20	1713		Junction	Straight on	P -25%	00:32	01:11
35	12,18	0,18	1662		Bend 8	Stay on trail	S -4%	00:33	01:13
36	12,36	1,33	1654		Intersection with gravel road	Sharp right downhill	S -12%	00:33	01:14
37	13,69	0,24	1494		Bridge	Bear left over bridge	R -19%	00:37	01:22



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
38	1393	0,11	1452		Church of Canazei	Sharp right	A -3% →	00:37	01:23
39	1403	0,15	1448		Bridge	Left after bridge into Strada Roma	R -10% ↓	00:38	01:24
40	1418	0,29	1439		Crossing with main road	Straight on along Strada Roma	R -4% ↓	00:38	01:25
41	1447	0,18	1425		Hotel Genzianella	Sharp left at sports ground	R 0% →	00:39	01:26
42	1465	0,17	1426		Intersection Strèda de Cerenà	Right	R -3% →	00:39	01:27
43	1481	0,85	1420		Cardo Residence	Bear right across meadow	W 0% →	00:40	01:28
44	1566	0,54	1423		Beginning of gravel road	Straight on	S -4% →	00:42	01:33
45	1620	0,20	1402		Car park for tennis courts	Straight on	R 1% →	00:44	01:37
46	1640	0,06	1405		Car park at bottom of Col Rodella lift	Right towards cable car	R -9% ↓	00:44	01:38
47	1646	0,10	1400		Bottom of Col Rodella lift in Campitello	Straight on	R -0% →	00:44	01:38
48	1656	0,34	1400		Car park at bottom of Col Rodella lift	Right over bridge over stream	R 6% ↗	00:45	01:39
49	1689	0,19	1414		Albergo Ladino in Campitello	Left/right crossing main road	R 8% ↗	00:46	01:41
50	1708	0,53	1430		Crossing just before end of village	Straight on uphill Streda de salin	R 13% ↗	00:46	01:42

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
51	1761	0,61	1500		Bridge over stream, car park	Straight on steep uphill	S 11% ↗	00:48	01:45
52	1822	0,08	1557		Junction	Straight on to Antermoia Hut	S 13% ↗	00:49	01:49
53	1830	0,83	1568		Bridge over stream	Straight on	S 13% ↗	00:49	01:49
54	1913	1,05	1679		Junction towards Sandro Pertini Hut	Straight on to Antermoia Hut	S 14% ↗	00:52	01:54
55	2018	0,03	1827		Junction to Sentiero per Campitello	Straight on	S 3% →	00:55	02:01
56	2021	0,18	1828		Junction to Antermoia Hut	Straight on to Plattkofel Hut	S 14% ↗	00:55	02:01
57	2039	0,06	1852		Duron Hut	Straight on	S 15% ↗	00:55	02:02
58	2045	0,03	1861		Junction to Plattkofel Hut	Bear left to Passo Duron	S 13% ↗	00:55	02:02
59	2048	0,90	1865		Junction above Duron Hut	Left following main hiking trail	S 1% →	00:55	02:02
60	2138	0,86	1875		Lino Brach Hut	Straight on	S 2% →	00:58	02:08
61	2224	1,91	1897		Junction to Antermoia Hut	Straight on to Passo Duron	S 3% →	01:00	02:13
62	2415	0,72	1967		Junction to Antermoia Hut	Straight on to Passo Duron	S 12% ↗	01:05	02:24
63	2487	1,16	2047		Hut	Straight on uphill	S 12% ↗	01:07	02:29



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
64	26,03	0,35	2185		Mahlknechtjoch, Passo Duron	Straight on uphill	S -8% 	01:10	02:36
65	26,38	0,12	2143		Dialer Church/ Chapel of St. Anthony	Right	S -10% 	01:11	02:38
66	26,50	0,25	2130		Below Dialer Church/Chapel of St. Anthony	Sharp right Zallinger	W -5% 	01:12	02:39
67	26,75	1,33	2119		Junction to Plattkofel Hut	Straight on	W -8% 	01:12	02:40
68	28,08	1,12	2021		Intersection	Sharp left to Saltria	S -12% 	01:16	02:48
69	29,20	0,30	1891		Intersection with bend	Bear left downhill	S -10% 	01:19	02:55
70	29,50	1,14	1859		Intersection with bend	Bear right uphill	S 12% 	01:20	02:57
71	30,64	0,47	1996		Bridge over stream	Straight on Zallinger 7	S 9% 	01:23	03:03
72	31,11	0,18	2037		Zallinger Hut, Chapel, Water source	Bear left uphill	S 9% 	01:24	03:06
73	31,29	0,14	2053		Junction towards Florian chairlift	Bear right towards La Marmotta Hut	S 4% 	01:25	03:07
74	31,44	3,11	2060		Junction to Plattkofel Hut	Bear left Monte Pana 7	S -8% 	01:25	03:08
75	34,55	0,35	1815		Intersection	Bear right Monte Pana	S -7% 	01:34	03:27

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
76	34,89	0,46	1788		Junction to Langkofelscharte gorge	Straight on down-hill	S -1% 	01:35	03:29
77	35,35	0,69	1782		Junction to Langkofelscharte gorge	Straight on	S -4% 	01:36	03:32
78	36,04	0,83	1760		Junction to Jender Valley	Bear right Monte Pana	S -6% 	01:38	03:36
79	36,87	0,40	1702		Junction (towards Strena)	Straight on down-hill	S -9% 	01:40	03:41
80	37,27	0,39	1662		Junction to ski jump	Straight on down-hill	S -10% 	01:41	03:43
81	37,66	0,09	1624		Crossing with bottom of Monte Pana lift	Straight on	R 2% 	01:42	03:45
82	37,76	0,33	1625		Top of chair lift	Straight on S. Cristina, Wolkenstein/Selva	W -18% 	01:42	03:46
83	38,09	0,26	1561		Junction with hiking trail	Bear right to Wolkenstein/Selva 30b	P -2% 	01:43	03:48
84	38,35	0,08	1555		App. Prensaneuva	Straight on to Wolkenstein/Selva 30b	R 9% 	01:44	03:50
85	38,44	0,50	1562		End of tarmac	Straight on	P 5% 	01:44	03:50
86	38,93	0,09	1581		Beginning of gravel path	Straight on	S 9% 	01:46	03:53
87	39,02	0,12	1590		Ciaslat (towards Sellajoch/Passo Sella)	Straight on	S -1% 	01:46	03:54

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
88	39,15	0,04	1587		Fork	Straight on	S 12% 	01:46	03:54
89	39,19	0,89	1592		Beginning of tarmac	Straight on	R -3% 	01:46	03:55
90	40,08	0,25	1572		Junction to Fischburg	Straight on	R -3% 	01:49	04:00
91	40,33	0,51	1567		Transformer station, bus stop	Bear left Strada la Selva	R -7% 	01:49	04:01
92	40,84	0,18	1535		Junction with hiking trail	Straight on following road	R 3% 	01:51	04:05
93	41,02	0,43	1541		Junction with path signpost 30	Straight on	R -0% 	01:51	04:06
94	41,45	0,08	1540		House of Culture	Bear right along stream	R 4% 	01:53	04:08
95	41,53	0,20	1543		Fire station	Straight on	S 3% 	01:53	04:09
96	41,73	0,06	1548		Beginning of tarmac	Straight on	R 4% 	01:53	04:10
97	41,79	0,05	1550		Casa Elisabetha	Sharp left over bridge over stream	R 8% 	01:53	04:10
98	41,85	0,05	1554		Café Mozart	Sharp right uphill to main road	A 6% 	01:54	04:11
99	41,89	0,00	1557		Tourist information office in Wolkenstein/Selva	End of tour	A 0% 	01:54	04:11

EXPLANATION OF EVALUATION FACTORS

Overall difficulty based on climb difficulty (60%) and descent difficulty (40%)

Climb difficulty based on total distance uphill (30%), overall height variation uphill (30%), surface uphill (10%), average slope uphill (25%), highest altitude reached (5%).

Descent difficulty consists of total distance downhill (10%), overall height variation downhill (10%), surface downhill (50%), average slope downhill (30%).

Physical condition based on total distance (40%), with overall height variation (50%) and highest altitude reached (10%).

Riding technique based on surface (50%), with average slope uphill (30%) and average slope downhill (20%).

Writer's subjective evaluation of panorama and riding fun.

EXPLANATION OF SURFACE AND SLOPE

A = Tarmac road		steep uphill	from + 15%
R = Tarmac cycle path		uphill	up to + 14%
S = Gravel		level	ca. +/- 4 %
W = Hiking trail		downhill	up to - 19%
P = Path, Single Trail		steep downhill	from - 20%
T = Carrying / pushing			
X = Cable car / transfer			

Route: the percentages indicate the average climb (+) or the average descent (-) to the next waymarker.