



TOUR INFO		% of distance
Total distance	17,42 km	100%
Height variation uphill	713 m	
Height variation downhill	713 m	
Maximum altitude	1083 m	
Tarmac	1,99 km	11,5%
Tarmac cycle path	5,62 km	32,3%
Gravel	7,05 km	40,5%
Hiking trail	2,73 km	15,7%
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 45 min
Riding time at 10 km/h	1 hrs 27 min
Riding time at 14 km/h	1 hrs 15 min
Riding time at 16 km/h	1 hrs 05 min
Riding time at 18 km/h	0 hrs 58 min
Riding time at 20 km/h	0 hrs 52 min

GETTING THERE AND STARTING POINT	
Getting there:	Starting point:
Coming from the north: take motorway (A22) exit for Chiusa/Klausen - Seiser Alm/Schlerngebiet - Area dello Sciliar/Alpe di Siusi, SS12 as far as Ponte Gardena/Waidbruck, then in the direction of Alpe di Siusi/Seiser Alm. Coming from the south: take motorway (A22) exit for Bozen Nord/Bolzano nord - Seiser Alm/Schlerngebiet - Area dello Sciliar/Alpe di Siusi, SS12 as far as Blumau/Prato all'Isarco, then in the direction of Alpe di Siusi/Seiser Alm.	There are several car parks and underground parking facilities in all villages. Parking spaces marked in blue are subject to charges. Tickets are available from the appropriate automatic machines. All other parking spaces are free of charge. The tour begins at the tourism association Fiè.

TOUR EVALUATION		
Overall difficulty	2,7	●●●○○
Climb difficulty	2,6	●●●○○
Descent difficulty	2,7	●●●○○

PHYSICAL CONDITION		
Overall condition	2,5	●●○○○
Total height variation	3,0	●●●○○
Total distance	2,0	●●○○○
Maximum altitude	2,0	●●○○○

RIDING TECHNIQUE		
Overall riding technique	2,9	●●●○○
Surface	2,7	●●●○○
Average climb gradient	3,0	●●●○○
Average descent gradient	3,0	●●●○○

EMOTIONAL EXPERIENCE		
Panorama	4,0	●●●●○
Riding fun	3,0	●●●○○

## CHARACTERISTICS

The tour to Aica di Fiè forms a figure eight around the Umser Feld and the Aicha-berg, the junction to the Val di Tires and the Gruppo del Catinaccio/Rosengarten. The difference in altitude is split up over several small but never too steep climbs. This trip is not very demanding from the point of view of riding technique and can therefore be done by newcomers to mountain biking. Stunning views of the Sciliar/Schlern, Croda del Maglio/Hammerwand and Monte Cavone/Tschafon complete this ideal beginners' tour.

The tour begins in a very relaxed fashion on the narrow road from Fiè to Umes, past strikingly beautiful old farmhouses, with the gigantic Croda del Maglio/Hammerwand and Monte Cavone/Tschafon firmly in view. After about two kilometres a gravel road climbs up in the direction of Moarmühle (mill). Above the Umser Feld you cruise along with stunning views over the valley to Umes. A short climb initially takes you in the direction of Monte Cavone/Tschafon. At the wooden bridge over the Schlern-



bach/Rio Sciliar a short descent begins past the sawmill at Umes in the direction of Presule. Climbing gently you reach this small village after a few kilometres where you can make a detour to the prominently located Schloss Prösels/Castel Presule. The Prösler Hof is the perfect refreshment stop at the approximate halfway point of this tour.

The route continues in the direction of Aica di Fiè, from where after a few metres you turn onto a hiking trail alongside woodland. Shortly before the intersection with the main road coming from the Valle Isarco you come across the tarmac road again. You follow it past Aica di Fiè

as far as a tunnel.

Immediately behind the tunnel the route climbs left again slightly to the Schnaggenkreuz, a stunning vantage point with a view of the complete amphitheatre of mountains from the Sciliar to Monte Cavone. You travel through woodland to the sawmill at Umes climbing again briefly.

The old road from Umes to Fiè forms the crowning glory of this tour! This mostly gravelled idyllic section leads through cropped fields past old farmhouses to Fiè, in beautiful afternoon sunshine if the weather is fine.



## VARIATIONS

1. On the road to Umes: You can save yourself a few metres in altitude difference if you do not turn left at waymarker 3, but stay on the Umes road instead. At the bus stop at the beginning of the village of Umes go up left and at the next crossing left again. Follow this road uphill again. You join the tour described here again at waymarker 13 (at the water source).

2. Direct descent from the Schnaggenkreuz to Umes: Bear left on the gravel road to Umes at waymarker 33 immediately behind the Schnaggenkreuz. It joins the connecting road from Presule to Umes. Follow the road to the right downhill. You reach the tour described here again at waymarker 39. Turn sharp left and follow the road.

3. Omitting the trip around the Aicha-berg: The tour is very short and easy if you leave out the trip round the Aicha-berg! To this end do not go straight ahead at the wooden bridge at waymarker 21, but turn right on to the old Umes road (corresponds to waymarker 40) and continue the tour here. You save 9km in distance and 350m in altitude difference.

4. Extension via the protruding rock at Monte Cavone/Tschafon: Do not bear

right downhill at the woodbridge over the Schlernbach/Rio Sciliar (waymarker 16), but bear left uphill in the direction of Monte Cavone/Tschafon. Turn right above the protruding rock at Monte Cavone in the direction of Schönblick. Continue via Tschötscher in the direction of the Schnaggenkreuz. Shortly before the Schnaggenkreuz you join the tour described here again at waymarker 31. This alternative is 8km in distance and 430m uphill in altitude difference.

