



TOUR INFO		% of distance
Total distance	46,58 km	100%
Height variation uphill	2139 m	
Height variation downhill	2139 m	
Maximum altitude	2447 m	
Tarmac	0,60 km	1,3%
Tarmac cycle path	20,41 km	43,8%
Gravel	18,09 km	38,9%
Hiking trail	5,86 km	12,6%
Single track	1,59 km	3,4%
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 39 min
Riding time at 10 km/h	3 hrs 53 min
Riding time at 14 km/h	3 hrs 20 min
Riding time at 16 km/h	2 hrs 55 min
Riding time at 18 km/h	2 hrs 35 min
Riding time at 20 km/h	2 hrs 20 min

### GETTING THERE AND STARTING POINT

Getting there:	Starting point:
<p>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.</p> <p>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.</p>	<p>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.</p> <p>The tour begins at the tourism association Siusi.</p>

TOUR EVALUATION		
Overall difficulty	4,0	●●●●○
Climb difficulty	4,1	●●●●○
Descent difficulty	3,8	●●●●○

PHYSICAL CONDITION		
Overall condition	4,5	●●●●○
Total height variation	5,0	●●●●●
Total distance	4,0	●●●●○
Maximum altitude	4,0	●●●●○

RIDING TECHNIQUE		
Overall riding technique	3,5	●●●○
Surface	2,9	●●●○
Average climb gradient	4,0	●●●●○
Average descent gradient	4,0	●●●●○

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

### CHARACTERISTICS

This is one of the most beautiful tours of the region and offers all that the hearts of mountain bikers desire. A long and varied climb over almost 2,000m in altitude difference offers a fitness challenge with stops for refreshment at some of the most beautiful mountain huts of the region. The destination is the Rifugio Alpe di Tires, the highest mountain hut of the region that can be reached by mountain bike in an incomparable location at the foot of the spectacular Denti di Terrarossa/Rosszähne. It also has a technically challenging descent that is waiting for you in the second part of the tour with several exhilarating trails and cart tracks on which riding technique fans will be

in their element. A dream tour for physically fit and technically expert bikers! You can warm up easily in the first kilometres from the tourism association Siusi to the control station San Valentino on the small panoramic road leading to Wasserebene. On its gritty climb to the Schafstall the tour shows its teeth for the first time. 200m in altitude difference further up the nightmare is over for a start. The next section via Marinzen to Gstatsch is very easy and simply puts you in a good mood. There follows a short training session. You grind up the next 250m in altitude difference on the Alpe di Siusi road, free of normal traffic since 9am, as far





as the car park at Spitzbühel. There is no other sensible route here for bikers to take. From the Spitzbühel car park on it gets steeper again with an average 15% climb on a narrow tarmac path to the mountain station of the chair lift. The mountain hut there looks down over the valley as if from an eagle's nest. The Santner peak appears, from the terrace, to be within your grasp as it forms the distinctive end of the Sciliar/Schlern to the north-west.



The panorama and mountain hutmarathon begins with the Spitzbühel up on the Alpe di Siusi. On your way via the Laurin hut, Alpenhotel Panorama, Almrosen hut, Mahlknechtjoch hut and the small church at Dialler, you cannot really see enough of the well-known Dolomite peaks, like the Sasso Lungo/Langkofel, Sasso Piatto/Plattkofel, Marmolada, Gruppo di Sella, Sas Rigais, Le Odle/Geißler, Denti di Terrarossa/Rosszähne, Sciliar/Schlern with the Santner peak. When the weather is good, you can see still further, e. g., as far as the Zillertal Alps and Alpi Breonie and as far as the Ortles/Ortler! There are still now 300m in altitude difference from the small church at Dialler

to the Alpe di Tires. The track over which the landlord of the mountain hut brings supplies is always in a good condition, but very steep. You have to deal with a climb of up to 20% in longer sections and with already many metres in altitude difference in your tired legs. But even if you have to dismount at some point, the Alpe di Tires as a destination is worth every effort. This dreamlike mountain hut is located completely remote at the foot of the Denti di Terrarossa/Rosszähne and offers a stunning panorama, e. g., of the Catinaccio/Rosengarten located opposite. The landlord and landlady are amiable and the food excellent. It is so beautiful up here that you would immediately like to stay overnight. And why not? The same track then takes you back downhill over glorious trails in the direction of Mahlknechtjoch/Giogo. If the weather is good, the Marmolada will

greet you from a distance. From the small church at Dialler a panoramic trail goes in the direction of Giogo. You cruise along relaxed over gravel and then a narrow tarmac road to Saltria where the last climb of this tour begins. This road takes you past the beautiful Rauchhütte (hut) as far as oampaccio.

Shortly below Compaccio a hiking trail turns off at the Gasthaus Zorzi in the direction of the Spitzbühel car park. After the Jaggl Schwaige this hiking trail turns into a fun trail that disgorges the bikers at the car park of the chair lift to the Spitzbühel.

From here riding technique fans are again in their element. The trail leading to Gstatsch is challenging. It is narrow, has obstacles and was in parts a former cart track. But take care! In the event of wet conditions or after rain, it is very slippery here.

From Gstatsch the fun descent continues. A narrow, secluded trail circles down in the direction of Bagni di Razzes. Only after crossing the Frommer brook, do you again come across civilisation in the form of a gravel road.

Somewhat below the Castelvecchio a very smooth-flowing trail begins. It ends at the car park of the Alpe di Siusi aerial cableway. From here you are still only a few minutes away from the starting point of this tour at the tourism association in Siusi.

### VARIATIONS

1. Easier climb over the Alpe di Siusi road: Do not turn sharp left at the control point San Valentino (waymarker 8), but go straight ahead to Gstatsch. You join the tour described here again at waymarker 25.

2. Leaving out Alpe di Tires: If you are not fit enough, it is already late or the weather is unfavourable you can shorten the tour shortly before the small church at Dialler. At waymarker 56 do not go straight ahead to the Alpe di Tires, but bear left to Giogo. This way you save yourself 320m in altitude difference and probably a good hour in time.

3. Ascent with the Alpe di Siusi aerial cableway: The tour becomes decidedly easier and shorter, if you take the Alpe di Siusi aerial cableway to Compaccio and grind up the tarmac road "Joch" beginning at the information office. You join the tour described here at waymarker 46 and save yourself almost 1,100m in altitude difference.