



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	●●●●●

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
1	0,00	0,03	1010	↑	Tourism association Siusi, bus stop	Straight ahead	A 7% ↗	00:00	00:00
2	0,03	0,57	1017	↘	Junction	Right Henrik-Ibsen-Str.	R 8% ↗	00:00	00:00
3	0,60	0,38	1054	↗	Junction with Via Fasslfun	Bear right uphill	R 11% ↗	00:01	00:03
4	0,99	0,16	1095	↙	Crossroads	Left Castelrotto 6	R 7% ↗	00:02	00:05
5	1,15	0,17	1105	↘	Junction to Kastelruth (Castelrotto) 6	Bear right uphill	R 10% ↗	00:03	00:06
6	1,32	1,10	1121	↑	Junction with Via Burgstall	Straight ahead uphill Rier	R 10% ↗	00:03	00:07
7	2,42	0,57	1231	↘	Haus Waldrand, bus stop	Sharp right Alpe di Siusi	R 10% ↗	00:06	00:14
8	2,99	0,51	1286	↙	Control point San Valentino	Sharp left Marinzen 11	R -0% →	00:08	00:17
9	3,50	0,60	1288	↑	Junction to Marinzen	Straight ahead Kastelruth (Castelrotto) 4	R 1% →	00:09	00:20
10	4,09	1,42	1291	↑	Feldheim	Straight ahead Castelrotto	R -1% →	00:11	00:24
11	5,52	0,09	1277	↗	Junction	Bear right uphill Marinzen mountain cabin	W 15% ↗	00:15	00:33
12	5,61	0,65	1292	↑	Junction	Straight ahead	S 14% ↗	00:15	00:33



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
13	6,26	0,21	1382		Junction to the Wasserebene	Straight ahead Schafstall 8	S 20%	00:17	00:37
14	6,47	0,31	1424		Junction	Straight ahead uphill Schafstall 8	S 18%	00:17	00:38
15	6,78	1,06	1476		Schafstall	Sharp right Marinzen	W -0%	00:18	00:40
16	7,84	0,12	1478		Near Marinzen mountain cabin	Sharp left Gstatsch	S 4%	00:21	00:47
17	7,96	0,16	1482		Junction to Gola, Alpe di Siusi	Right Gstatsch	S -0%	00:21	00:47
18	8,12	0,27	1480		Junction to Seis (Suisi) 11	Straight ahead	S -7%	00:22	00:48
19	8,40	0,16	1467		Junction footpath 10 to Gstatsch	Straight ahead Gstatsch	S -6%	00:22	00:50
20	8,56	0,08	1457		Junction gravel road	Bear left Gstatsch 10	S 12%	00:23	00:51
21	8,63	1,47	1466		Junction hiking trail 10	Straight ahead	S 1%	00:23	00:51
22	10,10	0,18	1480		Junction footpath to Marinzen	Straight ahead	W 3%	00:27	01:00
23	10,28	0,20	1484		Single track junction	Bear right downhill	P -8%	00:28	01:01
24	10,48	0,04	1466		Bench	Bear left uphill	R 7%	00:28	01:02
25	10,53	0,50	1469		Gstatsch	Sharp left Alpe di Siusi road	R 9%	00:28	01:03

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
26	11,03	0,31	1512		Crossroads hiking trail	Straight ahead	R 10%	00:30	01:06
27	11,34	0,40	1542		Crossroads hiking trail	Straight ahead	R 8%	00:30	01:08
28	11,74	1,25	1575		Crossroads hiking trail	Straight ahead	R 9%	00:32	01:10
29	12,98	0,10	1688		Junction to Kastelruth, Seis (Castelrotto, Siusi) 4	Straight ahead Seiser Alm (Alpe di Siusi) 4	R 7%	00:35	01:17
30	13,09	0,20	1696		Junction to the Marinzen mountain cabin (small car park)	Straight ahead	R 7%	00:35	01:18
31	13,29	0,50	1710		Bend car park Punta di Razzes, bus stop	Bear right across the car park	R 13%	00:36	01:19
32	13,78	0,93	1777		Junction gravel road	Straight ahead uphill	R 15%	00:37	01:22
33	14,71	0,11	1921		Junction	Right Punta di Razzes	S 11%	00:40	01:28
34	14,82	0,11	1935		Punta di Razzes	Back	S -11%	00:40	01:28
35	14,93	0,09	1921		Intersection	Bear right uphill	R 14%	00:40	01:29
36	15,02	0,09	1933		Junction	Straight ahead uphill	R 7%	00:40	01:30



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
37	15,11	0,53	1939		Junction to the Schlernhaus / Rifugio Bolzano	Bear left Laurin mountain cabin	S 3% →	00:41	01:30
38	15,64	0,09	1957		Bench, table	Straight ahead Laurin hut	S 8% ↗	00:42	01:33
39	15,73	0,56	1964		Junction	Bear left Laurinhut	S 9% ↗	00:42	01:34
40	16,29	0,27	2012		Junction to Sattler Schwaige/Malga Sattler	Bear left Goldknopf / Punta d'oro	W 1% →	00:44	01:37
41	16,56	0,19	2013		Laurinhut	Right	S 1% →	00:45	01:39
42	16,75	0,50	2015		Junction to Sattler Schwaige	Left	S -2% →	00:45	01:40
43	17,25	0,03	2011		Junction Tierser Alpl (Rifugio Alpe di Tires) 2	Straight ahead	S 0% →	00:47	01:43
44	17,28	0,08	2011		Mountain station Panorama	Straight ahead	S -5% ↓	00:47	01:43
45	17,35	0,29	2007		Alpenhotel Panorama	Bear right	R -9% ↓	00:47	01:44
46	17,64	0,01	1980		Intersection tarmac road	Sharp right Goldknopf	R 0% →	00:48	01:45
47	17,65	0,92	1980		Junction to Malga Ritsch Schwaige	Straight ahead	R 3% →	00:48	01:45
48	18,57	0,54	2014		Junction to the guesthouse Panorama	Straight ahead uphill	R 5% ↗	00:50	01:51

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
49	19,11	0,69	2041		Junction to the Goldknopf	Bear left Saltria, Mahlknachtjoch hut	S 1% →	00:52	01:54
50	19,80	0,24	2041		Beginning of tarmac	Straight ahead	R -15% ↓	00:53	01:58
51	20,04	0,29	2007		End of tarmac	Straight ahead	S 2% →	00:54	02:00
52	20,32	1,29	2013		Almrosen mountain cabin	Straight ahead Mahlknachtjoch hut, Dialer refuge	S 3% →	00:55	02:01
53	21,61	0,69	2054		Mahlknachtjoch hut (Molignon Refuge)	Bear left Saltria 8	S -11% ↓	00:58	02:09
54	22,31	0,79	1980		Junction to Saltria (seat)	Straight ahead Rifugio Alpe di Tires	S 15% ↗	01:00	02:13
55	23,09	0,26	2096		Junction hiking trail to Mahlknachtjoch hut	Straight ahead Rifugio Alpe di Tires	S 14% ↗	01:02	02:18
56	23,35	0,12	2130		Below the small church at Dialler (St. Anton Chapel)	Straight ahead Rifugio Alpe di Tires	S 10% ↗	01:03	02:20
57	23,47	0,42	2143		Small church at Dialler (St. Anton Chapel)	Bear right Rifugio Alpe di Tires	S 20% ↑	01:04	02:20
58	23,89	1,39	2226		Electric fence, junction to the Sasso Piatto hut	Straight ahead Rifugio Alpe di Tires	S 16% ↑	01:05	02:23
59	25,28	0,06	2447		Junction to the Denti di Terrarossa wind gap	Bear left Rifugio Alpe di Tires 4	S -8% ↓	01:08	02:31



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
60	25,35	0,06	2442		Rifugio Alpe di Tires	Back	S 8%	01:09	02:32
61	25,41	1,39	2447		Junction to the Denti di Terrarossa wind gap	Bear right Dialer 4	S -16%	01:09	02:32
62	26,81	0,38	2226		Electric fence	Right Sasso Piatto hut	W -10%	01:13	02:40
63	27,19	0,08	2186		Junction	Bear left level	P -2%	01:14	02:43
64	27,27	0,35	2185		Mahlknechtjoch / Passo Duron	Left uphill	S -8%	01:14	02:43
65	27,62	0,12	2143		Small church Dialler (St. Anton Chapel)	Right	S -10%	01:15	02:45
66	27,75	0,25	2130		Below small church at Dialler	Sharp right Joch	W -5%	01:15	02:46
67	28,00	1,33	2119		Junction Sasso Piatto mountain cabin	Straight ahead	W -8%	01:16	02:47
68	29,33	1,12	2021		Intersection	Sharp left Saltria	S -12%	01:19	02:55
69	30,45	0,30	1891		Intersection in bend	Bear left downhill	S -10%	01:23	03:02
70	30,75	1,07	1859		Intersection in bend	Bear left downhill	S -7%	01:23	03:04
71	31,82	0,37	1772		Intersection	Straight ahead Malga Tirlir, Saltria	S -9%	01:26	03:10

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
72	32,19	0,80	1740		Guesthouse Malga Tirlir	Straight ahead	R -4%	01:27	03:13
73	33,00	0,48	1701		Junction Hans and Paula Steger trail	Straight ahead Hans and Paula Steger trail	R -5%	01:29	03:17
74	33,48	1,74	1678		Intersection Hotel Saltria	Left uphill Compatsch	R 8%	01:31	03:20
75	35,22	0,47	1836		Junction to Rauch mountain cabin	Bear left uphill	R 6%	01:36	03:31
76	35,70	0,90	1862		Crossroads with bus stop	Right follow road	R -0%	01:37	03:34
77	36,39	0,21	1865		Junction to the Piz	Straight ahead Compaccio	R -1%	01:39	03:38
78	37,67	1,00	1856		Junction to Hotel Steger Dellai	Straight ahead	R -1%	01:42	03:46
79	38,68	0,03	1841		Tourist Info Compaccio	Straight ahead	R 0%	01:45	03:52
80	38,70	0,24	1841		Compaccio	Straight ahead	R -6%	01:45	03:52
81	38,94	0,03	1827		Junction	Left Gasthaus Zorzi	S -3%	01:46	03:53
82	38,97	0,12	1826		Gasthaus Zorzi	Right car park Spitzbühel	W -20%	01:46	03:53
83	39,09	0,13	1802		Beginning of tarmac road	Straight ahead	R -12%	01:46	03:54
84	39,22	0,22	1787		Malga Jaggl Schwaige	Straight ahead downhill	S -12%	01:46	03:55



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
85	39,45	0,31	1761		Hotel Seelaus	Straight ahead car park Spitzbühel, Castelrotto 4	P-12% 	01:47	03:56
86	39,75	0,11	1723		Above car park Spitzbühel	Straight ahead along fence	W-12% 	01:48	03:58
87	39,86	0,20	1710		Bend car park Spitzbühel, bus stop	Straight ahead downhill Alpe di Siusi road	R-7% 	01:48	03:59
88	40,06	0,10	1696		Junction to the Marinzen hut (small car park)	Straight ahead	R-7% 	01:49	04:00
89	40,16	0,50	1688		Junction	Bear left Castelrotto, Seis 4	W-22% 	01:49	04:00
90	40,67	0,40	1575		Crossroad	Sharp left Alpe di Siusi road	R-8% 	01:50	04:04
91	41,07	0,37	1542		Junction	Bear left downhill 4	P-18% 	01:51	04:06
92	41,43	0,10	1481		Junction single track	Straight ahead downhill	W-10% 	01:53	04:08
93	41,53	0,18	1469		Gstatsch	Sharp left downhill Alpe di Siusi road	R-5% 	01:53	04:09
94	41,71	0,08	1457		Bend 3	Left Bagni di Razzes	P-28% 	01:53	04:10
95	41,79	0,51	1433		Crossroads riding trail	Left	P-15% 	01:53	04:10
96	42,30	0,04	1368		Junction hiking trail	Bear Left Bagni di Razzes 9	P-9% 	01:55	04:13

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
97	42,34	0,09	1364		Bridge over brook	Right cross bridge over brook	W-13% 	01:55	04:14
98	42,44	0,58	1353		Intersection gravel road	Right	S-18% 	01:55	04:14
99	43,01	0,23	1244		Junction hiking trail to Bagni di Razzes	Straight ahead	S-15% 	01:57	04:18
100	43,24	0,14	1210		Junction in bend (nature park boundary)	Sharp left downhill	S-9% 	01:57	04:19
101	43,39	0,12	1197		Crossroad	Bear right downhill	S-13% 	01:58	04:20
102	43,50	0,18	1182		Intersection to Bagni di Razzes trail (bench)	Bear right downhill	R-9% 	01:58	04:21
103	43,68	0,09	1167		Junction	Bear left level	S-3% 	01:59	04:22
104	43,77	0,13	1165		Fork water reservoir	Bear right Seis (Siusi) 1	W-12% 	01:59	04:22
105	43,90	0,40	1148		Road junction	Bear left downhill	R-10% 	01:59	04:23
106	44,30	0,14	1109		Junction gravel road	Bear left Siusi cable car	S 6% 	02:00	04:25
107	44,45	0,25	1117		Junction to Castelvecchio	Straight ahead Ruine Salegg 3	W-12% 	02:01	04:26
108	44,70	0,68	1086		Plaque on life expectancy	Straight ahead	W-4% 	02:01	04:28



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
109	4538	0,31	1060		Crossroad	Sharp right downhill (later 3B)	W -15% 	02:03	04:32
110	4569	0,07	1012		Car park Alpe di Siusi cable car	Bear right across the car park	R 0% 	02:04	04:34
111	4576	0,15	1012		Valley station Alpe di Siusi cable car	Sharp left	A -5% 	02:04	04:34
112	4591	0,13	1004		Junction Oswald von Wolkenstein trail	Right downhill	A -7% 	02:05	04:35
113	4604	0,11	995		Bridge over brook, entrance car park Alpe di Siusi aerial cableway	Straight ahead over bridge	S 3% 	02:05	04:36
114	4615	0,11	999		Junction private road	Bear left Siusi	R -3% 	02:05	04:36
115	4626	0,02	995		Crossroad Matzlstr.	Bear left to main road	R 0% 	02:06	04:37
116	4628	0,24	995		Garni Hauenstein	Right	A 4% 	02:06	04:37
117	4652	0,06	1006		Roundabout Siusi	Straight ahead Castelrotto	A 6% 	02:06	04:39
118	4658	0,00	1010		Tourism association Siusi, bus station	End of tour	A 0% 	02:07	04:39

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.		