



TOUR INFO		% of distance
Total distance	17,51 km	100%
Height variation uphill	612 m	
Height variation downhill	612 m	
Maximum altitude	1293 m	
Tarmac	0,60 km	3,5%
Tarmac cycle path	10,25 km	58,6%
Gravel	5,27 km	30,1%
Hiking trail	1,37 km	7,9%
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 28 min
Riding time at 14 km/h	1 hrs 15 min
Riding time at 16 km/h	1 hrs 06 min
Riding time at 18 km/h	0 hrs 58 min
Riding time at 20 km/h	0 hrs 53 min

TOUR EVALUATION		
Overall difficulty	2,6	●●●○○
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	2,7	●●●○○
Surface	2,5	●●○○○
Average climb gradient	3,0	●●●○○
Average descent gradient	3,0	●●●○○

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

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>

## CHARACTERISTICS

This is the ideal tour for newcomers to mountain biking. The 600m in altitude difference and the 17 kilometres to pass Castelvecchio does not present sporting novices with any difficulties. Apart from a few short sections the climbs are moderate and pass along easily rideable side or gravel roads. For practising riding technique there is a steeper descent on gravel to Castelvecchio and a flowing

trail above Alpe di Siusi aerial cableway. You can warm up easily in the first few kilometres from the tourism association Siusi to San Valentino. You continue at first still on tarmac with a splendid view of Castelrotto and then on gravel on the small hamlet of Tiosels. The route climbs noticeably for the first time with an average 13% incline to the Wasserebene. This little tarmac





road does not present any problems for mountain bike novices. The ascent continues to decrease behind the Wasserebene and, from the junction to the Schafstall onwards, a narrow side road, offering splendid views, climbs very gently to the control station San Valentino.

A short descent brings bikers back again in the direction of Siusi. Above the village you taxi along now under the Alpe di Siusi cable car through to Bagni di Razzes. The climb via Bagni di Razzes and onwards on the gravel road into the Wood of Castelvecchio can be ridden easily and is only a little ragged directly behind Bagni di Razzes.

Steeper terrain takes you above and past Castel Vecchio, tucked away in woodland. A steep gravel road will test your braking skill for the first time and after two switchbacks you arrive already at the junction for Castelvecchio that you can reach only on foot.

Once again in the saddle you first of all pass along a gravel road, but then on a very flowing trail to the car park of the Alpe di Siusi aerial cableway. From here you are only a few minutes away from the starting point of the tour at the tourism association in Siusi.

## VARIATIONS

1. Short tour: Leaving out Tiosels and Wasserebene. Do not turn left at waymarker 4, but right in the direction of Bagni di Razzes (corresponds to waymarker 26). The tour is reduced by 9.4km and 290m difference in altitude.

2. Extension via Gstatsch: The tour becomes longer, but also above all technically more demanding, if you go uphill as far as Gstatsch (170m altitude difference) taking the Alpe di Siusi road at control station San Valentino (waymarker 22). On the last hairpin bend before the guesthouse turn right on a steep, narrow hiking trail leading to Bagni di Razzes. Cross the Frommer brook by bridge and follow the road that begins as gravel and so reach the road to Bagni di Razzes. You descend 120m and join the tour described here at waymarker 33 again at a bridge.

3. Extension via Schafstall and Marinzen: At waymarker 18 bear right uphill (at first very steep) to Schafstall and via Marinzen to Costazza (5km and 335m difference in altitude uphill). From there downhill as described in alternative 2.