



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

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 Siusi.

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	●●●○○

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 station	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 Fassfun	Bear right uphill	R 11% ↗	00:01	00:03
4	0,99	0,16	1095	↖	Crossroad	Left Castelrotto (Castelrotto) 6	R 7% ↗	00:02	00:05
5	1,15	0,27	1105	↖	Junction	Bear Left Castelrotto (Castelrotto) 6	R 4% →	00:03	00:06
6	1,42	0,26	1115	↑	Private car park	Straight ahead	S 7% ↗	00:03	00:08
7	1,68	0,25	1134	↗	Patener Hof	Bear right Kastelruth (Castelrotto) 6	R 9% ↗	00:04	00:10
8	1,93	0,08	1155	↘	Intersection Alpe di Siusi road in San Valentino	Sharp right uphill	R 5% ↗	00:05	00:11
9	2,01	0,12	1159	↖	Junction	Left Maso Psoar-Hof	R 1% →	00:05	00:12
10	2,13	0,70	1160	↗	Maso Psoar-Hof	Bear right Kastelruth (Castelrotto) 6	R 1% →	00:05	00:12
11	2,83	0,26	1159	↘	Crossroad	Right Tiosels 7	S 8% ↗	00:07	00:16
12	3,09	0,88	1178	↑	Junction	Straight ahead Tiosels 7	S -5% ↘	00:08	00:18



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
13	3,97	0,30	1137		Junction	Straight ahead St. Michael 7	S 6%	00:10	00:23
14	4,27	0,06	1155		Intersection	Bear left St. Michael 7	S 0%	00:11	00:25
15	4,32	0,35	1155		Intersection	Straight ahead St. Michael 7	R 6%	00:11	00:25
16	4,68	0,28	1173		Hof Unterdill in Tiosels	Bear right Wasserebene, St. Michael 7	R 14%	00:12	00:28
17	4,96	0,80	1211		Crossroad sports ground Wasserebene	Straight ahead uphill Schafstall 8	R 8%	00:13	00:29
18	5,76	0,12	1277		Turn-off for Schafstall	Straight ahead	R 0%	00:15	00:34
19	5,88	1,42	1277		Turn-off for Schafstall	Straight ahead	R 1%	00:16	00:35
20	7,30	0,60	1291		Crossroad	Straight ahead	R -1%	00:19	00:43
21	7,90	0,51	1288		Turn-off for Marinzen	Straight ahead Alpe di Siusi, Siusi	R 0%	00:21	00:47
22	8,41	0,57	1286		Control position San Valentino	Sharp right Seis (Siusi) 4	R -10%	00:22	00:50
23	8,98	1,10	1231		Haus Waldrand, bus stop	Sharp left Trotzstr.	R -10%	00:24	00:53
24	10,08	0,17	1121		Junction with Via Burgstall	Straight ahead downhill	R -10%	00:27	01:00

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
25	10,25	0,16	1105		Turn-off for Kastelruth (Castelrotto) 6	Bear Left Bagni di Razzes 6	R -7%	00:27	01:01
26	10,41	0,54	1095		Crossroads Way of the cross	Straight ahead Bad Ratzes	R 0%	00:28	01:02
27	10,95	0,33	1097		Junction for Bad Ratzes (Bagni di Razzes) 6	Bear right level road	R 1%	00:29	01:05
28	11,28	0,11	1102		Wooden bridge	Left Bad Ratzes	R 7%	00:30	01:07
29	11,39	0,40	1109		Turn-off for Siusi aerial cableway	Straight ahead uphill	R 10%	00:31	01:08
30	11,79	0,13	1148		Junction	Bear right uphill	W 12%	00:32	01:10
31	11,93	0,09	1165		Water reservoir	Bear left	S 3%	00:32	01:11
32	12,02	0,05	1167		Intersection	Bear right uphill	R -0%	00:32	01:12
33	12,07	0,15	1167		Bridge over brook	Bear right uphill	S 8%	00:32	01:12
34	12,22	0,42	1177		Turn-off for Castelvecchio	Straight ahead Schlernbödele-Malghetta Sciliar 3B	S 9%	00:33	01:13
35	12,64	0,08	1210		Crossroads near to Bagni di Razzes	Bear right uphill Schlern (Sciliar) 1	S 12%	00:34	01:15
36	12,72	1,05	1220		Junction to Schlern (Sciliar) 1	Sharp right Bischofsweg	S 6%	00:34	01:16



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
37	13,77	0,48	1273		Fountain	Straight ahead	S 1% →	00:37	01:22
38	14,24	0,39	1281		Junction	Sharp right Castelvecchio	S-16% ↘	00:38	01:25
39	14,63	0,18	1221		Junction gravel road	Straight ahead downhill	S-18% ↘	00:39	01:27
40	14,81	0,14	1187		Crossroad Castelvecchio	Straight ahead	S-6% ↘	00:40	01:28
41	14,95	0,43	1179		Fountain	Straight ahead downhill Seis	S-14% ↘	00:40	01:29
42	15,38	0,25	1117		Crossroad	Sharp left Ruine Salegg (Castel Seligo) 3	W -12% ↙	00:41	01:32
43	15,64	0,68	1086		Plaque on life ex- pectancy	Straight ahead	W -4% →	00:42	01:33
44	16,32	0,31	1060		Crossroad	Sharp right down- hill (later 3B)	W -15% ↘	00:44	01:37
45	16,63	0,07	1012		Car park Alpe di Siusi cable car	Bear right across the car park	R 0% →	00:45	01:39
46	16,70	0,15	1012		Valley station Alpe di Siusi aerial cableway	Sharp left	A -5% ↙	00:45	01:40
47	16,85	0,13	1004		Junction Via Oswald von Wolkenstein	Right downhill	A -7% ↘	00:45	01:41
48	16,97	0,11	995		Bridge over brook, entrance car park Alpe di Siusi aerial cableway	Straight ahead over bridge	S 3% →	00:46	01:41

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
49	17,08	0,11	999		Junction private road	Bear left Siusi	R -3% →	00:46	01:42
50	17,19	0,02	995		Crossroad Matzlstr.	Bear left to main road	R 0% →	00:46	01:43
51	17,22	0,24	995		Garni Hauenstein	Right	A 4% ↗	00:46	01:43
52	17,45	0,06	1006		Traffic roundabout Siusi	Straight ahead Kastelruth	A 6% ↗	00:47	01:44
53	17,52	0,00	1010		Tourism associati- on Siusi, bus stop	End of tour	A 0% →	00:47	01:45

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.			