



| TOUR INFO | | % of distance |
|---------------------------|----------|---------------|
| Total distance | 30,24 km | 100% |
| Height variation uphill | 1233 m | |
| Height variation downhill | 1233 m | |
| Maximum altitude | 2017 m | |
| Tarmac | 5,25 km | 17,4% |
| Tarmac cycle path | 14,84 km | 49,1% |
| Gravel | 7,13 km | 23,6% |
| Hiking trail | 2,00 km | 6,6% |
| Single track | 1,00 km | 3,3% |
| 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 | 3 hrs 01 min |
| Riding time at 10 km/h | 2 hrs 31 min |
| Riding time at 14 km/h | 2 hrs 10 min |
| Riding time at 16 km/h | 1 hrs 53 min |
| Riding time at 18 km/h | 1 hrs 41 min |
| Riding time at 20 km/h | 1 hrs 31 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 in Castelrotto. |

| TOUR EVALUATION | | |
|--------------------|-----|-------|
| Overall difficulty | 3,3 | ●●●○○ |
| Climb difficulty | 3,3 | ●●●○○ |
| Descent difficulty | 3,4 | ●●●○○ |

| PHYSICAL CONDITION | | |
|------------------------|-----|-------|
| Overall condition | 3,6 | ●●●○○ |
| Total height variation | 4,0 | ●●●○○ |
| Total distance | 3,0 | ●●●○○ |
| Maximum altitude | 4,0 | ●●●○○ |

| RIDING TECHNIQUE | | |
|--------------------------|-----|-------|
| Overall riding technique | 3,0 | ●●●○○ |
| Surface | 2,6 | ●●●○○ |
| Average climb gradient | 3,0 | ●●●○○ |
| Average descent gradient | 4,0 | ●●●○○ |

| EMOTIONAL EXPERIENCE | | |
|----------------------|-----|-------|
| Panorama | 5,0 | ●●●●● |
| Riding fun | 4,0 | ●●●○○ |

CHARACTERISTICS

The tour to the Laurin Hut combines intensive fitness training uphill with glorious Dolomite panoramas from the balcony seats of the Alpe di Siusi and more challenging riding technique downhill.

The tour begins in the centre of Castelrotto immediately next to the tower. You can warm up in the first few kilometres of a lightly trafficked side road to Tiosels. Shortly after Tiosels you join the road leading to Val Gardena. It is best to cover the next five kilometres as far as the

Passo Pinei as quickly as possible. Unfortunately, there is no alternative to the main road here for bikers. From Passo Pinei you go downhill for a short time before climbing a narrow side road leading to Bulla/Pufels. The beautiful old gravel road that leads directly to the road in Bulla again by-passes the recently built tunnel.

Now for something a bit steeper, but still pleasant to ride, you pedal up over Monte Piz to the Alpe di Siusi. Follow the road for a short distance in the direction





of Compaccio, then past Hotel Steger Dellai turn off onto the gravel alternative leading to the Alpenhotel Panorama. Already on this section, views of the Denti di Terrarossa/Rossezähne, the first foothills of the Catinaccio/Rosengarten in the south and the Sciliar/Schlern will inspire you.

The uphill marathon is finished once you reach the Alpenhotel Panorama. For more than 17 kilometres you have gone almost solely uphill, climbing a good 1,100m in altitude. Up here three fantastic refreshment facilities court the favour of thirsty and hungry bikers: the Alpen-

hotel Panorama with its unforgettable 360° panoramic view, the original and unspoilt Laurin hut with its perfect view of the Sciliar/Schlern, or the Spitzbühel that soars above the valley like an eagle's eyrie and from where the Sciliar/Schlern seems to be close enough to touch.

In any event, you will need some refreshment, because on reaching the car park at Spitzbühel the tour changes its character decisively. If up until now fitness has mainly been needed, now riding technique is called for. The trail leading to Gstatsch is challenging. It is narrow, calls for technique, as it was a former cart

path in parts. Take care: when it is wet or raining it can be very slippery.

From Gstatsch the downhill fun goes on. A narrow, lonely trail circles down in the direction of Bagni di Razzes. Only after crossing the Frommer stream do you come across civilisation again in the form of a gravel road.

Small side roads, partially closed to traffic, lead finally via Bagni di Razzes and above Siusi to San Costantino and back to Castelrotto.

VARIATIONS

1. Easier downhill: whoever finds descending the trails too difficult can "drop out" at waymarkers 43, 45 or 48 and simply descend on the Alpe di Siusi road. Anyway in San Valentino at waymarker 68 you join the tour described here.

2. Easier tour: the tour can be shortened at waymarker 21 by simply continuing straight ahead in the direction of Compaccio. A little below you join the tour described here again at the car park Spitzbühel (waymarker 41). Admittedly, you miss the most beautiful views of the tour up on the Alpe di Siusi.

3. Longer tour: the tour can be extended easily on the Alpe di Siusi to meet your

wishes. One possibility is after the ascent not to bear right at waymarker 20 to Compaccio, but to turn sharp left to Saltria and from there via Malga Tirlir and the Almrosen Hut in the direction of the Alpenhotel Panorama. A short distance before the hotel, you join the tour described here at waymarker 25.

