



TOUR INFO		% of distance
Total distance	18,98 km	100%
Height variation uphill	227 m	
Height variation downhill	1070 m	
Maximum altitude	1855 m	
Tarmac	0,00 km	0,0%
Tarmac cycle path	6,37 km	33,6%
Gravel	5,67 km	29,9%
Hiking trail	1,66 km	8,8%
Single track	1,16 km	6,2%
Carrying / pushing	0,00 km	0,0%
Cable car / transfer	4,11 km	21,7%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	1 hrs 54 min
Riding time at 10 km/h	1 hrs 35 min
Riding time at 14 km/h	1 hrs 21 min
Riding time at 16 km/h	1 hrs 11 min
Riding time at 18 km/h	1 hrs 03 min
Riding time at 20 km/h	0 hrs 57 min

TOUR EVALUATION		
Overall difficulty	2,5	●●○○○
Climb difficulty	1,8	●●○○○
Descent difficulty	3,5	●●●○○

PHYSICAL CONDITION		
Overall condition	2,1	●●○○○
Total height variation	2,0	●●○○○
Total distance	2,0	●●○○○
Maximum altitude	3,0	●●●○○

RIDING TECHNIQUE		
Overall riding technique	2,7	●●●○○
Surface	2,5	●●●○○
Average climb gradient	2,0	●●○○○
Average descent gradient	4,0	●●●○○

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

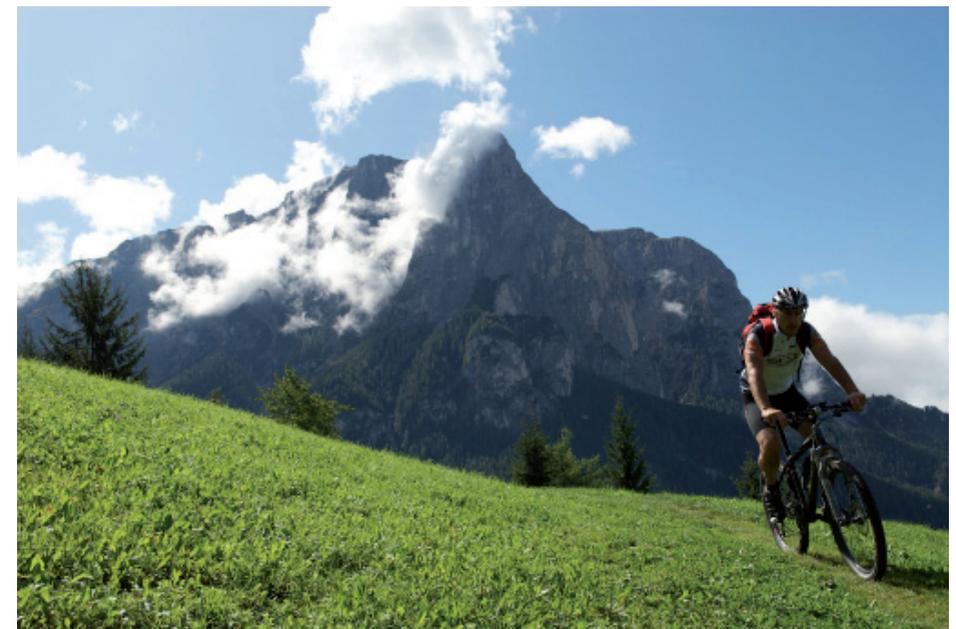
CHARACTERISTICS

Fantastic panorama, a treat for riding technique fans, more than 1,000m in altitude difference, varied descent and really good stops for refreshment and all that with hardly having to climb a metre in altitude!

The Alpe di Siusi aerial cableway makes this possible. It takes over the bulk of the altitude difference for this tour. This makes the tour via the Marinzen hut perfectly suitable for less physically fit bikers or for a quick half-day excursion.

At the valley station of the Alpe di Siusi

cable car you can push your bike easily into the spacious cabins of the aerial cableway that came into service in 2005. A short time later you get out at Compaccio, the highest point of the tour. Now it is almost only downhill! A short distance below Compaccio you turn onto a hiking trail at Gasthaus Zorzi in the direction of the car park at Spitzbühl. After Jaggl Hut this hiking trail becomes a fun trail that disgorges the now wide-awake biker onto the car park of the chair lift at Spitzbühl.



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 is a large bus and car park free of charge at the valley station of the Alpe di Siusi cable car station in Siusi.</p> <p>The tour begins at the valley station of the Alpe di Siusi aerial cableway in Siusi.</p>



Now you follow the Alpe di Siusi road downhill for a few metres before the route runs into the gravel road that runs parallel on the right in the direction of Gstatsch. At waymarker 13 you have to decide. The following section of trail is a pleasure for riding technique fans. Bikers who are not so strong on riding technique should take the Alpe di Siusi road and roll down the three hairpin bends as far as Gstatsch. At the Gasthaus Gstatsch the varied mountain trail to the Marinzen hut begins. After a short section of woodland you come to a mountain pasture. You

should definitely stop here and look around. The view of the Sciliar/Schlern with its characteristic Santner Peak is impressive. After a lot of uphill and downhill you will reach the stunningly located Marinzen hut. It is unlikely that you will be on your own very often here. An old chair lift brings day-trippers up from Castelrotto. The beautiful mountain pastures with horses, goats and an idyllic small lake is a popular destination for excursions. You can have a fantastic rest on the sun terrace with its view of the Sciliar/Schlern. Alternatively a kilometre further on you

can stop for a bite in the much quieter Schafstall, a mountain hut in a remote location in rather shady woodland. From there a steep gravel road leads downhill Wasserebene. Finally, with a stunning view of Castelrotto you cruise along on a small tarmac road to the control point at San Valentino and back to Siusi to the valley station of the Alpe di Siusi aerial cableway.

VARIATIONS

1. Climb by bike: Whoever wants to do the 1,070m of difference in altitude by bike can do this easiest by taking the Alpe di Siusi road to Compaccio. The road is closed to normal traffic from 9am. Only buses and residents can use it then. A short distance before the Gasthaus Zorzi you join the tour described here at waymarker 4.

2. Extended tour via Alpe di Siusi: If you use the Alpe di Siusi aerial cableway for the ascent, you can use the energy saved for the beautiful alternative via the Alpenhotel Panorama, Laurin Hut and Spitzbühel. To this end, do not turn right at waymarker 3, but left in the direction of Salsria. After a kilometre bear right for Hotel Steger Dellai and follow the signs for Sciliar. Go downhill from the Spitzbühel to the car park at the valley station of the chair lift of the same name. At waymarker 10 join the tour described here again.



3. Alternative way back: At waymarker 29 do not go straight ahead, but right steeply downhill. Then via Wasserebene, Tiosels and the hiking trail 7 to San Costantino and Siusi.