



TOUR INFO		% of distance
Total distance	25,17 km	100%
Height variation uphill	960 m	
Height variation downhill	960 m	
Maximum altitude	1176 m	
Tarmac	2,50 km	10,0%
Tarmac cycle path	18,00 km	71,5%
Gravel	2,86 km	11,4%
Hiking trail	1,43 km	5,7%
Single track	0,00 km	0,0%
Carrying / pushing	0,37 km	1,5%
Cable car / transfer	0,00 km	0,0%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	2 hrs 31 min
Riding time at 10 km/h	2 hrs 06 min
Riding time at 14 km/h	1 hrs 48 min
Riding time at 16 km/h	1 hrs 34 min
Riding time at 18 km/h	1 hrs 24 min
Riding time at 20 km/h	1 hrs 16 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	2,8	●●●○○
Climb difficulty	2,9	●●●○○
Descent difficulty	2,7	●●●○○

PHYSICAL CONDITION		
Overall condition	2,9	●●●○○
Total height variation	3,0	●●●○○
Total distance	3,0	●●●○○
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	2,0	●●○○○

CHARACTERISTICS

The tour to Sant' Osvaldo leads in a large loop around both elevations to the west of Castelrotto and Siusi, the Tisana hill and the Laranz hill, behind which the terrain descends steeply to the Valle Isarco. It does not present any great difficulties for bikers from the point of view of riding technique because it runs for the most part along tarmac side or gravel roads with light traffic. But above all you should not underestimate the state of fitness needed for this tour. The almost ten-kilometre climb from the Ti-

senser Bach (brook) as far as just before Telfen will sap your strength. The tour begins in the centre of Castelrotto directly at the tower. For the first few kilometres you follow a side road with light traffic to Tiosels. It is ideal for warming up. You cruise downhill for a few metres on the main road as far as Casa del Colle where an idyllic little road leads past remote farms in the direction of Moosbühel. You continue on gravel to the Tiosler pond, where the quiet water's edge invites you to rest a short while.





Continuing downhill you come to Tagusa, a small hamlet, whose distinctive church towers over the Val Gardena. You now follow the narrow connecting road leading to Tisana. Shortly before this village the route turns off in the direction of Sant'Osvaldo. Take care: the descent is very narrow in parts and can be very slippery when the leaves fall in autumn. You join the main road leading to Ponte Gardena from where however a few metres further on a side road turns off to Sant'Osvaldo. The route goes downhill steeply to the Tisenser Bach and from there just as steeply uphill to the Maso Lafogler Hof in Sant'Osvaldo. In this beautiful typical wine tavern you can build up your strength for the further long climb to Telfen. By the way, the Maso Lafogler Hof is an ideal place in au-

turn for the traditional Törggelen, that is, tasting the new wine. Further on uphill you turn in a large loop around the Laranz hill in the direction of Siusi. On the way the Malenger Mühle with its small grain museum is well-worth seeing. From Siusi you follow the main road for a short distance uphill in the direction of Castelrotto, but turn off



soon to the Wood of Laranz. Past the sports centre Telfen you go to Misaltweg. Here you have to dismount briefly because the narrow hiking track is too steep and interspersed with steps. This track leads back to Castelrotto.



VARIATIONS

1. Via Brembach to Tagusa: As an alternative to the route via the Tiosler pond you can turn right downhill in the direction of Brembach at waymarker 10 in Schgagul. The tarmac road ends at the Maso-Tamines Hof, from where you can get to Tagusa bearing left over a gravel road. There at waymarker 24 you join the tour described here again.

2. Short tour via Tisana: At waymarker 27 do not go sharp right to Sant'Osvaldo, but straight ahead on to Tisana. In the village left uphill and at the Maso Ganserhof right. 260m further the hiking trail bears left back to Castelrotto.

3. Via Gasthaus Sankt Oswald (Sant'Osvaldo) straight to Maso Furscher Hof: At waymarker 35 in Sant'Osvaldo bear left to the guesthouse of the same name. Follow this road now as far as waymarker 40 at Furscher Hof. Continue straight ahead there the tour described here.

