



TOUR INFO		% of distance
Total distance	20,67 km	100%
Height variation uphill	937 m	
Height variation downhill	937 m	
Maximum altitude	1481 m	
Tarmac	1,85 km	9,0%
Tarmac cycle path	10,70 km	51,8%
Gravel	7,11 km	34,4%
Hiking trail	0,53 km	2,6%
Single track	0,27 km	1,3%
Carrying / pushing	0,18 km	0,9%
Cable car / transfer	0,00 km	0,0%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	2 hrs 04 min
Riding time at 10 km/h	1 hrs 43 min
Riding time at 14 km/h	1 hrs 29 min
Riding time at 16 km/h	1 hrs 18 min
Riding time at 18 km/h	1 hrs 09 min
Riding time at 20 km/h	1 hrs 02 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	3,0	●●●○○
Climb difficulty	3,2	●●●○○
Descent difficulty	2,7	●●●○○

KONDITION		
Overall condition	2,9	●●●○○
Total height variation	3,0	●●●○○
Total distance	3,0	●●●○○
Maximum altitude	2,0	●●○○○

RIDING TECHNIQUE		
Overall riding technique	3,1	●●●○○
Surface	2,7	●●●○○
Average climb gradient	4,0	●●●●○
Average descent gradient	3,0	●●●○○

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

CHARACTERISTICS

The best way to describe this short, varied tour is that you can burn up energy on the way up to Schafstall, cool off on the way down to Brembach, two mountain sprints ahead Tagusa and the Tiosler pond. You finish off by casual coasting down via Schagul and Tiosels back to Castelrotto.

The tour starts from the tower in the picturesque centre of Castelrotto and then first of all in the direction of San Valentino on the Alpe di Siusi road. The first two kilometres only climb gently and are ide-

ally suited for warming up. A first steeper incline leads high up to the road leading to Wasserebene and offers stunning views. You follow this as far as the turn-off leading to Stalla delle Pecore.

The climb to Schafstall falls into the category "no mercy for your calves". The 200m difference in altitude is demanding. The average climb reaches 20%. Fortunately, refreshments are waiting for you up at the Schafstall where you can slake your thirst and cool off.





There follows a short, crisp woodland trail that later merges into a gravel road that goes ever steeper downhill. Take care not to miss the turn-off onto hiking trail no. 9 (waymarker 18) as you descend! This hiking trail joins San Michele on the main road that you follow turning left in the direction of Castelrotto as far as Schagul.

The continuing descent along the Brembach (brook) is cool and shady. Mountain sprint no. 1 begins here. You climb on tarmac high up to the Maso Tamines Hof. The route continues on the gravel road to Tagusa, a small hamlet whose

distinctive church overlooks the Val Gardena.

The somewhat longer mountain sprint no. 2 begins in Tagusa, once again a good 200m in altitude difference through the Tagusa woodland past the Tiosler pond. That was it! The rest of the loop goes back to Schgagul in a series of easy climbs and descents. With a last short climb over the side road to Tiosels you again reach the centre of Castelrotto.

VARIATIONS

1. Leaving out Schafstall: Whoever would like to avoid the steep climb to the Schafstall should continue straight ahead at waymarker 10 and cruise via Wasserebene to Tiosels. Turn right there in the direction of the main road, where you join the tour described here at waymarker 23.

2. Via Tisana to Castelrotto: Do not turn sharp left in Tagusa at waymarker 33, but bear left in the direction of Tisana. Then go left uphill and right at the Maso Ganserhof. 260m further on the hiking trail bears left back to Castelrotto.

3. Long training tour over the Alpe di Siusi: At waymarker 14 at the Schafstall turn sharp right towards Marinzen. Continue via Gstatsch and the Alpe di Siusi road to Compaccio. Go straight ahead there towards Saltria and via Monte Piz, Bulla and the Passo Pinei to San Michele. There you join the tour described here at waymarker 21 (20.7km and 654m difference in altitude uphill from the Schafstall to San Michele).