



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

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	●●●○○

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 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.</p> <p>The tour begins at the tourism association in Castelrotto.</p>

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
1	0,00	0,07	1062		Tourism association Castelrotto	Straight ahead between Castelrotto tower and fountain	R-4% →	00:00	00:00
2	0,07	0,06	1059		Hotel zum Wolf	Bear right	R 4% →	00:00	00:00
3	0,13	0,47	1061		Sparkasse Kastelruth	Straight Maritzenweg	R 8% ↗	00:00	00:00
4	0,60	0,74	1098		Turn-off to Telfen 6A	Bear left Seis (Siusi) 6	S 9% ↗	00:01	00:03
5	1,34	0,70	1159		Crossroad	Straight ahead Seis (Siusi) 6	R-1% →	00:03	00:08
6	2,04	0,12	1160		Maso Psoar-Hof	Bear left	R-1% →	00:05	00:12
7	2,16	0,49	1159		Intersection Alpe di Siusi road	Left uphill	R 7% ↗	00:05	00:12
8	2,65	0,65	1194		Maso Schildberghof	Left uphill	R 15% ↑	00:07	00:15
9	3,31	1,42	1291		Crossroad	Left Castelrotto	R-1% →	00:09	00:19
10	4,73	0,09	1277		Junction	Bear right uphill Maritzen mountain cabin	W 15% ↗	00:12	00:28
11	4,82	0,65	1292		Junction	Straight ahead	S 14% ↗	00:13	00:28
12	5,47	0,21	1382		Turn-off to the Wasserebene	Straight ahead Schafstall 8	S 20% ↑	00:14	00:32
13	5,68	0,31	1424		Junction	Straight ahead uphill Schafstall 8	S 18% ↑	00:15	00:34



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
14	5,99	0,04	1476		Schafstall	Straight ahead past Schafstall	W 9%	00:16	00:35
15	6,03	0,03	1479		Intersection behind Schafstall	Right St. Michael (San Michele) 9	W 6%	00:16	00:36
16	6,06	0,28	1481		Turn-off to Bullaccia	Bear left downhill St. Michael (San Michele) 9	P -2%	00:16	00:36
17	6,34	0,90	1479		Intersection gravel road	Straight ahead steeply downhill	S -21%	00:17	00:38
18	7,24	0,12	1298		Junction	Bear left downhill hiking trail 9	W -25%	00:19	00:43
19	7,36	0,09	1268		Bench at cabin	Bear Left Castelrotto 7	W -13%	00:20	00:44
20	7,45	0,16	1256		Fork near farmstead	Bear right downhill bar/restaurant	W -15%	00:20	00:44
21	7,61	0,90	1232		Maso Ritsch Hof in San Michele	Left	A -6%	00:20	00:45
22	8,51	0,17	1177		Junction to Wasserebene	Straight ahead downhill	A -7%	00:23	00:51
23	8,68	0,30	1165		Junction Tioslerweg, to sports cabin	Straight ahead downhill	A -11%	00:23	00:52
24	8,97	0,06	1136		To Schgagul / snack bar Sabine	Right Maso Radauerhof, Maso Dosserhof	R -5%	00:24	00:53
25	9,03	0,07	1133		Fork	Bear right St. Michael (San Michele) 10	R -4%	00:24	00:54

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
26	9,10	1,11	1130		Fork	Bear left Tagusens (Tagusa) 2A	R -14%	00:24	00:54
27	10,21	1,04	962		Junction to Brembach 5	Straight ahead Tagusa 2A	R 7%	00:27	01:01
28	11,25	1,19	1036		Maso Tamines Hof	Left Tagusa 2	S -2%	00:30	01:07
29	12,43	0,22	1013		Junction	Straight ahead	S -11%	00:33	01:14
30	12,66	0,10	991		Intersection	Bear left	S -6%	00:34	01:15
31	12,76	0,12	985		Junction	Bear right downhill Tagusa 2	S -20%	00:34	01:16
32	12,88	0,53	961		Maso Neuhauserhof	Straight ahead	R -0%	00:35	01:17
33	13,41	0,10	951		Tagusa (fountain)	Sharp left Castelrotto 2	R 11%	00:36	01:20
34	13,50	0,27	963		End of tarmac	Straight ahead	S 18%	00:36	01:21
35	13,77	0,07	1010		Wayside cross	Bear right uphill	S 8%	00:37	01:22
36	13,85	0,19	1017		Crossroads tarmac road	Straight ahead uphill hiking trail	S 16%	00:37	01:23
37	14,04	0,29	1048		End of pushing bike	Straight ahead	S 14%	00:38	01:24
38	14,32	0,17	1082		Junction to Tagusens (Tagusa) 2	Straight ahead Kastelruth (Castelrotto) 2	S 5%	00:39	01:25



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
39	1449	0,44	1090		Junction	Straight ahead	S 8% 	00:39	01:26
40	1493	0,10	1124		Crossroad	Bear Left Castelrotto 2a	S 4% 	00:40	01:29
41	1503	0,23	1128		Fishing pond	Straight ahead	S 9% 	00:40	01:30
42	1527	0,39	1150		Alter Hof	Sharp right Kastelruth (Castelrotto) 2a	S 2% 	00:41	01:31
43	1566	0,70	1156		Wayside cross, bench	Straight ahead	S -5% 	00:42	01:33
44	1636	1,22	1119		Junction to Castelrotto	Straight ahead St. Michael 2a	R 1% 	00:44	01:38
45	1758	0,47	1136		Letter box	Right	R 2% 	00:47	01:45
46	1806	0,14	1141		Junction to Castelrotto 10	Straight ahead St. Michael 10	R -7% 	00:49	01:48
47	1820	0,06	1133		Junction	Bear right	R 5% 	00:49	01:49
48	1826	0,30	1136		To Schgagul / snack bar Sabine	Left uphill	A 11% 	00:49	01:49
49	1855	0,36	1165		Junction, bus stop	Right Tioslerweg, sports cabin	R 1% 	00:50	01:51
50	1892	0,35	1173		Maso Hof Unterdill in Tiosels	Straight ahead Seis (Siusi) 7	R -6% 	00:51	01:53
51	1927	0,29	1155		Turn-off to Seis (Siusi) 7	Bear right downhill	R -12% 	00:52	01:55

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
52	1957	0,78	1121		Turn-off to St. Michael (San Michele) 7	Bear right downhill	R -10% 	00:53	01:57
53	2035	0,20	1052		Konsum-Markt	Bear left	A 4% 	00:55	02:02
54	2055	0,06	1061		Sparkasse Kastelruth	Right centre	R -4% 	00:56	02:03
55	2060	0,07	1059		Hotel zum Wolf	Bear left	R 4% 	00:56	02:03
56	2068	0,00	1062		Tourism associati- on Castelrotto	End of tour	R 0% 	00:56	02:04

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.