



TOUR INFO		% of distance
Total distance	16,43 km	100%
Height variation uphill	624 m	
Height variation downhill	624 m	
Maximum altitude	2080 m	
Tarmac	0,00 km	0,0%
Tarmac cycle path	8,98 km	54,7%
Gravel	6,41 km	39,0%
Hiking trail	1,03 km	6,3%
Single track	0,00 km	0,0%
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	1 hrs 39 min
Riding time at 10 km/h	1 hrs 22 min
Riding time at 14 km/h	1 hrs 10 min
Riding time at 16 km/h	1 hrs 02 min
Riding time at 18 km/h	0 hrs 55 min
Riding time at 20 km/h	0 hrs 49 min

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>The best place to park is the free car park of the Seiser Alm/Alpe di Siusi aerial cableway in Siusi. Then ride up with the cable car to Compaccio.</p> <p>The tour begins at the tourist information office in Compaccio.</p>

TOUR EVALUATION		
Overall difficulty	2,7	●●●○○
Climb difficulty	2,7	●●●○○
Descent difficulty	2,7	●●●○○

PHYSICAL CONDITION		
Overall condition	2,7	●●●○○
Total height variation	3,0	●●●○○
Total distance	2,0	●●○○○
Maximum altitude	4,0	●●●●○

RIDING TECHNIQUE		
Overall riding technique	2,8	●●●○○
Surface	2,5	●●●○○
Average climb gradient	3,0	●●●○○
Average descent gradient	3,0	●●●○○

EMOTIONAL EXPERIENCE		
Panorama	5,0	●●●●●
Riding fun	3,0	●●●○○

CHARACTERISTICS

The Seiser Alm/Alpe di Siusi is Europe's largest high pastureland. Its extensive meadows have for centuries hosted dairy-farming activities. This easy tour essentially follows the daily round of the milkmen who would visit the various farms to collect the milk produced. There is however one important difference: in those days, the milkmen had to turn back at the Mahlknecht hut, as the road ended there. Bikers can however use the new rural roads, enjoying a spectacular tour with unforgettable view over the

mountains and plenty of refreshment opportunities. The tour begins at the Tourist Information Office in Compaccio. The gradual climb up the Jochstrasse road is a perfect way to warm up; then, 380 m on from Waymarker 2, you reach the Alpenhotel Panorama. The name says it all: its location offers a 360° panorama, not just of the nearby Dolomite summits such as the Langkofel/Sasso Lungo, Plattkofel/Sasso Piatto, Marmolada, the Sella massif, Sas Rigais, Geisler/Odle group, Ross-





zähne/Denti di Terrarossa or the Schlern/Sciliar with the Santner Spire – on clear days you can see as far as the Zillertaler and Stubai Alps or even the Ortler/Ortles!

Continuing to climb, you reach the Goldknopf, the next point on the milkmen's route. A gravel road leads to the traditional Almrosen Hut and over the highest point of the tour to the Mahlknecht Hut. This was where the rural road used to end and the milkmen would turn back. Today, the gravel road leads to the small church at Dialer. A rapid descent leads you to the next refreshment opportunity, the Almgasthof Tirler Inn. Here you can replenish your energy once more before the second long climb of

the tour. An ascent of 200 m along the tarmac road from Saltria brings you to the Ritsch Schwaige Hut, with another chance to take a break. The last part of the tour then leads through the beautiful pasture landscape, pedalling across meadows up to the pass where a wonderful panorama over the Schlern/Sciliar awaits you, from the towering Rosszähne/Denti di Terrarossa to the Santner Spire. Once more through the meadows, but this time downhill, you arrive at the Gostner Schwaige Hut. The last stretch goes past the Hotel Steger Dellai to return to Compatsch, the finishing point of this short yet intensive voyage of discovery around the huts of the Seiser Alm/Alpe di Siusi.

VARIATIONS

1. Extension via the Spitzbühel: a longer and more strenuous tour is possible by making a detour to the Spitzbühel. From Compaccio first descend via the Gasthaus Zorzi Inn and the Jaggl Schwaige Hut to the Spitzbühl car park. Here, climb steeply left up to the Spitzbühel and then proceed via the Laurin Hut to the Alpenhotel Panorama. Just behind the hotel, at waymarker 2, you rejoin the tour described above (+1.7 km, +190 m height variation).

2. More trails: from the Almrosen Hut you can set off along the path that leads directly to Tirler. At waymarker 8 take a slight left and follow path no. 12 to Saltria. After approximately 500 m, this path



becomes a marvellous trail. At waymarker 11 you rejoin the tour described above.

3. Extension via the small church at Dialer: at waymarker 10 do not take the slight left towards Saltria, but carry on straight up to the Dialer church. Here, take a slight left towards Zallinger with the wonderful panorama of the Plattkofel/Sasso Piatto. After approximately 1.6



km take a sharp left down to Saltria. After another 1.4 km you continue to the Zallinger, following the gravel road slightly left downhill. You then rejoin the tour described above at waymarker 12 (+3.3 km, +170 m height variation).