



TOUR INFO		% of distance
Total distance	19,24 km	100%
Height variation uphill	898 m	
Height variation downhill	898 m	
Maximum altitude	1387 m	
Tarmac	0,46 km	2,4%
Tarmac cycle path	6,12 km	31,8%
Gravel	9,02 km	46,9%
Hiking trail	3,63 km	18,9%
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 55 min
Riding time at 10 km/h	1 hrs 36 min
Riding time at 14 km/h	1 hrs 22 min
Riding time at 16 km/h	1 hrs 12 min
Riding time at 18 km/h	1 hrs 04 min
Riding time at 20 km/h	0 hrs 58 min

GETTING THERE AND STARTING POINT

Getting there:

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.

TOUR EVALUATION

Overall difficulty	3,2	●●●○○
Climb difficulty	3,2	●●●○○
Descent difficulty	3,1	●●●○○

PHYSICAL CONDITION

Overall condition	2,5	●●○○○
Total height variation	3,0	●●●○○
Total distance	2,0	●●○○○
Maximum altitude	2,0	●●○○○

RIDING TECHNIQUE

Overall riding technique	3,4	●●●○○
Surface	2,8	●●●○○
Average climb gradient	4,0	●●●○○
Average descent gradient	4,0	●●●○○

EMOTIONAL EXPERIENCE

Panorama	4,0	●●●○○
Riding fun	3,0	●●●○○

Starting point:

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 Fiè.

CHARACTERISTICS

In addition to the Sciliar there are two other distinctive mountain ranges that, seen from Fiè, form a real amphitheatre of rocks: the Croda del Maglio/Hammerwand and the Monte Cavone/Tschafon.

Only hikers can reach both destinations. You cannot reach them by bike. But bikers can ride to the protruding rock of Monte Cavone/Tschafon and marvel at the giant rock faces at close range.

The tour begins in a very relaxed fashion on the narrow road from Fiè to Umes, past stunningly old farmyards, with your sights already set firmly on the Croda del Maglio/Hammerwand and Monte Cavone/Tschafon. After about two kilometres a gravel road climbs up in the direction of Moarmühle (mill). You cruise above Umser Felder with a stunning view of the valley towards Umes. It is best for you to fill your flasks at the water source in Umes, because there is a long climb now to the foot of Croda del Maglio/Hammerwand as far as the protruding rock of Monte Cavone/Tschafon. Altogether it is

something more than 400m of altitude difference in shady woodland that, apart from the short climb at the very end, are all very pleasant to ride. The protruding rock of Monte Cavone/Tschafon is itself





not very spectacular. Good news for bikers! There is also a water source here. The following descent presents no problems of a riding technique nature. The hiking trails in the direction of Val di Tires, the gateway to the Gruppo del Catinaccio/Rosengarten, give a lot of riding fun. This way you end up at the Gasthaus Schönblick, a welcome stop for refreshments with a stunning view over the Val di Tires.

If you stop for a short time on the descent on a narrow road leading to Tschötscher and look back you can see some of the peaks of the Gruppo del Catinaccio/Ro-

sengarten. The route continues climbing gently again to the Schnaggenkreuz, a wonderful vantage point with a view of the complete amphitheatre of mountains from the Sciliar/Schlern as far as Monte Cavone/Tschafon.

You ride on climbing once more for a short while through woodland to the sawmill at Umes. The old road from Umes to Fiè forms the crowning glory of this tour! This mostly gravel idyllic section leads through cropped fields and meadows past old farmhouses to Fiè in beautiful afternoon sunshine if the weather is fine.



VARIATIONS

1. On the road to Umes: You can save a few metres of altitude difference if you do not turn left at waymarker 3, but stay on the Umes road. At the bus stop on the outskirts of Umes then left upwards, and left again at the next crossing. Continue on this road uphill. You join the tour described here again at waymarker 13 (at the water source).

2. Extension via Völser Aicha and Presule: At waymarker 29 turn sharp left downhill to the main road, sharp right there to the road leading to Völser Aicha. After 1.5km bear right at the bus stop on to the hiking trail leading to Presule. In Presule at the Prösler Hof turn right in the direction of Umes. This way you join the tour described here at waymarker 38 precisely at the beginning of the old road from Umes to Fiè.

3. Direct descent from the Schnaggenkreuz to Umes: Bear left at waymarker 31 immediately behind the Schnaggenkreuz onto the gravel road to Umes. It joins the connecting road from Presule to Umes. Follow the road to the right downhill. You reach the tour described here again at waymarker 37. Turn sharp left and follow the road.