



TOUR INFO		% of distance
Total distance	19,46 km	100%
Height variation uphill	826 m	
Height variation downhill	826 m	
Maximum altitude	1450 m	
Tarmac	0,46 km	2,4%
Tarmac cycle path	4,63 km	23,8%
Gravel	11,06 km	56,9%
Hiking trail	2,29 km	11,8%
Single track	0,00 km	0,0%
Carrying / pushing	0,99 km	5,1%
Cable car / transfer	0,00 km	0,0%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	1 hrs 57 min
Riding time at 10 km/h	1 hrs 37 min
Riding time at 14 km/h	1 hrs 23 min
Riding time at 16 km/h	1 hrs 13 min
Riding time at 18 km/h	1 hrs 05 min
Riding time at 20 km/h	0 hrs 58 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.	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.
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.	The tour begins at the tourism association Fiè.

TOUR EVALUATION		
Overall difficulty	3,0	●●●○○
Climb difficulty	3,1	●●●○○
Descent difficulty	2,9	●●●○○

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

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

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

CHARACTERISTICS

A dream tour to two magnificently located mountain pastures at the foot of the Sciliar. In the first part of the climb, the Lake- Laghetto di Fiè fascinates with its swimming facilities and impressive backdrop of mountains. You should allow plenty of time for a stop for refreshments on one of the two mountain pastures (Malga Tuff Alm and Malga Hofer Alpl). It is fantastically beautiful sitting on the terraces and soaking up the unforgettable clear views. By the way, you

can cycle the short distance you push your bike after the Malga Tuff Alm, if you are fit enough!

Away from the main road you take the trail to San Costantino and for a start warm up unhurriedly. The climb to the Laghetto di Fiè does not follow the heavily trafficked road to the lake, but takes the car-free alternative coming from the north at first on tarmac and then on a track through woodland.

In this way you arrive quite unexpected-



ly at the bank of the Lake - Laghetto di Fiè right next to the guesthouse of the same name. You can stop for refreshments here or jump straight off the jetty into the picturesque lake immediately below the Sciliar/Schlern. A little further on you come across the bathing cabin with a large jetty.

Initially, the route leads to the somewhat higher located Lake - Laghetto di Huber and then on through woodland uphill in the direction of the Malga Tuff Alm. It is 200m in altitude difference to the mountain pasture and whoever would like to rest here will be well-cared for on the panoramic terrace.

There follows a short descent across the mountain pasture before a gravel road, very steep in places, leads to the highest point of this tour, the cable car that carries goods to the Schlernhaus/Rifu-

gio Bolzano. We have earmarked the first part of this climb as a section for pushing your bike, but physically fit bikers can of course cycle it!

A few bends further down on the road through woodland you reach the turn-off to the Malga Hofer Alpl. Anyway, you should stop here for refreshments at the very latest and take time to savour the peaceful, remote location and the glorious clear views as far as La Giogaia di Tessa group of mountains 50 kilometres distant.

The descent from the Malga Hofer Alpl to Umes is 500m in altitude difference. The old road from Umes to Fiè forms the crowning glory of this tour. This mostly gravelled, idyllic section leads through cropped fields, past old farmyards to Fiè in the most beautiful afternoon sunshine if the weather is fine.



VARIATIONS

1. Direct climb to the Lake- Laghetto di Fiè: At waymarker 5 in Sant'Antonio do not turn left, but right to the main road. Immediately opposite, the road to the lake begins. It is the shortest way to the Lake Laghetto di Fiè. Bear left shortly before the lake at Hotel Waldsee in the direction of the Guesthouse Laghetto di Fiè(Laghetto di Fiè), where you continue the tour described here at waymarker 19.

2. Shorter way back via Moarmühle (mill): Do not turn sharp left at waymarker 38, but follow the gravel road downhill through the following right-hand bend. 850m further on and a decrease of 100m in altitude difference you join the Umes road that follows on the right to the roundabout in Fiè.

3. Extension via the protruding rock of Monte Cavone/Tschafon: Whoever has not had enough at waymarker 42 above Umes should bear left in the direction of Monte Cavone/Tschafon. This additional loop leads again to Umes via the protruding rock of Monte Cavone/Tschafon, Schönblick, Tschötscher and Schnagenkreuz where it joins the tour described here again at the sawmill (waymarker 46). For details s. tour "Sciliar/Schlern and Croda del Maglio/Hammerwand".

The loop is 12.5km in distance and 590m uphill in altitude difference.