



TOUR INFO		% of distance
Total distance	26,41 km	100%
Height variation uphill	858 m	
Height variation downhill	858 m	
Maximum altitude	1169 m	
Tarmac	2,02 km	7,7%
Tarmac cycle path	14,21 km	53,8%
Gravel	5,17 km	19,6%
Hiking trail	4,37 km	16,6%
Single track	0,25 km	0,9%
Carrying / pushing	0,37 km	1,4%
Cable car / transfer	0,00 km	0,0%

RIDING TIME	Riding time without pauses
Riding time at 10 km/h	2 hrs 38 min
Riding time at 10 km/h	2 hrs 12 min
Riding time at 14 km/h	1 hrs 53 min
Riding time at 16 km/h	1 hrs 39 min
Riding time at 18 km/h	1 hrs 28 min
Riding time at 20 km/h	1 hrs 19 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	2,9	●●●○○
Climb difficulty	2,9	●●●○○
Descent difficulty	2,9	●●●○○

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

RIDING TECHNIQUE		
Overall riding technique	2,9	●●●○○
Surface	2,9	●●●○○
Average climb gradient	3,0	●●●○○
Average descent gradient	3,0	●●●○○

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

CHARACTERISTICS

This valley tour Left the main villages – Castelrotto, Siusi and Fiè - of the Alpe di Siusi holiday region together in a varied and extremely challenging circular tour.

The way there and the way back are completely different. The main road with its heavy traffic is virtually not used. Bikers, who overnight in one of the valley villages, can reach the starting points of these tours in other valley villages this way on stunningly beautiful routes.

The tour starts from the tower of Castelrotto's picturesque centre and in fact initially in the direction of San Valentino on the Alpe di Siusi road. The first two kilometres climb gently and are ideally suitable for warming-up.

You cruise downhill to Siusi and traverse the village. Still parallel to the main road you descend on varied bike routes, mostly downhill, via San Costantino and Sant'Antonio to Fiè. Whoever would like to can

have a look at the beautiful town centre or have a bite to eat.

The identical route takes you back as far as Sant'Antonio. There you turn off





to Novale di Fiè, located lower. The route leads through the peaceful Novale di Fiè to just before San Costantino. There it makes a detour to the remote Konstantiner Weiher (pond). A good sense of direction is helpful on this circular tour and for the additional routes as far as the Maso Fallhof.

From the Maso Fallhof to as far as San Vigilio this valley tour offers now even something for fans of riding technique. Narrow trails and a momentarily very steep descent with descent gradients up to 25% on a woodland trail cater for riding fun and variety.

Further uphill you come across the idyllic Malenger Mühle (mill) with its small but very interesting wheat museum. You get back to Siusi via the Maso Furscher Hof. From Siusi you follow the main road briefly uphill in the direction of Castelrotto, but soon turn off to Wood of Laranz. You ride past the sports centre Telfen to Misaltweg. Here you have to dismount for a short while. The narrow hiking trail that takes you back to Castelrotto is too steep and interspersed with steps.

VARIATIONS

1. Alternative starting points: You can begin the tour in Siusi or Fiè.
2. Detour to Laghetto di Fiè: Whoever would like to go swimming or increase the difference in altitude should turn sharp left shortly before San Costantino at waymarker 31 in the direction of the Lake Laghetto di Fiè (sign for cul-de-sac). After swimming, the short descent via Weiherstraße to Sant'Antonio begins at Hotel Waldsee. There you join the tour described here at waymarker 41.
3. Leaving out the Konstantiner Weiher (pond): Do not bear left at the fork (waymarker 59), but bear right directly to the Maso Fallhof. There turn sharp right at waymarker 68 to continue the tour.