



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:
<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>

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	●●●○○

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's 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 ahead Maritzenweg	R 8% ↗	00:00	00:00
4	0,60	0,74	1098		Junction 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	0,08	1159		Intersection Alpe di Siusi road	Left downhill	R-5% ↘	00:05	00:12
8	2,24	0,25	1155		Farm	Sharp left Patener Weg	R-9% ↘	00:06	00:13
9	2,49	0,26	1134		Maso Patener Hof	Bear Left Bagni di Razzes (Bagni di Razzes) 6	S-7% ↘	00:06	00:14
10	2,75	0,27	1115		Private car park	Straight ahead	R-4% →	00:07	00:16
11	3,02	0,16	1105		Intersection	Bear right Bad Ratzes (Bagni di Razzes) 6	R-7% ↘	00:08	00:18
12	3,18	0,38	1095		Crossroad	Right Seis (Siusi) 11	R-11% ↘	00:08	00:19



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
13	3,56	0,57	1054		Junction with Via Fassfun	Bear left downhill	R-8% ↓	00:09	00:21
14	4,14	0,03	1017		Intersection main road Seis	Left to the tourism association	A-7% ↓	00:11	00:24
15	4,17	0,06	1010		Tourism association Siusi, bus station	Straight ahead to roundabout	A-6% ↓	00:11	00:24
16	4,23	0,20	1006		Roundabout Siusi	Right Sant'Oswaldo	R-5% ↓	00:11	00:25
17	4,42	0,60	997		Hotel Enzian	Left Burgfriedenstraße	R-6% ↓	00:12	00:26
18	5,03	0,11	959		Bau Center	Straight ahead uphill	R 7% ↑	00:13	00:30
19	5,14	0,35	967		Crossroad, bus stop	Right downhill (take gravel path)	S-4% ↓	00:14	00:30
20	5,49	0,09	952		Haus Martinstein	Straight ahead (take cycle path)	R-2% →	00:14	00:32
21	5,58	0,12	950		Junction to golf club	Straight ahead	A 1% →	00:15	00:33
22	5,70	0,80	951		Junction hiking trail	Bear right Völs (Fiè) 11	S-1% →	00:15	00:34
23	6,50	0,06	937		Small chapel	Bear left Völs (Fiè) 11	R-4% →	00:17	00:38
24	6,55	0,10	935		Junction to the main road	Straight ahead Fiè (Fiè) 11	R-7% ↓	00:17	00:39
25	6,65	0,47	928		Crossroads (to the Huber Hof)	Straight ahead Fiè (Fiè) 11	R-2% →	00:18	00:39

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
26	7,12	0,32	913		Wooden bridge	Bear right Völs (Fiè) 11	S-1% →	00:19	00:42
27	7,44	0,14	915		Junction to Lake - Laghetto di Fiè	Straight ahead San Costantino	R 2% →	00:20	00:44
28	7,58	0,03	918		Junction to Camping Alpe di Siusi	Straight ahead	R 3% →	00:20	00:45
29	7,61	0,10	919		Junction hiking trail	Straight ahead Fiè	R 3% →	00:20	00:45
30	7,71	0,32	922		Intersection main road	Bear right Fiè (take foot path)	W-2% →	00:21	00:46
31	8,03	0,02	917		Crossroads (signpost cul-de-sac)	Straight ahead	W-5% ↓	00:21	00:48
32	8,06	0,15	916		Crossroad	Bear right downhill Fiè	R-10% ↓	00:21	00:48
33	8,20	0,18	902		Near Traföhäuschen (small house)	Bear left San Costantino	R 1% →	00:22	00:49
34	8,38	0,32	905		Near church San Costantino	Straight ahead Fiè cycle path	S-2% →	00:22	00:50
35	8,70	0,08	900		Hotel Perwanger, Fountain	Straight ahead Fiè	R-6% ↓	00:23	00:52
36	8,78	0,86	895		Junction	Bear left St. Anton (Sant'Antonio) A	W-2% →	00:23	00:52
37	9,65	0,08	876		Beginning of manufacturing area	Right Straight ahead	R-9% ↓	00:26	00:57



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
38	9,72	0,08	869		Intersection	Bear left	R 6%	00:26	00:58
39	9,80	0,33	872		Roundabout manufacturing area Sant'Antonio	Bear right downhill	R -5%	00:26	00:58
40	10,13	0,22	886		Junction to Noval di Fiè	Straight ahead	R 7%	00:27	01:00
41	10,35	0,38	874		Car park Café Restaurant	Bear right Fiè cycle path	R -8%	00:28	01:02
42	10,73	0,02	846		Junction	Straight ahead	R -7%	00:29	01:04
43	10,75	0,51	844		Fountain	Right	S 3%	00:29	01:04
44	11,26	0,05	857		Intersection leading into Fiè	Bear right direction roundabout	A 4%	00:30	01:07
45	11,31	0,05	859		Tourism association Fiè	Straight ahead to way out of village	A -4%	00:30	01:07
46	11,35	0,51	857		Junction leading to way out of Fiè	Bear left on cycle path	S -3%	00:30	01:08
47	11,86	0,02	844		Fountain	left	R 7%	00:32	01:11
48	11,89	0,40	846		Junction	Bear left	R -4%	00:32	01:11
49	12,29	0,52	831		Novale di Fiè (bend)	Straight ahead downhill (Valle Isarco)	R -8%	00:33	01:13
50	12,81	0,37	791		Junction to the Maso Pardeller Hof	Bear left downhill	R -7%	00:34	01:16

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
51	13,18	0,16	766		Wayside cross Novale di Fiè	Right St. Konstantin (San Costantino) 3	R 12%	00:35	01:19
52	13,34	0,13	787		Junction in bend	Sharp left uphill A	R 15%	00:36	01:20
53	13,47	0,54	804		Junction path A	Bear right uphill	R 9%	00:36	01:20
54	14,02	0,19	851		Farm	Straight ahead downhill San Costantino	R 2%	00:38	01:24
55	14,20	0,38	856		Junction path B	Straight ahead San Costantino	R 11%	00:38	01:25
56	14,58	0,08	895		Junction hiking trail to Sant'Antonio	Straight ahead uphill San Costantino	R 6%	00:39	01:27
57	14,66	0,19	900		Hotel Perwanger, Fountain	Left loop road B	R 1%	00:39	01:27
58	14,85	0,03	902		Wooden barn	Bear left Haus Nössing	S 7%	00:40	01:29
59	14,87	0,43	901		Fork	Bear left path B	S 1%	00:40	01:29
60	15,30	0,12	904		Junction (bench)	Left	W 5%	00:41	01:31
61	15,42	0,05	910		Intersection hiking trail	Bear right	P -13%	00:42	01:32
62	15,47	0,31	904		Intersection	Bear left to lake, then continue along the bank of the lake	W -1%	00:42	01:32

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
63	15,78	0,06	903		Junction	Sharp left path B	W 0% →	00:43	01:34
64	15,84	0,11	903		Junction (bench)	Bear right path B	W -6% ↘	00:43	01:35
65	15,95	0,11	895		Junction path B	Straight ahead downhill	W -14% ↓	00:43	01:35
66	16,06	0,34	881		Crossroad	Bear right path B (black-yellow marking)	W -9% ↘	00:43	01:36
67	16,40	0,52	852		Junction	Bear left downhill (black-yellow marking)	W 6% ↗	00:44	01:38
68	16,92	0,11	871		Fallhof	Bear left path B	W -7% ↘	00:46	01:41
69	17,03	0,20	862		Path junction	Bear right path B	P -1% →	00:46	01:42
70	17,24	0,06	862		Bee hives	Bear right path B	W -0% →	00:47	01:43
71	17,30	0,10	862		House (sale of honey)	Bear right path B	S 13% ↗	00:47	01:43
72	17,40	0,12	877		Residence Clara	Left path B	R 11% ↗	00:47	01:44
73	17,52	0,13	890		House and farmstead	Straight ahead path B	R -0% →	00:47	01:45
74	17,65	0,18	890		Near San Costantino	Left San Vigilio	S -8% ↓	00:48	01:45

ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
75	17,82	0,62	876		Farmstead	Bear left San Vigilio	W -13% ↓	00:48	01:46
76	18,45	0,45	794		Bridge	Sharp left	S 4% →	00:50	01:50
77	18,89	0,16	803		Junction	Bear left	S 7% ↗	00:51	01:53
78	19,06	0,38	814		Intersection in bend San Vigilio	Bear right uphill Siusi	R -1% →	00:51	01:54
79	19,43	0,30	816		Bus stop	Sharp right Seis (Siusi) 7A	R 10% ↗	00:53	01:56
80	19,73	0,80	845		Malenger Mühle (mill), museum	Straight ahead Seis (Siusi) 7A	W 9% ↗	00:53	01:58
81	20,53	0,24	918		Intersection	Left	R 10% ↗	00:55	02:03
82	20,77	0,85	939		Furscher Hof	Sharp right	R 7% ↗	00:56	02:04
83	21,62	0,15	987		Junction	Bear right	R 7% ↗	00:58	02:09
84	21,77	0,20	997		Hotel Enzian	Straight ahead Santner Str.	R 5% ↗	00:59	02:10
85	21,96	0,06	1006		Roundabout Siusi	Left Castelrotto	A 6% ↗	00:59	02:11
86	22,02	0,03	1010		Tourism association Siusi, bus station	Straight ahead	A 7% ↗	01:00	02:12



ROADBOOK									
No.	km	Next	m		Location	Direction	Route	Time 22 km/h	Time 10 km/h
87	2205	0,82	1017		Junction Henrik-Ibsen-Str.	Straight ahead	A 6%	01:00	02:12
88	2288	0,82	1058		Bus stop	Sharp left via Laranzo	R 6%	01:02	02:17
89	2370	0,38	1113		Junction to the Königswarte	Right uphill sports ground	R 4%	01:04	02:22
90	2408	0,61	1126		Junction Pilzeweg	Straight ahead Castelrotto	R -4%	01:05	02:24
91	2469	0,22	1106		Sports centre Telfen	Straight ahead downhill	R -10%	01:07	02:28
92	2491	0,49	1084		Intersection Telfen	Left downhill	A -9%	01:07	02:29
93	2540	0,05	1040		Junction	Bear right Kastelruth (Castelrotto) 5	R 4%	01:09	02:32
94	2545	0,38	1042		Junction	Straight ahead Kastelruth (Castelrotto) 5	P 7%	01:09	02:32
95	2583	0,14	1068		Intersection	Bear right Kastelruth (Castelrotto) 5	R 6%	01:10	02:34
96	2596	0,32	1076		Intersection main road	Bear left Kastelruth (Castelrotto) 5	A -5%	01:10	02:35
97	2628	0,06	1061		Sparkasse Kastelruth	Left centre	R -4%	01:11	02:37
98	2634	0,07	1059		Hotel zum Wolf	Bear left	R 4%	01:11	02:38
99	2641	0,00	1062		Tourism association Castelrotto	End of tour	R 0%	01:12	02:38

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.