



DEU | ITA | ENG

| AREA | DOLOMITES | ACCOMMODATION SEARCH | SHOP | RENTAL | MTB SCHOOLS | OFFERS | TOURS |



PANORAMIC TOUR OF THE SEISER ALM

Open all | Close all

Download the Pdf



Download the GPX data



CHARACTERISTICS AND VARIATIONS

Characteristics

This panoramic tour of the Seiser Alm promises stunning mountain views without any great effort. The Seiser Alm cable car that takes bikers from St Ulrich to an altitude of almost 800 m, makes this possible. The route on either well-built secondary roads or on gravel paths also contributes to making this trouble-free for first-timers to mountain biking and for those less well trained. A few short sections of trail and cosy refreshment facilities, for example at the Rauchhütte (mountain cabin), complete this easy tour. From the starting point in St. Christina you roll alongside rio Gardena at first nearly always only downhill as far as St. Ulrich. Here the Seiser Alm cable car with its round cabins that take two bikes and two bikers without any difficulty is already waiting for you. Just a few minutes later you reach the highest point of the tour at almost 2,000m above sea level. Already here at the mountain station you are in the midst of the most beautiful panorama of the Dolomite Mountains. The view of the Schlern, Rosszähne, Plattkofel and Langkofel mountains cast no doubts on the name given to this tour.

An easy descent on gravel with a subsequent ride on tarmac ends at Gasthaus Icaro, the first stop for refreshments. Only a few kilometres further, now downhill again, the traditional and quaint Rauchhütte with its excellent cuisine is located on the left of the road to Saltria. You can enjoy the scenery to the full on its beautiful terrace or spacious sunbathing lawn.

Fully refreshed, you reach Saltria a few minutes later. There then comes the only climb of the tour worthy of mention on the gravel road leading to Monte Pana. With the Langkofel and Plattkofel mountains right under your nose these 170m of difference in altitude are also quickly completed. From now onwards the slope is almost only downhill.

From Monte Pana to Ciaslat a few very beautiful trails feature some changes in riding technique in this otherwise very easy tour. You roll along via Wolkenstein and the cycle path on the former railway line to La Pozza, change over to the other side of rio Gardena and in this way reach the starting point of the tour in St. Christina.



Variations

1. Muscular strength instead of the cable car: you can of course see the panorama and get to the refreshment facilities on the Seiser Alm by honestly pedaling. To do this do not bear right downhill at waymarker 12, but bear left uphill into the Jender valley and continue towards Saltria. By doing this, you join the tour described here at waymarker 32. In order not to miss the fantastic refreshments at the Rauchhütte, you can first of all turn right and at just under 1.8km and 160m in altitude difference you reach the mountain cabin.

2. Extension via Tirlir and Zallinger: at waymarker 31 in Saltria turn right uphill in the direction of Tirlir. Either take refreshments there or go on straight to Zallinger and take refreshments on its unbeatable panoramic terrace. From Zallinger go north where at waymarker 34 you join the tour described here.

TOUR OFFER

Val Gardena

Alpe di Siusi

EASY

Easy Langental Tour

Gardena Valley Tour

Valle Isarco Tour

INTERMEDIATE

Panoramic Tour Seiseralm

Sankt Jakob Tour

Sellajoch & Stony Town Tour

Clockwise Tour of Sellaronda

Spitzbühel

Marinzen Tour

Castelvecchio Tour

Aica di Fiè Tour

Tuff Alm & Hofer Alpi

Valley Tour Alpe di Siusi

Tschafon - Monte Cavone Tour

Schafstall & Tagusa Tour

Sant' Osvaldo Tour

Laurinhut Tour

Strada del Latte

Ciampinoi

DIFFICULT

Anti-clockwise Tour Sellaronda

Tour below the Geisler

Val Duron

Sciliar & Croda del Maglio

Alpe di Tires Tour

Cabinovia della Val Duron

Dolomite Wild WoMen Trek 1

Dolomite Wild WoMen Trek 2

Dolomite Wild WoMen Trek 3

Dolomite Wild WoMen Trek 4

BEHAVIOURAL RULES

CONTACT

WEATHER

we



Temp: max: 21° min: 4°

th



Temp: max: 24° min: 4°

fr



Temp: max: 24° min: 5°

3. Shorter tour: at waymarker 51 do not go straight on to Wolkenstein, but go sharp left down in the direction of rio Gardena. After a few minutes you join the tour again at Haus Paladina, waymarker 70.



TOUR INFORMATION

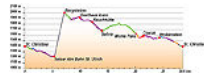
Tour information

		% of distance	
Total distance	28,61 km	100 %	
Height variation uphill	435 Hm		
Height variation downhill	1216 Hm		
Maximum altitude	2001 m		
Tarmac	1,00 km	3,5 %	■
Tarmac cycle path	14,92 km	52,2 %	■
Gravel	9,00 km	31,5 %	■
Hiking trail	1,10 km	3,9 %	■
Single track	0,76 km	2,7 %	■
Carrying / pushing	0,00 km	0,0 %	■
Cable car / transfer	1,80 km	6,3 %	■

Riding times

	Riding time without pauses
Riding time at 10 km/h	2 hrs 52 min
Riding time at 12 km/h	2 hrs 23 min
Riding time at 14 km/h	2 hrs 03 min
Riding time at 16 km/h	1 hr 47 min
Riding time at 18 km/h	1 hr 35 min
Riding time at 20 km/h	1 hr 26 min

Altitude profile...>>



Physical condition

Overall condition	2,6	●●●○○
Total height variation	2,0	●●○○○
Total distance	3,0	●●●○○
Maximum altitude	4,0	●●●●○

Riding technique

Overall riding technique	2,4	●●○○○
Surface	2,5	●●○○○
Average climb gradient Ø	2,0	●●○○○
Average descent gradient Ø	3,0	●●●○○

Tour evaluation

Overall difficulty	2,5	●●○○○
Climb difficulty	2,2	●●○○○
Descent difficulty	2,9	●●●○○

Emotional experience

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

GETTING THERE AND STARTING POINT

Getting there

Take Brenner motorway A22, coming from the north via Innsbruck-Brenner, or from the south via Verona-Bozen. The best motorway exit is Klausen/Gröden. From there in about 20 minutes you can reach St Ulrich and a few kilometres further on St. Christina and Wolkenstein on a clearly signposted mountain road.





















Starting point

The tour begins at the car park Center Iman South in S. Cristina.

ROADBOOK

No	km	Next	Hm	Sym	Location	Direction	Route	Time 22 km/h	Time 10 km/h
1	0,00	0,04	1397		Car park Center Iman South	Bear left	R 5%	00:00	00:00
2	0,04	0,05	1399		Junction near roundabout (to centre)	Straight on	R -0%	00:00	00:00
3	0,09	0,04	1399		Junction after bridge over stream	Bear right	S 1%	00:00	00:00
4	0,13	0,04	1399		Intersection after bridge over the Rio Gardena stream	Right downhill	S 0%	00:00	00:00
5	0,17	0,29	1399		Junction after subway under main road	Straight on	R -3%	00:00	00:01
6	0,46	0,77	1389		Bottom of Monte Pana chairlift	Straight on along stream	S -5%	00:01	00:02
7	1,23	0,06	1349		Bridge over stream (towards waterfall)	Straight on uphill	R 10%	00:03	00:07
8	1,30	0,26	1355		Hofer Group	Bear left	R 1%	00:03	00:07
9	1,56	0,21	1356		Crossing with main road	Bear left onto main road	A -5%	00:04	00:09
10	1,77	0,32	1346		Junction	Left into Via Mulin d'Odum	R -10%	00:04	00:10

14	4,12	0,54	1257		Junction Streda Furdenan	Straight on	R -6%	00:11	00:24
15	4,66	0,47	1224		St. Ulrich/Ortisei playground	Bear left on path along stream	R -2%	00:12	00:27
16	5,13	0,12	1214		Raiffeisenkasse Kastelruth (bank)	Straight on along stream	R 0%	00:13	00:30
17	5,25	0,08	1214		Residence Oswald	Straight on uphill Alpe di Siusi cable car	R 8%	00:14	00:31
18	5,33	1,81	1220		Bottom of Seiser Alm/Alpe di Siusi cable car, St. Ulrich/Ortisei	Take cable car	X 11%	00:14	00:31
19	7,14	0,08	2001		Top of Alpe di Siusi cable car	Left to Saltria	S -7%	00:19	00:42
20	7,22	1,02	1995		Wayside cross	Bear right downhill	S -10%	00:19	00:43
21	8,24	0,11	1898		Transformer station	Straight on	R -9%	00:22	00:49
22	8,34	0,82	1888		Junction to Saltria	Straight on to Compatsch/Compaccio	R 4%	00:22	00:50
23	9,16	0,45	1907		Junction to Sanon	Straight on	R 2%	00:24	00:54
24	9,62	0,35	1920		Crossroads (to Sanon)	Straight on to guesthouse Icaro	R -1%	00:26	00:57
25	9,97	0,61	1918		Junction to guesthouse Icaro	Bear left to Monte Piz	R -9%	00:27	00:59
26	10,58	0,11	1868		Junction towards Sanon Hut	Straight on	R -5%	00:28	01:03
27	10,69	0,14	1862		Junction towards Monte Piz	Bear left	R 1%	00:29	01:04
28	10,83	0,90	1864		Intersection with road to Compatsch/Compaccio	Sharp left to Saltria	R 0%	00:29	01:04
29	11,73	0,47	1862		Crossroads with bus stop	Left to Rauch Hut	R -6%	00:32	01:10
30	12,21	1,74	1836		Junction towards Rauch Hut	Bear right follow road	R -8%	00:33	01:13
31	13,95	0,05	1678		Junction towards Hotel Saltria	Right towards Val Gardena, Monte Pana	R -9%	00:38	01:23
32	14,00	0,76	1674		Bus turning place, Saltria	Straight on to Florian chairlift	S 7%	00:38	01:23
33	14,75	2,26	1724		Junction to Zallinger	Bear left Monte Pana	S 4%	00:40	01:28
34	17,01	0,35	1815		Junction to Zallinger	Straight on to Monte Pana	S -7%	00:46	01:42
35	17,36	0,46	1788		Junction to Langkofelscharte gorge	Straight on downhill	S -1%	00:47	01:44
36	17,82	0,69	1782		Junction to Langkofelscharte gorge	Straight on	S -4%	00:48	01:46
37	18,51	0,83	1760		Junction to Jender Valley	Bear right to Monte Pana	S -6%	00:50	01:51
38	19,33	0,40	1702		Junction (towards Strena)	Straight on downhill	S -9%	00:52	01:55
39	19,73	0,39	1662		Junction to ski jump	Straight on downhill	S -10%	00:53	01:58
40	20,13	0,09	1624		Crossing with bottom of Monte Pana lift	Straight on	R 2%	00:54	02:00
41	20,22	0,33	1625		Top of chair lift	Straight on S. Cristina, Wolkenstein/Selva	W -18%	00:55	02:01
42	20,55	0,26	1561		Junction with hiking trail	Bear right to Wolkenstein/Selva 30b	P -2%	00:56	02:03
43	20,82	0,08	1555		App. Prensaneuva	Straight on to Wolkenstein/Selva 30b	R 9%	00:56	02:04
44	20,90	0,50	1562		End of tarmac	Straight on	P 5%	00:56	02:05
45	21,40	0,09	1581		Beginning of gravel path	Straight on	S 9%	00:58	02:08
46	21,49	0,12	1590		Ciaslat (towards Sellajoch/Passo Sella)	Straight on	S -1%	00:58	02:08
47	21,61	0,04	1587		Fork	Straight on	S 12%	00:58	02:09
48	21,65	0,89	1592		Beginning of tarmac	Straight on	R -3%	00:59	02:09
49	22,54	0,25	1572		Junction to Fischburg	Straight on	R -3%	01:01	02:15
50	22,79	0,51	1567		Transformer station, bus stop	Bear left Strada la Selva	R -7%	01:02	02:16
51	23,30	0,18	1535		Junction with hiking trail	Straight on following road	R 3%	01:03	02:19
52	23,48	0,43	1541		Junction with path Signpost 30	Straight on	R -0%	01:04	02:20
53	23,91	0,08	1540		House of Culture	Bear right along stream	R 4%	01:05	02:23






54	23,99	0,20	1543		Fire station	Straight on	S 3%	01:05	02:23
55	24,19	0,06	1548		Beginning of tarmac	Straight on	R 4%	01:05	02:25
56	24,26	0,05	1550		Casa Elisabetha	Sharp left over bridge over stream	R 8%	01:06	02:25
57	24,31	0,05	1554		Café Mozart	Sharp right uphill to main road	A 6%	01:06	02:25
58	24,36	0,17	1557		Tourist information office in Wolkenstein/Selva	Straight on uphill	A 5%	01:06	02:26
59	24,53	0,09	1566		Bottom of Ciampinoi lift	Straight on	A -0%	01:06	02:27
60	24,61	0,11	1566		Hotel Krone	Sharp left	A 3%	01:07	02:27
61	24,72	0,29	1569		Pizzaealтро	Bear left following main road	A -3%	01:07	02:28
62	25,01	0,10	1561		Wolkenstein/Selva primary school	Straight on to St. Ulrich/ Ortisei	A 1%	01:08	02:30
63	25,11	0,08	1562		Villa Gran Baita	Straight on	R -1%	01:08	02:30
64	25,19	0,48	1561		Beginning of cycle path	Straight on	R -4%	01:08	02:31
65	25,68	0,58	1542		Hotel Sporting	Straight on over road and follow cycle path	R -4%	01:10	02:34
66	26,25	0,28	1518		Crossing at Hotel Welponer	Straight on S. Cristina	R -5%	01:11	02:37
67	26,53	0,15	1505		Crossing at Haus Lambolt	Straight on over the zebra crossing	R -4%	01:12	02:39
68	26,69	0,15	1500		Crossroads	Left Strada La Poza	R -7%	01:12	02:40
69	26,84	0,12	1489		Bar Adelaide, Crossing with main road	Straight on Strada La Poza	R -2%	01:13	02:41
70	26,97	0,35	1487		Haus Paladina	Bear right Fischburg 22a	W -3%	01:13	02:41
71	27,31	0,43	1471		Junction with hiking trail	Straight on	W -8%	01:14	02:43
72	27,74	0,11	1438		Crossroads	Straight on downhill	R -8%	01:15	02:46
73	27,84	0,08	1430		Wooden bridge	Bear left along stream	R 1%	01:15	02:47
74	27,93	0,29	1432		Junction before subway	Bear left along stream	S -8%	01:16	02:47
75	28,22	0,13	1409		Intersection with bottom of Sasslong lift	Bear left along stream	S -3%	01:16	02:49
76	28,35	0,13	1405		Junction	Bear left over the Rio Gardena stream	R -4%	01:17	02:50
77	28,48	0,04	1399		Junction	Left over the Rio Gardena stream	S -1%	01:17	02:50
78	28,52	0,05	1399		Intersection after bridge	Bear left	R 0%	01:17	02:51
79	28,57	0,04	1399		Junction near roundabout	Straight on	R -5%	01:17	02:51
80	28,61	0,00	1397		Car park Center Iman South	End of tour	R 0%	01:18	02:51

EXPLANATION OF EVALUATION FACTORS, SURFACE AND SLOPE

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.

 **DOWNLOADS**



CHARACTERISTICS



ALTITUDE PROFILE



MAP

As all tour proposals are subject to alteration neither their practicability nor their safety can be guaranteed. Some sections of the proposed tours are difficult and require a certain degree of experience. Neither Val Gardena Marketing nor Alpe di Siusi Marketing will assume any liability for injury or damage to property.



Tweet



Like 32 people like this. [Sign Up](#) to see what your friends like.

© Internet Service | Impressum
MTB Dolomites | P.IVA: IT02598130215