



























Roadbook 60 km 3.200 hm

No.	KM	m	alt. Dif.	Description	Indication	Südtirol Sellaronda HERO	Energy-Technical Zones/ Time limits
1	0	300	1.557		Start Selva	Meisulësstr. (Centre of Selva)	
2	300	600	1.565		Entrance Dantercepiësstr.	Left side in direction of Dantercepiës	
3	900	800	1.635		Valley station Dantercepiës	Begin of forest road – straight ahead uphill	
4	1.700	2.600	1.726		Risaccia zone	Turn right and keep going on the forest road, uphill 17%	
5	4.300	1.100	2.129		Chalet Panorama	Continue straight, along the skilift Panorama	
6	5.400	1.200	2.272		Mountain station Dantercepiës	Begin of downhill on a forest road	
7	6.600	1.500	2.122		Passo Gardena	Turn right to the Hotel Cir, from the asphalt street enter the Single Trail Frara	
8	8.100	2.000	1.960		Parking area Pisciadù	Cross the parking area – follow the Free ride path left	
9	10.100	1.300	1.781		Hotel Mesoles	Turn on the right side of the parking area and continue on the Free ride path	
10	11.400	1.600	1.680		Hotel Lujanta	Begin of forest road on the right side - continue straight	
11	13.000	600	1.541		Cablecar Boè	Corvara – begin of the asphalt street - uphill	Energy Point Technical Zone
12	13.600	900	1.570		Junktion cimitero Corvara	Turn left and continue steep uphill in direction of Arlara	














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13	14.500	2.500	1.690		Valley station chairlift Arlara	Turn left into the forest street, maximum gradient of 26% - uphill	
14	17.000	700	2.020		Arlara Mountain station	Turn left – light uphill track	
15	17.700	900	2.000		Braia Fraida, Junction left street	Continue on the forest road. Junction with 87 km track	
16	18.600	1.400	1.810		Right	Light downhill at the beginning – it gets harder	
17	20.000	800	1.864		Tough right curve	Downhill - at the junction take the right road than uphill	
18	20.800	1.200	1.907		Ciampai	Follow the forest road, going all the way moderate uphill	
19	22.000	1.200	2.000		Piz Sorega	Continue till the Bioch hut with light inclination	
20	23.200	1.800	2.069		Bioch Hut	Turn light left on the forest road afterwards moderate uphill	
21	25.000	1.300	2.157		Pralongia Hut	Begin of a right downhill road in direction of the Marmotta Hut	
22	26.300	2.400	1.886		Marmotta Hut	Light up going road, then strait in the Jägerweg path	
23	28.700	600	2.107		Ski slope	Ride down the ski slope for a 100 m, then turn left in a path in the forest	
24	29.300	800	1.848		Main road Campolongo	Enter the main road and turn left in direction Campolongo	
25	30.100	1.900	1.864		Passo Campolongo	Turn right into the path, than keep going on the steep path	Time limit - 1 pm
26	32.000	200	1.597		Arabba - Cross the main street right	Below the church ride through the asphalt parking area, than pass the small bridge	Energy Point Tecnical Zone

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27	32.200	100	1.605		Cross with the 87 km track	Turn on the right side on the ski slope	
28	32.300	3.000	1.630		Left uphill	Uphill on a forest road	
29	35.300	3.000	1.790		Vauz bridge, left then turn right, cross the street	Cross the street, continue on the right in direction of Passo Pordoi	
30	38.300	1.500	2.138		Restaurant Lezuo	Enter into the main road in direction of Passo Pordoi	
31	39.800	300	2.250		Passo Pordoi	Cross the street, continue for downhill	
32	40.100	1.700	2.240		Passo Pordoi	Continue on the left side entrance path, downhill cement pie	
33	41.800	110	2.162		Hotel Garni Gonzaga	Asphalt road Pordoi - Canazei about 110 m	
34	41.910	10	2.500		„Casa Cantoniera“ Pordoi	Turn on the right side “Casa Cantoniera”, into the Glühwein path in parts very technical	
35	41.920	2.600	1.864		Pian de Schiavaneis	Cross the main road, continue on the path on the left side it gets steep	Time limit - 4pm Energy Point
36	44.520	300	1.700		Lupo Bianco	On the right side on the steep path uphill to the hut Creps dl Sella	Tecnical Zone
37	44.820	3.400	1.720		Creps dl Sella Hut	Pass the hut and go uphill to Passo Sella	
38	48.220	130	2.210		Passo Sella	End of uphill at the Hotel Valentini, continue on the left side to the chairlift Città dei Sassi	
39	48.350	1.050	2.186		Forcella Sassolungo valley station,	Continue in direction of Città dei Sassi, gentle grade on the ski slope – afterwards continue on the path	

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40	49.400	1.400	2.200		Città dei Sassi	At the exit of the Città dei Sassi begin of a narrow path	
41	50.800	400	2.162		Comici Hut	Continue on the easy downhill ski slope	
42	51.200	1.500	2.037		Junction ski slope	Turn on the left side on the ski slope in direction of chairlift Tramans – always downhill	
43	52.700	900	1.900		Valley station chairlift Tramans	Continue straight ahead at the ski slope – always downhill	
44	53.600	1.000	1.850		Junction to the forest path	Turn on the right side on the ski slope and enter in the forest road difficult downhill	
45	54.600	600	1.770		Strenc - junction with 87 km track	Continue straight ahead – attention on the left side – athletes from the long track coming – always downhill	
46	55.200	1.000	1.777		Cross the World cup slope Saslong	Gentle grade by the ski slope under the camel humps, continue on the forest road	
47	56.200	1.100	1.790		Fratraz	Junction from the gentle grade to continue on the left side downhill – little track uphill to reach Pozzamanigoni	
48	57.300	400	1.600		Junction on a forest road	Uphill in the forest about 50m	
49	57.700	400	1.597		Stable Pozamanigoni	Entrance in the asphalt road – 300 m downhill	
50	58.100	600	1.558		La Sëlva	At the bottom of the downhill turn on the right side on the path to Selva Center – easy downhill	
51	58.700	500	1.560		Selva- Hotel La Pineta	Pass the parking area of the Hotel La Pineta and continue on the path	
52	59.200		1.543		Arrival Selva - Nives Square	The last 200 m in direction of arrival – Nives Square	Time Limit 07.15 pm