












Roadbook 86 km 4.500 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	596	1.565		Entrance Dantercepiësstreet	Left side in direction of Dantercepiës	
3	896	722	1.635		Valley station Dantercepiës	Begin of forest road – straight ahead uphill	
4	1.618	2.600	1.726		Risaccia zone	Turn right and keep going on the forest road, uphill 17%	
5	4.218	1.100	2.129		Chalet Panorama	Continue straight, along the skilift Panorama	
6	5.318	1.200	2.272		Mountain station Dantercepiës	Begin of downhill on a forest road	
7	6.518	1.500	2.122		Path Passo Gardena	Turn right to the Hotel Cir, from the asphalt street enter the Single Trail Frara	
8	8.018	2.000	1.960		Parking area Pisciadù	Cross the parking area – follow the Free ride path left	
9	10.018	1.300	1.781		Hotel Mesoles	Turn on the right side of the parking area and continue on the Free ride path	
10	11.318	1.600	1.680		Hotel Lujanta	Begin of forest road on the right side - continue straight	
11	12.918	600	1.541		Cablecar Boè	Corvara – begin of the asphalt street - uphill	Ristoro Technical Zone

Roadbook 86 km 4.500 hm

12	13.518	900	1.570		Junktion cimitero Corvara	Turn left and continue steep uphill in direction of Arlara	
13	14.418	2.500	1.690		Valley station chairlift Arlara	Turn left into the forest street, maximum gradient of 26% - uphill	
14	16.918	700	2.020		Arlara Mountain station	Turn left – light uphill track	
15	17.618	700	2.000		Braia Fraida, Crossroads	Take the right path, till Bioch hut	
16	18.318	1.800	2.069		Bioch hut	Continue on the forest road	
17	20.118	1.300	2.157		Pralongia hut	Begin of a right downhill road in direction of the Marmotta Hut	
18	21.418	2.400	1.886		Marmotta hut	Light up going path, then straight in the Jagerweg path	
19	23.818	500	2.107		Ski slope	Ride down the ski slope for a 100 m, then turn left in a path in the forest	
20	24.318	1.000	1.848		Main road Campolongo	Enter the main road and turn left in direction Campolongo	
21	25.318	1.900	1.864		Passo Campolongo	Turn right into the path, then keep going on the steep path	Time limit - 12.30pm
22	27.218	200	1.597		Arabba - Cross the mainstreet	Below the church ride through the asphalt parking area, then pass the small bridge	Energy Point Tecnical Zone
23	27.418	200	1.605		Cross with short route	Turn left into the forest, under the cable car	
24	27.618	300	1.620		Fitness trail Arabba	Take the forest road in the forest under the cable car, for uphill and downhill	



Roadbook 86 km 4.500 hm

25	27.918	2.000	1.610		small junction in the forest	Continue straight	
26	29.918	800	1.624		High bar	Continue straight forward on the road, steep uphill and downhill	
27	30.718	500	1.612		Junction in the forest	Uphill with 18% slope	
28	31.218	1.180	1.676		Begin downhill	Dangorous downhill	
29	32.398	555	1.500		Wooden bridge	After the bridge, turn immediately right	
30	32.953	100	1.433		Renaz, asphalt street	On the main road, after the little church turn right for the downhill	
31	33.053	500	1.450		Crepaz	After the group of houses, take the road to Ornella	
32	33.553	2.600	1.373		Uphill right, asphalt	Keep yourself right and take the road to Ornella	
33	36.153	1.500	1.510		Ornella e Col d'Ornella	Turn right on the forest road	
34	37.653	3.100	1.900		Crucifix	Turn slightly left for the uphill	
35	40.753	800	2.190		Middle station of the cable car Portavescovo	Turn left on the forest road in direction of the Passo Padon – small lake on your right side	Water Point
36	41.553	1.677	2.233		Crossroad turn right	Downhill path, then uphill in direction of Portavescovo, stay on the forest road	
37	43.230	2.400	2.359		Under the Portavescovo	Crossroad, continue downhill in direction of Passo Pordoi, forest road	








Roadbook 86 km 4.500 hm

38	45.630	2.300	2.131		Path Passo Pordoi	Turn left on a difficult path Sas Ciapel in direction of Passo Pordoi (cycle carefully)	
39	47.930	900	2.140		Restaurant Lezuo - enter the asphalt street to Passo Pordoi	Enter into the main road in direction of Passo Pordoi	
40	48.830	210	2.250		Passo Pordoi	Cross the street, continue for downhill	
41	49.040	1.590	2.240		Passo Pordoi	Continue on the left side entrance path, downhill cement pie	
42	50.630	110	2.162		Hotel Garni Gonzaga	Asphalt road Pordoi - Canazei about 110 m	
43	50.740	2.010	2.158		„Casa Cantoniera“ Pordoi	Turn on the right side “Casa Cantoniera”, into the Glühwein path in parts very technical	
44	52.750	1.580	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
45	54.330	200	1.683		Lupo Bianco	Crossing with the 60 km track	Technical Zone
46	54.530	1.400	1.680		Lupo Bianco	Enter the asphalt street for 200 m – than enter into the single trail on the right (very technical)	
47	55.930	1.600	1.440		Canazei Center	Enter in the main road, direction of the ski school and sport centre Canazei	
48	57.530	500	1.416		Canazei path to Campitello	Follow the path in direction of Campitello	
49	58.030	1.400	1.380		Hotel Camminetto	Cross the main road and continue on the path behind the hotel Camminetto	

Roadbook 86 km 4.500 hm

50	59.430	900	1.490		Enter in the main road to the village Pian	Continue on the gentle grade	
51	60.330	2.900	1.510		Pian di Campitello	After crossing the village, continue on the forest road in direction of Passo Duron (hard uphill)	
52	63.230	3.150	1.850		Micheluzzi Hut	Forest road that gets flat in direction of Passo Duron	
53	66.380	2.650	1.962		Antermoia Hut	Begin of difficult uphill road to Passo Duron	
54	69.030	400	2.178		Passo Duron	Downhill Dialer	
55	69.430	3.000	2.100		Dialer	Continue for 3 km of downhill till crossroad Zallinger	
56	72.430	3.400	1.750		Crossroad Zallinger	Hard curve on the right side – country road uphill in direction Zallinger	
57	75.830	1.200	2.074		Crossroad Zallinger	On the top of the hill, continue on the left side – easy downhill	Water Point
58	77.030	1.900	1.900		Gate	Keep going on after the huts	
59	78.930	2.400	1.750		Entrance forest road in direction of Monte Pana	Turn right - downhill forest road in direction of Monte Pana	
60	81.330	1.980	1.707		Crossroad over Monte Pana	Before the Monte Pana – turn right in direction Strenc crossing the ski slope Mont de Sëura – gentle grade	
61	83.310	570	1.770		Strenc	Turn left, pass the bridge and follow the forest road – crossroad with short track	

Roadbook 86 km 4.500 hm

62	83.880	600	1.777		Pass the World Cup slope Saslong	Gentle grade, crossing the slope under the camel humps – continue on the forest road	
63	84.480	1.100	1.790		Frataz	Junction from the gentle grade to continue on the left side downhill – little track uphill to reach Pozzamanigoni	
64	85.580	400	1.600		Junction on a forest road	Uphill in the forest about 50m	
65	85.980	250	1.597		Stable Pozzamanigoni	Entrance in the asphalt road – 300 m downhill	
66	86.230	600	1.558		La Sëlva	At the bottom of the downhill turn on the right side on the path to Selva Center – easy downhill	
67	86.830	500	1.560		Selva – Hotel La Pineta	Pass the parking area of the Hotel La Pineta and continue on the path	
68	87.330		1.543		Arrival Selva Nives Square	The last 200 m in direction of arrival – Nives Square	Time Limit 07.15 pm