
























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 |



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|----|--------|-------|-------|---|---------------------------------|--|----------------------------|
| 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 | Time Limit 11.45 |
| 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 | |

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|----|--------|-------|-------|---|--|--|-------------|
| 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 | |

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| 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 | |

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| 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 | |



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| 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 |  | Fratanz | 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 |