


Roadbook 71 km 4.100 hm

No.	km	m	alt. Dif.	Description	Indication	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	

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11	12.918	600	1.541		Cablecar Boè	Corvara – begin of the asphalt street - uphill	Ristoro Technical Zone
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 am
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 - 12.15pm
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 Technical Zone










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23	27.418	100	1.605		Cross with the 86 km track	Turn on the right side on the ski slope	
24	27.518	3.000	1.630		Left uphill	Uphill on a forest road	
25	30.500	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	
26	33.300	1.500	2.138		Restaurant Lezuo	Enter into the main road in direction of Passo Pordoi; join 86 km	
27	34.800	210	2.250		Passo Pordoi	Cross the street, continue for downhill	Time limit - 3.30 pm
28	35.010	1.590	2.240		Passo Pordoi	Continue on the left side entrance path, downhill cement pie	
29	36.000	110	2.162		Hotel Garni Gonzaga	Asphalt road Pordoi - Canazei about 110 m	
30	36.710	2.010	2.158		„Casa Cantoniera“ Pordoi	Turn on the right side “Casa Cantoniera”, into the Glühwein path in parts very technical	
31	38.720	1.580	1.864		Pian de Schiavaneis	Cross the main road, continue on the path on the left side it gets steep	
32	40.300	200	1.683		Lupo Bianco	Crossing with the 60 km track	Energy Point Technical Zone
33	40.500	1.400	1.680		Lupo Bianco	Enter the asphalt street for 200 m – than enter into the single trail on the right (very technical)	

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34	41.900	1.600	1.440		Canazei Center	Enter in the main road, direction of the ski school and sport centre Canazei	
35	43.500	500	1.416		Canazei path to Campitello	Follow the path in direction of Campitello	
36	44.000	1.400	1.380		Hotel Camminetto	Cross the main road and continue on the path behind the hotel Camminetto	
37	45.400	900	1.490		Enter in the main road to the village Pian	Continue on the gentle grade	
38	46.300	2.900	1.510		Pian di Campitello	After crossing the village, continue on the forest road in direction of Passo Duron (hard uphill)	
39	49.200	3.150	1.850		Micheluzzi Hut	Forest road that gets flat in direction of Passo Duron	
40	52.350	2.650	1.962		Antermoia Hut	Begin of difficult uphill road to Passo Duron	
41	55.000	400	2.178		Passo Duron	Downhill Dialer	
42	55.400	3.000	2.100		Dialer	Continue for 3 km of downhill till crossroad Zallinger	
43	58.400	3.400	1.750		Crossroad Zallinger	Hard curve on the right side – country road uphill in direction Zallinger	
44	61.800	1.200	2.074		Crossroad Zallinger	On the top of the hill, continue on the left side – easy downhill	Water Point
45	63.000	1.900	1.900		Gate	Keep going on after the huts	

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46	64.900	2.400	1.750		Entrance forest road in direction of Monte Pana	Turn right - downhill forest road in direction of Monte Pana	
47	67.300	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	
48	69.280	570	1.770		Strenc	Turn left, pass the bridge and follow de forest road – crossroad with short track	
49	69.850	600	1.777		Pass the World Cup slope Saslong	Gentle grade, crossing the slope under the camel humps – continue on the forest road	
50	70.450	1.100	1.790		Frataz	Junction from the gentle grade to continue on the left side downhill – little track uphill to reach Pozzamanigoni	
51	71.550	400	1.600		Junction on a forest road	Uphill in the forest about 50m	
52	71.950	250	1.597		Stable Pozzamanigoni	Entrance in the asphalt road – 300 m downhill	
53	72.200	600	1.558		La Sëlva	At the bottom of the downhill turn on the right side on the path to Selva Center – easy downhill	
54	72.800	500	1.560		Selva – Hotel La Pineta	Pass the parking area of the Hotel La Pineta and continue on the path	
55	73.300		1.543		Arrival Selva Nives Square	The last 200 m in direction of arrival – Nives Square	Time Limit 7.15 pm