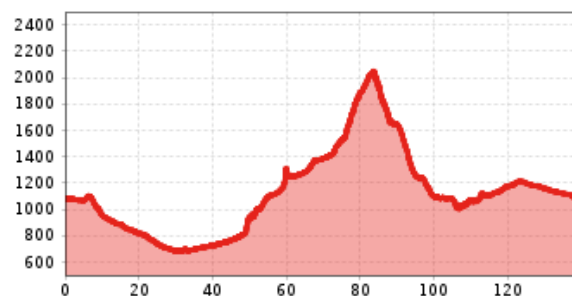


Altitude profile



The most important at a glance

distance 150 km	altitude meters uphill 1840 m	highest point 2052 m	difficulty average	circuit no no
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fitness:



technique:



starting point:

Sillian

destination point:

Sillia

best season:

MAY, JUN, JUL, AUG, SEP, OCT

Gpx file

Interactive map

[download>](#)

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Description

The route proceeds initially through Pustertal to Lienz. Along the Iseltal cycle trail to Huben and then through Defereggental to the Staller Saddle, the highest point of the tour. It is here that the descent through South Tyrol's Antholztal begins, heading to Niederrasen and Olang. From there proceed through Pustertal to Toblach, continuing to Innichen and back to Sillian.