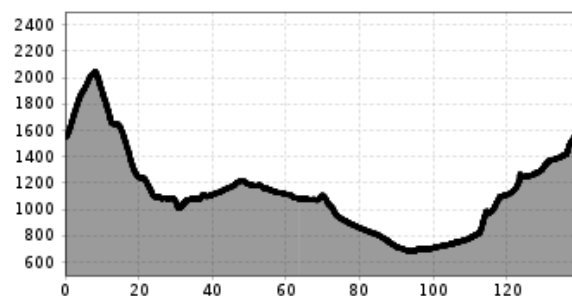


## Höhenprofil



## The most important at a glance

distance

150 km

altitude meters uphill

1847 m

highest point

2052 m

difficulty

average

circuit

no

starting point:

Sillian

destination point:

Sillia

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Beschreibung

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 Antholzertal begins, heading to Niederrasen and Olang. From there proceed through Pustertal to Toblach, continuing to Innichen and back to Sillian.