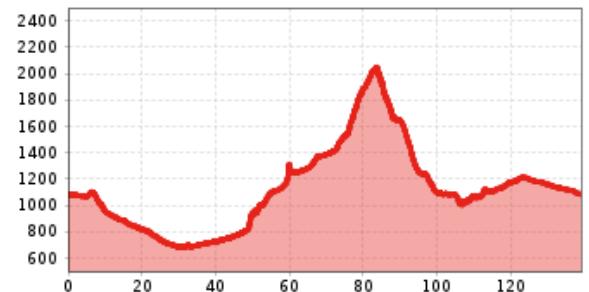


Höhenprofil



The most important at a glance

distance
150 km

altitude meters uphill
1840 m

highest point
2052 m

difficulty
average

circuit
no

fitness: * * * *

technique: * * * *

starting point: Sillian

destination point: Sillian

best season: MAY, JUN, JUL, AUG, SEP, OCT

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.