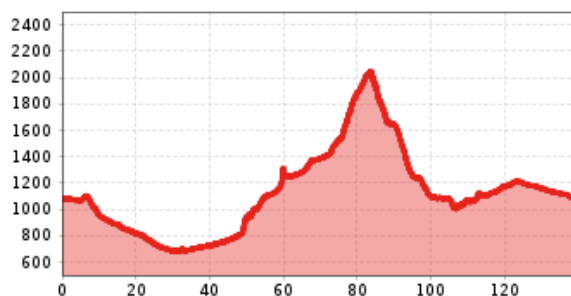


## Altitude profile



## 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:

Sillia

best season:

MAY, JUN, JUL, AUG, SEP, OCT

## Gpx file

## Interactive map

[download>](#)

[open>](#)

## 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.