

□ **Bikeacademy Sextner Dolomiten**

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[www.bikeacademy-sextnerdolomiten.com](http://www.bikeacademy-sextnerdolomiten.com)

# Wednesday, 10/5/2022 - "DEMUTH-TRAIL" TOP OF THE

## STONEMAN

<b>Organizer:</b> Bikeacademy Sextner	:	10:00 Uhr	▷ 26.00 km	<b>Difficulty:</b>	■ ■ ■ ■ □
<b>Dolomiten</b>	:	Bike Academy Sextner	⌚ 6h 0min	<b>Condition:</b>	■ ■ □ □ □
		Dolomiten	△ 1370 m	<b>Panorama:</b>	■ □ □ □ □
<b>Price:</b>		50 €	▽ 1370 m		
<b>Partners:</b>		35 €			

### Description:

#### With "Mister Stoneman" Roland Stauder

We start at **Sesto at the Bike Academy Sextner Dolomiten** towards the **main village of Sesto** to the valley station of Monte Elmo cable car. By cable car, we go up to Monte Elmo and take a nice path to **Rifugio Gallo Cedrone hut (2,150)** and then along a wide, easy cycle path to the **Rifugio Sillianer hut** at 2,450 metres. After a short coffee-break we go on until **Monte Arnese (2,500)**, either cycle or walk around this to the left. From there, we can enjoy sweeping views on the **Tre Cime di Lavaredo** and the **Sesto Dolomites** and also towards the Großglockner to the north. The entire **Demuth passage (2,550)** up to **Passo Silvella (2,400)** is about 7 km long and technically very difficult with narrow S2/S3/S4 trails and several points, where it's necessary to carry or push the bicycle according to the different technical conditions. We go in direction "Kleinarl" for about 5km where the single trail "Villpoan trail" starts until Malga Nemes Hut (1877).



There we visit Otti&Klara and of course, we will eat a typical South-Tyrolean dish.

After our lunch, we continue to **Passo Monte Croce**, passing "**Scharzsee**" towards the **campsite**. The trail from there is again a cool, partially challenging trail, with lots of roots, passing the campsite to the valley station of the "**Tre Cime di Lavaredo cable car**". We return on the Sesto circular path back to **Sesto to the Bike Academy Sextner Dolomiten**.

**Refreshment huts:** Gallo Cedrone hut, Rifugio Sillianer hut, Malga Nemes hut, Gästhäusl Putschall

**Note: The price is without lift ticket for the tour!**

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### Tourdates

Duration: Daily tour

Lenght: 26km

Rise: 1.370m, ca. 600m of altitude by cable car

Descent: 1.370m

Condition: \*\*\*\*

Uphill: \*\*\*\*

Downhill: S2/S3/S4

Start: Bike Academy Sextner Academy Sextner Dolomiten at 10.00 a.m.

Return: Bike Academy Sextner Dolomiten at 04.00 p.m.

Type: Mountainbike

### Elevation profile: