Cross-country skiing

Sexten

	Length	Difference in height	Difficulty
16a SEXTEN - Gasthaus "Alte Säge" - Schmieden Ferrara	1.4 km	10 m	
16b SEXTEN - Schmieden Ferrara - Waldheim	2.4 km	45 m	
17a SEXTEN - Waldheim - Mühlenhof	1.8 km	42 m	
17b SEXTEN - Mühlenhof - Piano Fiscalina	1.8 km	88 m	
18 SEXTEN - Circular Trail in the Fischleintal Valley	4.5 km		
18a SEXTEN - Circular Trail in the Fischleintal Valley	0.7 km		
19 SEXTEN - Circuito Prato Larici	4.1 km		
20 SEXTEN - Circuito Schönfelder	1.4 km		
21 SEXTEN - circuit Waldheim - Moso (illuminated)	2.0 km		
22 SEXTEN - Circuito Passo Monte Croce	0.7 km		
23 SEXTEN - Sentiero sci-escursionistico	11.0 km	247 m	

Braies

	Length	Difference in height	Difficulty
33A Säge/Segheria - circle - Untergasse	3.7 km		
34 Bodner - Mösslhof	2.0 km	106 m	
35 Circle at Schmieden/Ferrara	2.0 km		
36A Säge/Segheria - Altprags/Braies Vecchia (skilift)	4.9 km	220 m	
36B Altprags/Braies Vecchia (skilift) - Brückele/Ponticello	3.2 km	60 m	
37 Circuit Altprags/Braies Vecchia	1.9 km		
38 High altitude circuit Plätzwiese High Plateau	6.5 km	5 m	

Niederdorf - Villabassa

	Length	Difference in height	Difficulty
25 A Niederdorf/Villabassa - Marathon / Grabach-Dobbiaco/Toblach	1.7 km	26 m	
25 B Niederdorf/Villabassa - Marathon / train station Niederdorf/Villabassa to "Grabach"	1.2 km	37 m	
25 C Niederdorf/Villabassa - Marathon / part train station Niederdorf/Villabassa to limit Prags/Braies	2.7 km	56 m	
26 C Villabassa/Niederdorf - Cross country Hirbenfeld	1.2 km	11 m	
27 A Villabassa - Cross-country Olympia	1.0 km	3 m	
27 B Villabassa - Pian di Maia / Maistatt Cross-country	1.7 km	7 m	

31 Niederdorf/Villabassa - from Niederdorf/Villabassa train station to Welsberg/Monguelfo	6.0 km	69 m	
32 Villabassa - Marathon from Niederdorf/Villabassa train station to Prags/Braies	4.4 km	61 m	

Dobbiaco / Toblach

	Length	Difference in height	Difficulty
01 Cross country ski run illuminatedat the stadium of Toblach/Dobbiaco (every Tuesday and Thursday)	2.3 km		
01 Cross country stadium track Toblach/Dobbiaco	1.4 km		
02 Cross country stadium Toblach/Dobbiaco FISI - Stephanie	3.9 km		
03 Cross country stadium Toblach/Dobbiaco FISI - Ole	4.2 km		
04 Cross country stadium Toblach/Dobbiaco FISI - Nathalie	5.4 km	140 m	
05 Cross country stadium Toblach/Dobbiaco FISI - Saskia	5.4 km		
06 Connection lake of Toblach/Dobbiaco variant	0.4 km	2 m	
06 Small round of the lake of Toblach/Dobbiaco	3.0 km		
11 Cross country stadium Toblach/Dobbiaco - Gemärk/Cimabanche	16.8 km	316 m	
11 Schluderbach/Carbonin - Gemärk/Cimabanche	3.5 km	83 m	
11 Toblach/Dobbiaco: Gemärk/Cimabanche - Cross country stadium Nordic Arena (variant)	17.3 km	317 m	
11 Toblach/Dobbiaco: Round Val Fonda	2.1 km		
12 Track, around the village of Toblach/Dobbiaco	4.5 km		
13 Cross country stadium Toblach/Dobbiaco - direction San Candido (connection to Sexten/Sesto)	2.3 km	19 m	
25 Cross Country ski stadium Dobbiaco/Toblach in direction Villabassa (connection to Valle di Braies and Monguelfo)	3.2 km	5 m	
26 Sun tack Toblach/Dobbiaco - Aufkirchen/Santa Maria	2.3 km	84 m	
26 Sun track Toblach/Dobbiaco - Niederdorf/Villabassa	1.3 km	7 m	
Toblach/Dobbiaco: Schluderbach/Carbonin - Plätzwiese/Prato Piazza	7.0 km	574 m	

Innichen / San Candido

	Length	Difference in height	Difficulty
13 San Candido/Innichen chairlift Haunold/Baranci - direction Toblach/Dobbiaco (forest)	2.9 km	45 m	
13a Innichen/San Candido chairlift Haunold/Baranci - direction Toblach/Dobbiaco (meadow)	4.0 km	45 m	
13b Innichen/San Candido Hotel Rehbock/Capriolo- Toblach / Dobbiaco	4.0 km	45 m	

15 Innichen/San Candido Hotel Brandl - Vierschach/Versciaco	3.0 km	21 m	
15 Innichen/San Candido Hotel Brandl - Winnebach/Prato alla Drava	6.1 km	9 m	
16 Innichen/San Candido - Sexten/Sesto (Restaurant Alte Säge)	4.0 km	75 m	

easy
medium
difficult

Closed
Open