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| Aurina Valley | Length | Difference in height | Difficulty |
|---|---|---|---|
| Cross country Sun Trail Kasern/Casere | 10.0 km | | |
| Circle Rein in Taufers / Riva di Tures | 16.0 km | 50 m | |
| Cross country track Weißenbach/Rio Bianco | 10.0 km | | |
| Cross country track Mühlwald Lappach | 16.0 km | 221 m | |

| Comelico | Length | Difference in height | Difficulty |
|---|---|---|---|
| PADOLA - TAVELA KM 2,5 ILLUMINATA | 2.5 km | 40 m | |
| CAMPO SCUOLA KM 1,6 | 1.7 km | | |
| LA VARDA ZONA 1 KM 7,5 | 7.2 km | | |
| LA VARDA ZONA 2 KM 10 | 9.8 km | | |
| PADOLA-VALGRANDE TURISTICA | 5.0 km | | |
| PERCORSO PEDONALE PADOLA - RIFUGIO LUNELLI | 7.7 km | 390 m | |
| PISTA AGONISTICA TALELLA 2 KM 4 | 4.5 km | | |
| PISTA AGONISTICA TAVELLA 1 KM 5 | 5.0 km | | |
| PISTA AGONISTICA TAVELLA 3 KM 3,1 | 3.1 km | | |
| PISTA CAMPOTRONDO | 4.8 km | | |
| PISTA PER PRINCIPIANTI KM 1,0 | 1.0 km | | |
| PISTA TURISTICA KM 15 | 11.0 km | | |

| 3 Zinnen Dolomites | Length | Difference in height | Difficulty |
|---|---|---|---|
| 38 High altitude circuit Plätzwiese High Plateau | 6.5 km | 5 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 | | |
| 01 Cross country stadium track Toblach/Dobbiaco | 1.4 km | | |
| 04 Cross country stadium Toblach/Dobbiaco FISI - Nathalie | 5.4 km | 140 m | |
| 06 Small round of the lake of Toblach/Dobbiaco | 3.0 km | | |
| 11 Schluderbach/Carbonin - Gemärk/Cimabanche | 3.5 km | 83 m | |
| 33A Säge/Segheria - circle - Untergasse | 3.7 km | | |
| 36A Säge/Segheria - Altprags/Braies Vecchia (skilift) | 4.9 km | 220 m | |
| 34 Bodner - Mösslhof | 2.0 km | 106 m | |
| 35 Circle at Schmieden/Ferrara | 2.0 km | | |
| 36B Altprags/Braies Vecchia (skilift) - Brückele/Ponticello | 3.2 km | 60 m | |
| 37 Circuit Altprags/Braies Vecchia | 1.9 km | | |
| 25 Cross Country ski stadium Dobbiaco/Toblach in direction Villabassa (connection to Valle di Braies and Monguelfo) | 3.2 km | 5 m | |

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|---|---|---|---|
| **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 | |
| **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 | |
| **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 | |
| **01 Cross country ski run illuminatedat the stadium of Toblach/Dobbiaco (every Tuesday and Thursday)** | 2.3 km | | |
| **02 Cross country stadium Toblach/Dobbiaco FISI - Stephanie** | 3.9 km | | |
| **03 Cross country stadium Toblach/Dobbiaco FISI - Ole** | 4.2 km | | |
| **05 Cross country stadium Toblach/Dobbiaco FISI - Saskia** | 5.4 km | | |
| **06 Connection lake of Toblach/Dobbiaco variant** | 0.4 km | 2 m | |
| **11 Cross country stadium Toblach/Dobbiaco - Gemärk/Cimabanche** | 16.8 km | 316 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 | |
| **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 | |
| **25 A Niederdorf/Villabassa - Marathon / Grabach-Dobbiaco/Toblach** | 1.7 km | 26 m | |

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| **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 | |

| Cortina d'Ampezzo | Length | Difference in height | Difficulty |
|---|---|---|---|
| **Track "Passo Tre Croci" km. 10** | 10.0 km | | |
| **Track "Passo Tre Croci" parziale km. 5** | 5.0 km | | |
| **Anello campo scuola Km. 1** | 1.0 km | | |
| **Track - Pian de Loa - Podestagno - Ferrovia a/r** | 5.0 km | | |
| **Track "Ferrovia"** | 22.8 km | | |
| **Track "Ferrovia" A - From Fiames to Cimabanche** | 22.0 km | | |
| **Track "Ferrovia" A - From Fiames to Galleries** | 10.0 km | | |
| **Track "Ferrovia" B - From Rifugio Ospitale to Passo Cimabanche (rtn)** | 7.0 km | | |
| **Track "Passo Tre Croci" parziale km. 8** | 8.0 km | | |
| **Track 3G anello Km. 2** | 2.0 km | | |
| **Track 3G anello Km. 3** | 3.1 km | | |
| **Track 3G anello Km. 5** | 4.5 km | | |
| **Track 3G anello Km. 7,5** | 7.5 km | | |

| Seiser Alm DOLOMITES Val Gardena | Length | Difference in height | Difficulty |
|---|---|---|---|
| **Centre** | 1.5 km | | |
| **La Buja** | 6.7 km | | |
| **Mont Dessot** | 2.5 km | | |
| **Palusc** | 5.2 km | | |
| **Val Scura** | 7.5 km | | |
| **Vedl Verzon** | 3.3 km | | |
| **Cross-Country ski run Pra da Rì** | 10.0 km | 200 m | |
| **Cross-country ski run blue** | 3.0 km | | |
| **Cross-country ski run green** | 1.0 km | | |
| **Compatsch - Ritsch - Compatsch cross-country trail** | 5.4 km | | |

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|---|---|---|---|
| Hartl cross-country trail | 12.0 km | | |
| Joch cross-country trail | 15.4 km | | |
| Link trail Ritsch-Saltria | 5.4 km | | |
| Link trail Sonne | 2.4 km | | |
| Möser cross-country trail | 5.5 km | | |
| Panorama cross-country trail | 11.3 km | | |
| Ritsch beginners run | 2.1 km | | |
| Ritsch cross-country trail | 1.4 km | | |
| Saltria cross-country trail | 6.5 km | | |
| Wolfsbühl cross-country trail | 8.9 km | | |
| Kastelruth cross-country trail | 2.0 km | | |
| Connecting run Monte Pana - Seiser Alm | 4.0 km | 78 m | |
| Red cross-country ski run | 5.0 km | 120 m | |
| Link trail Saltria - Monte Pana | 7.8 km | | |

| Antholzertal | Length | Difference in height | Difficulty |
|---|---|---|---|
| Cross Country Trail Biathlon Center 2B | 2.5 km | | |
| Cross Country Trail Biathlon Center 3B \| WM 2020 | 3.0 km | | |
| Cross Country Trail Biathlon Center 4B | 4.0 km | | |
| Cross Country Trail Biathlon Center 5B | 5.0 km | | |
| Cross Country Trails Biathlon Center Anterselva/Antholz | 17.5 km | | |
| slope Biathlon Centre 1B | 1.5 km | | |
| valley cross country trail "circuit Walderhöfe" | 1.3 km | | |
| volley cross country trail part Niederrasen - Oberrasen | 3.5 km | 63 m | |
| circuit biotope (Oberrasen) | 3.0 km | | |
| Valley cross country trail "slope of the bears" | 0.5 km | 43 m | |
| valley cross country trail "sun slope" | 5.5 km | 26 m | |
| Forest trail | 0.8 km | 8 m | |
| slope Antholz Mittertal - Antholz Obertal | 4.4 km | 290 m | |
| slope Antholz Obertal - Biathlon centre | 1.4 km | 61 m | |
| valley cross country trail "circuit Antholz Niedertal" | 0.7 km | | |
| valley cross country trail part Antholz Niedertal - Antholz Mittertal | 3.9 km | 125 m | |
| slope Lake Antholz | 2.4 km | 1 m | |
| slope Niederrasen | 2.5 km | | |

| East Tryol | Length | Difference in height | Difficulty |
|---|---|---|---|
| Höhenloipe Dorfberg | 10.0 km | | |

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|---|---|---|---|
| Biathloncenter Obertilliach | 5.5 km | | |
| Höhenloipe Golzentipp Obertilliach | 3.1 km | 124 m | |
| Schwefelbrunn slope | 3.0 km | 2 m | |
| Slope Feistritz | 4.3 km | 69 m | |
| Slope Leonhard | 5.1 km | 3 m | |
| Sonnenloipe St. Jakob | 1.8 km | | |
| St. Jakob - Erlsbach | 6.6 km | 164 m | |
| St. Jakob - Maria Hilf | 2.8 km | 38 m | |
| Übungsloipe St. Jakob | 0.7 km | | |
| Slope Obersse | 4.5 km | | |
| Pustertal Slope Lienz - Mittewald | 18.1 km | 234 m | |
| Sun slope Innervillgraten | 2.0 km | | |
| Höhenloipe Kristeinertal bei Anras | 2.5 km | | |
| Rabland Runde | 2.9 km | | |
| Villgratental Loipe | 9.5 km | | |
| Panoramaloipe Kals | 2.5 km | 75 m | |
| Promenadenloipe Kals | 6.4 km | 29 m | |
| Romantikloipe Kals | 3.6 km | | |
| Sonnenloipe Kals | 3.0 km | 55 m | |
| Talblickloipe Kals | 3.0 km | 34 m | |
| Tauernloipe Kals | 2.2 km | | |
| Übungsloipe Kals | 1.7 km | | |
| Slope Lavant | 7.6 km | | |
| Slope Dorfloipe Matrei i. O. | 4.1 km | | |
| Slope Gschildalm | 4.2 km | | |
| Slope Löppwaldrunde | 1.6 km | | |
| Slope Moosrunde | 1.9 km | | |
| Slope Tauernhausrunde | 1.5 km | | |
| Aufwärmrunde | 1.6 km | | |
| Grenzlandloipe | 25.6 km | 270 m | |
| Schwalenrunde | 4.0 km | | |
| Connection panoramic slope - Ströden | 2.6 km | 75 m | |
| Isel slope Prägraten a. G. - Hinterbichl | 6.9 km | | |
| Panoramic slope Ströden | 2.0 km | | |
| Slope Blusenrunde Prägraten a. G. (illuminated) | 1.4 km | | |
| Slope Bobojach Prägraten a. G. | 5.1 km | | |
| Slope Unterfeld Prägraten a. G. | 3.3 km | | |

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|---|---|---|---|
| Grenzloipe | 11.2 km | 165 m | |
| Pist "Sonnenloipe" | 0.2 km | | |
| Pustertal Loipe Sillian - Mittewald | 30.1 km | 400 m | |
| Schwarzach slope Hopfgraten | 7.7 km | 47 m | |
| Schwarzach slope St. Veit | 6.0 km | 68 m | |
| Strassen Slope | 2.3 km | | |
| Strassener Möser Loipe | 2.3 km | | |
| Habererfeldloipe Virgen | 0.8 km | | |
| Iselloipe Virgen | 5.1 km | | |
| Sportloipe Virgen | 6.2 km | | |
| Übungsloipe Virgen | 1.0 km | | |

| Val Casies - Monguelfo - Tesido | Length | Difference in height | Difficulty |
|---|---|---|---|
| Circuit Mooswald/Val Casies Valley | 4.0 km | | |
| Nordic Hero Champ Nordic Arena - Val Casies Valley | 42.0 km | 249 m | |
| Nordic Hero Champ Sesto - Nordic Arena | 47.9 km | 98 m | |
| Connection Monguelfo–3 Zinnen Dolomites | 3.6 km | 45 m | |
| Connection Tesido to Val Casies Valley track | 1.8 km | 24 m | |
| Cross Country Track Val Casies Valley: Connection Oberplanken-Preindl-S. Martino | 4.9 km | 57 m | |
| Cross Country Track Val Casies Valley: Connection Preindl-sports area | 1.6 km | 19 m | |
| Cross Country Track Val Casies Valley: Hotel Tyrol-Durnwald-Brückenwirt | 4.5 km | 25 m | |
| Cross Country Track Val Casies Valley: Monguelfo-S. Maddalena/head of the valley | 17.4 km | 368 m | |
| Cross Country Track Val Casies Valley: Monguelfo-Steinegge-S.Martino-S. Maddalena | 17.4 km | 365 m | |
| Cross Country Track Val Casies Valley: S.Maddalena-Mühlweg | 3.1 km | 90 m | |

easy
medium
difficult

closed
open