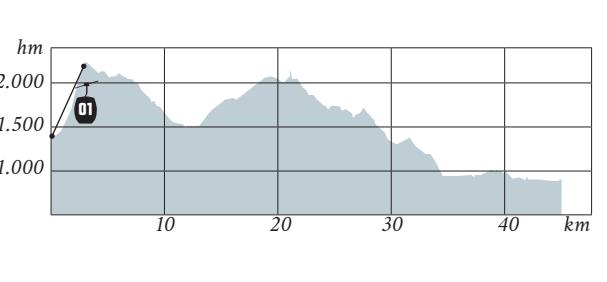


Stage 1

Nauders – Pfunds

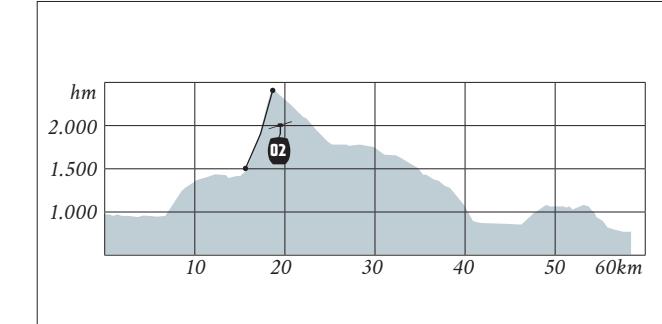


Close to the Italy/Switzerland/Austria border, Stage 1 serves up a brilliant expert route. Trail users wanting to travel Segment 1 but minimize their singletrack have an alternative to ride along gravel roads. Departing from Nauders, the route takes in Italy and Switzerland along the way and offers fast and flowy riding, nice viewpoints and up-close looks at historical sites.

- Distance: 46.1 kilometres
- Elevation Gain: 2,114 metres
- Lift-Assisted Elevation Gain: 751 metres
- Mountain lift company: Bergkastelbahn Nauders
- Highest Elevation: 2,167 metres
- MTB Trail Difficulty: Difficult
- Singletrack options available

Stage 2

Pfunds – Landeck

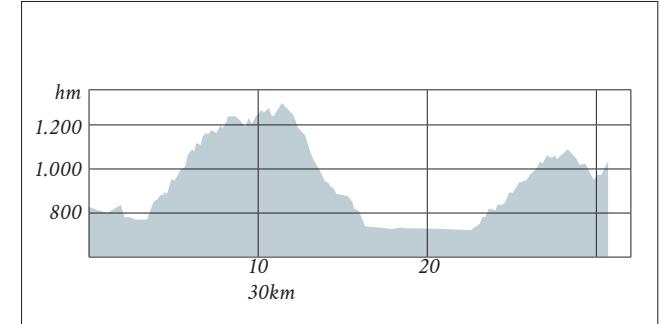


This stage takes you to the highest point along the entire route. Sweat it out on two uphill climbs that require a good level of fitness and take you from Inntal Valley to the sunny upland plateau of Serfaus-Fiss-Ladis and along the historic Roman Road "Via Claudia Augusta" to Fliess. The long downhills on this route can either be tackled on gravel roads or singletrack.

- Distance: 56 kilometres
- Elevation Gain: 2,198 metres
- Lift-Assisted Elevation Gain: 950 metres
- Mountain lift company: Bergbahn Schönjochbahn Fiss
- Highest Elevation: 2,421 metres
- MTB Trail Difficulty: Difficult
- Singletrack options available

Stage 3

Landeck – Imst

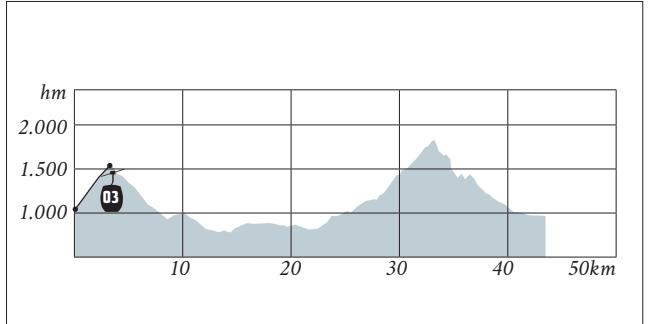


This section is one of two stages that does not utilise the mountain lifts, but is a leisurely mountain bike route. Offering wonderful views of the mountains of the northern Inn Valley, this route runs through Zams then up to Rifenal and back down to Schönbach.

- Distance: 31.5 kilometres
- Elevation Gain: 1,092 metres
- Lift-Assisted Elevation Gain: -
- Mountain lift company: -
- Highest Elevation: 1,247 metres
- MTB Trail Difficulty: Easy to Moderate
- Singletrack options available

Stage 4

Imst – Lermoos

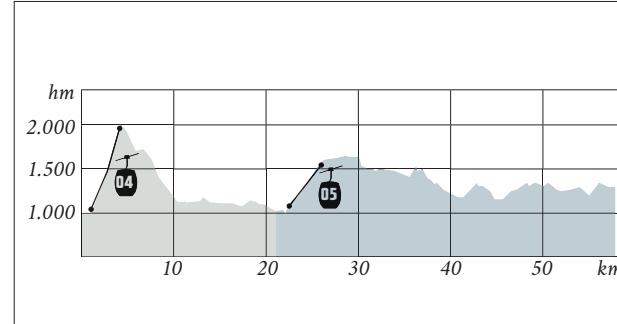


Ride Imster Bergbahnen Chair Lift to the top and embark on a mellow descent back down to the valley. The climb atop Marienbergjoch Col into Außerfern Area will test your strength. Kicking off at 1,800 metres, the trail then snakes its way down to Ehrwald Basin; trail riders follow Barbarasteig.

- Distance: 41.2 kilometres
- Elevation Gain: 1,726 metres
- Lift-Assisted Elevation Gain: 433 metres
- Mountain lift company: Imster Bergbahnen
- Highest Elevation: 1,814 metres
- MTB Trail Difficulty: Easy to Moderate
- Singletrack options available

Stage 5

Lermoos – Seefeld in Tirol

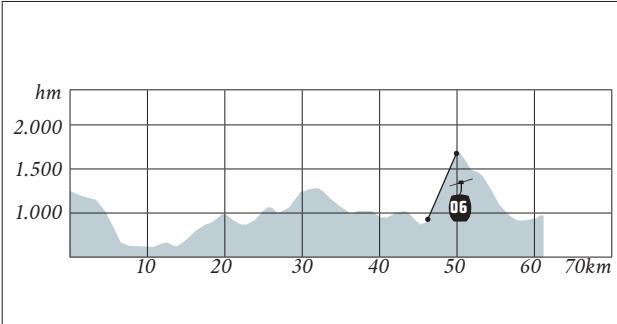


This ride across lovely Gaistal Valley, which is encircled by spectacular, rugged mountain walls, is a true gem. The route climbs towards Seefeld in sweeping hairpins. The top terminal of Grubigstein Gondola heralds the start of an additional downhill for trail riders, following Blindsee Trail.

- Distance: 37.9 kilometres
- Elevation Gain: 1,173 metres
- Lift-Assisted Elevation Gain: 393 metres
- Mountain lift company: Grubigsteinbahn Lermoos, Ehrwalder Almbahn
- Highest Elevation: 1,642 metres
- MTB Trail Difficulty: Easy to Moderate
- Singletrack options available

Stage 6

Seefeld in Tirol – Fulpmes

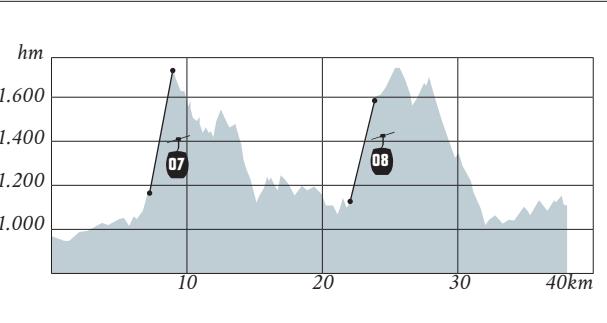


This stage leads for a short distance through the Inn Valley, before the climb begins towards the Brenner Pass. After an altitude gain of almost 1,200 metres, the mountain lift leads even higher. The view from the Mutterer Alm down to Innsbruck is awe-inspiring. Then finally the descent leads down in to the Stubai Valley.

- Distance: 60.4 kilometres
- Elevation Gain: 1,998 metres
- Lift-Assisted Elevation Gain: 645 metres
- Mountain lift company: Mutterer Alm Bergbahnen
- Highest Elevation: 1,764 metres
- MTB Trail Difficulty: Moderate
- Singletrack options available

Stage 7

Fulpmes – Steinach am Brenner

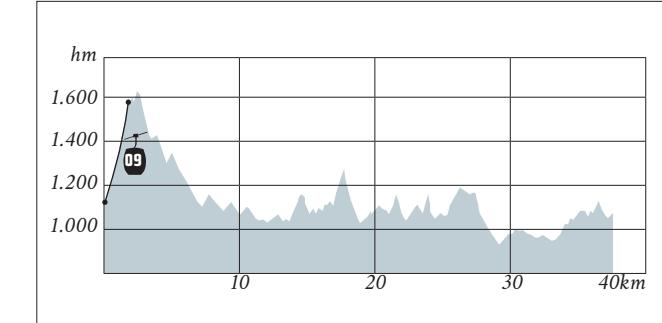


On this stage of the Tirol Mountain Bike Safari mountain bikers 'only' have to ride 680 vertical metres by themselves – there are many downhill routes with great trail sections, two lifts and spectacular views of the high alpine peaks around the Stubai Valley.

- Distance: 37.5 kilometres
- Elevation Gain: 2,122 metres
- Lift-Assisted Elevation Gain: 1,438 metres
- Mountain lift company: Elferlige Stubai, Serlesbahnen Mieders
- Highest Elevation: 1,742 metres
- MTB Trail Difficulty: Moderate

Stage 8

Steinach am Brenner – Tulfes

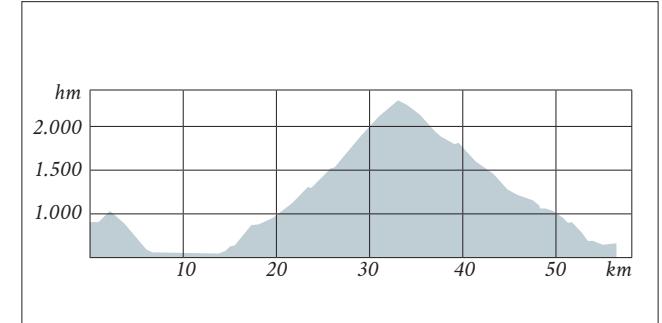


The start of this stage offers a welcome treat for those wanting some downhill action. The Bergeralmabahn in Steinach takes mountain bikers up 500 metres and then the trail leads back down into the Wipptal below the famous Patscherkofel before reaching Tulfes.

- Distance: 36.4 kilometres
- Elevation Gain: 1,116 metres
- Lift-Assisted Elevation Gain: 520 metres
- Mountain lift company: Bergeralmabahn Steinach
- Highest Elevation: 1,607 metres
- MTB Trail Difficulty: Easy to Moderate

Stage 9

Tulfes – Mayrhofen

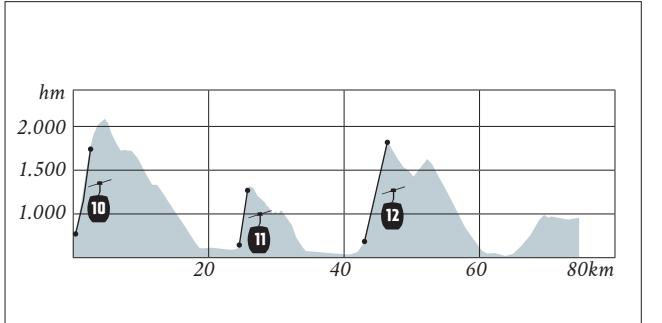


If you're after lung-burning uphill climbs, this stage is for you. The sections from Inntal Valley across Geiseljoch Col into Zillertal Valley will definitely test your strength. The rewards for the efforts are many—from cycling across a remote mountain valley to a spectacular crossing and staggering views of the surrounding mountains.

- Distance: 56.4 kilometres
- Elevation Gain: 1,949 metres
- Lift-Assisted Elevation Gain: -
- Mountain lift company: -
- Highest Elevation: 2,277 metres
- MTB Trail Difficulty: Difficult

Stage 10

Mayrhofen – Pertisau

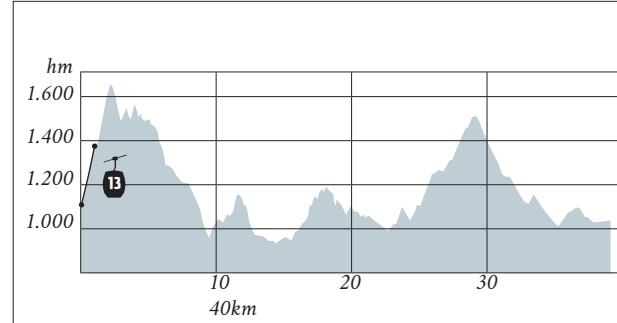


Stage 10 offers access to lift-serviced gravity fed, adrenaline fuelled descending trails, stupendous views of the Zillertal Alps, chocolate box villages along the Zillertal cycle Path and, finally, skirting the shores of Achensee Lake. Three lift and gondola rides add up to this awesome experience.

- Distance: 74.2 kilometres
- Elevation Gain: 4,303 metres
- Lift-Assisted Elevation Gain: 3,073 metres
- Mountain lift company: Penkenbahn Mayrhofen, Rosenalmabahn Zell am Ziller, Spieljochbahn Fügen
- Highest Elevation: 2,076 metres
- MTB Trail Difficulty: Difficult
- Singletrack options available

Stage 11

Pertisau – Steinberg am Rofan

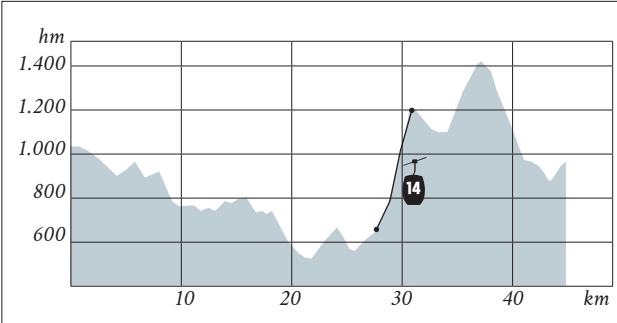


This stage begins with an ascent with the Karwendelbahn in Pertisau offering an amazing panorama stretching the length of the lake from south to north. After the descent down into the Tristennal Valley, with a fantastic backdrop of the Karwendel mountains, the route continues over the Kögljoch to Steinberg.

- Distance: 39.1 kilometres
- Elevation Gain: 1,343 metres
- Lift-Assisted Elevation Gain: 510 metres
- Mountain lift company: Karwendel Bergbahn
- Highest Elevation: 1,629 metres
- MTB Trail Difficulty: Moderate

Stage 12

Steinberg am Rofan – Alpbach

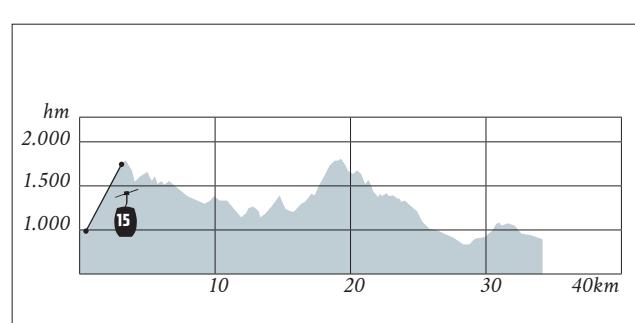


The route to Kramsach runs beside the swift-flowing Steinberger Ache and Brandenberger Ache Rivers. Riding across the village of Brixlegg, a climb takes you to Reith in Alpbachtal Valley and to the base of Reitherkogelbahn Gondola. Having enjoyed million dollar views from the top of Kerschbaumer Saddle, a final descent takes you down to Alpbach.

- Distance: 43.1 kilometres
- Elevation Gain: 1,573 metres
- Lift-Assisted Elevation Gain: 470 metres
- Mountain lift company: Reitherkogelbahn
- Highest Elevation: 1,430 metres
- MTB Trail Difficulty: Moderate

Stage 13

Alpbach – Niederau

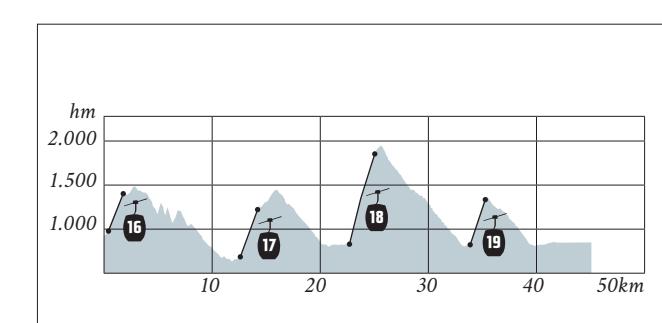


After the previous day's stunning views from the Reither Kogel into the Inn Valley, this stage affords mountain bikers wonderful panoramas towards Wilder Kaiser and a first look at the Kitzbühel Alps on the horizon. The delightful panoramic ride above Inneralpbach is a real highlight.

- Distance: 33.7 kilometres
- Elevation Gain: 2,085 metres
- Lift-Assisted Elevation Gain: 1,000 metres
- Mountain lift company: Wiedersbergerhornbahn
- Highest Elevation: 1,759 metres
- MTB Trail Difficulty: Difficult
- Singletrack options available

Stage 14

Niederau – Kirchberg

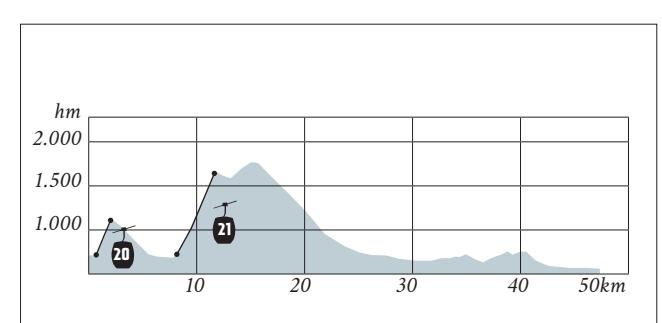


Stage 13 offers access to over 3,000 vertical meters in one day. Four lift and gondola rides add up to this experience. With stupendous views of Brixental Valley and Wilder Kaiser Range, the scenery almost rivals the wonderful trails.

- Distance: 45.5 kilometres
- Elevation Gain: 3,445 metres
- Lift-Assisted Elevation Gain: 2,645 metres
- Mountain lift company: Markbachjochbahn, Salvenbahn, Alpenrosenbahn, Gondelbahn Hochbrixen
- Highest Elevation: 1,798 metres
- MTB Trail Difficulty: Moderate
- Singletrack options available

Stage 15

Kirchberg – St. Johann in Tirol

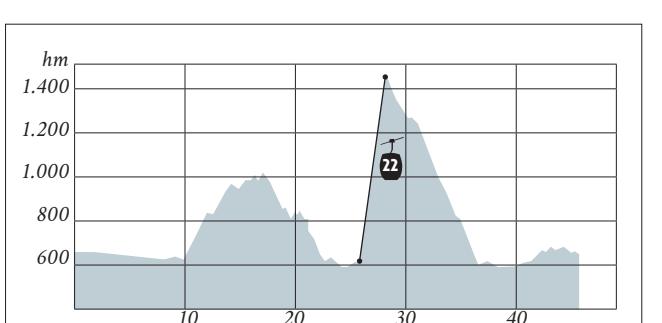


The stage to St. Johann includes epic climbing, stunning views of Kitzbühel Horn Peak and Wilder Kaiser Range, and fast and thrilling downhills from Gaisberg and Hahnenkamm Mountains. At the end of this day, Schwarzsee Lake is a great place for cooling off and for taking a well-earned rest.

- Distance: 47.2 kilometres
- Elevation Gain: 1,928 metres
- Lift-Assisted Elevation Gain: 835 metres
- Mountain lift company: Gaisbergbahn, Fleckalmbahn
- Highest Elevation: 1,930 metres
- MTB Trail Difficulty: Difficult
- Singletrack options available

Stage 16

St. Johann in Tirol – Walchsee



The last stage of the Tirol Mountain Bike Safari takes mountain bikers on a journey showcasing the highlights of Tirol. Beautiful forests, endless views, lovely villages, a superb view of the foothills of the Alps and a wonderful Alpine lake form the perfect conclusion to the Tirol Mountain Bike Safari.

- Distance: 44.8 kilometres
- Elevation Gain: 1,920 metres
- Lift-Assisted Elevation Gain: 835 metres
-

Stages & Mountain Lift Companies

| No. | Starting point | Finishing point | Distance (in km) | Altitude gain (bike / mountain railway) | Highest point (in metres) | Highlights | Mountain Railway Company |
|-----|---------------------|---------------------|------------------|---|---------------------------|--|--|
| 1 | Nauders | Pfunds | 46.1 | 2,114 (1,363/751) | 2,167 | Descent to Martinsbruck, spectacular views of the Inn, Singletracks | Bergkastelbahn Nauders +43.5473.87427 · www.reschenpass.net |
| 2 | Pfunds | Landeck | 56 | 2,198 (1,248/950) | 2,421 | Via Claudia Augusta route, Bike Park Serfaus, Singletracks | Schönjochbahn Fiss +43.5476.6396-0 · www.serfaus-fiss-ladis.at |
| 3 | Landeck | Imst | 31.5 | 1,092 (1,092/-) | 1,247 | Town of Landeck, views of the Inn valley, | |
| 4 | Imst | Lermoos | 41.2 | 1,726 (1,293/433) | 1,814 | Views of the Zugspitze from the Ehrwalder basin, Singletracks | Imster Bergbahnen +43.5412.66322 · www.imster-bergbahnen.at |
| 5 | Lermoos | Seefeld in Tirol | 37.9 | 1,173 (780/393) | 1,642 | The Gaistal and Leutasch Valley, Lermoos Freeride Course, Singletracks | Grubigsteinbahn Leermoo · +43.5673.2323 · www.bergbahnen-langes.at Ehrwalder Almbahnen +43.5673.2468 · www.ehrwalderalm.bahn.at |
| 6 | Seefeld in Tirol | Fulpmes | 60.4 | 1,998 (1,353/645) | 1,764 | View from the Mutterer Alm to Innsbruck | Muttereralm Bergbahnen +43.512.548330 · www.muttereralm.at |
| 7 | Fulpmes | Steinach am Brenner | 37.5 | 2,122 (684/1,438) | 1,742 | High Alpine panorama in the Stubai Valley | Elferbahnen Stubai +43.5226.2270 · www.elfer.at Serlesbahnen Mieders +43.5225.62776-0 · www.serlesbahnen.at |
| 8 | Steinach am Brenner | Tulfes | 36.4 | 1,116 (596/520) | 1,607 | Views of the Bergeralm, Bikepark Tirol, Roman Road above the Wipptal | Bergeralm Steinach +43.5272.6333 · www.bergeralm.net |
| 9 | Tulfes | Mayrhofen | 56.4 | 1,949 (1,949/-) | 2,277 | Geiseljoch Col, views of the Tux and Zillertal Alps | |
| 10 | Mayrhofen | Pertisau | 74.2 | 4,303 (1,230/3,073) | 2,076 | Views from Penkenjoch and Spieljoch Cols, Wiesenalm Trail, Achensee Lakeside Road, Singletracks | Penkenbahn Mayrhofen +43.5285.62277 · www.mayrhofner-bergbahnen.com Rosenalmbahn Zell am Ziller +43.5282.7165-0 · www.zillertalarena.com Spieljochbahn Fügen +43.5288.62991 · www.spieljochbahn.at |
| 11 | Pertisau | Steinberg am Rofan | 39.1 | 1,343 (833/510) | 1,629 | Million dollar views of Achensee Lake | Karwendel Bergbahn Pertisau +43.5243.5326 · www.karwendel-bergbahn.at |
| 12 | Steinberg am Rofan | Alpbach | 43.1 | 1,573 (1,103/470) | 1,431 | Views of the Rofan Mountains, Kramsach and Alpbach | Reitherkogelbahn Reith im Alpbachtal +43.5337.62245 · www.alpbachtal.at |
| 13 | Alpbach | Niederau | 33.7 | 2,085 (1,085/1,000) | 1,759 | Panoramic views at Hornboden and at the crossing | Widersbergerhornbahn Alpbach +43.5336.5233 · www.alpbachtal.at |
| 14 | Niederau | Kirchberg | 45.5 | 3,445 (800/2,645) | 1,798 | Views of the Wilder Kaiser and the main Alpine ridge, Singletracks | Markbachjochbahn Wildschönau +43.5339.5353-0 · www.schatzbergbahn.at Salvenbahn Hopfgarten +43.5335.2238 · www.hohe.salve.at Alpenrosenbahn Westendorf +43.5334.2000-0 · www.westendorf.at Gondelbahn Hochbrixen +43.5334.8507 · www.filzalmsee.at |
| 15 | Kirchberg | St. Johann in Tirol | 47.2 | 1,928 (488/1,440) | 1,930 | Gaisberg and Fleckalm Trail, View of Kitzbühel Horn, Singletracks | Gaisbergbahn Kirchberg +43.5356.6951 · www.bergbahn-kitzbuehel.at Fleckalmbahn Kirchberg +43.5356.6951 · www.bergbahn-kitzbuehel.at |
| 16 | St. Johann in Tirol | Walchsee | 44.8 | 1,920 (1,085/835) | 1,450 | Views of the foothills of the Alps, Walchsee | Bergbahnen Hochkössen +43.5375.6226 · www.bergbahnen-koessen.at |

Tips & Information

All information about Tirol Mountain Bike Safari, free GPS data available for download as well as valuable tips on accommodation and where to stay. www.tyrol.com/bikesafari

Specific information on Tirol Mountain Bike Safari Flexi-Pass and operation hours of the 22 lifts and gondolas along the route can be found online at www.tyrol.com/bikesafari.

Bookable Mountain Bike Safari Packages include accommodation, baggage transfer, tour guiding and Flexi-Pass. www.tyrol.com/bikesafari

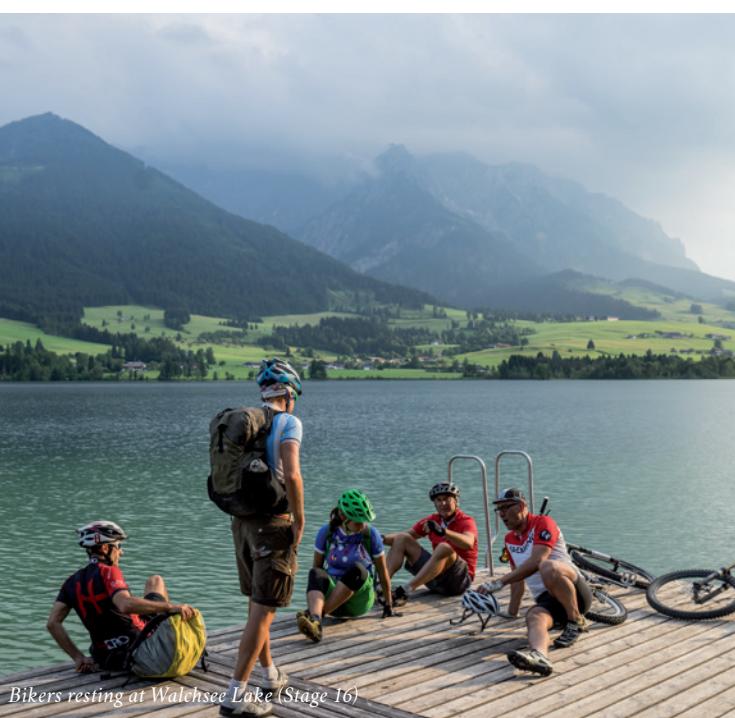
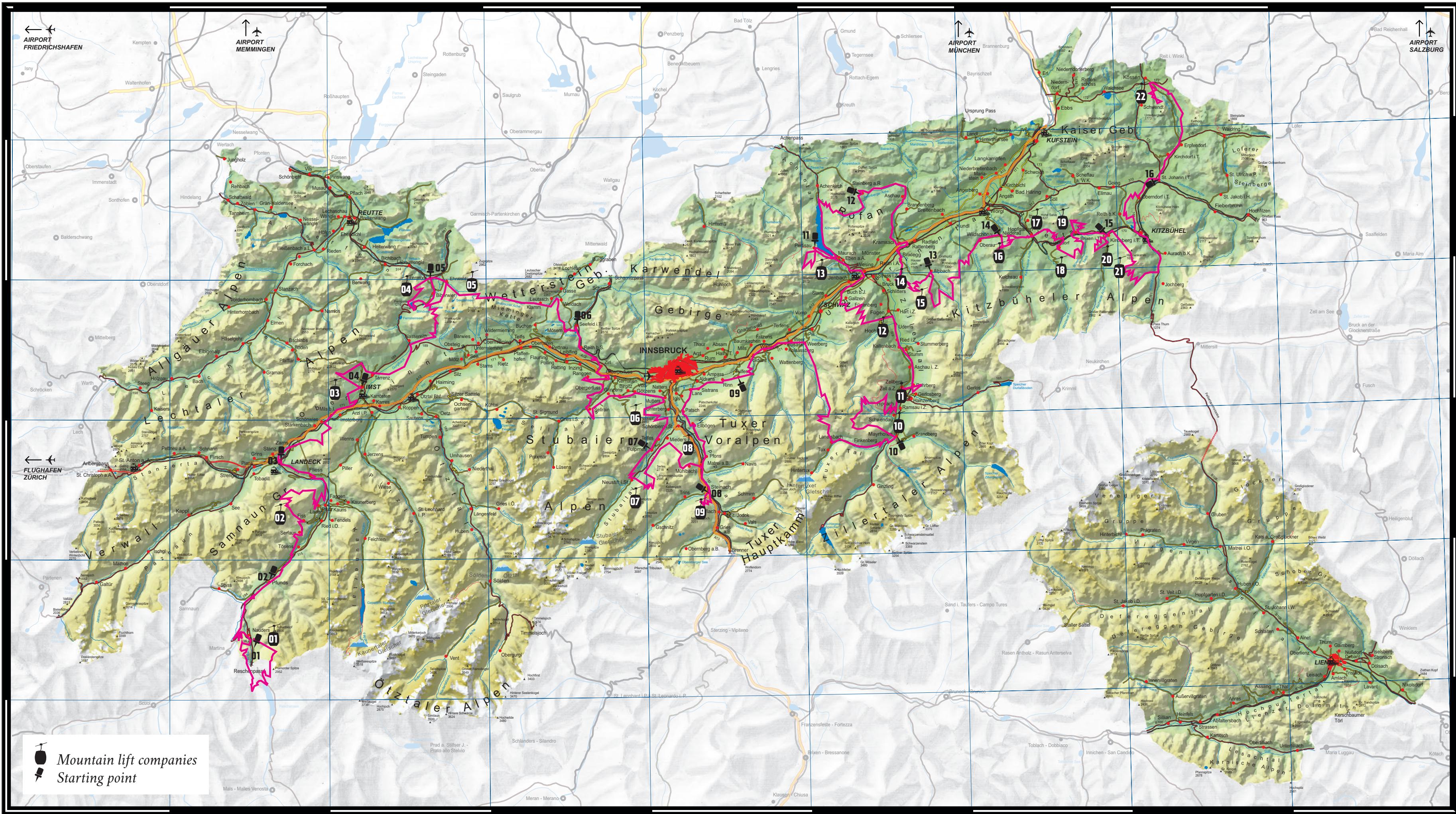
On all Tirol Mountain Bike Safari stages, you can benefit from baggage transfer services.

Stages 1-8: www.bikeshuttle.at · info@bikeshuttle.at · +43.664.1217050
Stages 9-16: andrea.albrecht@rofarenisen.com · +43.5243.5209

The top regions for mountain biking with quality assured accommodation and information about bike parks and single trails. www.tyrol.com/mountainbiking

More than 200 bike routes are online and can be filtered by route length, travel time or height difference. www.tyrol.com/biketours

The top events at a glance: from the KitzAlpBike festivals to the Three-Countries Enduro in Nauders www.tyrol.com/events



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