



Austria



# Greatest Hikes and Rides in Tirol

# Tirol - Heart of the Alps

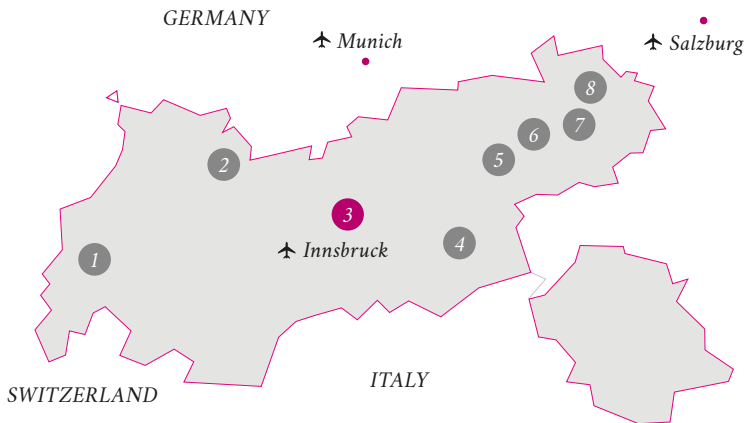
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*In the Austrian Tirol you don't have to look far to find incredible hikes or breathtaking bike rides. Every region, every valley and every village is a gateway to another mesmerising adventure in the outdoors. For cyclists, the lakes, mountains and valleys that make up the Tirol provide everything from twisting singletrack mountain bike routes to scenic half-day cycles. Hikers can take their pick from epic multi-day hikes among the high mountain peaks to lift-assisted walks through alpine pastures. Looking for some inspiration? Then here are eight of the very best hikes and rides from around Tirol.*

*For more information on any of the hikes or rides in this booklet, look at the Austrian Tirol's website: [www.visittirol.co.uk](http://www.visittirol.co.uk). And if you feel inspired to try one (or more!) of these inspirational routes, let us know on social media using @VisitTirol and #lovetirol.*



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arrive  
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## Experience the alpine beauty of the iconic Eagle Walk

The Eagle Walk is the Tirol's best-known long-distance hike, spanning 413 km from east to west. But if you're short on time, the 17.5 km-long final section offers a taste of its beautiful alpine scenery, taking in the jagged peaks of the Arlberg from Kaiserjochhaus to St Christoph. Featuring scrambles, singletrack paths and roped walkways, the hike is challenging, taking four hours in total. The reward is non-stop views over wide alpine meadows and the rugged Lechtal Alps.



© Wolfgang Ehn

*Surrounded by towering mountains in the far west of Tirol, the Arlberg and the world-famous town of St. Anton are synonymous with alpine skiing. In summer those same mountains transform into a whole new playground, offering more than 300 km of walks and 200 km of mountain biking routes perfect for every level of adrenaline junkie.*



### Cycling the Zugspitz Arena's lakeland landscape

The Zugspitz Arena is famed for the glittering lakes that make up its landscape, and the best way to explore them is by bike. The half-day 3 Seen Tour takes in three of the most beautiful; Mittersee, Blindsee and Weißensee. It winds through forest paths for 11.2 km and offers jaw-dropping views of the Zugspitze mountain, as well as plenty of opportunities for swimming. There's 513 m of ascents but no major climbs, making it ideal for all levels of cyclists.



© Tiroler Zugspitz Arena\_U. Wiesmeier

*The Zugspitz Arena is named after the colossal Zugspitze mountain that marks the border between Austria and Germany, the top of which offers far-reaching views over four countries. As well as being a mecca for hiking, climbing and biking, it offers incredible wild swimming in its beautiful mountain lakes.*



## Epic mountain biking above the capital of the Alps

Bikepark Innsbruck is the Tirol's newest mountain biking hot-spot, which will play host to the Crankworx Mountain Bike Festival in June 2017. Situated at Muttereralm, just 15 minutes from the city centre, it caters to every level of rider. The Muttereralm Trail, a 5 km long route of nerve-testing switchbacks with jaw-dropping views over Innsbruck, is ideal for everyone from beginners up. The 4.5 km Götzner Trail is more testing, hurtling through tight forest tracks, over jumps and around steep curves.



© Innsbruck Tourismus, Mario Webhofer

*Innsbruck is known as the capital of the Alps, a buzzing city surrounded by 2,000 m peaks playing host to an endless array of outdoor activities, from climbing to watersports. The historic old town is as beautiful as its mountainous backdrop, with the famous Golden Roof just the start of its cultural offerings.*



## Hike the Zillertal's peaks with the Peter-Habeler-Route

Named after a local mountaineer, 56.1 km Peter-Habeler-Route circumnavigates the awe-inspiring peaks of the western Zillertal valley. It takes around 4 - 6 days to complete, so take advantage of the six traditional mountain huts dotted along the route. If you're short on time, you can just walk a section or two. Either way, you'll experience a taste of the mountain lakes, glaciated terrain and rocky landscapes that make the Zillertal an outstanding destination for hikers.



*The Zillertal is a truly action-packed valley, with every nook and cranny offering up fun for all types of adventurers. Alongside 1,400 kilometres of hiking trails served by 10 summer cable cars, you can also explore the valley on bike, climb up to high-altitude peaks or cool off in a natural lake.*



## Experience Alpbach's lakes, peaks and mountain huts

This multi-day hike through the Brandenberg Alps is both gorgeous and demanding, taking in four summits in four days. It starts and ends in Kramsach, circling through wild mountains, quaint alpine villages and past picture-perfect lakes along the way. Highlights include a night at the Bayreuther Hut, which has an awe-inspiring outlook over the Inn, Alpbach and Ziller valleys and the cooling waters of Zireinsee, a mountain lake nestled among the rugged peaks of the Rofan range.



*Lakes and gorges. Villages and nature. Action and tranquility. Alpbachtal Seenland has something for everyone. 900 km of hiking trails cross through beautiful mountain terrain and scenic villages, while its warm lakes are perfect for wild swimming. Museums, whitewater thrills and children-friendly activities complete the package.*





## A Mountain Bike Safari through the Wildschönau

Crossing the mountains from Alpbach to Niederau, Stage 13 of the Tirol Mountain Bike Safari is a stunning section of the 670 km route, offering grand panoramas across the Wilder Kaiser mountains. The 33.7 km stage mixes challenging climbs, winding paved roads and twisting singletrack pathways over alpine pastures and mountain plateaus. The descent down to the Inneralpbach, in particular, will test your mettle, featuring steep pitches and a series of S-Bends that require full commitment.



*A beautiful playground of alpine pastures, old traditions and quaint mountain villages, Wildschönau is made for summer holidays. 300 km of walking trails crisscross the region, and mountaintop bike paths make exploring easy. Families are well catered for too, with swimming pools, horse riding and museums all on its doorstep.*



## Complete Kitzbühel's famous Streif run... on foot!

Every January, the world's fastest skiers take on Kitzbühel's Streif, a notorious downhill run featuring 85-degree steepes and testing jumps. Once the snow melts, it turns into a 3.8 km hiking path showcasing the race's renowned sections like the Mausefalle and the Hausberg. The best skiers make it down the Streif in less than two minutes, but on foot it takes 2.5 hours to negotiate, which gives you plenty of time to take in the alpine beauty of the Kitzbühel Alps as you hike.



© Michael Werlberger

*When the snow melts, Kitzbühel's world-famous mountains become a hiker's paradise, with 1,000 km of paths passing through their flower-covered meadows, alpine pastures and gentle peaks. Golf, biking, tennis, trail running and swimming complete Kitzbühel's cornucopia of summer activities.*



## Exploring Austria's largest e-biking region

Bike routes don't get much more stunning than the TransKitzAlp E 4, which is filled with scenery typical of the Kitzbüheler Alps, including rolling pastures, high plateaus and wide valleys. 59 km long, it starts in Oberndorf and finishes in Fieberbrunn and involves 2,400 metres worth of climbs. If you don't have the stamina to take on all of it under your own steam, consider renting an e-bike. The Kitzbüheler Alps is the biggest e-bike region in Austria, with 310 e-bikes and 43 rental stations.



© MirjaGeh-eye5

*The baroque town of St Johann is perfectly situated for exploring the eastern end of Tirol, with both the rolling pastures of the Kitzbüheler Alps and the rocky fortress of Wilder Kaiser on its doorstep. As well as being at the heart of Austria's biggest e-biking region, it's also a gateway to first-rate hiking, golf and swimming.*



## Getting to the Tirol

Innsbruck Airport is the gateway to the Austrian Tirol. easyJet flies there directly from London Gatwick, Bristol and Liverpool. British Airways has direct routes from London Heathrow and Gatwick, while Monarch flies from Birmingham, Manchester and London Gatwick. You can also fly via Vienna or Frankfurt with Lufthansa. Alternatively, Munich airport is roughly a two-hour drive, with transfers operated by Taxi Tirol ([www.tirol-taxi.at](http://www.tirol-taxi.at)).

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