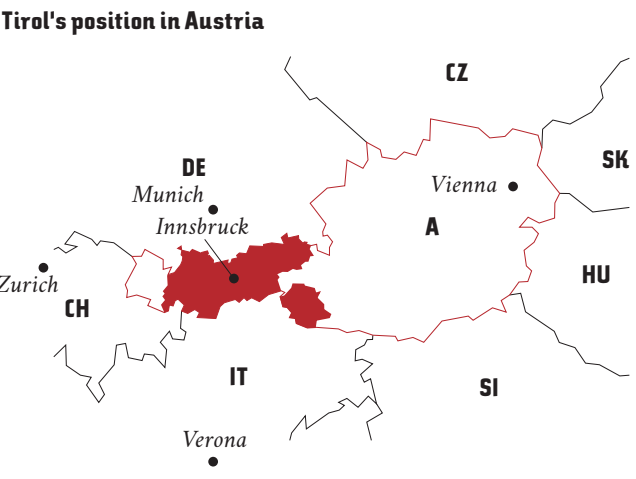
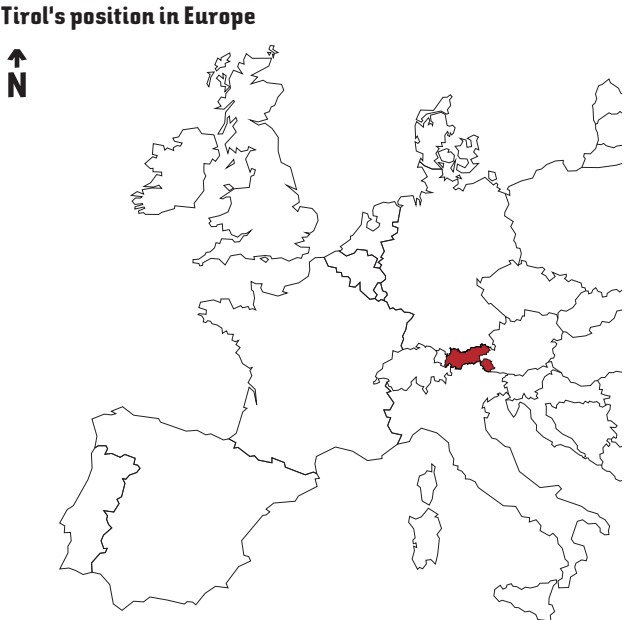


GREAT RIDES

Ten challenging roadbike rides
full of breathtaking views

The highest mountain pass road in Austria, the highest point in the Alps accessible by roadbike, the steepest climb in the country – Tirol is paradise for roadbike enthusiasts. In September 2018 the UCI Road World Championships, one of the most important cycling events in the world, took place in Tirol. To mark this historic event we have put together ten Great Rides in Tirol where amateurs can get that World Championships feeling.



GPX TRACKS

Download all rides at
www.tyrol.com/bikemap





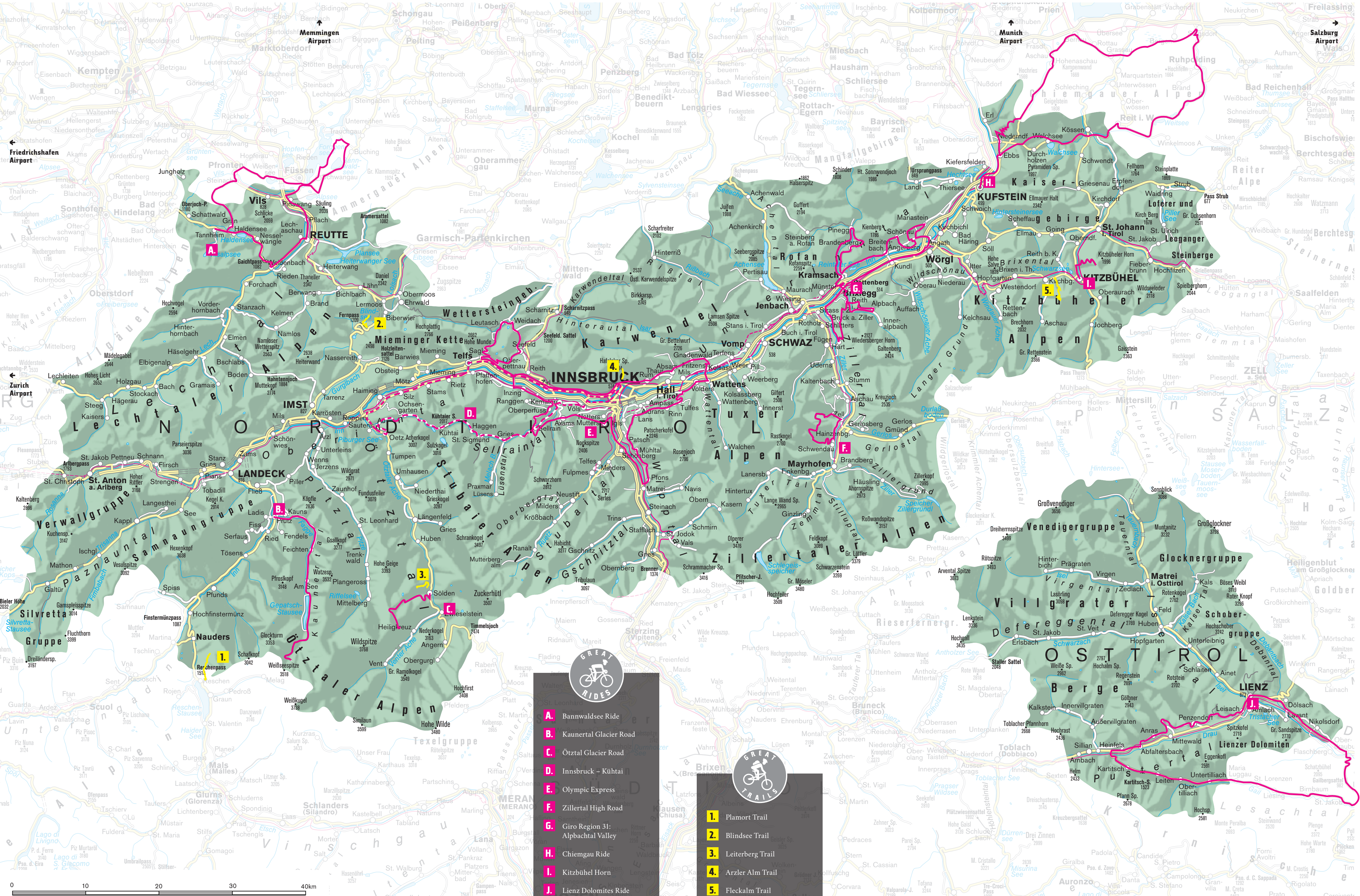
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All information has been provided to the publisher's best knowledge at the time of writing (June 2019). Distances and vertical metres have been rounded and should be seen as approximate values. Please be aware that the routes may be subject to changes. Tirol Werbung GmbH assumes no liability for any accidents or damage. For details on the difficulty rating scales for roadbike rides and singletrack trails please visit www.tyrol.com/bikemap.

The Arlberg Giro, the Ötztal Bike Marathon and the Tour of the Alps are just three of the many annual international bike events taking place in Tirol. From 22 to 30 September 2018 the international cycling elite gathered in Innsbruck-Tirol for the UCI Road World Championships. All twelve races finished in the Host City Innsbruck, while the start locations will be spread across the region: Ötztal, Hall-Tauern, Alpbachtal (Rattenberg) and Kufstein. This folding map featuring ten Great Rides in Tirol gives hobby cyclists the chance to ride the same roads as the pros and test themselves on the same punishing climbs.



Tirol's position in Europe



KILOMETRES

A Bannwaldsee Ride

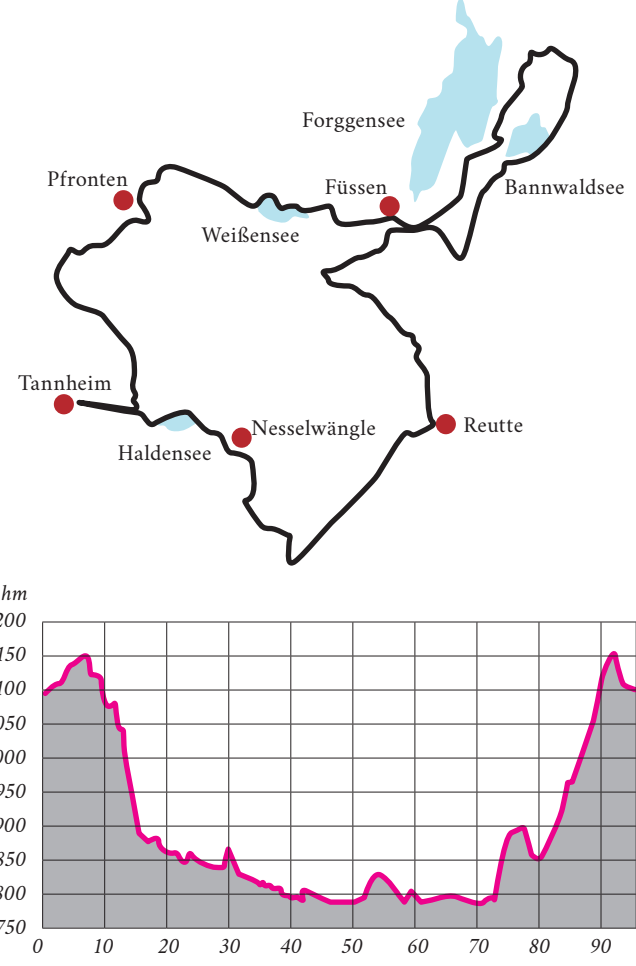


Intermediate

Cross-border adventures through lush green meadows past enchanting castles, turquoise lakes and medieval villages – the Bannwaldsee Ride is a must for roadbike enthusiasts in Tirol. Winding its way through the Allgäu and Ammergau Alps, it starts in Tannheim and takes riders to Weißenbach am Lech before leading over the German border to Füssen, around the Bannwaldsee lake and through the Engetal Valley back to the starting point.

Start & finish point: Tannheim
Highlight: Bannwaldsee

Distance	Max. gradient
95km	10%
Highest point	Vertical metres up
1,150m	825m



B. Kaunertal Glacier Road

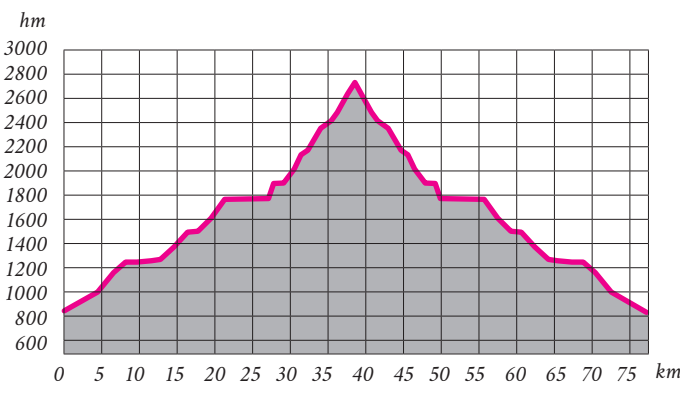


Difficult

Taking cyclists from the valley floor all the way to the edge of the glacier, the Kaunertal Glacier Road is a real highlight for roadbike riders and one of the most spectacular climbs in the Alps. From the village of Prutz it winds its way up 29 corners and 2,260 vertical metres to an altitude of 2,750 metres at the foot of the Weißespitze mountain. It has featured several times in the Tour of Austria and hosts the annual Kaunertaler Gletscherkaiser race to determine who is the fastest rider from bottom to top.

Start & finish point: Prutz
Highlight: Weißseeferner

Distance	Max. gradient
77km	18%
Highest point	Vertical metres up/down
2,750m	2,260m





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Tirol
CYCLING CLUB
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Tirol / Heart of the Alps

The best roadbike rides & singletrack trails



Ötztal Glacier Road



Ötztal Valley

Every year the number of major roadbike events for professional and amateur cyclists in Tirol continues to grow. As well as annual classics such as the Ötztal Bike Marathon, the Dolomites Cycling Tour and the Dreiländergiro Three Countries Tour, Tirol welcomed the world's best professional bike racers for the UCI Road World Championships 2018.

For more information on holidays in Tirol visit:

WWW.TYROL.COM



Alpbachtal Valley

Road bike rides (continued)

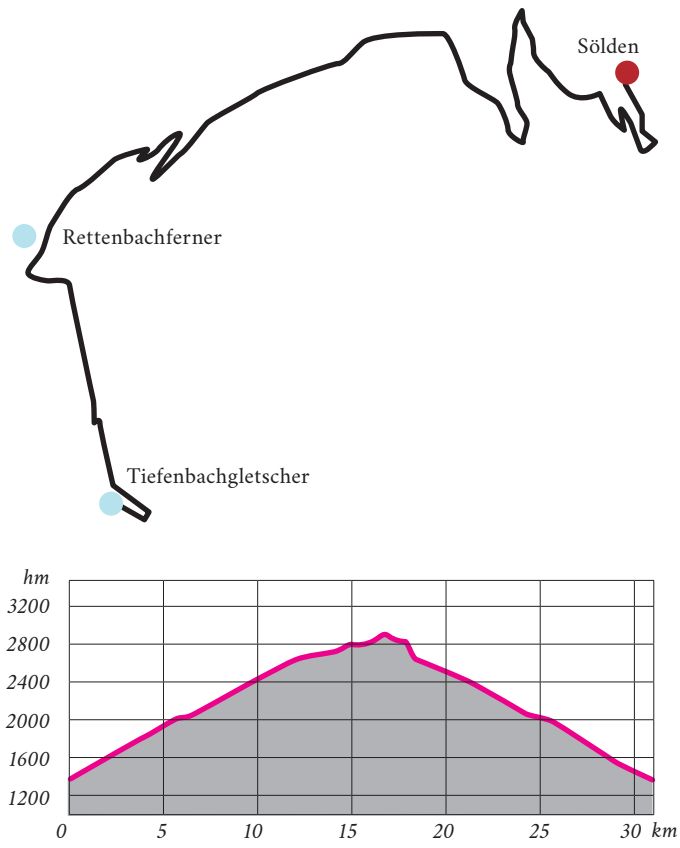
Ötztal Glacier Road

Difficult

The Ötztal Glacier Road has an average gradient of 10.5% and takes riders to the highest point in the Alps accessible by road-bike at 2,830m. Built in 1972, it is a challenge for even the fittest of riders. From Sölden the road leads through the spectacular Rettenbachtal Valley up to the glacier ski resorts at the end of the Örtztal Valley. After 14.5 kilometres of riding – including a section through the highest tunnel in the Alps, the Rosi Mittermeier Tunnel – riders reach the glaciers.

Start & finish point: Sölden
Highlight: Rettenbach- und Tiefenbachferner

Distance	Max. gradient
31km	16%
Highest point	Vertical metres up/down
3,025m	1,550m



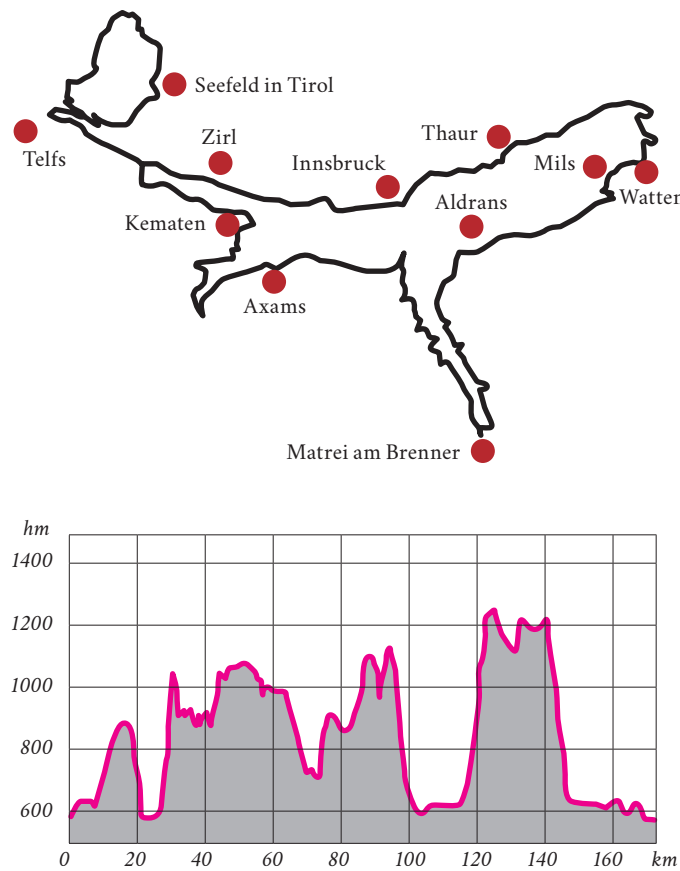
Olympic Express

Difficult

Innsbruck has hosted the Olympic Games twice, so it is little wonder that "Olympia" can be found almost everywhere in the regional capital of Tirol. This ride around Innsbruck nicknamed "Olympic Express" is long, challenging and full of climbing. It takes riders through all the locations that hosted Olympic disciplines in 1976. It is designed in such a way that riders can also shorten the ride and head straight back to Innsbruck at several points along the route. Most of the roads are quiet and offer a fantastic riding experience with great views.

Start & finish point: Innsbruck
Highlight: Locations of 1976 Winter Olympics

Distance	Max. gradient
172km	16%
Highest point	Vertical metres up/down
1,260m	2,800m



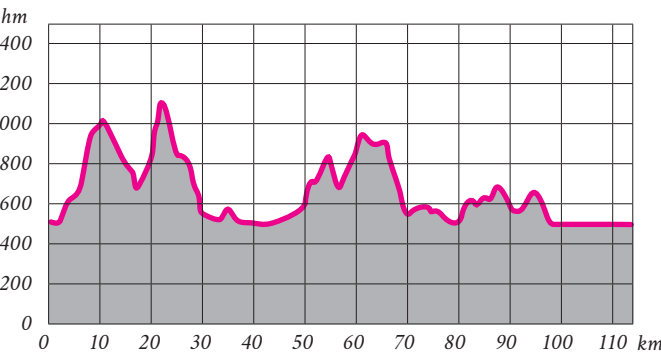
Giro Region 31: Alpbachtal Valley

Difficult

Starting from Rattenberg, which will host the start of races during the 2018 UCI Road World Championships, this challenging ride with plenty of climbing takes riders along some of the quietest and prettiest roads in Tirol. Each of the three loops has its own cultural and historical highlights. The first leads through the village of Alpbach, the second along the Brandenberger Ache river and the third to the Reintaler Seen lakes – the ideal place for a well-deserved rest.

Start & finish point: Rattenberg
Highlight: Kerschbaumsattel, Brandenbertal, Reintaler Seen

Distance	Max. gradient
117km	18%
Highest point	Vertical metres up/down
1,110m	2,500m



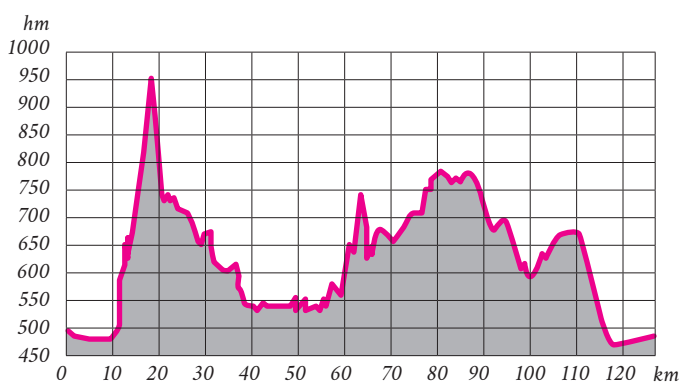
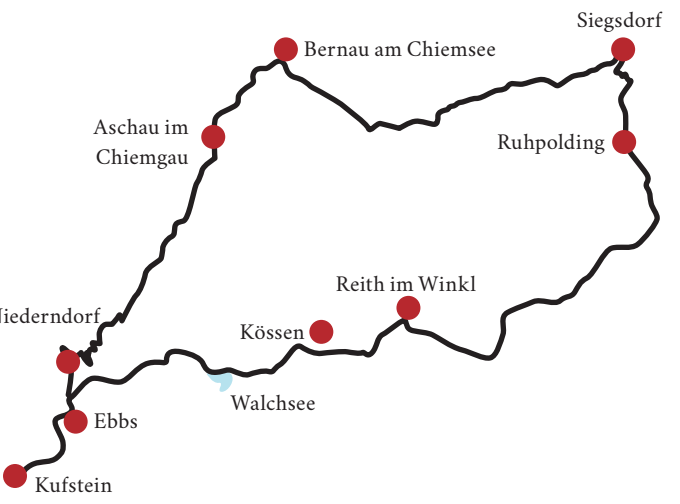
Chiemgau Ride

Intermediate

Cyclists taking on the Chiemgau Ride complete 126.5 kilometres in Germany's alpine foothills. Starting in Kufstein, the route leads via Aschau in the German region of Chiemgau to Siegsdorf and Ruhpolding. Despite its length, the ride has only 1,350 vertical metres of relatively easy climbing and plenty of places to stop off en route for a drink and a meal. Riders can look forward to plenty of highlights such as the castles in Kufstein and Aschau and pretty lakes between Ruhpolding and Niederdorf.

Start & finish point: Kufstein, Unterer Stadtplatz
Highlight: Niederdorferberg, Walchsee

Distance	Max. gradient
126.5km	14%
Highest point	Vertical metres up/down
960m	1,350m



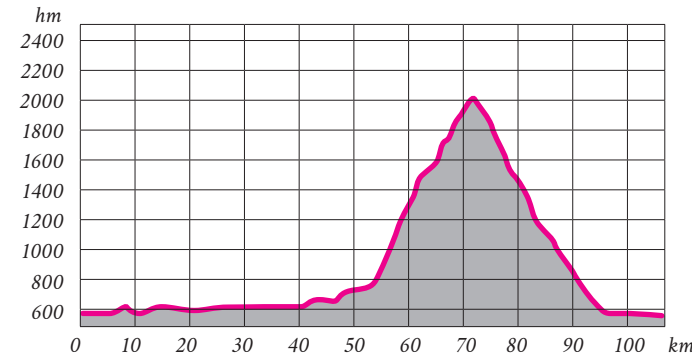
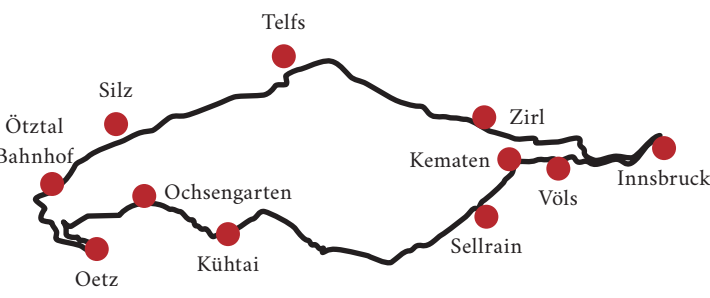
Innsbruck – Kühtai

Difficult

Kühtai has already achieved legendary status in Tirol's local roadbike scene and features in many races such as the Tour of Austria. Every year it is also the first of four major climbs in the Ötztal Bike Marathon. The ride from Innsbruck to the Ötztal Valley, up to Kühtai and back down through the Sellraintal Valley is an absolute classic. With 110km of riding and 1,720 vertical metres of ascent it is a challenging route which rewards riders with magnificent views of the Ötztal and Stubai Alps. There are plenty of quaint villages along the way where riders can stop off for a meal.

Start & finish point: Innsbruck
Highlight: Kühtai

Distance	Max. gradient
110km	18%
Highest point	Vertical metres up/down
2,020m	1,720m



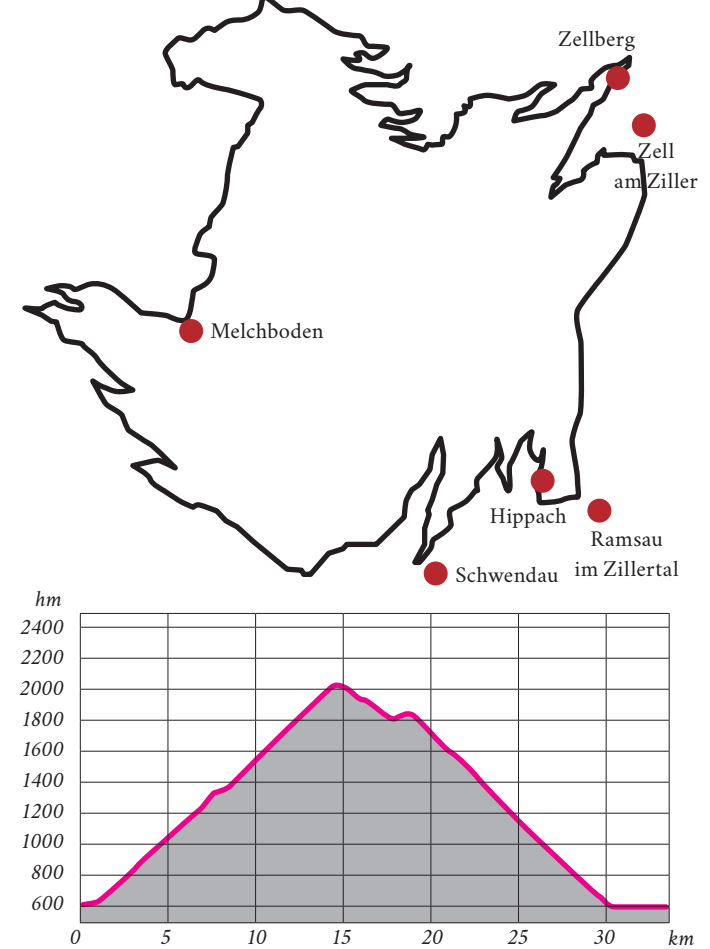
Zillertal High Road

Difficult

Long, steep and with stunning views of the Tux, Kitzbühel and Zillertal Alps, the Zillertal High Road is located on the western side of Tirol's well-known Zillertal Valley and is one of the region's greatest challenges for roadbike enthusiasts. The climbs are long and steep, but sensational views and landscapes are the reward for this strenuous ride. Riders start in Hippach and finish the climb next to the Jausenstation Melchboden serving food and drink.

Start & finish point: Hippach
Highlight: Melchboden (highest point)

Distance	Max. gradient
34km	20%
Highest point	Vertical metres up/down
2,010m	1,590m



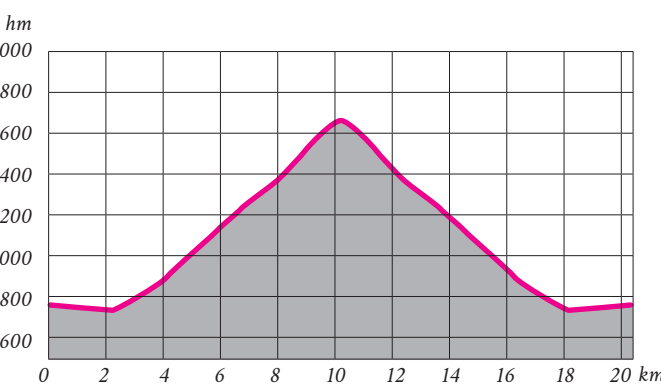
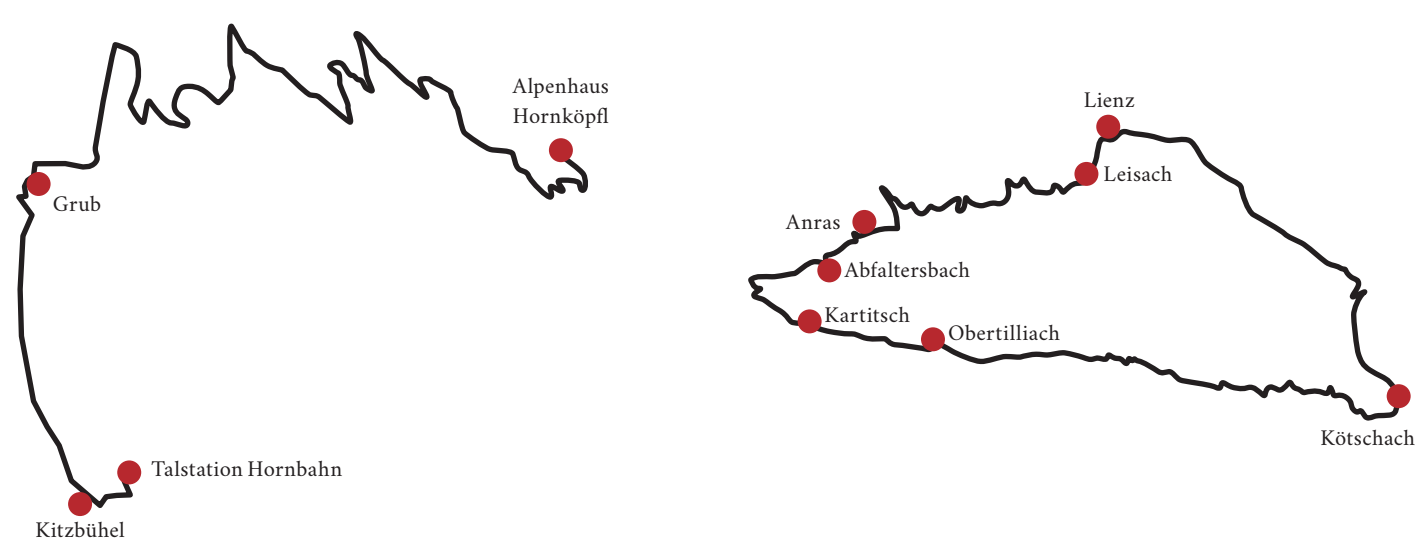
Kitzbühel Horn

Difficult

No respite, no recovery. The road up onto the Kitzbühel Horn mountain is steep – incredibly steep. No other climb in Tirol is revered more by roadbike enthusiasts. It traditionally features as the main highlight of the queen's stage at the Tour of Austria and with a constant gradient of between 10% and 18% demands not only excellent fitness but a healthy portion of determination. The reward at the top is a big bowl of pasta in the restaurant!

Start & finish point: Kitzbühel, Hornbahn cable car
Highlight: Kitzbüheler Horn

Distance	Max. gradient
20.6km	22%
Highest point	Vertical metres up/down
1,670m	990m



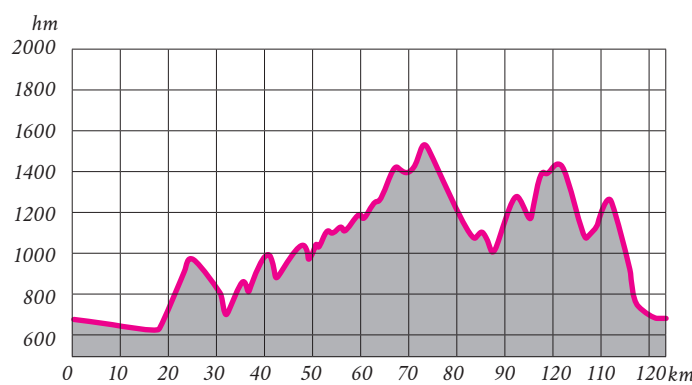
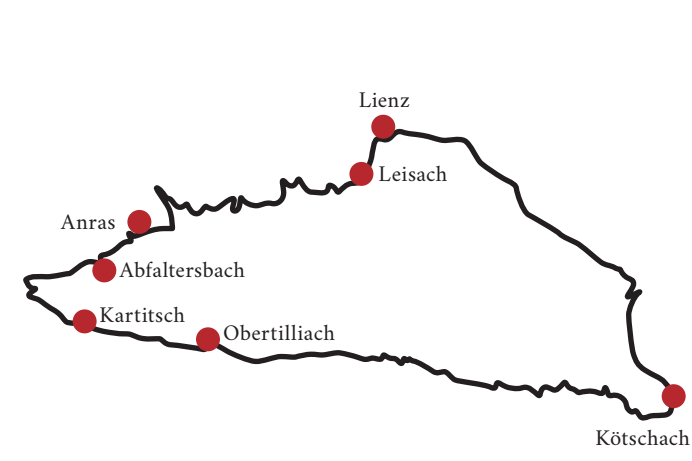
Lienz Dolomites Ride

Difficult

This ride takes its inspiration from the Dolomites Cycling Tour, one of the most popular mass-participation events in Tirol. It comprises 122 kilometres, 2,300 vertical metres and three mountain passes. After the short ascent onto the Gailbergssattel, riders descend to Kötschach before taking on the toughest and most technical climb of the ride up onto the Kartitscher Sattel. They then head down into the Pustertal Valley, where the final climb of the day with gradients of up to 17% awaits.

Start & finish point: Lienz
Highlight: Kartitscher Sattel, Pustertaler Höhenstraße

Distance	Max. gradient
122km	17%
Highest point	Vertical metres up/down
1,530m	2,300m



Fleckalm Trail

GREAT TRAILS

Five flowing singletrack trails for downhill daredevils

From tree-root passages to high alpine sections, the following five trails all have one thing in common: flow. The Arzler Alm Trail, Blindsee Trail, Fleckalm Trail, Leiterberg Trail and Plamort Trail are a fine cross-section of 115 singletrack trails in Tirol which draw riders from near and far to the region for spectacular two-wheeled adventures.

A panel of singletrack experts chose the following five trails as the best in the region as part of the **Great Trails** in Tirol project. The selection is based on the criteria design, length, difficulty level and beauty.

THE MOST IMPORTANT FACTOR: FUN
The members of the panel wanted to find trails that are fun to ride for bikers of all abilities. The Great Trails in Tirol are a mixture of natural trails and arti-

cially built trails which present a challenge but are not excessively difficult. They are suitable for most all-mountain and enduro riders and offer fabulous views of the mountains as well as cosy huts and bars to relax and enjoy the surroundings. The Great Trails can be found on maps, are clearly signposted and are, of course, official single-track trails which have been approved and inspected by the local authorities.

Access to some sections may be restricted or impossible due to maintenance work or poor weather conditions. Please contact the local tourism office to get the latest information before you start planning your adventure.



1. Plamort Trail

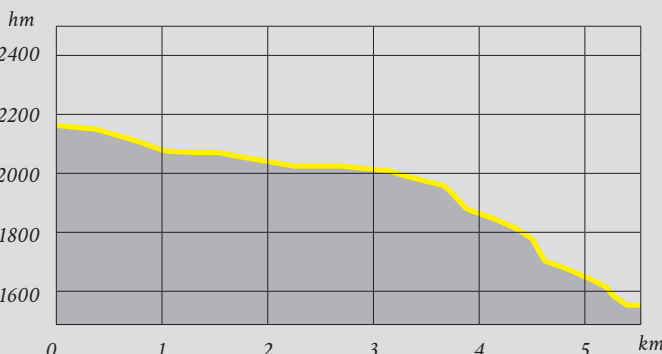
Cross-border trailriding in Nauders

Intermediate

"The perfect trail! Flowing sections leading to a fantastic vantage point with great views of Reschensee lake and the surrounding mountains."
LARS LOTZE,
MOUNTAINBIKE GUIDE



Distance	Difficulty rating
5.5km	S1-S2
Highest point	Vertical metres down
2,160m	735m



- **Starting point:** Nauders
- **Cable car:** Bergkastelbahn
- **Trail start:** Top of Bergkastel
- **Trail end:** Reschen (South Tyrol)
- **Finishing point:** Nauders

2. Blindsee Trail

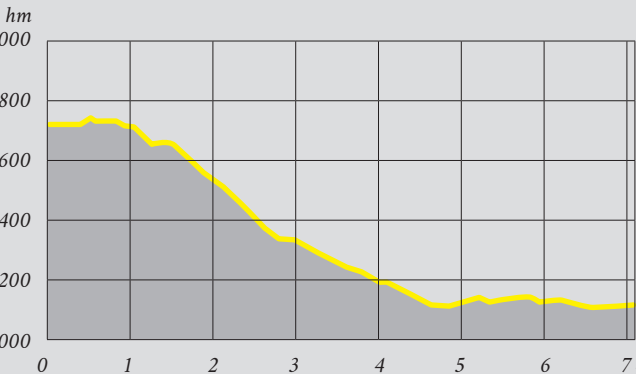
Natural beauty in Lermoos

Difficult

"A great natural trail with no artificial elements and a few tight but not too tricky corners."
SEBASTIAN RECH,
OWNER OF THE VELO LOVE BIKE SHOP IN INNSBRUCK



Distance	Difficulty rating
7.1km	S2-S3
Highest point	Vertical metres down
1,740m	660m



- **Starting point:** Lermoos
- **Cable car:** Grubgsteinbahn
- **Trail start:** Grubgalm
- **Trail end:** Biberwier / Blindsee car park
- **Finishing point:** Lermoos

3. Leiterberg Trail

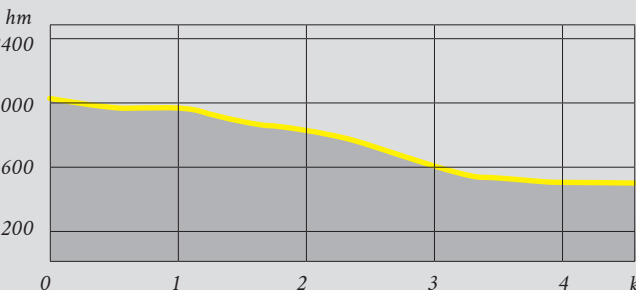
Great trails and fine views in Sölden

Intermediate

"Lots of variety – meadows, forests, rocks with a mix of easy riding and challenging sections."
LISI HAGER,
BIKE JOURNALIST, FORMER XC/MARATHON RIDER



Distance	Difficulty rating
4.5km	S2-S3
Highest point	Vertical metres down
2,020m	650m



- **Starting point:** Sölden
- **Cable car:** Giggjochbahn
- **Trail start:** Hochsölden
- **Trail end:** Leite
- **Finishing point:** Sölden

4. Arzler Alm Trail

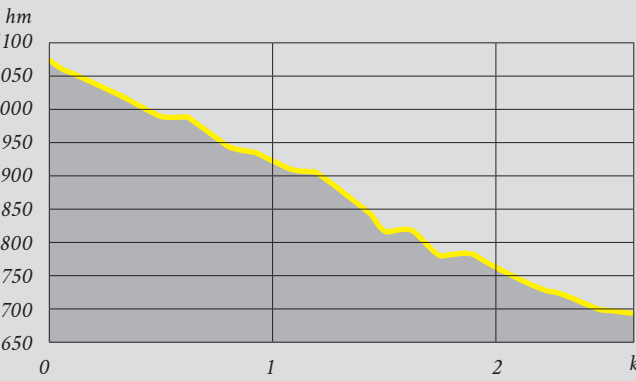
Rollercoaster above Innsbruck

Intermediate

"A varied and fun trail with some short uphill sections where you need to carry speed – a real rollercoaster!"
BENEDIKT PURNER,
DOWNHILL LOCAL AND TRAIL BUILDER



Distance	Difficulty rating
2.8km	S2
Highest point	Vertical metres down
1,070m	510m



"A singletrack trail for all mountainbikers in the city of Innsbruck." That was the goal for the new Arzler Alm Trail (AAT). The result is a 2.8km natural trail that is very flowy and great fun to ride with its banked corners, jumps and root sections.

- **Starting point:** Hungerburg, Innsbruck
- **Cable car:** From Hungerburg to Arzler Alm
- **Trail start:** Arzler Alm
- **Trail end:** Mühlau, Innsbruck
- **Finishing point:** Hungerburg, Innsbruck

5. Fleckalm Trail

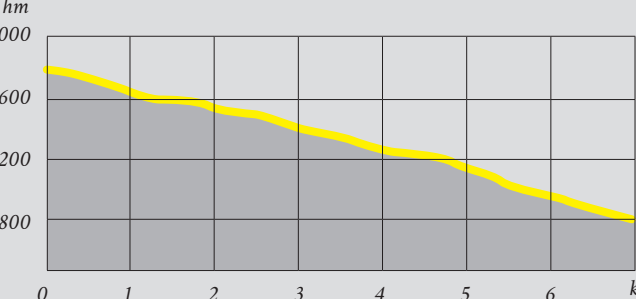
Fitness test in Kirchberg

Intermediate

"The length of this trail makes it so interesting. You need plenty of concentration and fitness to ride it cleanly and quickly through to the end."
LISI OSI,
OVERALL WINNER 2009 MTB WORLD CUP



Distance	Difficulty rating
7.1km	S2-S3
Highest point	Vertical metres down
1,780m	1,100m



- **Starting point:** Kirchberg / Klausen
- **Cable car:** Fleckalmbahn
- **Trail start:** Top of Fleckalmbahn cable car
- **Trail end:** Bottom of Fleckalmbahn cable car
- **Finishing point:** Kirchberg / Klausen