





# Route network on the cycle path

## Innradweg & Via Claudia Augusta

In addition to the mountain-biking paths, two long-distance cycle paths also lead through the Tiroler Oberland:

- Innradweg:** This popular long-distance cycle path runs through the middle of the eponymous upper Inn Valley, leading from the proud two- and three-thousand-metre peaks in the Engadine and Tyrol to the rolling hills of Bavaria and Upper Austria. Also along the way: famous cities and heritage sites, as well as culinary delights from three countries. In the Tiroler Oberland, you can still experience the Inn as wild and untamed, just as it should be with a real river that originates in the mountains.
- Via Claudia Augusta:** This long-distance cycle path is for those who like things not quite fast, but longer. The popular Via Claudia Augusta long-distance cycle path takes ambitious cyclists from Donauwörth in Germany all the way to Venice. Have unforgettable experiences along the historic Roman road and cycle towards the sea, kilometre by kilometre!

All mountain bike starting points can be reached along the two long-distance cycle paths.



The Tiroler Oberland offers numerous official mountain bike routes. These are marked and signposted with the Tyrolean mountain biking Model 2.0 guidance system. Driving on all other forest roads, alpine roads and alpine trails is prohibited by the Forest Act.

**EASY**  
Family-friendly mountain bike path with a mostly good road surface. Uphill and downhill gradients barely exceed 5%, with a maximum of 15% on short distances. As a rule, there are no special danger areas and, if they exist, they are indicated by special markings (e.g. signs).

**MEDIUM DIFFICULTY**  
Requires athletic cycling skills and particularly defensive cycling behaviour. Mountain bike equipment is recommended. Uphill and downhill gradients between 5% and 12%, up to a maximum of 17% over short distances. There are confusing, winding sections along the route.

**DIFFICULT**  
Demanding mountain bike route with numerous hazards. Exceeds the maximum gradient of the red route and with even more challenging route characteristics. Mountain bike equipment is mandatory. Situation-adapted, forward-looking cycling is required.

In contrast to classic mountain bike routes, single trails run not only on forest, alpine and farm roads, but also along narrow paths and climbs. The single trails in the Nauders – Tiroler Oberland – Kaunertal adventure region are also signposted with the official Tyrolean signage system.



## Guidance systems MTB&Single Trail



## Infos bike. rental

Feeling like a spontaneous tour? – Then rent the right equipment and you're ready to go!

In the local sports shops, you can rent e-bikes, mountain bikes, and accessories, and start your own tour right away.

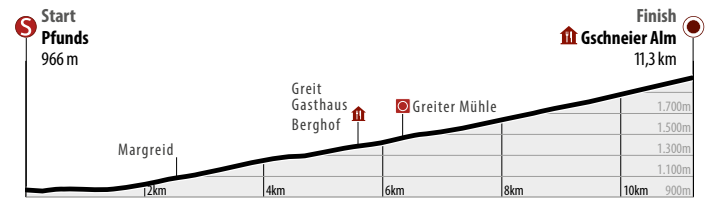
- Intersport Pregenzner** | 6522 Prutz, Dorfstraße 11 | +43 5476 200 86 20
- Sport Burtscher** | 6531 Ried im Oberinntal, Str. 22 | +43 650 774 35 99
- Tom's Bikeshop** | 6542 Pfunds, Dorf 407 | +43 664 750 700 18
- Bacher Bike & More** | 6542 Pfunds, Dorf 104 | +43 5476 69 55 40

## 755 Gschneier Alm

1.080 m ↔ 11,3 km

Demanding mountain bike tour in the direction of Pfunds Tschey to the Gschneier Alm.

From the starting point at the Pfunds roundabout, you wind your way through the narrow streets of the village. As soon as you have left the last houses of Pfunds behind you, the long, challenging climb to the Gschneier Alm begins. The ratio between length and altitude on this tour is quite easy to remember: for every 1 kilometre, the altitude increases by 100 metres. You pass the lower Ackerleweg up to the paved road to Greit and follow it until you reach the hamlet of Greit and the Greiter Säge (half of the tour). In front of the famous Pfunds Tschey, the route branches off to the right over the bridge onto a forest road and continues uphill through the Riedwald forest. You catch a glimpse of the countless haystacks of the Tschey alpine meadows before the tour winds its way over the Gschneier creek into a tributary valley. With the Gschneier Alm now within reach, you can count the last five bends with one hand while drawing on your last reserves of energy. Once you have reached the top, you can enjoy some things you've brought from home. Follow the same route on the descent back to the starting point in Pfunds.

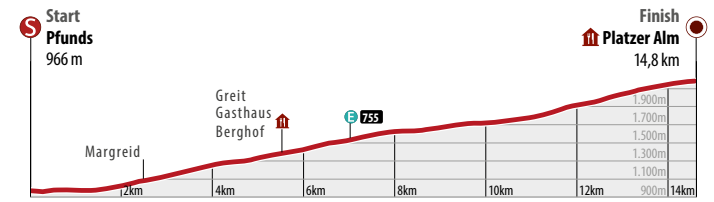


## 7132 Pfunds Tschey - Platzer Alm

1.210 m ↔ 14,8 km

Beautiful but difficult tour through the high valley of the Pfunds Tschey and along the thundering Platz creek to the Platzer Alm.

From the starting point in Pfunds, this tour runs parallel to tour 755 Pfunds to Gschneier Alm. If you are still undecided at the start about which tour to take, you can decide at the latest at the Greiter Säge junction. First, follow the ascending asphalt road, past Margreid and Greit to the Greiter Säge and on to the Pfunds Tschey car parking. From here, the breath-taking high valley, with its lush mountain meadows and countless hay barns, opens up ahead of you. Once you have crossed the Tschey and reached its highest point, turn right and a little later you will come to the Platz creek, which leads you further and further into the Platztal. On the way uphill, you cross several bridges and remain within at least earshot of the Platz creek at all times. After reaching the remains of the former ore and silver processing plant, the gravel path continues until you reach the Platzer Alm at 2,181 m. During the alpine pasture season, you will be provided with drinks and delicacies. If you still have some energy left, you can explore the restored ruins of the old Platztal mine, which can be reached on foot. Take the same route on the way back.

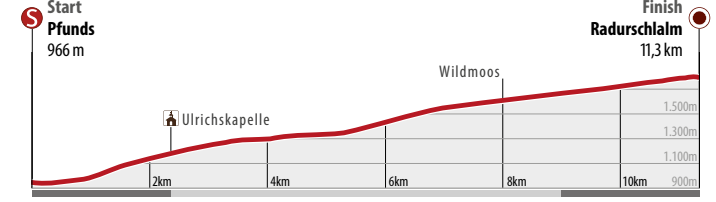


## 751 Bike & Hike Radurschltal

840 m ↔ 11,3 km

Winding through the wild and romantic Radurschltal, this tour runs through beautiful natural landscapes up to a spot on the Radurschlalm that's ideal for a hearty snack.

A beautiful, but also demanding mountain bike tour through the breathtaking forests of the Radurschl valley. From the starting point at the roundabout, after leaving the cycle path, it continues uphill towards Ulrichs chapel. In the shelter of the trees, this tour is a pleasure even in the height of summer and provides sufficient cooling on the climb of over 800 metres in altitude. Along the slope, the easily passable forest road winds its way into the valley to the valley junction, where you leave the Pfunds Tschey on the left and now follow the Radurschlbach. The forests become lighter and more and more mountain meadows appear as you progress along the valley, making this tour a true nature experience. The Radurschlalm, where you can refresh yourself with drinks or light meals, is peacefully located at the highest point, at an altitude of about 1,800 m. If you still haven't had your fill, you can continue to the valley station of the Hohenzollernhaus material cable car and then walk to the Hohenzollernhaus. The route back leads along the same path to the starting point in Pfunds.

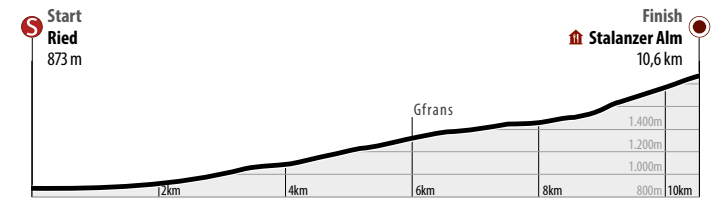


## 7140 Bike & Hike Stalanzner-Alm

997 m ↔ 10,6 km

Demanding mountain bike tour for technically experienced bikers, with some very steep sections in the last section of the route.

From the starting point at the Ried local authority offices, the route first runs through the village of Ried and on the cycle path parallel to the 7109 Ried to Fendels mountain biking route. Passing meadows and farms, it continues gently uphill towards Gfrans, where route 7109 branches off to the left and the Stalanzner Alm Bike & Hike route continues straight ahead on a forest road. The roar of the Stalanzner creek, which only a little further on becomes visible deep down in the gorge, surrounded by the massive Schlanterkopf (2,519 m) and Zirmesspitze (2,945 m) mountains, slowly becomes audible. The path now leads parallel to the Stalanzner Bach, where the road becomes increasingly steep and demanding and requires a high degree of technical skill. Once you have reached the small bridge, you have to climb the last kilometre to the Stalanzner Alm. Nestled on a small plateau, you will then come to the Stalanzner Alm, which is open in summer and invites you to linger and enjoy the breathtaking view of the Anton-Renk Falls. Bear in mind when you take the same way back down, the path is very steep and requires technical cycling skills.

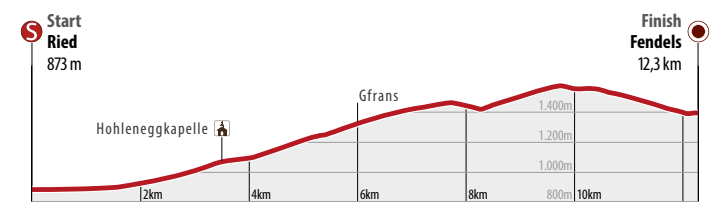


## 7109 Ried-Fendels

750 m ↔ 237 m ↔ 12,3 km

From an idyllic valley to a mountain village: the mountain bike tour to Fendels.

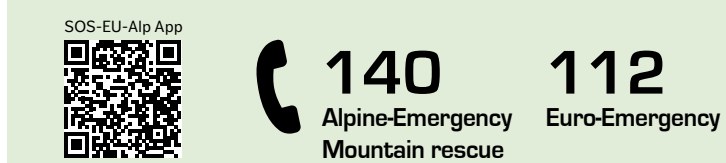
The mountain bike route from Ried to Fendels offers a varied cycling experience for sporty cyclists with good basic fitness. The tour starts in the centre of Ried and leads comfortably along the Inn Cycle Path and then turns left towards Langwiese. From here on, you pass by idyllic meadows and farms. Once you get up as far as the hamlet of Gfrans, you come across a barrier that announces the transition to the forest path, which is laid out in a steady climb towards Fendels. Along the whole route you are accompanied by wonderful views of the Upper Inn Valley and the surrounding mountains in the dramatic Tiroler Oberland. In the upper section, you pass shady forests and smaller clearings – perfect for a short break. The route continues on forest and gravel paths through the forest, over the Fendler Mure creek, which is occasionally filled with water, and over the old sled run to Fendels. Once you arrive in Fendels, stop for a rest at one of the inns in the village. If you want, you can continue from here towards Sattelklause or the Fendler Alm (7138 Sattelklause to Fendler Alm).



## Rules of conduct

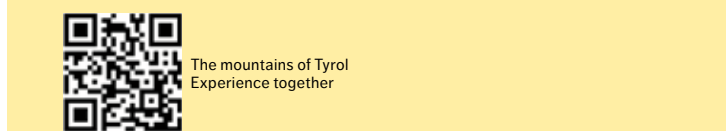
- Always ride at a controlled speed so as to allow stopping within half the visible distance, especially on bends, as obstacles can be expected at any time (e.g. stones, branches, temporary wood stores, grazing cattle, cattle grids, barriers, tractors, forestry machines, vehicles of authorised persons).
- Be considerate of hikers and pedestrians and overtake at walking pace only.
- Take the difficulty of a route into account and make an accurate assessment of your experience and skills as a cyclist. Protect your head with a helmet and check your equipment (brakes, bell, light) before starting every bike tour.
- Stop at barriers and respect the fact that a particular path is primarily intended for agriculture and forestry. Close pasture gates behind you.
- Be considerate of nature and wildlife. Do not leave marked routes, do not leave open paths and finish your bike tour before dusk. Do not leave any waste behind.

## Help in emergencies



## Dealing with grazing livestock

- Avoid contact with grazing livestock. Do not feed animals and keep a safe distance.
- Keep calm; do not frighten grazing cattle.
- Mother cows protect their calves; encounters between mother cows and dogs must be avoided.
- Keep dogs under control and on a short leash at all times. If an attack by a grazing animal is to be expected, release them immediately.
- Do not leave hiking trails on alpine pastures and meadows.
- If your path is blocked by grazing cattle, walk around them while keeping as much distance as possible.
- If you're approached by grazing cattle, stay calm, don't turn your back on the animals and avoid them.
- Leave pasture areas quickly at the first signs of restlessness among the animals.
- Pay attention to fences. If there is a gate, use it, then close it again properly and cross the pasture quickly.
- Treat the people working here, nature and animals with respect.



## 7138 Sattelklause-Fendler Alm

622 m ↔ 6,9 km

The tour starts at the mountain station of the Ried to Fendels gondola. From here, the path initially leads to the left over a wooden bridge to the nearby car parking. Cross this and follow the road to the right towards Sattelklause and Fendler Alm. The first few metres are easy and paved. On the way you pass the inviting Truyenstube and the idyllically situated St Hubert's Chapel. Soon, the landscape opens up and the first alpine meadows line the route. Here the road turns into a gravel path. From now on you need to be more athletic as the path winds steadily uphill in wide, even bends to the Sattelklause. Once you reach the top, the Sattelklause invites you to stop and take a breath. Then comes the last section: an undemanding forest path takes you to the Fendler Alm in about 20 minutes. The rustic Alm is the destination of the tour. Invigorating regional specialities and a magnificent view of the surrounding mountains will quickly make you forget the effort. Return via the Eggböden (alternative route):

If you're looking for an alternative descent, choose the way back via the Eggböden. From the Fendler Alm, you return to the Sattelklause, where you turn right onto another forest road. This leads back to Fendels via the Eggböden and offers a varied complement to the main route.

