



## Innsbruck Loop



No.	Starting point	Destination	Elevation gain	Elevation loss	Km
1	Kufstein	Achensee	1793m	1280m	71.5 km
2	Achensee	Scharnitz	1731m	1696m	69 km
3	Scharnitz	Schwaz	1395m	1815m	77 km
4	Schwaz	Kufstein	1950m	1975m	88 km
5	Axams	Kühtai	1350 m	191 m	26.8 km
6	Kühtai	Innsbruck	570 m	2041 m	76.6 km

**Innsbruck Loop** This tour requires a lot of fitness and has exceptional scenic value. Always being in close contact with the Alpine main ridge, the route starting in Innsbruck connects the regions of Karwendel, Zillertal, Wipptal and Stubaital. From Kühtai, it runs back to Innsbruck via Mieminger Plateau.

**Highlights** Starting in Innsbruck, where the mountains are at your doorstep, you will get an idea of how unique this tour will be. Looking to the north, you can see the peaks of Nordkette; looking to the south, you can see the last mountain ranges of the Alpine main ridge – views that will accompany you on the whole tour. The route via Geiseljoch, an absolute highlight and a classic in Trans-Alp history, connects the regional capital of Innsbruck with the Zillertal valley. On the

second day, after a warm-up section, you will climb to Loassattel via Hochfügen. Continue back down to the valley floor while enjoying the breathtaking views of the Inntal and Zillertal. In the foothills of Patscherkofel, proceed south into the Wipptal and down to the Stubai valley via Maria Waldrast on broad gravel roads. Continue to Kühtai to an elevation of 2000 meters, and back down to the Inntal valley floor via 'Sattele'. A short detour to Mieminger Plateau in the foothills of Hohe Munde is the last highlight of this tour.

**Cuisine** Between the foothills of the Karwendel mountain range in the north and the Alpine main ridge in the south, you will find food delicacies you should not miss, ranging from local products and recipes to international cuisine. The food on offer around Innsbruck is as varied as its natural environment is beautiful. There's something for everybody. If you are looking for hearty food, check out a so-called Speckjause ('speck' of lamb, veal or pork) or a traditional 'Tiroler Knödel'. There's no such thing as a recipe for this type of Knödel; no precise quantities are given. Locals call these dumplings 'Speckknödel'. Traditionally, Tirolean cuisine uses local farm produce, meat from local breeders, and game from the forests. A good Tirolean meal is always accompanied by fine wine. Wine became popular with the locals earlier than beer, which is not surprising if you look at the large vineyards south of the Brenner pass. Wine was abundant over the centuries. However, the fact that wine was also grown north of the Brenner pass is a nearly forgotten chapter of Tirol's wine and food history. Wine from North Tirol – a somehow unknown speciality. The fields of Thaur near Innsbruck are presently the most successful 'attempt' to grow wine. In Thaur, Tirol's largest vegetable growing area and the place where Emperor Maximilian used to have his vineyards, Romed Isser planted his first vineyard in 1988. What has started off as a hobby has now turned into passion: Today, Mr Isser's successors have 2800 grapevines. The produced wines are sold under the name 'Romedi', which has less to do with their father's first name than with St. Romedius, the saint of Thaur.

**History** What would a tour around Innsbruck be without knowing its historical background? First evidence of human settlement dates back to the Early Stone Age. Pre-Roman toponyms and urn grave fields in Wilten, Amras, Hötting and Mühlau show that the Innsbruck basin has been continuously populated for 3,000 years. The name Innsbruck is derived from the Latin word(s) Oeni Pons or Oenipontum (oenus=Inn, pons=bridge). The seal and the coat of arms show the Innbrücke bridge from a bird's eye view and saw their first use in 1267. After the end of World War I, Innsbruck was occupied by Italian troops who left only in 1924. During World War II, Innsbruck was bombed 21 times by the Allied Forces, which also resulted in heavy damage to Innsbruck's cathedral. After World War II in 1945, Innsbruck became part of the French occupation zone. During post-war reconstruction (from 1948) and the Olympic Games, new districts emerged such as Reichenau and the Olympic Village. On the loop tour, you will also pass Bergisel: In 1809, this hill was the site of the four Battles of Bergisel under the command of freedom fighter Andreas Hofer.

**Panoramic views** Mountain biking in the Tux Alps and Stubai Alps will stun you with panoramic views. The first route leads from Innsbruck to Zillertal. On the way there, you will see the spectacular Karwendel range on the opposite side of the valley, and the Tux Alps will straighten up before you. From the characteristic landscape around Innsbruck, you will get to Zillertal via Geiselsjoch. The Zillertal valley provides wide views of the Zillertal Alps and the Alpine main ridge. The tour continues along the foothills of the Tux Alps, past Watterns to Matrei am Brenner. Some famous peaks will be on your way, e.g. Patscherkofel and Serles. From Axams, the route runs along the foothills of the Stubai Alps. On your ride through the Sellraintal, you will be accompanied by unique views. Roskogel and Kraspesspitz will straighten up before you. On the opposite side of Roskogel, you can peep into Lüsenerthal with Lüsener Fernerkogel (3298 m) at the end of the valley. Further on you can see Pirchkogel above the Kühtai region. From Haiming, the tour continues along the foothills of the Mieming mountains, where one jagged peak follows the next; the last one is Hohe Munde (2662 m). Proceed back to Innsbruck along the foothills of Nordkette.

# Innsbruck - Mayrhofen

## 1st leg



Elevation gain	2120 m
Elevation loss	2141 m
Highest point	2292 m
Difficulty	Difficult
Distance	69.1 km

**Route description** The beginning is the highlight of the route in terms of fitness. From Innsbruck, proceed on the Inntal cycling trail towards Wattens (564 m). The climb via Weidenerhütte (1799 m) starts at Weer. Overnight accommodation is available at Weidnerhütte (if you wish to split the route into two days). From the hut, it's only a short distance to Geiseljoch (2292 m), the transition to Zillertal. What follows is a descent to Vorderlanserbach (1257 m), first on a trail, then on a broad gravel road. Continue shortly uphill and then proceed downhill via Dornau to Mayrhofen (633 m).

### MTB friendly accommodation

Landhaus Carla, Mayrhofen

Tel +43.5285.62791

[www.landhaus-carla.at](http://www.landhaus-carla.at)

[landhaus-carla@dl.n.at](mailto:landhaus-carla@dl.n.at)

Additional services: cyclists' menu, lunch pack, weather information, shuttle/pick-up service, washing and drying facility for cycling clothes

Hotel Schrofensblick, Mayrhofen

Tel +43.5285.62276

[www.alpin-hotel.at](http://www.alpin-hotel.at)

[info@alpin-hotel.at](mailto:info@alpin-hotel.at)

Additional services: cyclists' menu, lunch pack, weather information, shuttle/pick-up service, washing and drying facility for cycling clothes

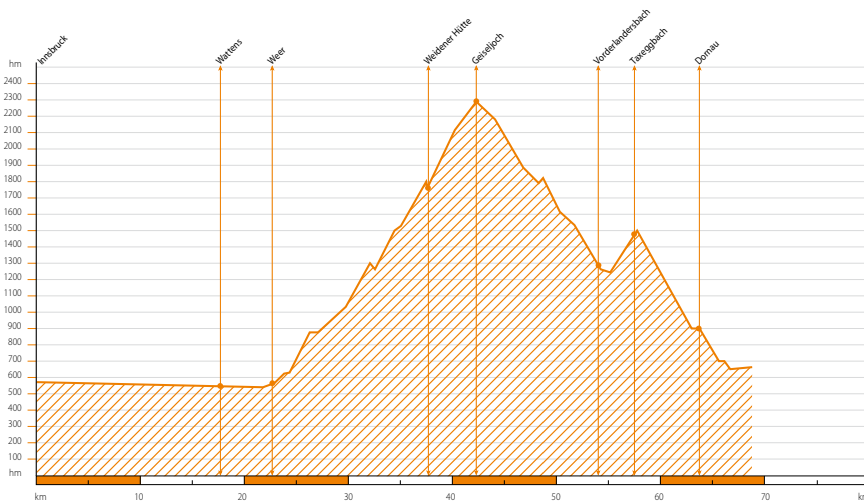
Apart Hotel garni Therese, Mayrhofen

Tel +43.5285.62817

[www.apart-therese.at](http://www.apart-therese.at)

[info@apart-therese.at](mailto:info@apart-therese.at)

Additional services: weather information, shuttle/pick-up service, washing and drying facility for cycling clothes



Hotel Edenlehen, Mayrhofen

Tel +43.5285.62300

[www.edenlehen.com](http://www.edenlehen.com)

[edenlehen@tirol.com](mailto:edenlehen@tirol.com)

Additional services: cyclists' menu, lunch pack, weather information, shuttle/pick-up service, washing and drying facility for cycling clothes

Hotel Eckartauerhof, Mayrhofen

Tel +43.5285.62435

[www.eckartauerhof.com](http://www.eckartauerhof.com)

[hotel@eckartauerhof.com](mailto:hotel@eckartauerhof.com)

Additional services: cyclists' menu, weather information, shuttle/pick-up service, washing and drying facility for cycling clothes

### Inns

Weidener Hütte

Tel +43.5224.68529

Jausenstation Innerst

Tel +43.5224.68991

Cafe Pizzeria Platzl, Vorderlanersbach

Tel +43.5287.87220

Martlerhof, Vorderlanersbach

Tel +43.5287.87486

### Attractions / Highlights / Landscape views

Innsbruck's Old Town including

the Golden Roof

Ambras Castle, Innsbruck

Tel +43.1.5252.4745746

Tiroler Volkskunstmuseum (folk art museum), Innsbruck

Tel +43.512.59489514

Innsbrucker Nordkettenbahnen (funicular)

Tel +43.512.293344

Hofkirche Innsbruck (church)

Tel +43.512.584302

Swarovski Crystal Worlds, Wattens

Tel +43.5224.51080

Barbarakapelle (chapel),

Vorderlanersbach

Gemais farm settlement,

Vorderlanersbach

Erlebnissenerei Zillertal (dairy), Mayrhofen

Tel +43.5285.62713

Erlebnisbad Mayrhofen (waterpark)

Tel +43.5285.625590

### **Bicycle (repair) shops**

Radsport Neuner, Innsbruck  
Tel +43.512.561501  
Inntour, Innsbruck  
Tel +43.512.581742  
Ortner, Hall in Tirol  
Tel +43.5223.43226  
Insider-The Sportshop,  
Vorderlanersbach  
Tel +43.5287.86109  
Eisenbacher, Mayrhofen  
Tel +43.5285.62246

### **Further information**

#### **Local taxi/transportation companies**

Funk-Taxi Zentrale, Innsbruck  
Tel +43.512.53110  
Innsbrucker Verkehrsbetriebe, Innsbruck  
Tel +43.512.53070  
Funk Taxi, Hall in Tirol  
Tel +43.5223.45500  
Zillertaler Verkehrsbetriebe  
(train and bus)  
Tel +43.5244.6060  
Siegfrieds Taxi, Lanersbach  
Tel +43.5287.1718

#### **Public transportation**

Österreichische Bundesbahnen –  
Austrian Federal Railways  
Tel +43.5.1717  
Postbus,  
Tel 0810.222333  
(Tel +43.1.71101 from abroad)  
Verkehrsverbund Tirol  
Tel +43.512.561616

### **Tourist boards**

Tourismusverband Innsbruck und seine  
Feriendörfer  
Tel +43.512.59850  
[www.innsbruck.info](http://www.innsbruck.info)

Tourismusverband Region Hall Wattens  
Tel +43.5223.455440  
[www.regionhall.at](http://www.regionhall.at)

Tourismusverband Silberregion Karwendel  
Tel +43.5242.63240  
[www.silberregion-karwendel.at](http://www.silberregion-karwendel.at)

Tourismusverband Tux – Finkenberg  
Tel +43.5287.8506



Tourismusverband Mayrhofen - Hippach  
Tel +43.5285.6760  
[www.mayrhofen.at](http://www.mayrhofen.at)





## Mayrhofen - Weerberg

### 2nd leg



Elevation gain	1310 m
Elevation loss	1226 m
Highest point	1683 m
Difficulty	Difficult
Distance	51.8 km

**Route description** From Mayrhofen, proceed along the Zillertal valley floor to Uderns (547 m). What follows is a great, lonely climb on a broad gravel road via Kupferberg to Hochfügen (1474 m) and to Loasattel (1683 m), the highest point of today's route. Continue on a long descent to Weerberg (682 m).

#### MTB friendly accommodation

##### Mayrhofen

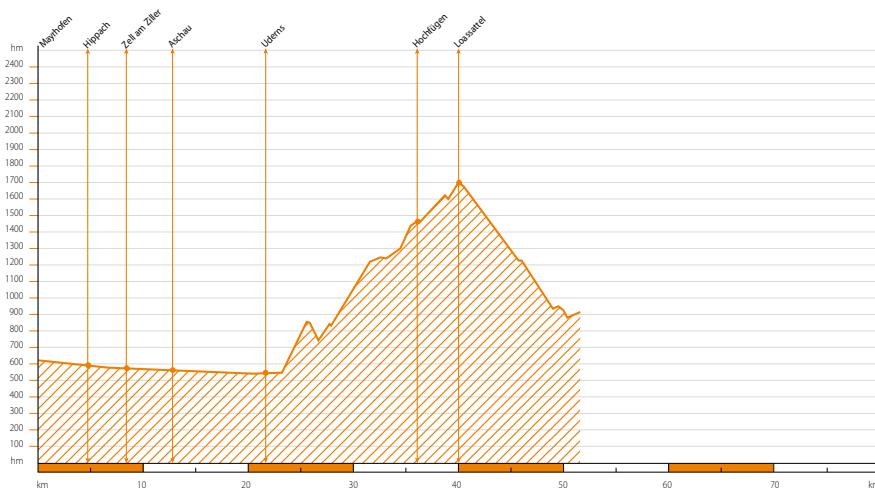
Landhaus Carla  
Tel +43.5285.62791  
landhaus-carla@dln.at  
www.landhaus-carla.at

##### Hotel Schrofenblick

Tel +43.5285.62276  
info@alpin-hotel.at  
www.alpin-hotel.at

##### Weerberg

Hotel Weererwirt  
Weer (about 2 km from the destination)  
Tel +43.5224.6114  
info@weererwirt.at  
www.weererwirt.at



### Bicycle (repair) shops

Eisenbacher, Mayrhofen  
Tel +43.5285.62246  
Pro Bike, Schwaz  
Tel +43.5242.66661

### Attractions / Highlights / Landscape views

Erlebnissenerei Zillertal (dairy), Mayrhofen  
Tel +43.5285.62713  
Erlebnisbad Mayrhofen (waterpark)  
Tel +43.5285.625590  
Swarovski Crystal Worlds, Wattens  
Tel +43.5224.51080

### Further information

#### Local transportation companies

Zillertaler Verkehrsbetriebe  
(train and bus)  
Tel +43.5244.6060

#### Public transportation

Österreichische Bundesbahnen –  
Austrian Federal Railways  
Tel +43.5.1717  
Postbus,  
Tel 0810.222333  
(Tel +43.1.71101 from abroad)  
Verkehrsverbund Tirol  
Tel +43.512.561616

### Tourist boards

Tourismusverband Mayrhofen -  
Hippach  
Tel +43.5285.6760  
[www.mayrhofen.at](http://www.mayrhofen.at)



Tourismusverband Zillertal Arena  
Tel +43.5282.2281-0  
[www.zell.at](http://www.zell.at)



Tourismusverband Erste Ferienregion im  
Zillertal  
Tel +43.5288.62262  
[www.best-of-zillertal.at/](http://www.best-of-zillertal.at/)



Tourismusverband Silberregion Karwendel  
Tel +43.5242.63240  
[www.silberregion-karwendel.at](http://www.silberregion-karwendel.at)



## Weerberg - Matrei

### 3rd leg



Elevation gain	860 m
Elevation loss	910 m
Highest point	1061 m
Difficulty	Intermediate
Distance	43.8 km

**Route description** From Mitterweerberg (682 m), proceed back onto the valley floor, past Wattens (564 m) and Volders (558 m). Climb slightly uphill to Rinn (918 m) and to Sistrans (919 m). Continue via Patsch and Mühlthal (1039 m) and Innerellbögen (1033 m) to Matrei am Brenner (1061 m). After this part of the tour, the Innsbruck loop can be divided into two tours. Thanks to good public transportation, commutation between Matrei and Innsbruck is quick and comfortable.

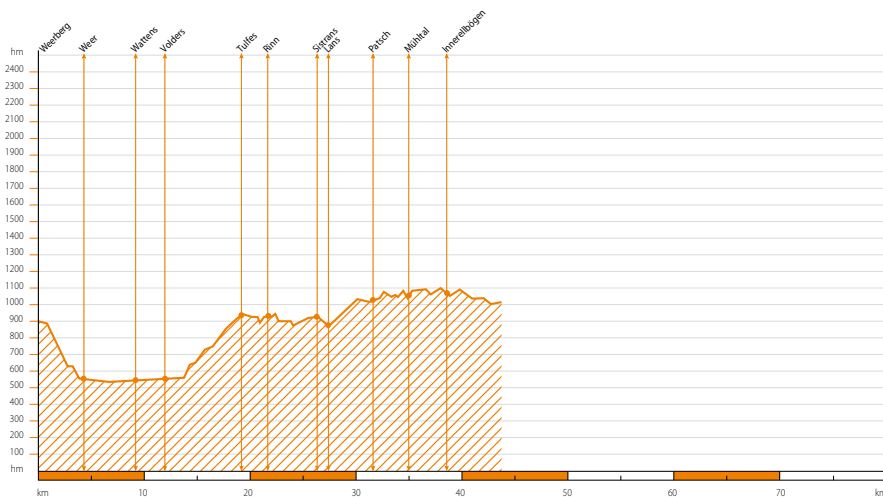
#### MTB friendly accommodation

##### Weerberg

Hotel Weererwirt  
 Weer (about 2 km from the destination)  
 Tel +43.5224.6114  
 info@weererwirt.at  
 www.weererwirt.at

##### Inns

Gasthof Neuwirt, Tulfes  
 Tel +43.5223.78309  
 Gasthof Post/Dorfcafe, Sistrans  
 Tel +43.512.377661  
 Attractions / Highlights /  
 Landscape views  
 Teufelsmühle, Aldrans  
 Tel +43.512.342457  
 Lake Lansersee, Lans  
 Mini golf course, Lans  
 Tel +43.512.377183  
 Patscherkofelbahnen (gondola), Igls  
 Tel +43.512.377234



St. Donatus parish church, Patsch  
 Tel +43.512.377332  
 Hinterlocher Mühle (mill), Ellbögen  
 Tel +43.512.376077

#### **Bicycle (repair) shops**

Perktold, Wattens  
 Tel +43.5224.52278  
 Ortner, Hall  
 Tel +43.5223.43226  
 Wipptalrad, Steinach  
 Tel +43.5272.20255

#### **Further information**

##### **Local taxi companies**

Funktaxi Hall  
 Tel +43.5223.45500  
 Funk Taxi Innsbruck  
 Tel +43.512.53110  
 Taxi Mair, Matrei  
 Tel +43.5273.6225

##### **Public transportation**

Österreichische Bundesbahnen –  
 Austrian Federal Railways  
 Tel +43.5.1717  
 Postbus,  
 Tel 0810.222333  
 (Tel +43.1.71101 from abroad)  
 Verkehrsverbund Tirol  
 Tel +43.512.561616

#### **Tourist boards**

Tourismusverband Silberregion Karwendel  
 Tel +43.5242.63240  
[www.silberregion-karwendel.at](http://www.silberregion-karwendel.at)

Tourismusverband Innsbruck und seine  
 Feriendörfer  
 Tel +43.512.59850  
[www.innsbruck.info](http://www.innsbruck.info)

Tourismusverband Wipptal  
 Tel +43.5272.6270  
[www.wipptal.at](http://www.wipptal.at)



# Matrei - Axams

## 4th leg



Elevation gain	1048 m
Elevation loss	1087 m
Highest point	1638 m
Difficulty	Intermediate
Distance	32.8 km

**Route description** From Matrei, proceed uphill to Maria Waldrast (1638 m), first on a paved road, then on a gravel road. Descend on a broad gravel road to Tulfes (987m) in the Stubai valley. Continue via the 'Telfer Wiesen' to Mutters (830 m) and to Axams (874m).

**Inns**  
 Klostergasthof Maria Waldrast,  
 Maria Waldrast  
 Tel +43.5273.6219  
 Restaurant Sporthotel Schieferle, Mutters  
 Tel +43.512.548535  
 Gruberwirt, Götzens  
 Tel +43.5234.33020

### Bicycle (repair) shops

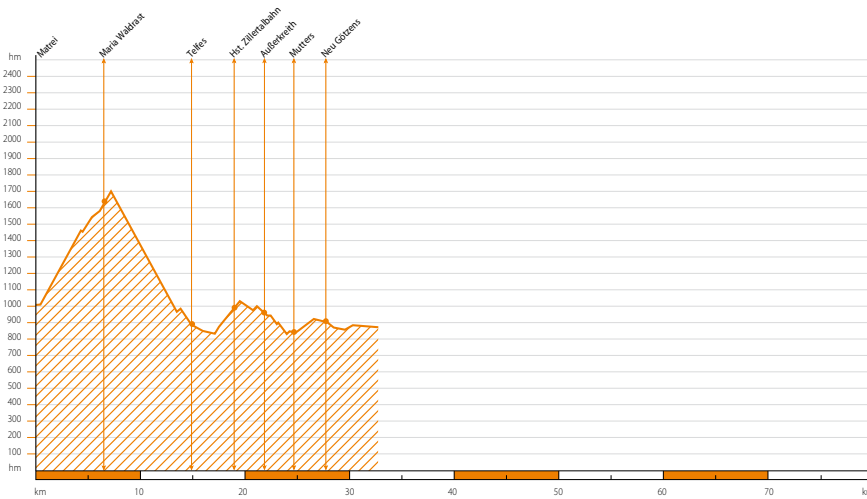
Wipptalrad, Steinach  
 Tel +43.5272.20255  
 Bike Denifl, Telfes  
 Tel +43.5225.64224  
 Sport 2000 Apperl, Axams  
 Tel +43.5234.68390

### Attractions / Highlights / Landscape views

Maria Waldrast church  
 Tel +43.5273.6219  
 St. Peter and St. Paul pilgrimage church,  
 Götzens  
 Tel +43.5234.32229  
 Axams Leisure Center  
 Tel +43.5234.68322  
 Postkutscherhof Axams (horse ranch)  
 Tel +43.664.3375800

### Further information

**Local taxi companies**  
 Taxi Mair, Matrei  
 Tel +43.5273.6225



### Public transportation

Österreichische Bundesbahnen –  
Austrian Federal Railways  
Tel +43.5.1717  
Postbus,  
Tel 0810.222333  
(Tel +43.1.71101 from abroad)  
Verkehrsverbund Tirol  
Tel +43.512.561616

### Tourist boards

Tourismusverband Wipptal  
Tel +43.5272.6270  
[www.wipptal.at](http://www.wipptal.at)

Tourismusverband Stubai Tirol  
Tel +43.5.01881-0  
[www.stubai.at](http://www.stubai.at)

Tourismusverband Innsbruck  
und seine Feriendörfer  
Tel +43.512.59850  
[www.innsbruck.info](http://www.innsbruck.info)



## Axams - Kühtai

### 5th leg



Elevation gain	1350 m
Elevation loss	191 m
Highest point	2017 m
Difficulty	Difficult
Distance	26.8 km

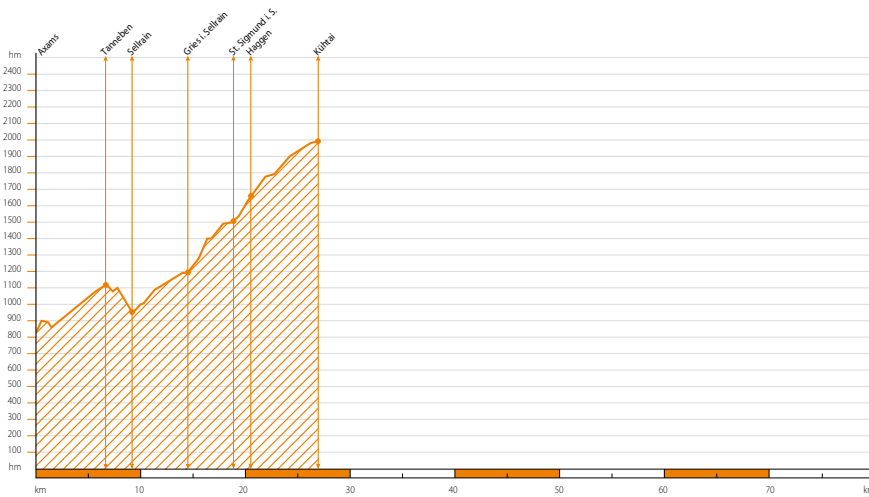
**Route description** From Axams, follow a low-traffic road towards Sellrain. Continue via Tanneben to Gries im Sellrain (1187 m). Follow the valley past St. Sigmund im Sellrain (1513 m) and Haggen (1646 m) to Kühtai (2017 m).

#### Inns

Gasthof Neuwirt, Sellrain  
Tel +43.5230.212  
Alpengasthaus Bergheim, Sellrain  
Tel +43.5230.244  
Grieserhof, Gries/Sellrain  
Tel +43.5236.8901  
Altwirt, Gries/Sellrain  
Tel +43.5236.296  
Gasthof zur Post, Gries/Sellrain  
Tel +43.5236.259  
Zirnbach Alm, Kühtai  
Tel +43.5239.21625  
Dorfstadl, Kühtai  
Tel +43.5239.5265

#### Bicycle (repair) shops

Sport 2000 Apperl, Axams  
Tel +43.5234.68390  
Fahrradtaxi Kühtai  
Tel +43.664.1015822



### Attractions / Highlights / Landscape views

Freizeitzentrum Axams

Tel +43.5234.68322

Postkutscherhof, Axams

Tel +43.664.3375800

Natur- und Gletscherlehrpfad, Sellrain

Tel +43.5236.224

Panorama-Klettersteig Kühtai

Tel +43.5239.5222

### Further information

#### Public transportation

Österreichische Bundesbahnen –

Austrian Federal Railways

Tel +43.5.1717

Postbus,

Tel 0810.222333

(Tel +43.1.71101 from abroad)

Verkehrsverbund Tirol

Tel +43.512.561616

#### Tourist boards

Tourismusverband Innsbruck und seine

Feriendörfer

Tel +43.512.59850

[www.innsbruck.info](http://www.innsbruck.info)



# Kühtai - Innsbruck

## 6th leg



Elevation gain	570 m
Elevation loss	2041 m
Highest point	2017 m
Difficulty	Difficult
Distance	76.6 km

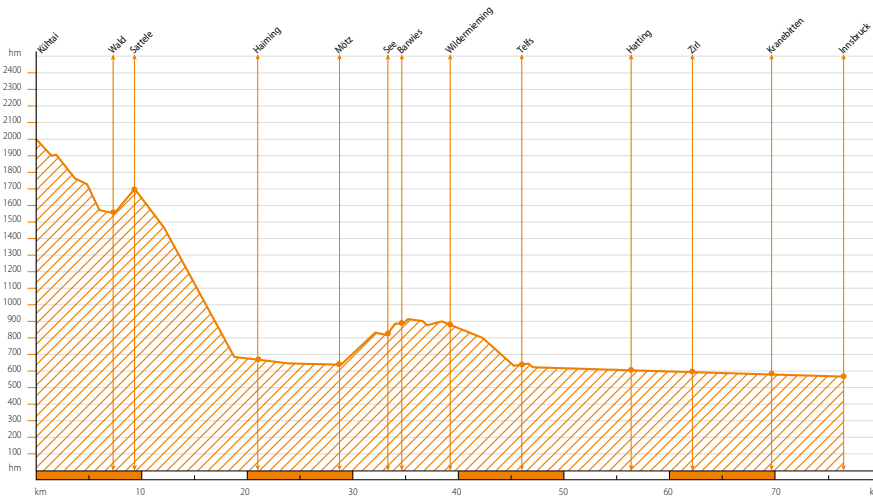
**Route description** From Kühtai, proceed downhill to Wald (1538 m). What follows is a short climb to 'Sattelle' (1690 m), a transition that takes you back to the Inn valley. The route descends for a long distance to Haiming (670 m), then proceeds on flat terrain to Mötz (654 m). Continue shortly uphill to Barwies (875 m) on a backroad and gravel trail. Proceed via Mieminger Plateau and Wildermieming (872 m) to Telfs (634 m). Return to Innsbruck on the Inntal cycling trail.

### Inns

Gasthof Goldener Adler, Telfs  
Tel +43.5262.62767  
Ruetz Backhaus, Kematen  
Tel +43.5232.220848  
Kranebitterhof, Innsbruck  
Tel +43.512.281958

### Bicycle (repair) shops

2-Rad Reinstaller, Telfs  
Tel +43.5262.62472  
BikeSport, Telfs  
Tel +43.5262.65770  
Zweirad Klaus, Telfs  
Tel +43.5262.65563  
Radl Werkstatt, Zirl  
Tel +43.664.4842445  
Radsport Neuner, Innsbruck  
Tel +43.512.561501  
Inntour, Innsbruck  
Tel +43.512.581742



### Attractions / Highlights / Landscape views

Panoramic via ferrata, Kühtai  
 Tel +43.5239.5222  
 Stift Stams (monastery)  
 Tel +43.5263.56972  
 Vogelschutzgebiet Gaisau  
 (important bird area), Inzing  
 Museum of local heritage and nativity  
 scenes, Zirl  
 Tel +43.5238.54382  
 St. Viktor church, Kematen  
 Tel +43.5232.2434  
 Museum Thurnfels, Völs  
 Tel +43.512.303111  
 Völser Badl (outdoor pool)  
 Tel +43.512.302911  
 Old town of Innsbruck including  
 'Goldenes Dachl'  
 Ambras Castle, Innsbruck  
 Tel +43.1.52524745746  
 Tiroler Volkskunstmuseum (folk art museum),  
 Innsbruck  
 Tel +43.512.59489514  
 Innsbrucker Nordkettenbahnen (funicular)  
 Tel +43.512.293344  
 Hofkirche Innsbruck (church)  
 Tel +43.512.584302

### Further information

#### Local transportation companies

Fahrradtaxi Kühtai  
 Tel +43.664.1015822  
 Funk Taxi Zentrale, Innsbruck  
 Tel +43.512.53110  
 Innsbrucker Verkehrsbetriebe  
 Tel +43.512.53070

#### Public transportation

Österreichische Bundesbahnen –  
 Austrian Federal Railways  
 Tel +43.5.1717  
 Postbus,  
 Tel 0810.222333  
 (Tel +43.1.71101 from abroad)  
 Verkehrsverbund Tirol  
 Tel +43.512.561616

#### Tourist boards

Tourismusverband Innsbruck und seine  
 Feriendörfer  
 Tel +43.512.59850  
 www.innsbruck.info  
  
 Tourismusverband tirolmitte  
 Tel +43.5262.62245  
 www.tirolmitte.at

Tourismusverband Mieminger Plateau &  
 Fernpass-Seen  
 Tel +43.5264.8106  
 www.mieminger-plateau.at