



## Karwendel 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

**Karwendel Loop** This tour couldn't be more varied. It connects the already legendary routes through the Karwendel range with new routes leading into the Inn valley and through the Sonnwend range.

**Highlights** In terms of beautiful landscape and physical challenge, a loop trail in the heart of Tirol can easily keep up with a TransAlp tour across the Alpine main ridge. Additionally, the advantage of this loop over a TransAlp is that you can choose the best trails from all of Tirol, a highlight in itself.

You will never get bored on this tour: From Kufstein, work your way up to the plateau around Lake Thiersee. You will be delighted with the beauty of the landscape. Continue on backroads, slightly up and down, to the uniquely located Gufferthütte. Follow the valley downhill on a gravel road until you reach Achensee. At the lake you will realize just how great the combination of cycling, water and mountains is. The climb to Plumsjoch is steep and strenuous, just as the ascent to the historic Karwendelhaus later on. However, you're rewarded with long downhill sections after. Grosser Ahornboden, where

the Plumsjoch downhill ends and the uphill to Karwendelhaus starts, is one of the scenic highlights. You should definitely take a break and enjoy the view. On the way back to Kufstein, you will proceed through the Inn valley, across the Rofan mountains, past the Kaiserhaus and via the Thiersee plateau. It'll be great fun!

**Cuisine** The Achensee region focuses on regional cuisine and local produce, just like the rest of Tirol. The tour is divided by Lake Achensee and, as a result, the menus offer fish made Tirolean style. Delicious! It's not just fish from Achensee but also from the rushing streams of the Karwendel and Sonnwend ranges. For lunch, you are best advised to order traditional Tirolean Knödelsuppe. However, if you're still hungry, we recommend having a Kaiserschmarrn with cranberry sauce, apple sauce or stewed plums.

**History** The monument of Herrmann Barth is located on Kleiner Ahornboden in the Karwendel range. Barth, a famous 19th century mountaineer, became known mostly for exploring the Karwendel. In summer 1870, he climbed an incredible 88 peaks, a flood of first descents that would never end: Just a year later he did a number of first descents in the Wetterstein range. Today many huts and trails are named after him.

A chasm in the Karwendel was named after Archduke John of Austria, the brother of Emperor Francis II. He was known as a passionate alpinist and hunter. In addition to many ascents in the Karwendel, he attempted the first ascent of Grossvenediger mountain. The Karwendelhaus is definitely one of the tour's highlights. This Alpine Club hut has become a legend among mountain bikers. The route to Karwendelhaus was one of the first mountain bike trails in the Karwendel and in Tirol in general.

**Panoramic views** The Karwendel loop starts at Lake Thiersee, a unique sight. As you work up your way to the lake, you will get glimpses into the majestic Kaiser mountains on the other side of the Inn valley. The trail continues through Achental and the Sonnwend mountains, the range east of Achensee with the famous Rofanspitze (2259 m). The ascent to Plumsjoch and the descent via Plumsalm to Grosser Ahornboden/Eng are impressive. Head shortly back to Grosser Almboden and through the Risstal before steeply climbing to the nearly 100-year-old Karwendelhaus where you get fantastic views. The panorama offers a truly spectacular view of the pale, rugged limestone formations. After the descent through the Karwendel valley, you will be provided with unique views of the Stubai Alps and of Patscherkofel mountain. On your ride through the Inn valley, you will again enjoy the beautiful landscape. The route along the foothills of Hafelekar and Nordkette offers stunning views down into the valley. Proceed on the cycling trail and on backroads via Achensee until you get to the center of the Rofan mountains and to Steinberg. Continue back to the starting point through Riedenberger Wiesen and across the rolling landscape around Thiersee.

# Kufstein - Achensee

## 1st leg



Elevation gain	1793 m
Elevation loss	1280 m
Highest point	1465 m
Difficulty	Difficult
Distance	71.5 km

**Route description** From Kufstein (500 m), proceed along Thierseer Ache, climb up to Thiersee and continue via Landl and past Stallental to Ackernalm (1383 m). Follow the valley downhill until you get to Erzherzog Johann Klause (chasm). Follow the well-built forest trails and take the second uphill trail to Guffert Hütte (1465 m). After a long descent, continue on a broad gravel road along Lake Achensee to Maurach am Achensee (960 m).

### MTB friendly accommodation

#### Kufstein

Romantikhotel Auracher Löchl\*\*\*+

Tel +43.5372.62138

[www.hotel-weinhaus@auracher-loechl.at](mailto:www.hotel-weinhaus@auracher-loechl.at)  
[perle@tirolaustria.at](mailto:perle@tirolaustria.at)

Additional services: cyclists' menu, lunch pack, weather information, shuttle/pick-up service

#### Achensee

Alpengasthof Gern Alm\*\*\*

Pertisau (about 4 km from the destination)

Tel +43.5243.5579

[www.gernalm.at](http://www.gernalm.at)  
[gernalm@tirol.com](mailto:gernalm@tirol.com)

Additional services: weather information

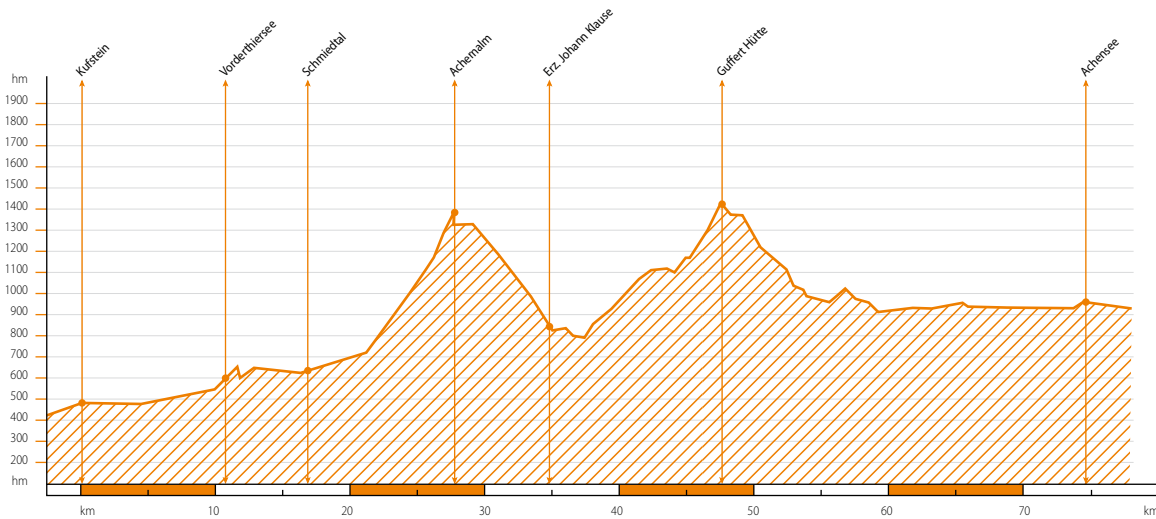
Hotel Tyrol

Pertisau (about 4 km from the destination)

Tel +43.5243.5243

[www.hoteltyrol.at](http://www.hoteltyrol.at)  
[info@hoteltyrol.at](mailto:info@hoteltyrol.at)

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



Appartements Garni Fortuna  
 Pertisau  
 Tel +43.5243.5049  
[www.fortuna-tirol.at](http://www.fortuna-tirol.at)  
[info@fortuna-tirol.at](mailto:info@fortuna-tirol.at)  
 Additional services: lunch pack, weather information, washing and drying facility for cycling clothes

Hotel Wiesenhof  
 Pertisau  
 Tel +43.5243.52460  
[www.wiesenhof.at](http://www.wiesenhof.at)  
[info@wiesenhof.at](mailto:info@wiesenhof.at)  
 Additional services: lunch pack, weather information, shuttle/pick-up service, washing and drying facility for cycling clothes

All Suite Hotel Garni Leithner  
 Pertisau  
 Tel +43.5243.5363-0  
[www.haus-leithner.at](http://www.haus-leithner.at)  
[haus@leithner.info](mailto:haus@leithner.info)  
 Additional services: weather information, washing and drying facility for cycling clothes

Appartement & Hödl  
 Tel +43.5243.5647  
[fam.hoedl@tele2.at](mailto:fam.hoedl@tele2.at)  
[www.apparhoedl.infp](http://www.apparhoedl.infp)

### Inns

Theaterhütte, Kufstein  
 Tel +43.5372.64519  
 Erzherzog Johann Klause  
 Tel +43.664.2823636  
 Guffert Hütte  
 Tel +43.5246.6396  
 Fischerwirt am See, Achenkirch  
 Tel +43.5246.6258  
 Almgasthof Huber, Achenkirch  
 Tel +43.5246.6260

### Bicycle (repair) shops

Glieber Radsport, Kufstein  
 Tel +43.5372.61611  
 Stöger Radsport, Kufstein  
 Tel +43.5372.71026  
 Sport Bußlehner, Achenkirch  
 Tel +43.5246.6316  
 Sportshop Achensee, Achenkirch  
 Tel +43.5246.6747  
 Sport Wöll, Maurach  
 Tel +43.5243.4310  
 WW Sport Wörndle, Maurach  
 Tel +43.5243.6107

### Attractions / Highlights / Landscape views

Kufstein Castle  
Tel +43.5372.602350  
Riedel Glas (glass manufacturer), Kufstein,  
Tel +43.5372.64896  
Innschiffahrt Kufstein (boating)  
Tel +43.5372.64896  
Achenseebahn (steam train),  
Tel +43.5244.62243  
Achensee Schifffahrt (boating)  
Tel +43.5243.5253-0  
Sixenhof museum of local heritage,  
Achenkirch,  
Tel +43.5246.6508  
Achenseer Edelbrennerei (distillery),  
Maurach,  
Tel +43.5243.5795

### Further information

#### Local taxi/transportation companies

Alpen Taxi Hager, Kufstein  
Tel +43.5372.62525  
Bundschuh Taxi, Kufstein  
Tel +43.5372.67474  
Wechselberger Bustouristik, Kufstein  
Tel +43.5372.71026  
Achtentaler Reisen, Achenkirch  
Tel +43.5246 6227  
Rofan Reisen, Maurach  
Tel +43.5243.5209

### 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  
VVT Regio-Bus Achensee  
Tel +43 (0) 5246 5300  
Achenseebahn  
Tel +43.5244.62243

### Tourist boards

Tourismusverband Ferienland Kufstein  
Tel +43.5372.62207  
[www.kufstein.com](http://www.kufstein.com)

Tourismusverband Achensee  
Tel +43.5246.5300  
[www.achensee.info](http://www.achensee.info)





## Achensee - Scharnitz

### 2nd leg



Elevation gain	1731 m
Elevation loss	1696 m
Highest point	1765 m
Difficulty	Difficult
Distance	69 km

**Route description** From Achensee, follow a broad road slightly uphill to the end of the valley. The climb to Plumsjoch starts at Gernalm, gradually steepening to Plumssattel (1650 m) and Plumsalm. After a nice descent follow a broad gravel trail until you reach Eng (1080 m). A stop for lunch here is a must. Continue out of the valley for the next climb that will take you on gravel trails via Schwarzlackenhütte (1204 m) to Karwendelhaus (1765 m). Enjoy the long, rewarding downhill to Scharnitz (954 m).

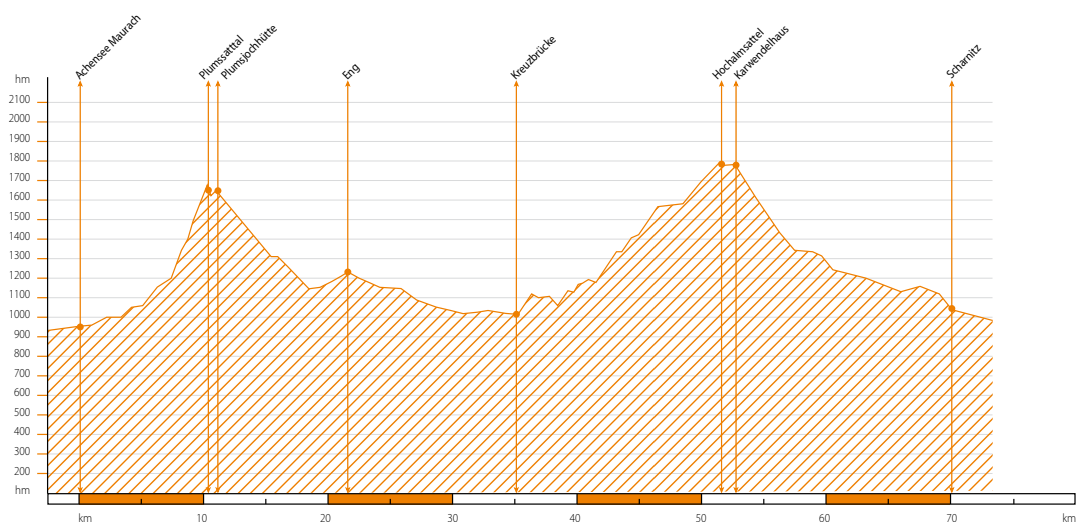
#### MTB friendly accommodation

##### Achensee

Alpengasthof Gern Alm\*\*\*  
 Pertisau (about 4 km from the destination)  
 Tel +43.5243.5579  
[www.gernalm.at](http://www.gernalm.at)  
[gernalm@tirol.com](mailto:gernalm@tirol.com)  
 Additional services: weather information

##### Hotel Tyrol

Pertisau (about 4 km from the destination)  
 Tel +43.5243.5243  
[www.hoteltyrol.at](http://www.hoteltyrol.at)  
[info@hoteltyrol.at](mailto:info@hoteltyrol.at)  
 Additional services: cyclists' menu, lunch pack, weather information, shuttle/pick-up service, washing and drying facility for cycling clothes



**Appartements Garni Fortuna**  
 Pertisau  
 Tel +43.5243.5049  
[www.fortuna-tirol.at](http://www.fortuna-tirol.at)  
[info@fortuna-tirol.at](mailto:info@fortuna-tirol.at)  
 Additional services: lunch pack, weather information, washing and drying facility for cycling clothes

**Hotel Wiesenhof**  
 Pertisau  
 Tel +43.5243.52460  
[www.wiesenhof.at](http://www.wiesenhof.at)  
[info@wiesenhof.at](mailto:info@wiesenhof.at)  
 Additional services: lunch pack, weather information, shuttle/pick-up service, washing and drying facility for cycling clothes

**All Suite Hotel Garni Leithner**  
 Pertisau  
 Tel +43.5243.5363-0  
[www.haus-leithner.at](http://www.haus-leithner.at)  
[haus@leithner.info](mailto:haus@leithner.info)  
 Additional services: weather information, washing and drying facility for cycling clothes

**Inns**  
 Gasthof Hubertus, Pertisau  
 Tel +43.5243.5233  
 Golfvilla, Pertisau  
 Tel +43.5243.5823  
 Café Erika, Pertisau  
 Tel +43.5243.5856  
 Pletzachalm  
 Tel +43.5243.5573  
 Gernalm  
 Tel +43.5243.5579  
 Plumsjochhütte  
 Tel +43.5243.5487  
 Karwendelhaus  
 Tel +43.5213.5623  
 Larchetalm  
 Tel +43.664.9759311

**Bicycle (repair) shops**  
 Sport Wöll, Maurach  
 Tel +43.5243.4310  
 WW Sport Wörndle, Maurach  
 Tel +43.5243.6107  
 Sport Leithner, Pertisau  
 Tel +43.5243.5363  
 Sport Wöll, Pertisau  
 Tel +43.5243.5871

### Attractions / Highlights / Landscape views

Achenseebahn (steam train)  
Tel +43.5244.62243  
Achensee Schifffahrt (boating)  
Tel +43.5243.5253-0  
Achenseer Edelbrennerei (distillery),  
Maurach, Tel +43.5243.5795  
Tiroler Steinöl Vitalberg (museum devoted  
to the history of stone oil), Pertisau  
Tel +43.5243.20186  
Alpenpark Karwendel  
Tel +43.676.885087884  
Porta Claudia (fortress ruins), Scharnitz

### Further information

#### Local taxi/transportation companies

Rofan Reisen, Maurach  
Tel +43.5243.5209  
Achentaler Reisen, Achenkirch  
Tel +43.5246.6227  
Taxi Mair, Scharnitz  
Tel +43.5213.5363  
Taxi Ramona, Scharnitz  
Tel +43.5213.5541

#### 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  
VVT Regio-Bus Achensee  
Tel +43 (0) 5246 5300  
Achenseebahn  
Tel +43.5244.62243

### Tourist boards

Tourismusverband Achensee  
Tel +43.5246.5300  
www.achensee.info



Tourismusverband Silberregion Karwendel  
Tel +43.5242.63240  
www.silberregion-karwendel.at

Tourismusverband Olympiaregion Seefeld  
Tel +43.5.0880-10  
www.seefeld.com



## Scharnitz - Schwaz

### 3rd leg

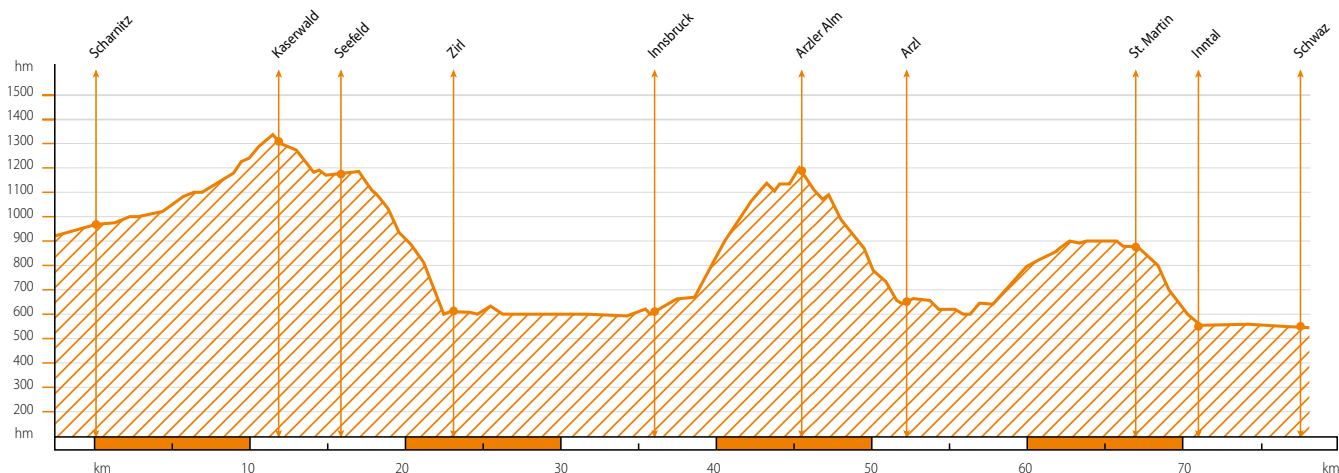


Elevation gain	1395 m
Elevation loss	1815 m
Highest point	1335 m
Difficulty	Difficult
Distance	77 km

**Route description** From Scharnitz, proceed along the Drahnbach on a broad, gradually climbing gravel road towards Seefeld (1180 m). What follows is a long gravel descent onto the valley floor and to Zirl (622 m). Continue on flat terrain to Kranebitten close to Innsbruck. Work your way up to Höttinger Bild, Umbrügler Alm and Arzler Alm (1067 m). Proceed to Arzl (642 m) on beautiful forest trails and continue via Rum, Thaur and Absam to St. Michael and to Schwaz (545 m).

#### Inns

Gasthof Schwarzer Adler, Zirl  
Tel +43.5238.52232  
Kranebitterhof, Innsbruck  
Tel +43.512.281958  
Arzler Alm,  
Tel +43.664.6553395  
Wirtshaus Speckbacher, Gnadewald  
Tel +43.5223.52511  
Gasthof Michaelerhof, Gnadewald  
Tel +43.5223.48128  
Gasthof Purner, Thaur  
Tel +43.5223.49149  
Gasthof Stangl, Thaur  
Tel +43.5223.492828  
Gasthof Schaller, Schwaz  
Tel +43.5242.74047  
Gasthof Himmelhof, Schwaz  
Tel +43.5242.62310  
Gasthof Goldener Löwe, Schwaz  
Tel +43.5242.6236730  
Pizzeria Linas, Schwaz



Tel +43.5242.73984

**Bicycle (repair) shops**

Sport Norz, Seefeld

Tel +43.5212.6252

2-Rad Corner, Seefeld

Tel +43.5212.4144

Fun-Sport-Frank, Seefeld

Tel +43.664.5162863

Radwerkstatt Mang Thomas, Innsbruck

Tel +43.664.4842445

Radsport Neuner, Innsbruck

Tel +43.512.561501

Pro Bike, Schwaz

Tel +43.5242.66661

**Attractions / Highlights / Landscape views**

Porta Claudia (fortress ruins), Scharnitz

Ehnbachklamm (gorge), Zirl

Innsbruck's old town

Schnapsmuseum, Pill

Tel +43.5242.64195

Zeiss Planetarium, Schwaz

Tel +43.5242.72129

Freundsberg Castle, Schwaz

Tel +43.5242.63967

Haus der Völker (museum), Schwaz

Tel +43.5242.66090

Silver mine in Schwaz

Tel +43.5242.72372

**Further information**

**Local taxi companies**

Taxi Mair, Scharnitz

tel +43.5213.5363

Taxi Ramona, Scharnitz

Tel +43.5213.5541

Funktaxizentrale Innsbruck

Tel +43.512.5311

Taxi Daniela, Schwaz

Tel +43.5242.6969

Taxi Larcher, Schwaz

Tel +43.5242.66060

**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

Innsbrucker Verkehrsbetriebe

Tel +43.512.5307500

VVT Ledermais, Schwaz

Tel +43.5242.62740

**Tourist boards**

Tourismusverband Olympiaregion Seefeld

Tel +43.508.80-10

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

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)



# Schwaz - Kufstein

## 4th leg



Elevation gain	1950 m
Elevation loss	1975 m
Highest point	1487 m
Difficulty	Difficult
Distance	88 km

**Route description** After an easy climb, proceed via Jenbach (550 m) to the shores of Lake Achensee (936 m). Continue on flat terrain to the start of the next climb. Proceed to Kögelalm (1428 m) on forest roads. After a long descent on a gravel road through the Schönjochtal, you will find yourself in Steinberg (1000 m) in the middle of the Rofan mountains. Proceed slightly uphill along Steinberger Ache via Hinterberg to Pinegg (675 m). Continue to Kaiserhaus (711 m) and head gradually uphill to Thiersee (620 m), following the Riedenberger Wiesen and passing Riedenbergr. Proceed on backroads via Marblinger Höhe (683 m) to Kufstein, where you were at the beginning of the tour.

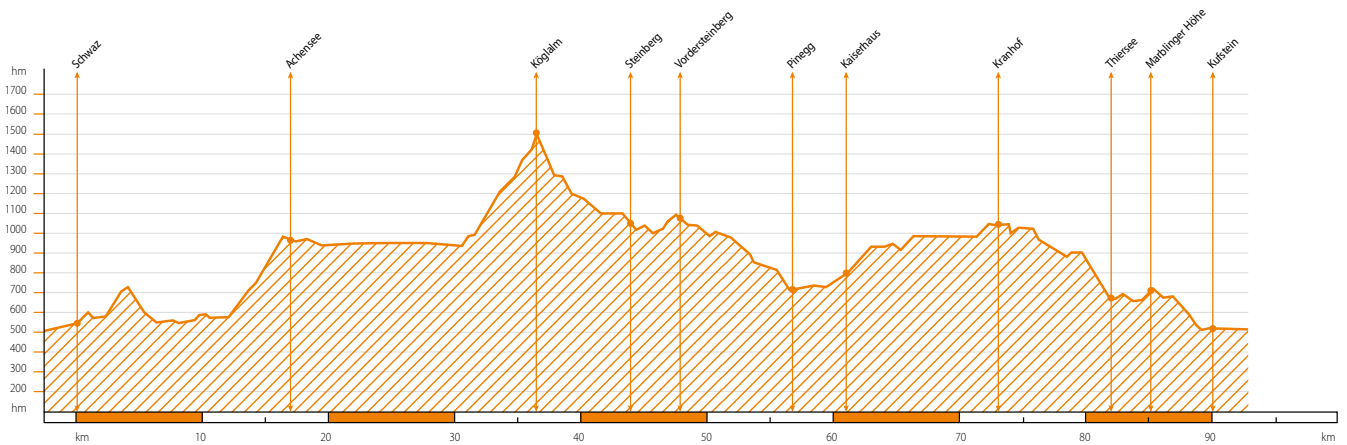
### MTB friendly accommodation

#### Kufstein

Romantikhôtel Auracher Löchl\*\*\*+  
 Tel +43.5372.62138  
[www.hotel-weinhaus@auracher-loechl.at](mailto:www.hotel-weinhaus@auracher-loechl.at)  
[perle@tirolaustria.at](mailto:perle@tirolaustria.at)  
 Additional services: cyclists' menu, lunch pack, weather information, shuttle/pick-up service

#### Inns

Gasthof Schaller, Schwaz  
 Tel +43.5242.67635  
 Gasthof Himmelhof, Schwaz  
 Tel +43.5242.62310  
 Gasthof Goldener Löwe, Schwaz  
 Tel +43.5242.6236730  
 Pizzeria Linas, Schwaz  
 Tel +43.5242.73984  
 Panorama-Restaurant Kanzelkehre, Wiesing  
 Tel +43.5244.65080  
 Inntal Stadl, Wiesing  
 Tel +43.5244.62693  
 Köglalm  
 Tel +43.5246.6001



### Bicycle (repair) shops

Pro Bike, Schwaz  
 Tel +43.5242.66661  
 Sport Wöll, Maurach  
 Tel +43.5243.4310  
 WW Sport Wörndle, Maurach  
 Tel +43.5243.6107  
 Glieber Radsport, Kufstein  
 Tel +43.5372.61611  
 Stöger Radsport, Kufstein  
 Tel +43.5372.71026

### Attractions / Highlights / Landscape views

Zeiss Planetarium, Schwaz  
 Tel +43.5242.72129  
 Freundsberg Castle, Schwaz  
 Tel +43.5242.63967  
 Haus der Völker (museum), Schwaz  
 Tel +43.5242.66090  
 Schwaz silver mine  
 Tel +43.5242.72372  
 Tratzberg Castle, Jenbach  
 Tel +43.5242.63566-20  
 Achenseebahn (steam train)  
 Tel +43.5244.62243  
 Achensee Schifffahrt (boating)  
 Tel +43.5243.5253-0  
 Achenseer Edelbrennerei (distillery),  
 Maurach,  
 Tel +43.5243.5795  
 Kufstein Castle,  
 Tel +43.5372.602350  
 Riedel Glas (glass manufacturer), Kufstein,  
 Tel +43.5372.64896  
 Innschifffahrt Kufstein (boating)  
 Tel +43.5372.64896

### Further information

#### Local taxi/transportation companies

Taxi Daniela, Schwaz  
 Tel +43.5242.6969  
 Taxi Larcher, Schwaz  
 Tel +43.5242.66060  
 Rofan Reisen, Maurach  
 Tel +43.5243.5209  
 Alpen Taxi Hager, Kufstein  
 Tel +43.5372.62525  
 Bundschuh Taxi, Kufstein  
 Tel +43.5372.67474  
 Wechselberger Bustouristik, Kufstein  
 Tel +43.5372.71026

### **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

VVT Ledermair, Schwaz,

Tel +43.5242.62740

VVT Regio-Bus Achensee,

Tel +43.5246.5300

Achenseebahn,

Tel +43.5244.62243

### **Tourist boards**

Tourismusverband Silberregion Karwendel

Tel +43.5242.63240

[www.silberregion-karwendel.at](http://www.silberregion-karwendel.at)

Tourismusverband Achensee

Tel +43.5246.5300

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



Tourismusverband Alpbachtal &

Tiroler Seenland

Tel +43.5336.600600

[www.alpbachtal-seenland.at](http://www.alpbachtal-seenland.at)

Tourismusverband Ferienland Kufstein

Tel +43.5372.62207

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