



Samnaun Loop Trail



No.	Starting Point	Destination	Altitude Gain	Altitude Loss	km
1	Serfaus	Kappl	1,150m	1,500m	48.6km
2	Kappl	Heidelberger Hütte	1,200m	200m	22.9km
3	Heidelberger Hütte	Nauders	1,100m	2,000m	36.3km
4	Nauders	Serfaus	950m	900m	33.6km

A versatile loop tour for mountain bikers with average fitness levels. The Samnaun Loop Trail combines Tirolean-Swiss atmosphere with a unique mountain bike experience on versatile terrain. The Samnaun Loop Trail – from Austria to Switzerland and back. From Serfaus to Via Claudia Augusta at Reschenpass. A tour of intermediate difficulty including two border crossings.

Highlights We start from Serfaus and ride northwards on an asphalt road towards Fiss. From there a gravel road starts and we get to a beautiful wooden observation tower, from where we enjoy a wide view of Inntal Valley. The route continues in western direction and leads to Rusegger Wald forest. Having crossed Zanbach brook we get into Nedermalswald forest above Fiss high-altitude trail. We continue to Hochgallmig, a small village that belongs to Fließ. We are now on a small plateau 200m above Inntal Valley and at the entrance of Paznaun

Valley. From there we enjoy a wide view of the upper Inn Valley up to the end of Paznaun Valley. We continue downhill to the valley basin on asphalt and from there to Kappl. The second stage leads to Ischgl and from there through Timbatal Valley to the Lake Pardatsch. A refreshing bath on the steep climb is only recommended for the brave. Fimba Valley has a unique landscape and is popular among tourists. The third stage packs a punch. From Heidelberger Hütte we climb up Fimbapass – a spectacular ride! Just as spectacular is the downhill ride into unspoiled Val Sinestra Valley to Ramosch. An impressive terraced landscape with typical flora can be enjoyed. In Ramosch is one of the most beautiful churches of Graubünden. We leave Ramosch in eastern direction, cross the border and return to Austria and our stage destination Nauders. Nauders is located amidst the 3-country-triangle. On the last day we ride across the historic Norbertshöhe crossing, enter Switzerland briefly and return through the Inn Valley basin to Pfunds. There it is worthwhile catching a glimpse of the “Turm an der Innsbrücke”, the oldest, preserved tower of the region.

Culinary Delights On our tour we pass many traditional guesthouses and huts, where we are spoilt with local culinary delights. From the terraces of the quaint huts one enjoys a majestic view of Inn Valley and Paznaun Valley. Numerous huts form a network of catering and accommodation facilities. Accommodations are basic, but the atmosphere is homey all the more. Each hut offers special culinary delights, which you shouldn't miss! Delights range from the obligatory typical selection of cold cuts – a must for every guest – to culinary refined dishes with home-grown ingredients. The special location is of benefit to gastronomy. Specialties from three different countries can be enjoyed – from Switzerland, Austria and Italy. Guesthouse culture has had a long tradition in the Alps. Tirol has always been a tourist destination and foreign influences have always been noticeable. A typical dish is “Kaiserschmarrn” (shredded pancakes with raisins and sugar) that is also suitable as dessert. Many different, creative creations of “Kaiserschmarrn” are served in Paznaun Valley. Tirolean cuisine can be compared to its landscape: traditional, demanding and full of surprises.

History Serfaus was first mentioned in the 11th century. The medieval pilgrimage church in St. Georgen ranks amongst the oldest churches of the Inn Valley. The tour leads us to an important traffic junction of Roman times, to Landeck. The Landeck basin is located along Via Claudia Augusta and the path across Arlberg Mountain. In 1923 the town was granted its city charter. Near Ischgl, a former village of mountain farmers that was settled some 1,000 years ago, we get into Fimba Valley. This is a historic connection between Paznaun and Engadin, the villages of Ischgl in Austria and Ramosch in Switzerland respectively. At Heidelberger Hütte, which was built in 1889, we get into a small side-valley, Val Sinestra. Already around 1,000 the locals knew of the healing properties of the mineral spring there. There has been a spa since the 19th century. Nauders is located at Reschenpass. The Roman road of Via Claudia Augusta from Rome to Augsburg led across the pass already in the year 50. Over time Nauders had to face many catastrophes. After the plague in the 14th century only very few people lived in the village. During the Napoleonic Wars Nauders had to face devastation and looting. In Pfunds, we will ride through this village later on, the annual Pfunds St. Nicholas Play takes place. This custom is about 200 years old and has been passed on orally from one generation to the next with only few alterations.

Panorama The tour offers numerous panoramic views. Tip: pick up the map or ask the host of the hut. This way it is easy to name the mountain ranges and summits. Already at the start in Serfaus we enjoy a great view of the valley basin and of Inn River in eastern and southern direction. To the north-east our view is limited by the foothills of Samnaun Mountain Range. Thanks to the course of the route through the forests around Hochgalmigg and to Landeck past Hintergiggel, a fantastic panoramic view of Lechtal Alps and the Verwall Mountain Range can be enjoyed. From Ischgl towards Heidelberger Hütte the route leads through the heart of Samnaun Mountain Range. Well-known summits between Vesul and Vesil summit line our way and at Fimbapass the ragged peaks of Silvretta Mountain Range can be seen. On the downhill ride towards Ramosch it is the mountains of Sesvena Mountain Range that are in our view. One panoramic highlight follows the next. A short climb up Norbergshöhe hill concludes the day and we are rewarded with a great view of our stage destination Nauders. Comparatively easy is the next day's stage back across Norbertshöhe hill and on the old Via Claudia Augusta to Tösens. A last climb leads up an old road to our starting place Serfaus.



Serfaus - Kappl

1st Stage

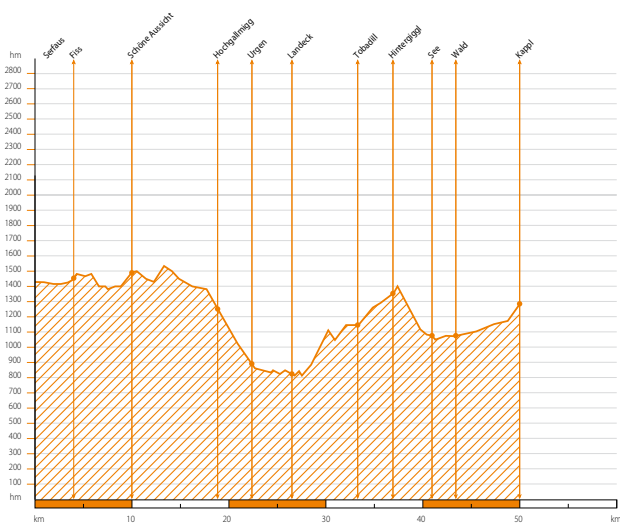


Altitude gain	1,100m
Altitude loss	1,500m
Highest spot	1,500m
Difficulty	intermediate
Length	48.6km

Routing From Serfaus (1,429m) we ride in northern direction to Fiss (1,433m). Having passed the village we continue in north-eastern direction and get to "Schöne Aussicht" vantage point (1,467m) on nice forestry trails. After another 5km we ride down to Landeck (825m). Just after Landeck the climb up Hintergiggl (1,367m) starts. A short trail to the guesthouse follows and after that a narrow forest trail. Having conquered it, the most strenuous part of the stage is over and our route continues past the villages of See (1,077m) and Wald (1,089m) to Kappl (1,279m).

MTB-Friendly Accommodations

Serfaus
 Hotel Universo
 Tel +43.5476.6977
universo@tirol.com
www.universo.at
 Geigers Lifehotel
 Tel +43.5476.6209
info@lifehotel-posthotel.com
www.lifehotel-posthotel.com
 Geigers Posthotel
 Tel +43.5476.6261
info@lifehotel-posthotel.com
www.lifehotel-posthotel.com



Inns

Restaurant Madatschen, Serfaus
 Tel +43.5476.6818
 Schöngampalm, Fiss
 Tel +43.5476.53075
 Café Obladis, Obladis
 Tel +43.5472.6089
 Gasthof Parseierblick, Hochgallmig
 Tel +43.5449.5268
 Gasthof Alpenrose, Hochgallmig
 Tel +43.5449.5261
 Restaurant Hotel Sonne, Landeck
 Tel +43.5442.62519
 Gasthof Schöne Aussicht, Landeck
 Tel +43.5442.62357
 Gasthof Alpenblick, Tobadill
 Tel +43.5442.68559
 Dorfcafe Ganahl, Tobadill
 Tel +43.5442.62728

Attractions/Highlights/ Scenic Impressions

Serfaus Adventure World.
 Fiss Summer-Funpark
 Landeck Castle
 Tel +43.5442.63203
 Gerber Bridge, Landeck
 Landeck outdoor swimming bath
 Wiesberg Castle, Tobadill

Repair Shops/Bicycle Shops

Intersport Kirschner, Serfaus
 Tel +43.5476.6612
 Sportcenter Serfaus
 Tel +43.5476.53076
 Sport Patscheider, Serfaus
 Tel +43.5476.6202
 Scott Bike Testcenter, Serfaus
 Tel +43.5476.6202
 Intersport Pregonzer, Fiss
 Tel +43.5476.20086
 Sport Schmid, Fiss
 Tel +43.5476.20122
 Zweirad Auer, Landeck
 Tel +43.5442.62520

Further Information

Local Transport Businesses

Taxi Purtscher, Serfaus

Tel +43.5476.62380

Taxi Rietzler, Serfaus

Tel +43.5472.2616

Taxi Kammerlander, Fiss

Tel +43.5476.6700

Hotel Bad Ladis, Ladis

Tel +43.5472.6050

Taxi & Busreisen Kogoj, Landeck

Tel +43.5442.63018

Taxi B & S, Landeck

Tel +43.5442.61000

Engelberts Taxi, Landeck

Tel +43.5442.61122

Taxi Juen, Landeck

Tel +43.5442.67000

Landecker Taxi, Landeck

Tel +43.5442 61100

Taxi Schmid, Landeck

Tel +43.5442.68600

Austrian Railways

Tel +43.5.1717

Postbus

Tel +43.512.390390

Tyrolean Traffic Network

Tel +43.512.561616

Tourist Boards

Serfaus-Fiss-Ladis Tourist Board

Tel +43.5476.6239.0

www.serfaus-fiss-ladis.at

Tirol West Tourist Board

Tel +43.5442.65600

www.tirolwest.at

Paznaun Tourist Board

Tel. +43.5444.52660

www.ischgl.com



Kappl – Heidelberger Hütte

2nd Stage



Altitude gain	1,200m
Altitude loss	200m
Highest spot	2,300m
Difficulty	intermediate
Length	22.9km

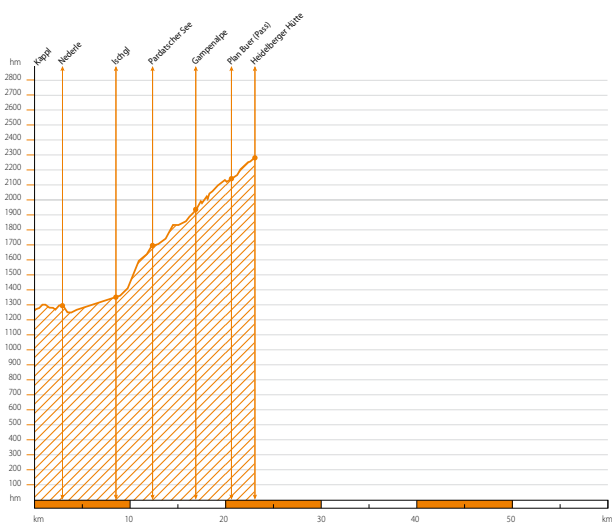
Routing From Kappl (1,279m) we ride in western direction through Paznaun Valley. The route runs near the federal road to Ischgl (1,345m). Having left Ischgl in southern direction the strenuous part of the stage starts. A continuously inclining climb leads towards Plan Buer pass (2,139m) in Switzerland. Before we get there we pass Lake Pardatsch (1,692m) and Gampalpe (1,963m). From the pass it is only a 2.5km-long ride up Heidelberger Hütte (2,282m).

MTB-friendly Accommodations

Heidelberger Hütte
Tel +43.664.4253070
info@heidelbergerhuette.com
www.heidelbergerhuette.com

Inns

Gasthof Bodenalpe, Ischgl
Tel +43.5444.5285
Heidelberger Hütte, Ischgl
Tel +43.664.4253070



Repair Shops / Bicycle Shops

Intersport Mathoy-Zentrum, Ischgl

Tel +43.5444.5759

Mountain Bike Shop, Ischgl

Tel +43.5444.5262

Further Information

Local Transport

Ischgl Tax, Ischgl

Tel +43.5444.5999

Public Transport

Austrian Railways

Tel +43.5.1717

Postbus

Tel +43.512.390390

Tyrolean Traffic Network

Tel +43.512.561616

Tourist Boards

Paznaun Tourist Board

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www.ischgl.com



Heidelberger Hütte - Nauders

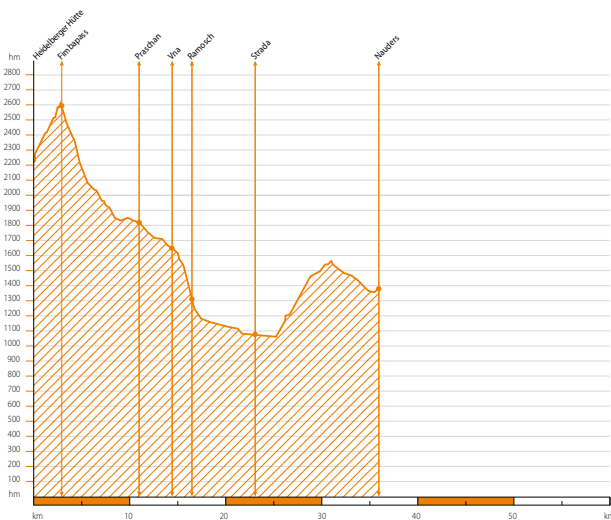
3rd Stage



Altitude gain	1,110m
Altitude loss	2,000m
Highest spot	2,600m
Difficulty	difficult
Length	36.3km

Routing From Heidelberger Hütte (2,282m) we ride to Fimbapass (2,608m). This is a classic Trans Alp crossing. Up to Fimbapass the bike must be pushed. Some level passages are suitable for riding. At the pass, from where one enjoys a fantastic view, starts a demanding downhill in south-eastern direction. After the demanding downhill section a wide forestry trail leads along colorful meadows to Praschan (1,883m) and continues to Vna (1,630m) and eventually Ramosch (1,231m) in the valley basin of the Engadin. From there we follow the main road upstream Inn River. We follow Inn River for 8km until we get to the village of Strada (1,072m) and continue on a gravel road from Martina up Norbertshöhe hill and back to

Austria. After a short gravel section an asphalt road follows along which we ride to Nauders (1,394m). Because of Swiss signposting guidelines it was not possible to place Bike Trail Tirol signposts from Heidelberger Hütte to Nauders. Please follow routes No. 443, 7006, 70007 and 7042.



MTB-Friendly Accommodations

Heidelberger Hütte
 Heidelberg
 Tel +43.664.4253070
 info@heidelbergerhuetten.com
 www.heidelbergerhuetten.com
Nauders
 Alpen-Comfort-Hotel Central
 Tel +43.5473.87221.0
 info@hotel-central.at
 www.hotel-central.at
 Gasthof Martha
 Tel +43.5473.87338
 gasthof.martha@aon.at
 www.gasthofmartha.at
 Verwöhnpension Alpetta
 Tel +43.5473.87573
 info@alpetta.at
 www.alpetta.at
 Pension Reiterhof
 Tel +43.5473.87263
 urlaub@reiterhof-nauders.com
 www.reiterhof-nauders.com
 Hotel Erika
 Tel +43.5473.87217
 info@hotel-erika.at
 www.hotel.erika.at
 Apart-Bauernhof Rosenhof
 Tel +43.5473.861650
 rosenhof.nauders@tirol.com
 www.rosenhof.info
 Gasthof zum goldenen Löwen
 Tel +43.5473.87208
 loewen.nauders@aon.at
 www.loewen-nauders.com

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Tel +43.5473.87681
 alpinsport@aon.at
 www.ferien-haeuser.at
 Alpenhotel Bödele
 Tel +43.5475.253
 boedele@aon.at
 www.boedele.at

Inns

Gasthof Norbertshöhe, Nauders
 Tel +43.5473.87241
 Gasthof zum Goldenen Löwen, Nauders
 Tel +43.5473.87208
 Restaurant Stadlwirt, Nauders
 Tel +43.5473.87710
 Restaurant Schloss Naudersberg, Nauders
 Tel +43.5473.86187
 Franzl's Ski und Wanderhütte, Nauders
 Tel +43.5473.87681

Attractions/Highlights/ Scenic Impressions

Naudersberg Castle
 Fortress Nauders
 Tel +43.664.5646.103

Repair Shops/Bicycle Shops

Auto & Fahrradwerkstätte Auto Hutter,
Nauders

Tel +43.5473.87435

Sportalm Wassermann, Nauders

Tel +43.5473.87234

Intersport Penz, Nauders

Tel +43.5473.87298

Further Information

Local Transport Businesses

Taxi Schmid, Nauders

Tel +43.664.3374840

Taxi Mair, Nauders

Tel +43.676.5351517

Taxi Padöller, Nauders

Tel +43.699.81844143

Public Transport

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Tel +43.5.1717

Postbus

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Paznaun Tourist Board

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Tiroler Oberland Tourist Board

Tel +43.5472.64210

www.tiroler-oberland.com



Nauders – Serfaus

4th Stage

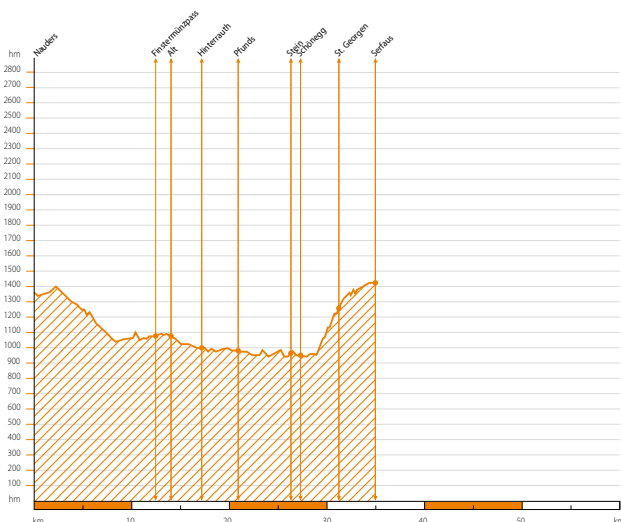


Altitude gain	900m
Altitude loss	900m
Highest spot	1,500m
Difficulty	intermediate
Length	33.3km

Routing Our final stage starts in the village centre of Nauders (1,344m). We ride up Norbertshöhe hill (1,454m) on the same route we took on the previous day to get to Nauders. From Norbertshöhe we ride on the mountain pass road to Martina and follow the road to Altfinsternünz (1,169m); a short section of this road leads through Swiss territory. On continuously descending terrain we continue to Fischeralp pasture (1,067m) and Pfunds (1,001m). We follow Inn River and after 10km we get to Tösens (953m). After a short climb we get to our stage destination Serfaus (1,429m).

MTB-Friendly Accommodations

Serfaus
 Hotel Universo
 Tel +43.5476.6977
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 Geigers Lifehotel
 Tel +43.5476.6209
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www.lifehotel-posthotel.com
 Geigers Posthotel
 Tel +43.5476.6261
info@lifehotel-posthotel.com
www.lifehotel-posthotel.com



Inns

Gasthof Norbertshöhe, Nauders
Tel +43.5473.87241
Gasthof zum Goldenen Löwen, Nauders
Tel +43.5473.87208
Restaurant Stadlwirt, Nauders
Tel +43.5473.87710
Restaurant Schloss Naudersberg, Nauders
Tel +43.5473.86187
Franzl's Ski und Wanderhütte, Nauders
Tel +43.5473.87681
Alpen Camping Nauders, Nauders
Tel +43.5473.87217
Restaurant Madatschen, Serfaus
Tel +43.5476.6818

Attractions/Highlights/ Scenic Impressions

Naudersberg Castle
Fortress Nauders
Tel +43.664.5646103
Altfinstermünz
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Serfaus Adventure World

Repair Shop/Bicycle Shops

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Intersport Penz, Nauders
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Intersport Kirschner, Serfaus
Tel +43.5476.6612

Sportcenter, Serfaus
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Sport Patscheider, Serfaus
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Scott Bike Testcenter, Serfaus
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Further Information

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www.serfaus-fiss-ladis.at