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.

Highlights range from the Bannwaldsee Ride, a demanding climb on the outskirts of Fieberbrunn, to the Reuteral Glacier Road near the heart of the Alps. These rides are all terrains that are usually covered by roadbikes. The Bannwaldsee Ride is a great warm-up exercise on your first day, featuring climbs and descents with plenty of turns and scenic views. The Reuteral Glacier Road is a perfect ride for the more experienced cyclist, offering scenic views of the mountains and challenging climbs.

The Bannwaldsee Ride

The Bannwaldsee Ride is a perfect warm-up ride for the more experienced cyclist. The climb is demanding and offers great views of the surrounding mountains. The ride features climbs and descents with plenty of turns, making it a challenging ride.

The Reuteral Glacier Road

The Reuteral Glacier Road is a great ride for the more experienced cyclist. The ride features scenic views of the mountains and challenging climbs, making it a perfect ride for the roadbiking enthusiast.

For more information on these Great Rides, visit www.tyrol.com.

WWW.TYROL.COM
Road bike rides (continued)

**Olympic Express**

The route follows the Olympic Games route as a tribute to the 1964 Winter Olympics in Innsbruck. The 110-km route takes riders through all the locations that hosted Olympic disciplines. The climbs are long and steep, but sensational views and landscapes along the way make the ride worthwhile. The top is a big bowl of pasta in the restaurant! Only excellent fitness but a healthy portion of determination. The result is a 117-km ride with gradients of up to 17%. The ride starts and finishes in Innsbruck and involves four sections with various levels of difficulty.

**Zillertal High Road**

Long and steep with stunning scenery from Tyrol's highest mountain pass, this 80-km route is ideally suited for cyclists who enjoy long ascents and high altitudes. The climbs are long, the scenery is beautiful, and the reward at the top is a big bowl of pasta in the restaurant! Only excellent fitness but a healthy portion of determination. The result is a challenging 117-km ride with gradients of up to 17%.

**Chiemgau Ride**

Cyling taking in the Chiemgau Ride completes the Tour de Tirol. The route follows the Chiemgau region in Bavaria and features some of the most picturesque scenery in Tyrol. Riders enjoy breathtaking views of the Chiemsee, a big lake in Bavaria. The route is challenging but offers great reward.

**Kitzbühel Horn**

No region in Tyrol is more scenic than the Kitzbühel Horn region. The route follows the Kitzbühel Horn region in Tyrol and features some of the most picturesque scenery in the area. Riders enjoy breathtaking views of the Kitzbühel Horns. The ride is challenging but offers great reward.

**Lienz Dolomites Ride**

This route takes in the Dolomites of the Zillertal Valley. The route follows the Zillertal region in Tyrol and offers riders stunning views of the Dolomites. The ride is challenging but offers great reward.

**Great Trails**

Five flowing singletrack trails for downhill adventures.

From tree-top passages to high alpine sections, these following five trails all have one thing in common: flow! The Arlber Alm Trail, Blindsee Trail, Flokensee Trail, Liederberg Trail and Plamont Trail are a fine cross-section of 12 singletrack trails in Tyrol which draw riders from near and far to the region for spectacular two-wheeled adventures.

1. **Arlber Alm Trail**
   - **Starting point:** Arlber Alm Trailhead
   - **Distance:** 8.5 km
   - **Height gain:** 200 m
   - **Difficulty:** Intermediate
   - **Features:** All singletrack trail, 4.5 km section descends 1,000 vertical metres
   - **Recommended equipment:** Mountain bike with suspension, full-face helmet, and downhill gear
   - **Notes:** Downhill section features some of the most challenging terrain in Tyrol. Riders must be experienced to tackle this trail.

2. **Blindsee Trail**
   - **Starting point:** Blindsee Trailhead
   - **Distance:** 3.5 km
   - **Height gain:** 200 m
   - **Difficulty:** Easy
   - **Features:** All singletrack trail, 4.5 km section descends 550 vertical metres
   - **Recommended equipment:** Mountain bike with suspension, full-face helmet, and downhill gear
   - **Notes:** This trail offers a scenic ride with challenging downhill sections.

3. **Flokensee Trail**
   - **Starting point:** Flokensee Trailhead
   - **Distance:** 2.5 km
   - **Height gain:** 200 m
   - **Difficulty:** Intermediate
   - **Features:** All singletrack trail, 4.5 km section descends 1,000 vertical metres
   - **Recommended equipment:** Mountain bike with suspension, full-face helmet, and downhill gear
   - **Notes:** Downhill section features some of the most challenging terrain in Tyrol. Riders must be experienced to tackle this trail.

4. **Liederberg Trail**
   - **Starting point:** Liederberg Trailhead
   - **Distance:** 4 km
   - **Height gain:** 200 m
   - **Difficulty:** Intermediate
   - **Features:** All singletrack trail, 4.5 km section descends 550 vertical metres
   - **Recommended equipment:** Mountain bike with suspension, full-face helmet, and downhill gear
   - **Notes:** This trail offers a scenic ride with challenging downhill sections.

5. **Plamont Trail**
   - **Starting point:** Plamont Trailhead
   - **Distance:** 2.5 km
   - **Height gain:** 200 m
   - **Difficulty:** Intermediate
   - **Features:** All singletrack trail, 4.5 km section descends 1,000 vertical metres
   - **Recommended equipment:** Mountain bike with suspension, full-face helmet, and downhill gear
   - **Notes:** Downhill section features some of the most challenging terrain in Tyrol. Riders must be experienced to tackle this trail.