



**ÖTZ
TAL**



Ötztal.
Tirol at its Best.

Bike Guide

Ötztal Cycle Trail, Natural & Single Trails, MTB Tracks





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Ötztal Cycle Trail, Natural & Single Trails, MTB Tracks



Index

- 06 | Difficulty Levels | Signs & Symbols
- 10 | General Details and Information

Ötztal Cycle Trail

- 26 | Stage 1 | Haiming – Oetz
- 27 | Stage 2 | Oetz – Umhausen
- 28 | Stage 3 | Umhausen – Längenfeld
- 29 | Stage 4 | Längenfeld – Sölden

Bike Tours

- 30 | **Haiming-Ochsengarten, Sautens, Oetz**
- 31 | Facts & Figures
- 32 | Bike Tour Beerweg 626
- 33 | Bike Tour Oetz – Habichen 690
- 34 | Sattelfest Practicing Trail Oetz... 6002
- 35 | Bike Tour 5 Village Loop 658
- 36 | Bike Tour Oetz – Seejöchl Piburg .. 6001
- 37 | Bike Tour to Bärenalhhütte..... 608
- 38 | Panorama Bike Tour to Hochoetz .. 659

- 39 | **Umhausen-Niederthai**
- 40 | Bike Loop Tour around Niederthai. 662
- 41 | Bike Tour Umhausen Loop 693
- 42 | Bike Tour on Niederthai's Old Road 635
- 43 | Bike Tour to Grastal 663
- 44 | Bike Tour Köfels – Würzberg 695
- 45 | Bike Tour to Schweinfurter Hütte... 601
- 46 | Bike Tour to Frischmannhütte..... 656

47 | Längenfeld

- 48 | Bike Tour Längenfeld Loop 686
- 49 | Bike Tour to Nisslalm 634
- 59 | Bike Tour Polltal – Breitlehnalm... 637
- 51 | Bike Tour around Rechenstielegg.. 684
- 52 | Bike Tour to Amberger Hütte 694
- 53 | Bike Tour Würzberg – Stabealm – Innerberg Alm 636
- 54 | Bike Tour Feuerstein – Pollesalm... 638

55 | Sölden

- 56 | Bike Tour Sölden Loop 641
- 57 | Bike Tour Rechenau Forest Trail ... 649
- 58 | Bike Tour to Kaiserwald 603
- 59 | Bike Tour to Gampe Alm 643
- 60 | Bike Tour to Gaislach 644
- 61 | Bike Tour to Leiterbergalm 645
- 62 | Bike Tour to Klebealm 651
- 63 | Bike Tour to Brunnenbergalm 652
- 64 | Bike Tour to Rofenhöfe Farms 655
- 65 | Bodeneegg Race Track 661
- 66 | Bike Tour to Lenzenalm..... 691
- 67 | Bike Tour to Lochle Alm..... 6022
- 68 | Bike Tour to Gletscher Express ... 648

69 | Gurgl

- 70 | Bike Tour Gurgler Achweg 692
- 71 | Bike Tour to Langtalereckhütte ... 6023
- 72 | Bike Tour Festkogel 653
- 73 | Single Trail Festkogel 687
- 74 | Bike Tour Hochgurgl – Wurmkogel.. 689

Road Cycling Highlights Ötztal

- 77 | Facts & Figures
- 78 | Oetz – Kühtai – Finstertaler Stausee
- 79 | Sölden – Ötztal Glacier Road to Rettenbach Glacier
- 80 | Sölden – Timmelsjoch

82 | Imprint



Difficulty Levels



easy

Family-friendly trekking or MTB route suitable also for standard bicycles, offering good road or trail surface (gravel, asphalt or similar surface). The gentle climbs do not require special skills, cycling techniques or above average stamina. Enjoyable cycling is the main priority.



intermediate

The sometimes fairly steep climbs and difficult downhill stretches require both sporty biking skills and defensive cycling. Good stamina and intermediate biking techniques are an absolute must. Sporty and active (pleasure) cycling is the main priority.



difficult

Very demanding MTB track with difficult passages that require both excellent stamina plus advanced biking techniques. Steep uphill and downhill stretches await you. Stamina-oriented and skillful technical biking on high Alpine panorama tours is the main priority.

Signs & Symbols



Starting point



Bus stop



Trail: asphalt



Distance



Highlight/tip



Trail: rocky



E-bike



Altitude meters downhill



Trail: gravel



Refreshments



Altitude meters uphill



Time



Biking pleasure



Stamina



Additional info



Biking technique



Coordinates on the map

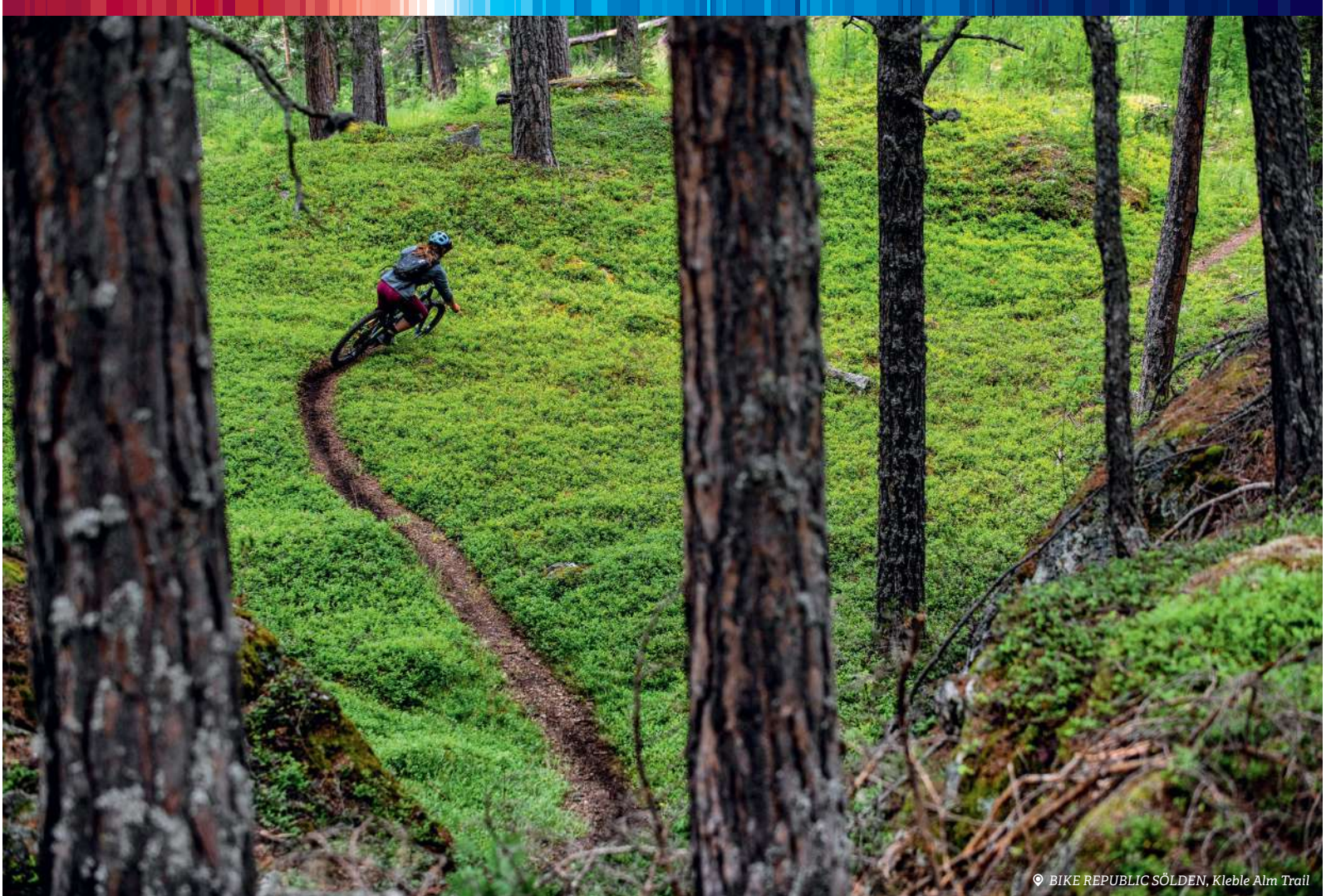


Suitable for families



Panorama





General Details and Information

Biking Rules

1. Always stay on the right-hand side, control your speed, be ready to stop at any moment by anticipating oncoming trail users and obstacles (e.g. bollards, gates, stones, branches, cattle grids, tractors, other vehicles/machines) especially around steep corners and blind spots.
2. Note that most roads and trails are mostly used in a mixed mode and therefore obstacles and obstructions are possible at any time (e.g. agricultural and forestry vehicles, vehicles of authorized locals, timber deposit areas, grazing livestock).
3. Show consideration for other cyclists/bikers and hikers and slow down to a walking pace when overtaking.
4. Always take the trail's level of difficulty and stamina requirements into consideration and judge your experience and ability as a biker accurately (a biker's safety training is strongly recommended for cycling novices or E-bike beginners).
5. Protect your head with a helmet and check your equipment (brakes, bicycle bell, lights, reflectors) before starting a tour.
6. Respect barriers and areas where biking is forbidden. Always close pasture gates.
7. Show respect for animals and nature. Do not leave the signposted trails and roads open to cyclists and bikers.
8. Please do not leave rubbish.
9. In accordance with the Austrian Road Traffic Code, only E-bikes/pedelecs with a maximum speed of 25 km/h are permitted on cycle trails.

Best time for tours:
May to October



What must a biker's backpack contain?

- Enough to eat and drink
- Mobile phone, money and ID
- First aid kit
- Bicycle lock
- Repair kit and multi-tool
- Spare inner tube and bicycle pump
- Raingear and spare clothes
- Spare brake pads (for longer tours)
- Possibly headlamp
(on short autumn days)

Other equipment

- Helmet
- Gloves
- Functional clothing
- Glasses
- GPS device or detailed maps

Emergency phone number: 112

Multi-faceted Ötztal

Perfect place for all types of cyclists and bikers

Which Ötztal holiday village is best for you and your cycling preferences? Leisurely cyclists, summiteers, all-mountain bikers – Ötztal has the perfect terrain for every cyclist and biker!



All-Mountain biker & freerider

You love action and thrilling downhill fun on narrow trails? Your favorite terrain are single tracks? You prefer to ascend on mountain lifts in order to reach the maximum trail enjoyment? You have a high level of technical biking skill? Then you feel at home in: Sölden, Gurgl



Summiteers, competitive and extreme athletes

You like to challenge yourself with steep climbs on partly rough terrain? Passages where you have to push or carry your bike are not a problem for you? You are always looking for new challenges? Tours into the high mountains plus peak conquests and demanding Alpine crossings are your world? Then you feel at home in: Umhausen, Längenfeld, Sölden, Gurgl



Sporty touring biker

Are you well trained and would you like to enjoy a couple of steep climbs? You love fabulous bike tours at a relatively high level? But you can do without extreme high Alpine terrain? Then you feel at home in: Oetz, Längenfeld, Umhausen, Sölden



Pleasure bikers & families

An enjoyable experience of nature is your main priority? Do you care about socializing and shared experience among friends? You love tours rewarded with culinary treats on huts and pasture inns? You want to explore the valley floor with your family in a relaxed way? Then you feel at home in: Haiming, Ötztal-Bahnhof, Oetz, Sautens, Längenfeld

E-Biking in Ötztal

Ötztal makes a perfect E-bike terrain!

Incredible 660 km and 26,000 altitude meters are waiting for you and your E-bike. In addition to the specially signposted E-bike routes, all bike and cycle tours in this guide can also be conquered on E-bikes.

E-bike charging stations in Ötztal:

The Bike Energy fast charging stations allow charging without bringing your home charger. Simply rent the adapter (XLR plug charging cable) and refuel.

Haiming

Apple Mile charging station

Oetz

Sautens place of rest & recreation
Hochoetz Pasture Region

Längenfeld

Längenfeld place of rest & recreation

All tours including GPS data and interactive map can be found in the iÖtztal App – Your free mobile app for perfect holidays in Ötztal.

Available for iPhone, Blackberry, Android and web solution for all mobile phones with internet access. All trails and lines of the BIKE REPUBLIC SÖLDEN can be found in the Trail Map (available for free in your Bike & Cycle Accommodation or at all Ötztal Tourismus information points)



Ötztal Cycle Trail

Good to know:

- Please note that the time required for the tours as described are only approximate times and may differ due to your physical stamina, experience, battery support and breaks.
- Please make sure that the battery is fully charged before you start the tour.
- For longer tours you should mainly use the "Eco Mode" to extend battery life.
- The bikers' uphill facilities in Ötztal also transport E-bikes. (Uphill facilities p. 15)
- E-bikes can also be transported by public bus. Please note the current transport regulations:
www.oetztal.com

**ÖTZ
TAL**


Ötztal.
Tirol at its Best.

The new Biking & Hiking Map

Your Outdoor Navigation in Ötztal

Available for only **€ 4.90** at all Ötztal Tourismus Information Offices!



1,600 km of marked Hiking Trails.

- Hiking trails, mountain tours, long-distance trekking routes.
- Incl. Water Strider Loop Trails, Ötztaler Urweg, Ötztal Trek, E5.



660 km of MTB Tours. 60 km of Trails & Lines.

- Mountain & E-bike toures, nature & single-trails, valley-wide long-distance cycle trail
- Incl. Ötztal Cycle Trail, BIKE REPUBLIC SÖLDEN.



Bike Transport by Bus and Mountain Lift

The easiest and fastest way to get safely and effortlessly from A to B. Enjoy a memorable summer in Ötztal by using the valley-wide public bus lines or the mountain lifts in Oetz, Sölden and Gurgl.

Bus transport for bicycles in Ötztal:

All information about bicycle transport by public bus can be found in the current transport regulations at www.oetztal.com

Bikers' uphill facilities throughout the valley:

Comfortable uphill facilities including state-of-the-art mountain lifts, cable cars and gondolas take mountain bikers to the highest trailheads of beautiful tours throughout Ötztal Valley. The mountain lifts not only promise sporty goals within reach but also guide bikers to the valley's most scenic highlights and vantage points.

Bike tickets can be purchased directly at the mountain lift stations:

Oetz Acherkogel Gondola

- Ochsengartenbahn

Sölden

- Giggijoch Gondola
- Gaislachkogel Gondola
- Langeggbahn 6-seater chairlift
- Zentrum Shuttle

Gurgl

- Hochgurgl Gondolas 1+2
- Top Wurmkogel 2
- Hohe Mut Gondola



📍 Gaislachkogel Gondola

Bike Specialists in Ötztal

Be it bicycle rental, service, washing station or tools for self-service repair: the following bike specialists are there to help you with words and deeds in Ötztal:

	Bike rental	Bike service	Bike washing station	Repair tools (on request)
Haiming				
Fankhauser OutdoorSport Magerbach 4 T +43 (0) 650 6259 113	x			x
Faszinatour Outdoorzentrum Alte Bundesstraße 27 T +43 (0) 5266 8718 8	x			
SunUp Sport AREA47 Ötztaler-Ach-Straße 1 T +43 (0) 5266 87676	x	x		
Wasser-C-raft Ambach 29 T +43 (0) 5252 6721	x			
Oetz				
AGE Sport Hauptstraße 6 T +43 (0) 664 3838 001	x	x		
Bike Center Ötztal Piburgerstraße 6 T +43 (0) 5252 2024 812	x	x	x	x
Outlet Oetz Hauptstraße 49 T +43 5031 1400	x	x		
Umhausen-Niederthai				
BP gas station Löck 20			x*	
Hotel Tauferberg Niederthai 12a T +43 (0) 5255 5509	x			
MAEXPOINT Radservice Dreschgasse 6 T +43 (0) 664 4060 005		x		
Sport Grüner Niederthai 64a Umhausen Dorf 40 T +43 (0) 5255 5420	x			
Längenfeld				
Hummel 2-Rad-Center Oberlängenfeld 96 T +43 (0) 5253 5234	x	x		
Intersport Glanzer Längenfeld center Oberlängenfeld 9 T +43 (0) 5254 2223 316	x	x	x	x
Radverleih Landolt Huben 107 T +43 (0) 5253 5502	x	x		



Radl-Stadl Oberlängenfeld 29 T +43 (0) 664 8653 377	x	x		
Riml Sports Oberlängenfeld 47 T +43 (0) 5031 1400	x	x		
Ötztaler Funpark Mühl 257 T +43 (0) 5254 5222	x			
Sölden	x	x	x**	x**
Intersport Glanzer several stores in Sölden T +43 (0) 5254 2223	x	x		
Sport Brugger several stores in Sölden T +43 (0) 5254 3006 2	x	x		
Sporthütte Fiegl Dorfstraße 119 T +43 (0) 5254 5222	x	x		x***
Sport Riml several stores in Sölden T +43 (0) 5011 30	x	x		
Sport4You several stores in Sölden T +43 (0) 5254 3061 0	x	x		
SunUp Sport Dorfstraße 5 T +43 (0) 5254 2255				x
Pumptrack Rolling at Bäckelar Wirt Dorfstraße 125				x
Gurgl				
Riml Sports main store Piccardweg 5 T +43 5031 1100	x	x		
Sport Scheiber Ramolweg 5 and Hochgurgl Gondola base station (Tue, Thu, Fri) T +43 (0) 5256 6209	x			

* Coin-operated high pressure cleaner

** Hotel Bergland Store (Dorfstraße 114), Store Gaislachkogel (Dorfstraße 115)

*** Branch store: Check in Giggijoch Gondola (Giggijochstraße 16)

Bike & Cycle Accommodations



From cozy holiday apartments to superb 5-star superior hotels - Ötztal's bicycle-friendly lodgings are fully adapted to the needs of cyclists and mountain bikers. They fulfill severe Ötztal Bike Criteria and are involved with words and deeds but especially with a great heart for bikers.

No matter if mountain bike or road bike, trekking bike or E-bike, all cyclists can take full advantage of the special offers. The bike & cycle specialists are categorized with three or four Pinions and fulfill a range of corresponding criteria.

Three & Four Pinions

- Lockable bike storage room or garage
- Bicycle repair tools available to all guests
- Freely accessible bike washing station in the outdoor area
- Tour recommendations and bookable guided tours
- Overnight washing & drying facilities for bike clothing (extra charge)
- Bicycle mountain rack in the bike storage room
- Information on bike shops, bike repair stations & rental spots

Four Pinions

- Bicycle racks available, bike mounts
- Individual bike locks
- Bike storage facilities (stand, pole, etc.) at the house
- Repair service, internally or externally (extra charge)
- Insider tips on permitted tours off the standard routes

v

www.oetztal.com/bike-unterkuenfte

Bike Schools

Haiming

- Faszinatour Outdoorzentrum | Alte Bundesstraße 27 | T +43 (0) 5266 8718 8

Ötztal-Bahnhof

- AREA47 | Ötztaler Achstraße 1
T +43 (0) 5266 8767 6
- Mountain & Bike Solution/Mobile Bike School - Falkner Mario
T +43 (0) 664 1210 219

Oetz

- Bike Center Ötztal | Piburgerstraße 6
T +43 (0) 5252 2024 812
- Wasser-C-Raft | Ambach 29
T +43 (0) 5252 6721

Sölden


- Bikeschule Ötztal | Dorfstraße 34
T +43 (0) 5254 3821
- Bike School RIDE ON | Rechenastraße 41
T +43 (0) 664 2288 890
- Freeride Center Morandell | Dorfstraße 119
T +43 (0) 650 4153 505



Bike Events & Camps

- Bike Opening
- Single Trail Paperchase
- Ötztaler Cycle Marathon
- BIKE REPUBLIC SÖLDEN National Holiday
- Trail Master Challenge
- Special women's, men's and kids' Bike Camps



 BIKE REPUBLIC SÖLDEN, Opening

Ötztal Premium Card & Ötztal Card

Guests staying at one of the more than 300 Ötztal Premium Card partner lodgings can take full advantage of all benefits included in the Ötztal Premium Card. You receive the ultimate Card in your accommodation. Valid for the duration of your stay, but not on the day of arrival.

Or buy the regular Ötztal Card for 3, 7 or 10 consecutive days in one of 60+ selling points and discover all the valley's highlights and attractions. (For those who do not stay at an Ötztal Premium Card partner accommodation).

All advantages of the Ötztal Premium Card & Ötztal Card at a glance:

- Bicycle rental (one standard bicycle rental; E-bikes, downhill and special bikes for an extra charge)
 - Free use of partner summer mountain lifts and gondolas (1x per day), MTB transport is not included in the Cards
 - Free use of public bus lines and hiking buses, discounts on hut taxis; bicycle transport according to current transport regulations (www.oetztal.com)
 - Free admission to partner swimming pools
 - Free admission to AQUA DOME (one three-hour ticket – sauna is not included)
 - Free admission to AREA47 (once)
 - Guided Ötztal Nature Park hikes (only for Ötztal Premium Cards)
-



Ötztal Cycle Trail

Stages



📍 Ötztal Cycle Trail, Längenfeld



Nr. 11

Cycle Trail throughout the valley

Starting in Haiming at 670m altitude, the Cycle Trail No. 11 runs through the entire Ötztal and ends in Sölden at 1,377 m. It branches off southwards from one of Europe's longest cycle routes – the Inn Cycle Path – and leads on about 50 kilometers straight into the very outstanding mountain scenery of the Ötztal Alps.

The easy to intermediate level of difficulty makes the Ötztal Cycle Trail a very special experience and perfectly suitable also for families, E-bikers and mountain bikers!

Please note that you share parts of the Cycle Trail with pedestrians. Therefore always control your speed accordingly and pay attention to other cyclists and walkers.

One valley, five terraces Explore a special mountain world

Leading through five valley terraces, the Ötztal Cycle Trail promises a huge variety of landscapes: from the sunny, dry climate at the entrance to the valley and the wide open meadows of Umhausen and Längenfeld to the end of the route in Sölden, surrounded by mighty 3,000 m high peaks. Only very few cyclists will be able to complete the entire Ötztal Cycle Trail in one day – but we take our hat off to anyone who does so.

We recommend to conquer the Ötztal Cycle Trail in stages – so you have enough time to enjoy the eye-catching landscape and the highlights spread along the Ötztal Cycle Trail without a hurry. However, cycling fun is of utmost importance!



📍 Ötztal Cycle Trail, Oetz Region

Stage 1 | Haiming – Oetz

Perfect introductory tour to get to know the villages in Lower Ötztal! The first stage of the Ötztal Cycle Trail leads through mild climate to Oetz. Refreshment is provided by Ötztaler Ache brook which takes you comfortably to the finish line on a gently rolling path.



intermediate	↔ 14.7 km	🕒 1:30 h	🏔️ 178 fm	🏔️ 62 fm
❤️ 3/5	🚲 2/5	🌿 4/5	👤 5/5	📖 642.479/ 5.235.313

🚗 Haiming, car park at village hall

🏠 Gemeindeamt (Haiming)

🍴 Restaurants in Haiming
Restaurants in Ötztal-Bahnhof
Restaurants in Oetz

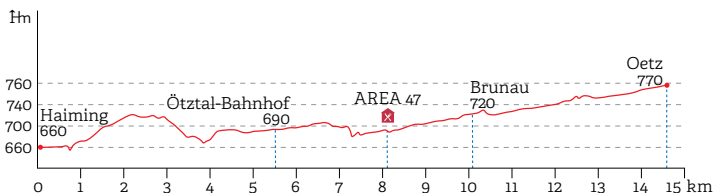
🏞️ Tschirgant rockslide
AREA47 – Austria's biggest outdoor adventure park
Sautens rest area

👤 Families
E-bikers

📏 10.2 km 🗺️ 4.5 km

GPS data & info:
www.oetztal.com

Route description: Starting point of this fabulous tour is the main church square in Haiming. Keeping to the left, you reach the hamlet of Magerbach via the old and new Ötztal federal road. From here you follow the asphalted Inn Cycle Path westwards, turn left after about 2 km and cycle through the hamlet of Schlierenzau until you cross the river Inn. After a short but fairly steep climb you reach Ötztal-Bahnhof. Turn left into Wiesrainstraße and follow Industriestraße and the railroad embankment in a loop. From the train station square you keep westwards, via Wassertalstraße you reach a gravel road. Continue through the forest for several hundred meters parallel to the railway tracks towards AREA 47 – Austria's largest outdoor adventure park. From here you continue in a southerly direction through Brunau and along Ötztaler Ache brook, heading towards Oetz off the main road.



Stage 2 | Oetz – Umhausen

The second stage of the Ötztal Cycle Trail leads past secret places and small hamlets to the central part of Ötztal Valley in Umhausen!



intermediate	↔ 7.9 km	🕒 1:15 h	🏔️ 193 fm	🏔️ 16 fm
❤️ 4/5	🚲 3/5	🌿 4/5	👤 5/5	📖 643.734/ 5.229.361

🚗 Oetz, central car park (for a fee)

🏠 Gemeindeamt (Oetz)

🍴 Restaurants in Oetz
Restaurants in Umhausen

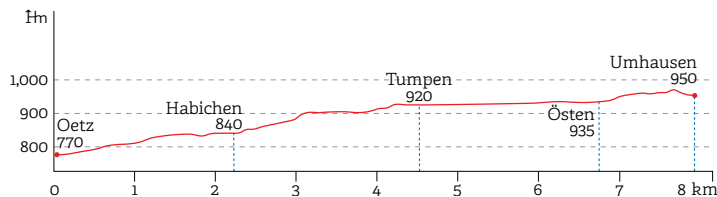
🏞️ Habichen Ice Cellar & Lake Habicher See
Maria Schnee chapel
Engelswand face
View of Farst – "Eagles eyrie in Ötztal"

👤 Families
E-bikers

📏 6.3 km 🗺️ 1.6 km

GPS data & info:
www.oetztal.com

Route description: Leave the central car park to the right in southern direction and follow the asphalt trail. At its end you turn left and cross the main road. Slightly uphill you pedal on the farm road in southern direction until you reach the hamlet of Habichen. Through the underpass of Habichen, followed by a short detour to lake Habicher See. You can also conquer the steep climb to "Tumpener Gstoag" directly. In the second bend the trail changes from asphalt to gravel, leading through a small wooded section to the hamlet of Tumpen. You leisurely cycle past the school, cross the main road and Ötztaler Ache brook to get to the eastern side of the valley. A rolling asphalt path takes you effortlessly through wide open meadows, past the hamlet of Lehn-Platzl and the chapel of Maria Schnee. After crossing Rennebach brook, the trail travels straight ahead to Umhausen.



Stage 3 | Umhausen – Längenfeld

In addition to two spectacular cycle bridges on the narrowest section of the Ötztal Cycle Trail you will explore hidden forest areas that invite you to wind down! At the stage finish in Längenfeld you can marvel at the wide open valley floor.



intermediate	↔ 12.8 km	🕒 1:15 h	📏 280 fm	📉 67 fm
❤️ 4/5	🚲 3/5	🌿 4/5	👤 5/5	📖 645,077 / 5,223,670

📍 Umhausen, Östen sports field (parking)

📍 Östen (Umhausen)

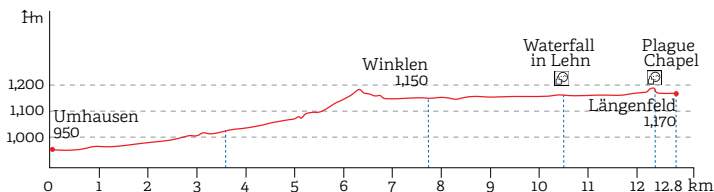
🍴 Restaurants in Umhausen
Restaurants in Längenfeld

🏞️ Two spectacular cycle bridges in the narrowest section of the Ötztal Cycle Trail
Local heritage & outdoor museum
Waterfall in Lehn
Plague Chapel

⚠️ Families
E-bikers

📏 5.1 km 📱 77 km

GPS data & info:
www.oetztal.com



Stage 4 | Längenfeld – Sölden

You climb higher and higher on this final stage. While the valley narrows, the breathtaking mountain world of Upper Ötztal gets closer and closer.



intermediate	↔ 15.6 km	🕒 1:30 h	📏 180 fm	📉 0 fm
❤️ 3/5	🚲 2/5	🌿 4/5	👤 5/5	📖 649,133 / 5,215,068

📍 Längenfeld, car park - sports center

📍 Edelweiß/Abzweigung Gries (Längenfeld)

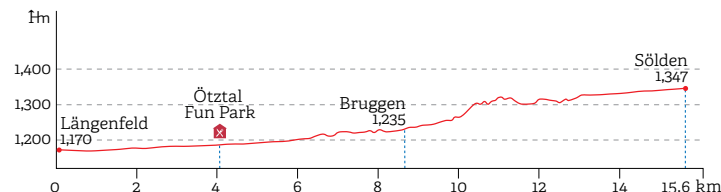
🍴 Restaurants in Längenfeld
Restaurants in Sölden

🏞️ Splendid Alpine scenery of Upper Ötztal
AQUA DOME – Tirol Therme Längenfeld
Fishpond
Ötztal Fun Park
Playground at the pavilion

⚠️ Families
E-bikers

📏 6.3 km 📱 1.6 km

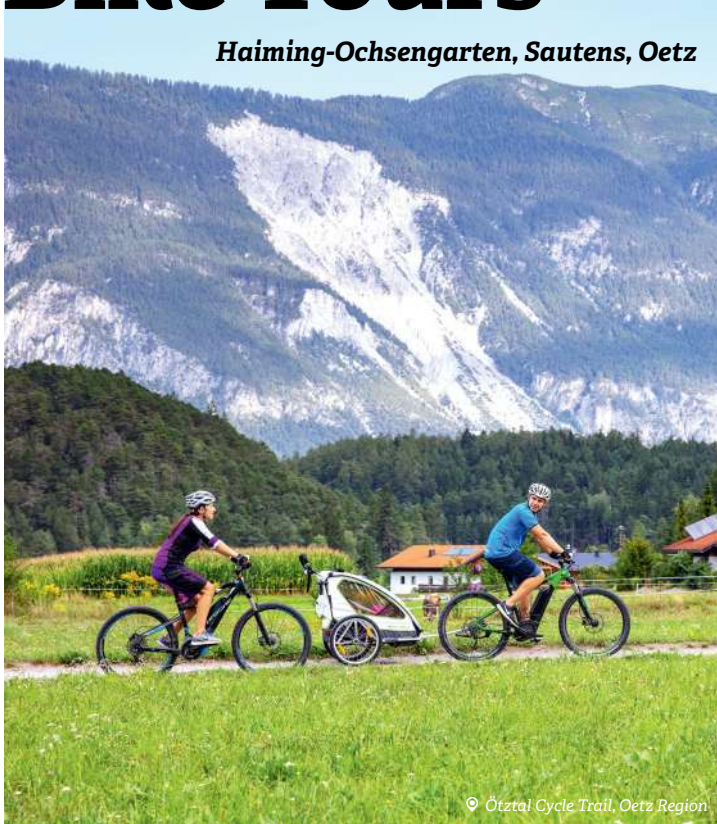
GPS data & info: www.oetztal.com



Route description: This stage of the Ötztal Cycle Trail starts at the sports center in Längenfeld. From there, at the end of the road, you turn left into a small forest and cycle past Aqua Dome. Following the asphalt trail southwards, you reach the lovely hamlets of Astlehn and Runhof amidst wide open meadows and fields. In Runhof you cross the river and follow the asphalt trail straight on. Via Gottsgut you get to the Ötztal Fun Park and you finally reach Huben. At the village end of Huben you cross Ötztaler Ache brook, proceeding on a gravel path parallel to the main road. Through the underpass you reach the other side of the road safely, continuing on gravel towards Winkle and Bruggen. At the end of Bruggen you take the underpass to cross the main road, following the gravel route towards Aschbach where you pedal over the cycle bridge. After a short uphill stretch and a slight downhill section you reach the next road overpass. At the next fork you keep left and descend to the bottom of the valley where another bridge crosses the Ache river. The last part travels east of Ötztaler Ache brook to the village of Sölden.

Bike Tours

Haiming-Ochsengarten, Sautens, Oetz



📍 Ötztal Cycle Trail, Oetz Region

Facts & Figures

Ötztal Mountain and E-Bike Paradise



Wonderful
refreshment stops



Main route
Ötztal Cycle Trail



4 E-bike
charging stations



40 mountain bike
tours



Varied
landscapes



Perfectly
prepared tours

Find all tours incl. GPS data
and interactive maps in the iÖtztal App
or download them at

www.oetztal.com/biken

No. 626 Bike Tour Beerweg

Short, family-friendly mountain bike tour along Ötztaler Ache mountain brook, which can also perfectly be covered on e-bikes.



easy	↔ 4.5 km	🕒 0:40 h	↗ 27 fm	↘ 27 fm
❤️ 1/5	🚲 1/5	🌿 4/5	👤 3/5	📖 643.732/ 5.229.364

📍 Oetz, Central car park (for a fee)

🏠 Gemeindeamt (Oetz)

🍴 Restaurants in Oetz
Restaurants in Sautens

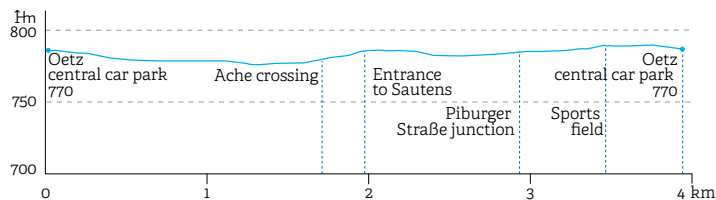
👤 White water sports on Ötztaler Ache

⚠️ Especially suitable for families and leisurely E-bikers

Route description: The starting point of this family-friendly, leisurely tour is the central car park in Oetz. It leads from Oetz northwards to Sautens and back again. Leaving behind the car park on the left, you follow the asphalt trail along Ötztaler Ache brook to the "Aktiv & Nature Resort". Continue on the paved meadow trail that leads straight through the wide open fields. Past the small chapel, parallel to the main road. After a short downhill stretch you cross Ötztaler Ache brook and cycle uphill for a short while. Once reached the top you keep left and return to Oetz in a large loop along Beerweg Trail.

📏 4.3 km 🗺️ 0.2 km

GPS data & info:
www.oetztal.com



No. 690 Bike Tour Oetz – Habichen

The short family loop tour is ideal to explore the lovely surroundings of Oetz.



easy	↔ 5.4 km	🕒 1:00 h	↗ 175 fm	↘ 175 fm
❤️ 1/5	🚲 1/5	🌿 4/5	👤 2/5	📖 643.323/ 5.229.401

📍 Oetz, central car park (for a fee)

🏠 Gemeindeamt (Oetz)

🍴 Restaurants in Oetz
Restaurants in Habichen

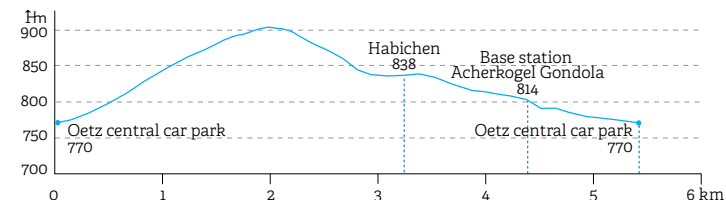
👤 Habichen Ice Cellar
Lake Habicher See
WIDIS KIDS PARK

⚠️ Young and older bikers with good stamina

Route description: The starting point of this family-friendly loop trail is the central car park of Oetz. Leaving behind the car park on the left, you follow the asphalt trail along Ötztaler Ache brook, crossing it after about 500 fm. Then turn left at the first fork. Pedaling past the sports field, the paved trail changes to a gravel path that leads uphill into a beautiful wooded area. Short climbs alternate with almost level stretches. Soon you reach an intersection, there is a wayside shrine on the left. Here you turn into the downhill trail towards the hamlet of Habichen. Once at the bottom, you are recommended to make a short detour to lake Habicher See (special tip: lock the bicycles and walk the last few meters to the lake). Benches invite you to enjoy a relaxing break. Back on the bike trail, you cycle past a small chapel and a farmhouse. At the next fork you turn left and cross Ötztaler Ache brook again. After the small hamlet you follow the paved return route leading to Oetz parallel to Ötztal's federal road.

📏 3.0 km 🗺️ 2.4 km

GPS data & info:
www.oetztal.com



No. 6002 Sattelfest Practicing Trail Oetz

Ideal terrain for bikers of all ages who want to improve their biking and cycling technique!



easy	↔ 1.8 km	🕒 0:15 h	🏔️ 75 m	⚡ 75 m
❤️ 2/5	🚴 2/5	🌳 3/5	👤 5/5	📖 644.138/ 5.229.111

🚗 Oetz, car park at Acherkogel Gondola

🚆 Acherkogelbahn (Oetz)

🍴 Restaurants in Oetz

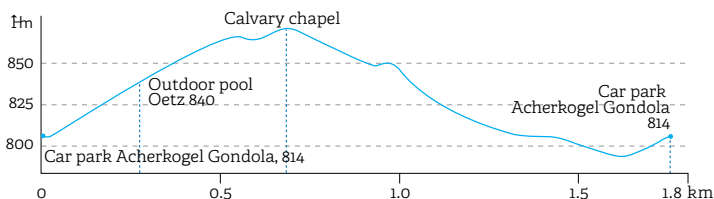
🏊 Oetz outdoor pool
KIDS PARK (for free)
Calvary chapel

⚠️ Sporty mountain bikers
Families

📶 0.5 km 📶 1.3 km

GPS data & info:
www.oetztal.com

Route description: You start at the free parking area of Acherkogel mountain gondola in Oetz. From there you turn right and follow the trail leading towards the swimming pool and the KIDS PARK adventure playground. The path continues under the children's bridge of the KIDS PARK and joins a wide gravel trail after about 100 m. The rising stretch takes you uphill to the Calvary chapel. The route bends to the right, at the next turn you keep to the right again onto a narrow trail leading into the woods. This is the start of your speedy downhill ride back to the village. Over hedge and ditch through the forest, you reach a specially built Dirt Park with banked turns, ramps and jumps. At the end of this practicing track you keep to the right again and – after a few meters – you return to the starting point at the mountain gondola's car park.



No. 658 Bike Tour 5 Village Loop

Ideal loop tour to get to know Lower Ötztal and its holiday villages. Especially suitable for families and leisurely E-bikers!



intermediate	↔ 28.3 km	🕒 2:30 h	🏔️ 234 m	⚡ 234 m
❤️ 3/5	🚴 3/5	🌳 5/5	👤 4/5	📖 643.732/ 5.229.365

🚗 Oetz, central car park (for a fee)

🚆 Gemeindeamt (Oetz)

🍴 Restaurants in Oetz, Sautens, Haiming & Ötztal-Bahnhof

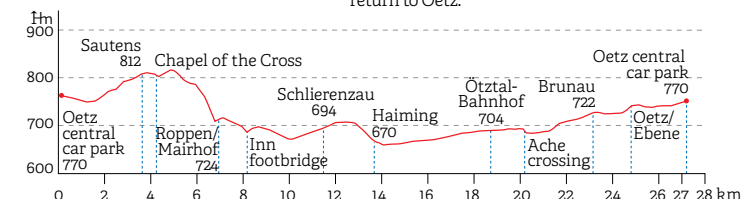
🏠 Sautens Forchet nature reserve
Rafting exit point near Magerbach
AREA 47: Austria's largest outdoor adventure park

⚠️ Families
Leisurely cyclists
E-bikers

📶 23.9 km 📶 4.4 km

GPS data & info: www.oetztal.com

Route description: This loop tour starts at the central car park in Oetz. Leaving behind the car park on the left, you follow the asphalt trail along Ötztaler Ache brook, crossing it after about 500 m and cycling towards Sautens. You pedal through the village along the main road (Dorfstraße), past the sports field and a lovely forest until you get to Roppen. In Roppen you keep to the right for about 800 m and then you turn left. At the road underpass you cross the river Inn and get onto the paved Inn Cycle Path. Follow it for about 6.5 km in the direction of Innsbruck to Magerbach where you cross the river Inn again and reach the village of Haiming. Ötztal's federal road takes you to the outskirts of the village where you turn right into Wiesrainstraße. After about 2 km you turn left into Industriestraße. Leaving behind the road underpass, you keep to the right until you reach Ötztal-Bahnhof. Always keeping to the right, Ambergstraße and Riedernstraße take you towards Wassertalstraße and a fork that leads right into a forest road. Here you simply follow the Ötztal Cycle Trail (11) signs, continuing past AREA47 and the small hamlet of Brunau until you finally return to Oetz.



No. 6001 Bike Tour Oetz – Seejöchl Piburg

The short family loop tour is ideal to explore the scenic surroundings of Oetz.



intermediate	↔ 10.9 km	🕒 2:00 h	📏 322 fm	📏 322 fm
❤️ 3/5	🚴 4/5	🌳 4/5	👤 3/5	📖 643.731/ 5.229.365

🚗 Oetz, central car park (for a fee)

🏠 Gemeindeamt (Oetz)

🍴 Restaurants in Sautens
Restaurants at lake Piburger See
Restaurants in Oetz

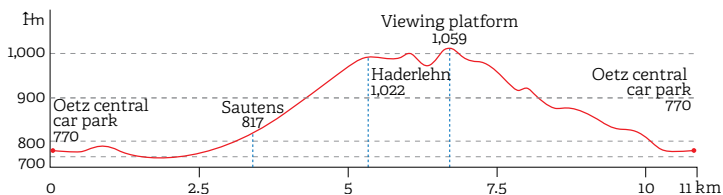
👤 Seejöchl
Piburger See

⚠️ Sporty cyclists
Perfect for E-bikers

🚶 5.8 km 🚴 4.3 km 🚶 0.8 km

GPS data & info:
www.oetztal.com

Route description: The panoramic bike tour starts at the central car park in Oetz. Leaving behind the car park on the left side, you follow the asphalt trail along Ötztaler Ache brook and cross it after about 500 fm. Continue cycling on the paved road through lush meadows towards Sautens. Once there, you pedal past the bus stop and turn left in the direction of Haderlehn after a few altitude meters. From Haderlehn you always head towards Seejöchl while you get to the steepest stretch of this loop tour. Once at the top, you cycle to the Seejöchl trail fork. The last few meters to the viewing platforms must be made on foot (please lock your bicycles). The effort is rewarded with picture-book views of lake Piburger See and the majestic mountains towering high above the valley floor. The descending return route leads in several switchbacks through the forest down to lake Piburger See and back to Oetz via Elsinger Weg trail, past the sports field.



No. 608 Bike Tour to Bärentalhütte

Mountain biking and hiking – two sports that can be perfectly combined! A splendid example makes the tour to Bärentalhütte (not serviced).



difficult	↔ 15.7 km	🕒 2:40 h	📏 1,116 fm	📏 1,115 fm
❤️ 3/5	🚴 5/5	🌳 5/5	👤 5/5	📖 641.431/ 5.230.366

🚗 Sautens, car park (on the right behind the bridge)

🏠 Dorf (Sautens)

🍴 Restaurants in Sautens

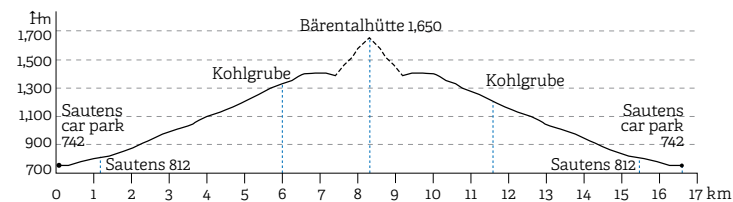
👤 Scenic panorama of Ötztal and lake Piburger See

⚠️ Sporty mountain bikers
Perfect for E-bikers
Bike & hike tour

🚶 2.7 km 🚴 11.8 km 🚶 1.2 km

GPS data & info:
www.oetztal.com

Route description: Starting point of this fairly demanding tour is the car park behind the bridge at the entrance to Sautens. The tour first leads through the village along the main road (Dorfstraße) which makes a right bend at the entrance to the village. After a short climb at the administration building you turn left into Kirchweg, then right again into Kirchblickweg after a few meters. Soon the asphalt trail changes to a gravel path that meanders in switchbacks up to an altitude of about 1400 fm above sea level. Here you can leave the bicycles (please lock them always). The remaining 250 altitude meters to Bärentalhütte (not serviced) can only be conquered on foot. Once arrived at the top, you enjoy fabulous vistas of Ötztal and lake Piburger See. You take the same route back to the starting point. After such a demanding mountain bike tour it's an absolute must to take a refreshing swim at the Sautens outdoor swimming pool or natural Piburger See lake!



No. 659 Panorama Bike Tour to Hochoetz

The mountain bike loop tour is one of the classics in Lower Ötztal. However, the 30 kilometers and more than 1,500 altitude meters are fairly challenging. But the speedy downhill stretch promises even more fun!



difficult	↔ 31.7 km	🕒 3:00 h	📏 1,519 fm	📏 1,519 fm
♥ 5/5	🏍️ 5/5	🌳 5/5	👤 4/5	📖 643.662/5.229.506

📍 Oetz, central car park (for a fee)

🏠 Gemeindeamt (Oetz)

🍴 Huts & restaurants in Hochoetz
Restaurants in Oetz

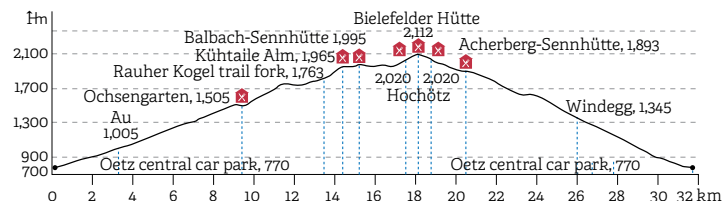
👁️ Panoramic view of the valley (Oetz, Sautens, lake Piburger See, Geigenkamm, Imst-Gurgital Region)

🏍️ Sporty mountain bikers
Perfect for E-bikers

📏 15.5 km 📏 16.2 km

GPS data & info:
www.oetztal.com

Route description: The challenging bike tour starts at the central car park in Oetz. From the parking area you cycle directly along the valley's main road, then take the second exit at the roundabout and follow the asphalt road to Kühtaile for about 9 km until you get to Ochsengarten. At the entrance to the village you turn right before you reach the bridge, following the forest road to the Hochoetz Pasturelands. The steeply winding trail allows no pause for breath. Soon you reach the tree line, rewarded with fabulous panoramic views! It's worth taking a detour from Kühtaile Alm to Balbach Alm before you get to Hochoetz panorama restaurant at 2,020 fm altitude. You reach the highest point of the tour at Bielefelder Hütte (2,112 fm) where you indulge in lovely panoramic views of Ötztal and lake Piburger See. From the panorama restaurant you take the forest trail, an easy downhill stretch to Acherberg Alm. Below the pasture hut you reach the tree line again, heading towards the valley in switchbacks. Then the trail joins again Kühtaile's federal road, leading back to the starting point.



Bike Tours

Umhausen-Niederthai



No. 662 Bike Loop Tour around Niederthai

Easy, family-friendly mountain and E-bike tour through Niederthai. A village that is particularly characterized by silence, peace, seclusion and nature!



easy	↔ 6.7 km	🕒 0:50 h	🏔️ 182 ft	🏔️ 182 ft
❤️ 1/5	🚲 2/5	🌳 5/5	👨‍👩‍👧‍👦 3/5	📖 649.243/ 5.221.285

📍 Niederthai, Sennhof car park (for a fee)

📖 Informationsbüro (Niederthai)

🍴 Restaurants in Niederthai

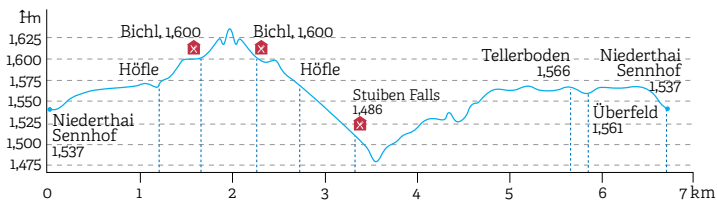
👁️ Panoramic view towards Bichl Stuiben Falls – Tirol's biggest waterfall

⚠️ Young and older bikers
Families
Leisurely bikers

📏 5.2 km 📱 1.5 km

GPS data & info:
www.oetztal.com

Route description: The tour starts at the Sennhof parking area (right next to the Ötztal Tourismus information office) in the hamlet of the same name. First the loop tour leads straight across the wooden bridge, slightly ascending in the direction of Höfle. At the next fork you keep to the right until you get to Bichl. From here you enjoy a breathtaking view of Umhausen. Return on the same trail to the hamlet of Höfle. You descend on a wide gravel trail to the next hamlet called Mühl. The mighty Stuiben Falls, Tirol's biggest waterfall, is only a stone's throw away. Experience the breathtaking natural spectacle up close and treat yourself to a short break. On a slightly ascending meadow trail you follow Horlachbach brook, returning to the church. At the sawmill you take the path on the right, then you cross the wooden bridge before you follow the road to the hamlet of Tellerboden. From there you return to the starting point at the Sennhof car park via the picturesque little hamlets of Lehen, Überfeld and Ennebach.



Nr. 693 Bike Tour Umhausen Loop

Umhausen nestles in the center of Ötztal at an altitude of 1,031 ft. Here the valley is a wide open basin with large meadows and fields. The easy, family-friendly bike tour promises a splendid voyage of discovery through Umhausen and its scenic hamlets!



easy	↔ 16.2 km	🕒 01:50 h	🏔️ 354 ft	🏔️ 354 ft
❤️ 2/5	🚲 1/5	🌳 4/5	👨‍👩‍👧‍👦 4/5	📖 646.176/ 5.222.532

📍 Umhausen, Mure car park/ village center

📖 Arzthaus (Umhausen)

🍴 Restaurants in Umhausen

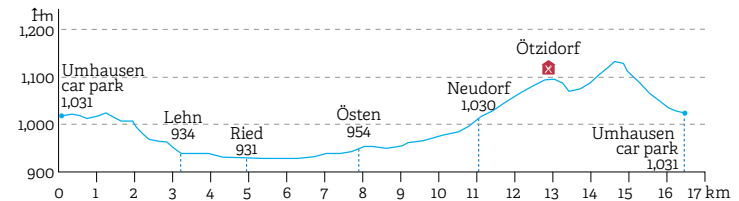
👁️ Maria Schnee chapel
Engelswand face
Ötzi Village archaeological outdoor park & Birds of prey park
Stuiben Falls – Tirol's biggest waterfall
Stuiben Nannele

⚠️ Young and older bikers
Families
Leisurely bikers

📏 11.2 km 📱 5.0 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this bike tour is the Mure car park in the village center. You follow the asphalt trail northwards through lush meadows and fields, past the hamlets of Lehn-Platz and the mighty Engelswand rock face, until you get to the hamlet of Ried in Tumpen. The path bends to the left, back on the same brook shore of Ötztaler Ache. In the hamlet of Östen you cross the main road and Ötztaler Ache brook to get to the hamlet of Leiersbach. Through the forest for about 3 km, then keep left at the next fork and cross the river again. A short but very steep climb takes you to the hamlet of Neudorf where you keep to the right, cross the road again and then turn left in a loop towards Umhausen. At the Bischofsplatz car park you turn right, continuing on the wide gravel trail to Waldcafe Stuböble, past Ötzi Village, Birds of Prey Park and Stuiben Falls. A broad gravel trail takes you back to Umhausen along the brook shore.



No. 635 Bike Tour on Niederthai's Old Road

Sporty bike tour to Niederthai and back again, high above Umhausen!



intermediate	↔ 8.8 km	🕒 2:00 h	📏 515 fm	📏 515 fm
❤️ 3/5	🚴 3/5	🌳 5/5	👤 4/5	📖 646.177/ 5.222.537

📍 Umhausen, Mure car park/
village center

🏠 Arzthaus (Umhausen)

🍴 Restaurants in Umhausen
and Niederthai

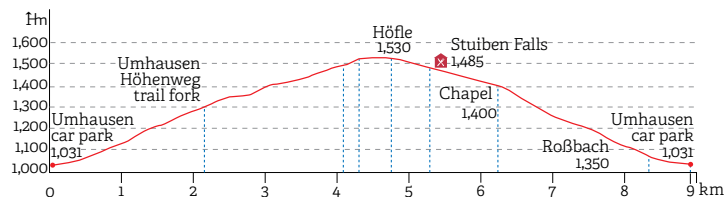
💧 Stuiben Falls – Tirol's biggest
waterfall

⚠️ Bikers with good stamina

📏 2.7 km 🗺️ 6.1 km

GPS data & info:
www.oetztal.com

Route description: This mountain bike tour starts in Umhausen at the Mure car park (village center). From the starting point you follow slightly rising Roßlachgasse until you reach the "Umhauser Höhenweg" signpost. Then you follow the broad gravel trail to Niederthai and the hamlet of Höfle. The moderately ascending route leads through idyllic forests. Silence and pure enjoyment await you here. The last part towards the hamlet of Höfle travels on a narrow, steep trail where you may have to push your mountain bike – only the sportiest bikers can master this stretch. From Höfle you continue downhill to the hamlet of Mühl, past Gasthof Stuibenfall inn. On the right you follow a broad gravel trail towards 'Alte Niederthaier Straße' (old federal road to Niederthai) and back to Umhausen. Even before you should make a short detour to the Stuiben Fall, Tirol's biggest waterfall and awe-inspiring nature spectacle. The last stretch of the tour leads back to the starting point via Roßlachgasse.



No. 663 Bike Tour to Grastal

Beautiful, leisurely panorama tour through Niederthai's idyllic Grastal side valley!



intermediate	↔ 7.5 km	🕒 1:20 h	📏 330 fm	📏 396 fm
❤️ 2/5	🚴 3/5	🌳 5/5	👤 3/5	📖 649.218/ 5.221.301

📍 Niederthai, Sennhof car park
(for a fee)

🏠 Informationsbüro (Niederthai)

🍴 Larstig Alm
Restaurants in Niederthai

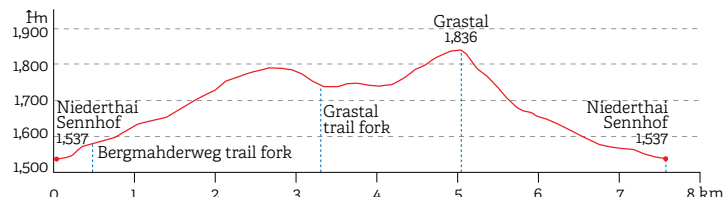
🍺 Ötztal Beer Brewery
Old village smithy
Splendid panorama along the
mountain bike route

⚠️ Families with older children
Leisurely bikers

📏 2.1 km 🗺️ 5.4 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this tour is the Sennhof car park in Niederthai (next to the Ötztal Tourismus information office). Here you turn right and cross the wooden bridge towards the hamlet of Höfle. After about 200 fm you turn right into Bergmahderweg. You continue on the ascending, easy to negotiate gravel trail straight ahead until you reach the next fork. There you turn right, biking downhill to the wooden bridge. After crossing the brooklet you follow the steeply climbing trail to Grastalweg on the opposite side of the gravel path. Optionally you can continue for another 10 minutes towards Larstig Alm, enjoying a break and a hearty Tirolean snack. Otherwise you simply follow Grastalweg in the direction of Grastal. At the hunter's hut you take the single trail and continue on the broad gravel trail back to Niederthai. Arrived in Niederthai, you follow Dorfstraße on the right and return to the starting point.



No. 695 Bike Tour Köfels – Wurzbergalm

Sporty bike tour from Umhausen via Köfels to fabulous Wurzbergalm!



intermediate 10.3 km 2:00 h 612 f.m 612 f.m
 3/5 3/5 4/5 4/5 646.293/5.220.513

Umhausen, fork off to Köfels
 Optional: Umhausen, Östen sports field

Abzweigung Köfels/Östen (Umhausen)

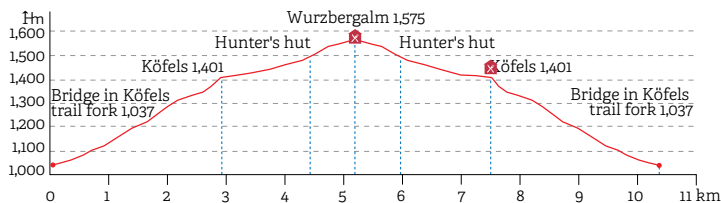
Restaurants in Köfels Wurzbergalm

Köfels waterwheel
 Köfels rockslide
 Unique Alpine panorama

Sporty bikers with stamina in a good physical shape

6.3 km 4.0 km

GPS data & info:
www.oetztal.com



No. 601 Bike Tour to Schweinfurter Hütte

Adventurous bike tour into the wildly romantic side valley of Umhausen to Schweinfurter Hütte encircled by 3,000 f.m high peaks!



difficult 29.1 km 2:30 h 1,161 f.m 1,162 f.m
 3/5 5/5 5/5 5/5 646.392/5.221.666

Umhausen, Bischofsplatz car park (for a fee)

Feuerwehr (Umhausen)

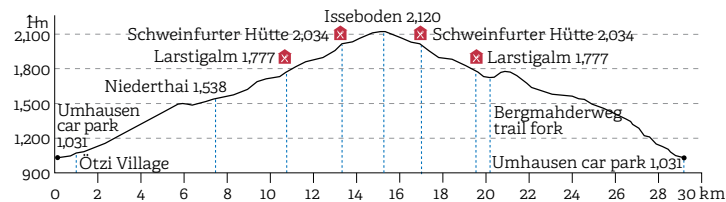
Larstig Alm
 Schweinfurter Hütte
 Restaurants in Umhausen and Niederthai

Ötzi Village (archeological outdoor park)
 Birds of prey park
 Stuißen Falls
 Ötztal Beer Brewery
 Village smithy

Sporty bikers with stamina in a good physical shape

8.8 km 20.3 km

GPS data & info: www.oetztal.com



Route description: Starting point of the mountain bike tour is the Bischofsplatz car park in Umhausen. From there you cycle along the main road up to Niederthai. On a distance of about 7 km you cover 500 f.m of difference in altitude. From the panorama car park you can admire the scenic Stuißen Falls – Tirol's biggest waterfall with a falling height of 150 f.m. In Niederthai you pedal past the Sennhof car park (next to the information office) and follow the broad gravel trail towards Larstig Alm. Along Horlachbach brook the more ascending route continues to Schweinfurter Hütte. Once arrived at the hut, you can enjoy culinary treats plus splendid vistas on the sunny terrace. The tour can be extended for another 1.5 km to Isseboden. You return on the same trail. From Larstig Alm you follow the signposted Bergmahderweg trail to Niederthai, from there on the asphalt road to the hamlet of Höfle. Slightly downhill you turn into Umhauser Höhenweg after about 200 f.m. It takes you back to Umhausen first on a narrow, later on a broad trail.

No. 656 Bike Tour to Frischmannhütte

Demanding bike tour through the wildly romantic Fundustal side valley, always accompanied by Fundusbach brook – A true nature idyll!



difficult	↔ 21.8 km	🕒 4:20 h	📏 1,495 m	📏 1,495 m
♥ 4/5	🚴 5/5	🌿 5/5	👤 4/5	📖 644.995/ 5.223.629

📍 Umhausen, Östen sports field

📍 Östen (Umhausen)

📍 Hintere Fundusalm
Frischmannhütte

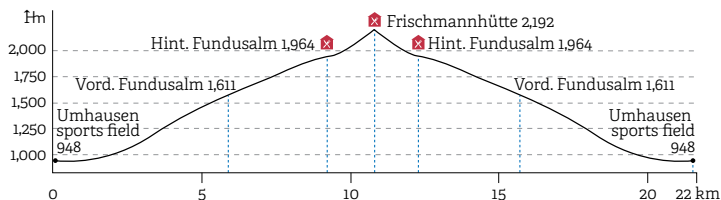
📍 Fundussee
Blockkogel (3,097 m)
Fundusfeiler (3,079 m)

📌 Sporty bikers with stamina
in a good physical shape

📏 1.8 km 📏 20.0 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this very challenging mountain bike tour is the sports field of Umhausen in the hamlet of Östen. From the sports field you follow the Ötztal Cycle Trail (11) signs towards the upper valley until you turn right towards Frischmannhütte at the next fork. A quite steep gravel trail follows Ötztal's western slopes in countless switchbacks. Past Vordere Fundusalm (not serviced) you continue to the serviced Hintere Fundusalm, accompanied by the murmuring waters of Fundusbach brook. Soon afterwards you reach idyllic Fundussee mountain lake. A refreshing footbath for the tired legs is an absolute must! The last steep climb leads along a broad gravel trail up to Frischmannhütte. The prospect of a hearty snack or meal can be an immense motivation. At 2,192 m altitude you finally made it. You return to Umhausen on the same route after a stop at quaint Frischmannhütte.



Bike Tours

Längenfeld



No. 686 Bike Tour Längenfeld Loop

The Längenfeld loop tour is made to measure for a family trip, also on E-bikes. The route travels on the valley floor along gravel and asphalt trails.



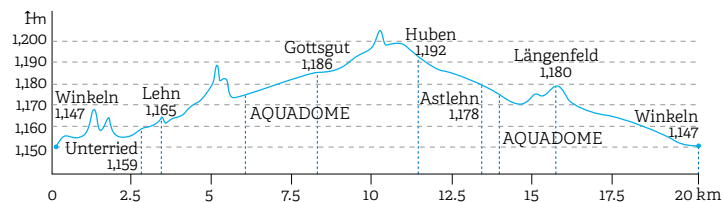
easy	↔ 20.4 km	🕒 2:00 h	🏠 141 fm	🏠 141 fm
❤️ 2/5	🚴 1/5	🌿 4/5	👨‍👩‍👧‍👦 4/5	📖 648.054/ 5.218.177

- 📍 Längenfeld, Winklen car park
- 📍 Winklen Kreuzung (Längenfeld)
- 🍴 Restaurants in Längenfeld
- 🏞️ Water park
Heritage museum
Plague chapel
Aqua Dome
Huben fun park
- 👨‍👩‍👧‍👦 Families and children
Leisurely cyclists

📏 11.0 km 🗺️ 8.4 km 🏠 1.0 km

GPS data & info:
www.oetztal.com

Route description: From the starting point you keep to the west, cycling past a large playground below lake Winkelbergsee. A huge loop takes you to the hamlets of Unterried, Lehn and Oberried. At the end of Oberried you pedal across wide open meadows, then you cross Ötztaler Ache brook and turn right towards the Aqua Dome spa center. Afterwards you follow the gravel path to Huben, parallel to Ötztaler Ache brook. In Runhof you turn right into the hamlet of Gottsgut, you reach Huben after passing the Ötztal Fun Park. The route leads back to Runhof in a loop along Ötztaler Ache brook. Cross the brook and head towards the hamlet of Astlehn. A paved trail takes you back to the Aqua Dome. After crossing the brook again you turn right onto the promenade and pedal downhill to Längenfeld's sports center. Continue on the trail parallel to Ötztaler Ache brook, cross the road and the bridge to get to the other side of the river. Follow this trail straight on and return to the starting point.



No. 634 Bike Tour to Nisslalm

The mountain bike tour into Sulztal valley is one of the bike area's true highlights in the surroundings of Längenfeld.



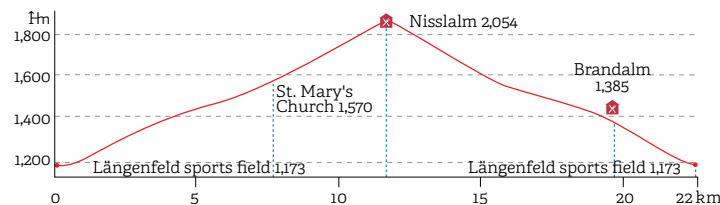
intermediate	↔ 22.8 km	🕒 2:10 h	🏠 879 fm	🏠 879 fm
❤️ 3/5	🚴 3/5	🌿 5/5	👨‍👩‍👧‍👦 5/5	📖 649.264/ 5.215.098

- 📍 Längenfeld, sports center/
car park
- 📍 Edelweiß/Abzweigung Gries
(Längenfeld)
- 🍴 Nisslalm
Brandalm
Restaurants in Längenfeld
and Gries
- 🏛️ Gries pilgrimage church
(St. Mary's)
- 👨‍👩‍👧‍👦 Sporty cyclists with good
stamina
E-bikers

📏 6.7 km 🗺️ 16.1 km

GPS data & info: www.oetztal.com

Route description: The starting point of this bike tour is the sports center in Längenfeld. You cycle towards the main road, then turn left and take the first exit at the roundabout in the direction of Gries. A winding asphalt road takes you up to the idyllic mountain village of Gries im Sulztal. The gravel path to Nisslalm starts at about two kilometers behind Gries. You cross Vögelas bridge and follow the steeply ascending slope. After another three switchbacks you keep to the right at the next fork and continue cycling uphill through scenic stone pine forests. Quickly you reach Nisslalm which is always worth a refreshment stop: enjoy the delicious food plus uninterrupted panoramic views. Don't miss a short detour to the vantage point that offers a fabulous view of Gries (only 2 walking minutes). The return route on the same path promises a speedy downhill adventure. At the height of Vögelas bridge you turn left into Nederweg, taking you back to Längenfeld on the left shore of Fischbach brook.



No. 637 Bike Tour Polltal – Breitlehnalm

Countless Alpine huts nestle like swallows' nests on the left and right flanks of the 65 km long Ötztal Valley. One of them is the serviced Breitlehnalm, approximately at the height of Längenfeld



intermediate 15.0 km 3:00 h 820 ft 820 ft

3/5 2/5 5/5 5/5 649,176/5,211,680

Längenfeld, fun park Huben

Huben Kirchplatz (Huben)

Breitlehnalm
Restaurants in Huben

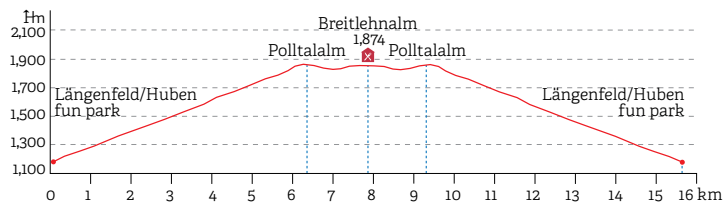
Mountain panorama of Längenfeld
View of Huben and Längenfeld

Sporty, experienced bikers
E-bikers

0.1 km 14.9 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this bike tour to Breitlehnalm is the Huben Fun Park near Längenfeld. The Ötztal Cycle Trail (11) leads directly to the fun park, there is a large parking area to its left. From there you follow the forest trail towards the upper valley. Immediately after crossing the small bridge you turn right, following the signs to Polltalalm – Breitlehnalm. The moderately ascending forest path winds its way up in switchbacks. Here you conquer quite a couple of altitude meters! After about 7 km you reach Polltalalm (not serviced). A moderate climb takes you along the forest trail on the right towards Breitlehnalm. At Breitlehnalm you deserve a little refreshment. You are also rewarded with superb views of the surrounding mountains and the valley. You return on the same route where absolute downhill fun is guaranteed.



No. 684 Bike Tour around Rechenstielegg

Beautiful but challenging loop tour high above Längenfeld and the mountain village of Köfels!



intermediate 14.5 km 2:30 h 620 ft 620 ft

4/5 4/5 4/5 3/5 646,270/5,220,501

Umhausen, Köfels trail fork
Optional: Umhausen, Östen sports field

Abzweigung Köfels/Östen
(Umhausen)

Restaurants in Köfels
Wurzbergalm

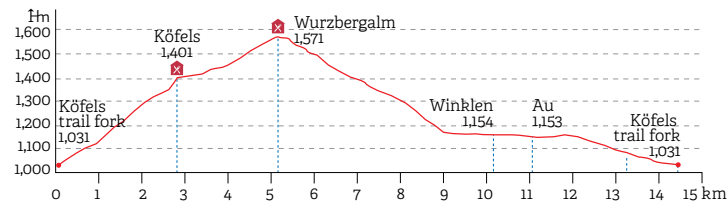
Köfels waterwheel
Köfels rockslide
Unique mountain panorama
Lake Winkelbergsee

Sporty bikers with stamina
in a good physical shape

5.6 km 8.9 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this route is the bridge which leads to Köfels on Ötztal's federal road. Alternatively, you can also start the tour from Umhausen's sports field. From the sports field you follow the Ötztal Cycle Trail (11) signs towards the upper valley until you reach the asphalt road to Köfels to the right. A moderately climbing route takes you to the ancient rockslide terrain after a short time. By the way, also the Stuiben Falls – Tirol's biggest waterfall – have their origins in the huge "Köfels rockslide". Past the small, idyllic village of Köfels at 1,400 m altitude the signposted forest trail to Wurzbergalm branches off on the left. After a hearty snack at Wurzbergalm you can look forward to a 4 km downhill stretch. After about 3.5 km you are recommended to make a short detour to idyllic lake Winkelbergsee. At the valley floor you keep left, soon you reach the hamlet of Winklen. From Winklen you cycle to the right towards Ötztal's federal road until you get to the Ötztal Cycle Trail (11). Follow it towards the lower valley and return to the starting point.



No. 694 Bike Tour to Amberger Hütte

Sporty bike tour into picturesque Sulztal above Längenfeld. Scenic Amberger Hütte awaits you at the end of the side valley in a breathtaking Alpine setting, encircled by myriad 3,000 m high summits (ideal starting point for longer hikes).



intermediate	↔ 24.4 km	🕒 3:30 h	📏 1.467 fm	📏 1.452 fm
❤️ 4/5	🚴 3/5	🌳 5/5	👤 5/5	📖 649.265/ 5.215.096

📍 Längenfeld, sports center/car park

🟡 Edelweiß/Abzweigung Gries (Längenfeld)

✕ Sulztalalm
Amberger Hütte
Restaurants in Längenfeld and Gries

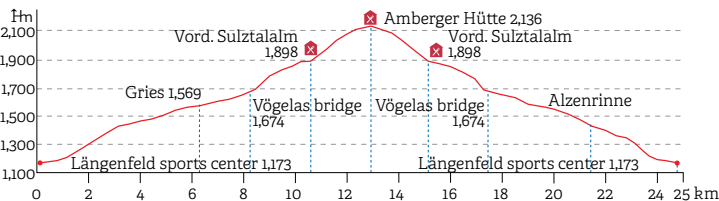
👁️ Breathtaking Sulztal Gries mountain panorama

⚠️ Sporty, experienced bikers
E-bikers
Bike & hike tour

📏 13.4 km 📏 11.0 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this bike tour is the sports center in Längenfeld. From here you cycle towards the main road, then you turn left and take the first exit at the roundabout in the direction of Gries. The permanently ascending asphalt road winds its way up to the village of Gries in switchbacks. About two kilometers behind Gries you find the start of the gravel road to Amberger Hütte. Cross Vögelas bridge and continue on the steeply rising route. After another three switchbacks you follow the signs towards Amberger Hütte. Accompanied by a sea of Alpine roses (flowering time: mid to late June), you follow the trail along beautiful Sulztal valley, side by side with the murmuring waters of Fischbach brook. Past Vordere Sulztalalm (serviced) and Hintere Sulztalalm (not serviced), the high Alpine valley becomes increasingly barren. Amberger Hütte is towering above the scenery at 2,136 m altitude. First you enjoy a speedy downhill adventure on the ascent route. At Vögelas bridge you turn left into Nederweg which leads back to Längenfeld on the left side of Fischbach brook.



No. 636 Bike Tour Wurzburg – Stabelealm – Innerberg Alm

The mountain bike tour to Innerberg Alm is one of the most demanding routes in Längenfeld. But you will be rewarded with a unique panorama and the most beautiful mountain scenery.



intermediate	↔ 18.0 km	🕒 3:30 h	📏 969 fm	📏 969 fm
❤️ 4/5	🚴 3/5	🌳 5/5	👤 5/5	📖 647.037/ 5.217.895

📍 Längenfeld, Winklen car park

🟡 Winklen Kreuzung (Längenfeld)

✕ Wurzburgalm
Stabelealm
Innerberg Alm

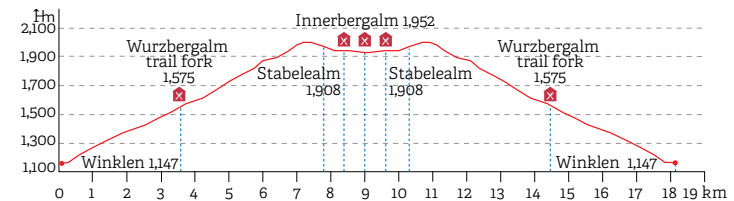
👁️ Lake Winkelbergsee
Längenfeld's mountain panorama

⚠️ Sporty, experienced bikers
with excellent stamina
E-bikers

📏 18.0 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this challenging tour is the parking area in the hamlet of Winklen that is located west of Längenfeld. From the car park you follow the signs in the direction of Wurzburgalm. You conquer the first climb in almost no time. At the next trail fork we strongly recommend a short detour to idyllic Winkelbergsee mountain lake. To get to Wurzburgalm you always keep to the left and follow the broad forest trail uphill. After a short rest stop at lovely Wurzburgalm you cycle up to the tree line on a switch-backing path. Indulge in fabulous views of the Ötztal mountains! Shortly before you reach Stabelealm you pass the highest point of the tour at 2,010 m above sea level. Past another hollow you reach Innerberg Alm. Enjoy a hearty snack and refreshments at one of the mountain huts and look forward to a really long and speedy downhill ride to the valley floor.



No. 638 Bike Tour Feuerstein – Pollesalm

Varied bike tour to magnificent Pollestal, a high Alpine side valley of Ötztal. Where Ötztal narrows sharply to the south, scenic Pollestal boasts surprisingly splendid views of the majestic mountains in Upper Ötztal.



intermediate 11.9 km 2:30 h 596 fm 596 fm

4/5 3/5 5/5 4/5 649.748 / 5.211.207

Längenfeld, Huben football field

Huben Feuerwehr (Längenfeld)

Alpengasthof am Feuerstein
Vordere Pollesalm
Restaurants in Huben

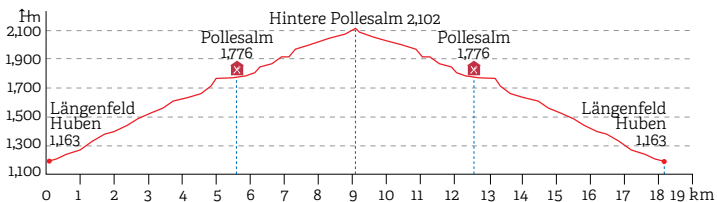
Trail of Ötztal legends
Chapel at Feuerstein
Viewing platform

! Sporty, experienced bikers
E-bikers

5.9 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this varied tour is the football field in Huben. Right from the start in Huben it's a steep challenge for bikers. After a stretch of extreme effort you reach a trail fork. Here you can follow the route on the left and make a short detour to Alpengasthof am Feuerstein. Below the inn there is a small chapel and a footpath that juts out a few meters above the ravine. To get to Pollesalm you follow the forest trail to the left of the small chapel. It's really very tempting to give up at Pollesalm and its inviting beer garden. But the refreshment stop is scheduled later. All bikers who stay in their saddles for the next 3.5 kilometers and 326 altitude meters have conquered one of the steepest climbs within the entire area. Hintere Pollesalm at 2,102 m altitude is unfortunately not serviced. Luckily you can return to Vordere Pollesalm in a few minutes thanks to the strenuous downhill stretch. Then you return to Huben on the ascent route.



Bike Tours



No. 641 Bike Tour Sölden Loop

Family-friendly loop trail above Sölden plus fabulous panoramic views!



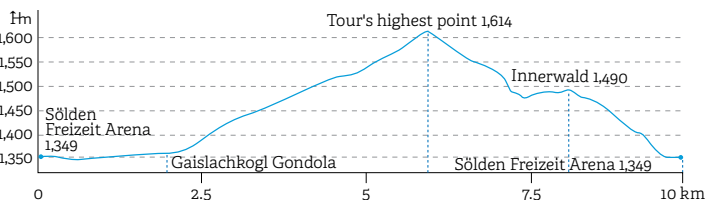
easy	↔ 9.8 km	🕒 1:00 h	📏 282 fm	📏 280 fm
❤️ 2/5	🚲 1/5	🌳 4/5	👤 4/5	📖 652,705/ 5,203,345

- 📍 Sölden, Freizeit Arena
- 🏠 Postamt (Sölden)
- 🍴 Restaurants in Sölden
- 👁️ Unique views of Sölden
- ⚠️ Young and older bikers

📏 7.7 km 📱 2.1 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this family-friendly loop cycling tour is Freizeit Arena Sölden. First you follow Gemeindestraße until you reach the main road. Via Achweg you get to a gravel trail that follows Ötztaler Ache mountain brook behind Parkhotel. Soon you cross the covered wooden bridge, continuing along Ötztaler Ache brook towards the base station of Gaislachkogel mountain gondola. The trail continues for a couple of meters before you turn right onto Ötztal's federal road. You follow the main road towards the upper valley, past Sölden's M-Preis supermarket and the turn-off to the glacier road. Soon you reach the recycling center of Sölden, where the trail branches off to the right. Slightly ascending through the industrial park and past Sölden's heliport, the bike tour continues along the climbing forest trail up to the highest point (1,624 fm). You continue downhill towards the glacier road and the trail fork to Innerwald. Then you return to the village center via the hamlets of Innerwald and Außerwald.



No. 649 Bike Tour Rechenau Forest Trail

Easy and very family-friendly loop cycling tour just perfect for exploring the surrounding area of Sölden. Ideal also for a short warm-up sprint before you conquer the steeply climbing trails within the upper valley.



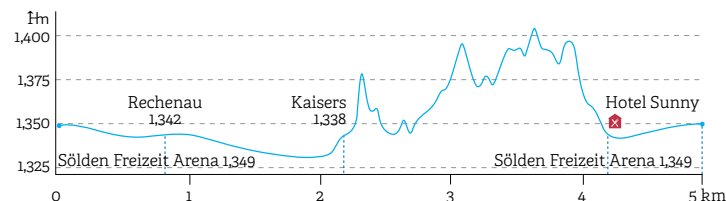
easy	↔ 4.9 km	🕒 0:45 h	📏 106 fm	📏 106 fm
❤️ 2/5	🚲 1/5	🌳 3/5	👤 3/5	📖 652,903/ 5,203,731

- 📍 Sölden, Freizeit Arena
- 🏠 Postamt (Sölden)
- 🍴 Restaurants in Sölden
- 👁️ Scenic view of Sölden
Idyllic forest area
- ⚠️ Young and older bikers

📏 2.9 km 📱 2.0 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this family-friendly cycling tour is Freizeit Arena Sölden. First you follow the Ötztal Cycle Trail (11) towards the lower valley, rolling through the northeastern hamlets of Sölden in a relaxed way. You always follow the paved side road until you get to the hamlet of Kaisers after about 2 km. Then you turn right at the fork and follow Kaiserbergstraße up to the first bend where a narrow path leads in the direction of the forest (maybe you must push your bicycle for a couple of meters). Once at the top you follow a beautiful, broad forest trail back to Sölden. It leads past waters and benches that invite you to take a break. You turn right at the fork after approx. 2 km to get back to the hamlet of Rechenau. After a few meters you get to Hotel Sunny where a short stop is strongly recommended – as there is a large children's playground and a small pump track ideal to improve your biking technique! The gently rolling trail continues along Rechenaustraße and takes you to the starting point which can be reached again on Gemeindestraße.



No. 603 Bike Tour to Kaiserwald

Short, ideal after-work tour in the surroundings of Sölden.



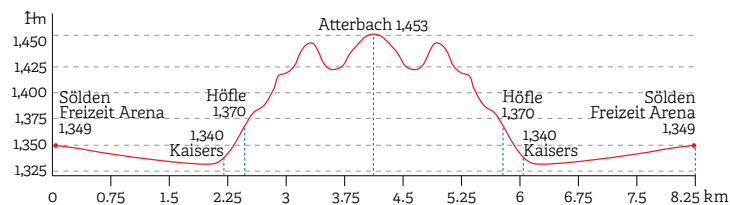
intermediate	↔ 8.2 km	🕒 1:15 h	🏔️ 129 fm	📉 129 fm
❤️ 3/5	🚴 3/5	🌳 4/5	👤 4/5	📖 652,937 / 5,203,718

- 📍 Sölden, Freizeit Arena
- 🏠 Postamt (Sölden)
- 🍴 Restaurants in Sölden
- 👁️ Unique view of Sölden
Splendid mountain panorama
Waterfall at Atterbach
- ⚠️ Young and older bikers
with good stamina

📏 5.7 km 🗺️ 2.5 km

GPS data & info:
www.oetzta.com

Route description: The starting point of this family-friendly cycling tour is Freizeit Arena Sölden. First you follow the Ötztal Cycle Trail (11) towards the lower valley, rolling through the northeastern hamlets of Sölden in a relaxed way. You always stay on the paved side road until you get to the hamlet of Kaisers after about 2 km. At the fork you turn right into Kaiserstraße, cycling uphill towards Höfle. On a moderately climbing trail you leave the last houses behind. Here you should stop for a moment and enjoy the picturesque view of Sölden. At the end of Höfle you turn left into a gravel trail and cross Wütenbach mountain brook. You are always accompanied by fabulous views of the Alpine scenery. At the end of the gravel trail, right next to Atterbach brook, you access the Kaiser Trail (698) single track route which is suitable only for experienced mountain bikers. You return to Sölden on the same route.



No. 643 Bike Tour to Gampe Alm

The mountain bike tour to Gampe Alm is of intermediate difficulty, also ideal for beginners who want to explore the mountains. The 650 moderately steep altitude meters can be conquered for sure.



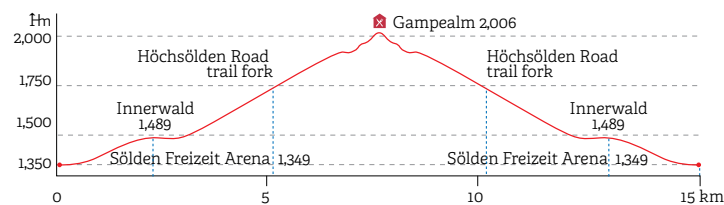
intermediate	↔ 15.4 km	🕒 2:15 h	🏔️ 658 fm	📉 658 fm
❤️ 3/5	🚴 1/5	🌳 5/5	👤 4/5	📖 652,947 / 5,203,740

- 📍 Sölden, Freizeit Arena
- 🏠 Postamt (Sölden)
- 🍴 Gampe Alm
Gampe Thaya
Restaurants in Sölden
- 👁️ Gampealmen alpine plateau
Rustic Gampe Alm
Unique mountain panorama
- ⚠️ Sporty beginners and
experienced bikers

📏 12.8 km 🗺️ 2.6 km

GPS data & info:
www.oetzta.com

Route description: The mountain bike tour to quaint Gampe Alm starts at Freizeit Arena Sölden. You cycle past the administration building, cross the bridge and turn left into Dorfstraße. The leisurely route through the village leads past sports shops and countless refreshment spots. After approx. 1 km you turn right at the fork in front of the BP petrol station (exit H). The ascending road above Sölden leads to the hamlets of Außerwald and Innerwald. Past these hamlets you get to the little-used road to Hochsölden. You keep to the right at the Glacier/Hochsölden crossroads and follow Hochsöldenstraße. After about 1.5 km a gravel trail branches off from the asphalt road on the left. A moderately climbing trail takes you uphill in the direction of Gampe Alm. After a few switchbacks you reach the scenically located Gampe Alm. The rustic, flower-adorned wooden hut nestles on a small plateau amidst lush green Alpine meadows. Pure idyll! You return to Sölden and the starting point on the ascent route.



No. 644 Biketour to Gaislach

A truly demanding mountain bike tour below mighty Gaislachkogel peak. The route makes an ideal access tour to varied other trails in high Alpine terrain.



intermediate 19.4 km 1:45 h 837 Ⓜ 837 Ⓜ

3/5 3/5 5/5 4/5 652,903/5,203,733

Sölden, Freizeit Arena

Postamt (Sölden)

Gaislachalm
Gasthof Sonneck
Restaurants in Sölden

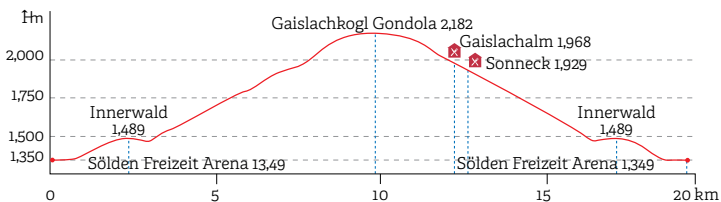
Middle station of
Gaislachkogel gondola
Gaislachalmen pastures
Ötztal mountain scenery
above 2000 Ⓜ

Sporty beginners and
experienced bikers

11.6 km 7.8 km

GPS data & info:
www.oetztal.com

Route description: The almost 20 km long mountain bike tour to Gaislach starts at Freizeit Arena Sölden. You cycle past the administration building, cross the bridge and turn left into Dorfstraße. After approx. 1 km you turn right at the fork in front of the BP petrol station (exit H). The ascending road above Sölden leads to the hamlets of Außerwald and Innerwald. Past these hamlets you get to the little-used glacier road. You follow the glacier road until the road toll booth is in sight. Shortly before you turn left into the gravel trail, reaching the highest point of the tour after a short climb - the middle station of Gaislachkogel mountain gondola (2174 Ⓜ). Here the gravel trail leads down to Gaislachalm, the oldest Alpine pasture inn located at above 2040 Ⓜ. On the gravel path below Gaislachalm you get back to the glacier road in a loop, biking past the hamlets of Innerwald and Außerwald before you return to the village center of Sölden.



No. 645 Bike Tour to Leiterbergalm

An attractive mountain bike tour for those who prefer gravel trails which are not too steep. Dreamlike views of Sölden are guaranteed!



intermediate 15.6 km 2:20 h 654 Ⓜ 654 Ⓜ

3/5 1/5 4/5 4/5 652,938/5,203,737

Sölden, Freizeit Arena

Postamt (Sölden)

Leiterbergalm

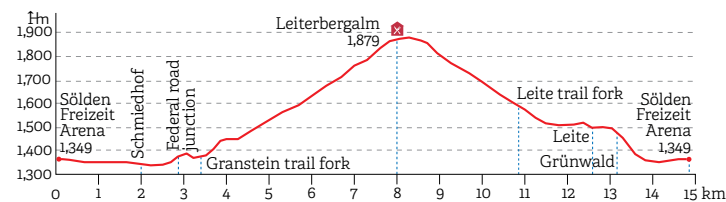
Scenic view of Sölden and the
surrounding mountain world

Sporty beginners and
experienced bikers
Lights are recommended
(short passage leads through
unlit tunnel)

8.0 km 7.6 km

GPS data & info:
www.oetztal.com

Route description: The tour starts at Freizeit Arena Sölden, leading towards the lower valley via the hamlet of Kaisers and Mühlau to Granstein. From Freizeit Arena you follow the Ötztal Cycle Trail (U1) northwards in the direction of Kaisers. At the fork you cross Ötztaler Ache brook on the left and follow the ascending asphalt road to Ötztal's federal road. You continue on the main road for about 500 Ⓜ and turn left in Mühlau where you take the rising asphalt road to Granstein (exit A3). At the first houses of Granstein you turn left into a forest path at the first trail fork, following it until you get to Leiterbergalm after about 4 km. At 1,900 Ⓜ altitude you are rewarded with awesome views of Sölden and the surrounding mountains as well as hearty snacks served at the alpine pasture inn. You return to the starting point on the same route. Alternatively, skilled mountain bikers can take Leiterberg Trail (672) and Lettn Line (6009) back to Sölden.



No. 651 Bike Tour to Kleblealm

The tour leads permanently uphill, initially on asphalt, then on gravel up to scenic Kleblealm (1,983 fm). Magnificent views are guaranteed! Ideal starting point for summit tours.



intermediate 11.7 km 1:10 h 636 fm 636 fm

4/5 2/5 4/5 4/5 652.933/5.203.731

Sölden, Freizeit Arena

Postamt (Sölden)

Kleblealm

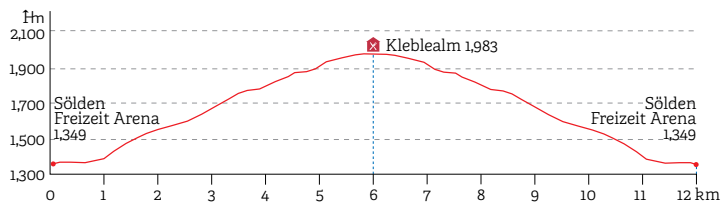
Superb view of Sölden's mountain world

Sporty beginners and experienced bikers

3.0 km 8.7 km

GPS data & info:
www.oetztal.com

Route description: From Freizeit Arena Sölden the bike tour follows a paved road. Past the social center, Granbichlstraße takes you uphill. At the end of the hamlet the asphalt road continues for a few meters and then changes to a gravel trail. Follow the broad and permanently ascending gravel path towards Kleblealm. Soon you leave the forest behind, indulging in great views of the middle and top stations of Gaislachkogel mountain gondola and mighty Gaislachkogel peak. From the trail fork of Stallwiesalm/Kleblealm it's only a few hundred meters to Kleblealm which nestles in a beautiful panoramic setting and makes also a perfect starting point for varied summit tours. Lovely Stallwiesalm, a bit below Kleblealm, also invites you to take a break. It can be reached via the narrow Kleble Trail (699) or the wider ascent path. After a well-deserved rest in one of the Alpine huts you return to Sölden. Optionally, you can take one of the region's best trails – the steep Footpath to Sölden (699). This variant requires a high level of biking skills as it is really steep and demanding.



No. 652 Bike Tour to Brunnenbergalm

Intermediate to difficult tour to Brunnenbergalm, one of the most beautiful vantage spots in Sölden's biking and hiking area.



intermediate 14.4 km 1:45 h 624 fm 624 fm

3/5 1/5 5/5 4/5 652.929/5.203.738

Sölden, Freizeit Arena

Postamt (Sölden)

Brunnenbergalm

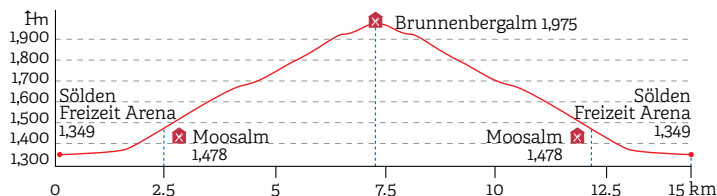
One of Sölden's most scenic vista points
Superb view of Sölden's mountain world

Sporty beginners and experienced bikers

5.2 km 9.2 km

GPS data & info:
www.oetztal.com

Route description: The mountain bike tour to Brunnenbergalm starts at Freizeit Arena Sölden. You cross a small wooden bridge at Achweg and reach the main road (Dorfstraße) which you follow for a bit. After the post office and the Raiffeisen bank you turn into Auweg (exit G) and follow the asphalt road through the hamlets of Hof and Windau. After about 1.5 km you turn into ascending Plattestraße (exit K2). At the fork behind the last houses of Platte you keep to the left and then turn left into Moosalmstraße. Soon you get to a broad gravel trail towards the forest high above Sölden. Following the gravel path, you reach the rustic Brunnenbergalm hut after approx. 5 km, where you can look forward to uninterrupted mountain views. After a well-deserved break at the Alpine inn you return to Sölden on the same trail. Alternatively, you can also choose the black Jägers Notweg (673) trail. Please note: the trail is only suitable for technically skilled and very experienced bikers!



No. 655 Bike Tour to Rofenhöfe Farms

Tour into Venter Tal valley to Austria's highest farmsteads, Rofenhöfe Farms.



intermediate 43.9 km 4:00 h 828 fm 828 fm

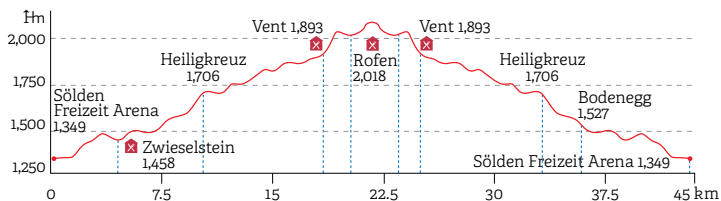
3/5 3/5 4/5 4/5 652,904/5,203,733

- Sölden, Freizeit Arena
- Postamt (Sölden)
- Restaurants in Rofen and Vent
- Austria's highest farmsteads
Breathtaking view of the mountains in Upper Ötztal
- Sporty beginners and experienced bikers

33.5 km 10.4 km

GPS data & info:
www.oetztal.com

Route description: From Freizeit Arena Sölden you cycle straight ahead and cross the bridge towards the main road (Dorfstraße). Turn left and follow the Ötztal federal road for about 5 km to Zwieselstein. In Zwieselstein you turn right in the direction of Venter Tal valley, following the little-used Vent federal road towards Heiligkreuz. After the church of Heiligkreuz you turn right and continue on the gravel trail past the first avalanche guard. The beautiful gravel trail travels right above Vent's federal road into the rear valley until it joins the main road to Vent again. You get to Vent on the main road and proceed to Rofen in the center of the village on the right. You cycle on this road until you finally arrive at the beautiful Rofenhöfe Farms after approx. 2 km. If you still have enough energy you can continue the tour for another 2 km into Rofental valley and the goods lift of Vernagthütte. Then you return to Bodenegg on the same route. Turn right into the Bodenegg Race Track (661), cross Venter Ache mountain brook and return to Sölden via Zwieselstein.



No. 661 Bodenegg Race Track

Family-friendly loop tour including also an easy single trail near Zwieselstein.



intermediate 17.9 km 2:00 h 389 fm 389 fm

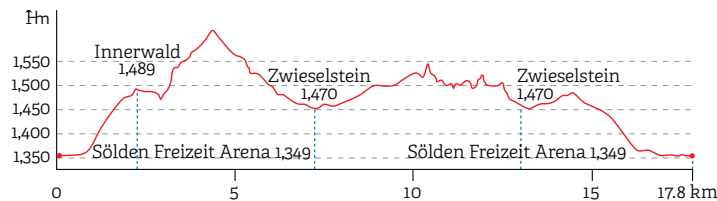
3/5 2/5 4/5 3/5 652,903/5,203,733

- Sölden, Freizeit Arena
- Postamt (Sölden)
- Restaurants in Zwieselstein
- Stunning, idyllic forest stretches between Zwieselstein and Bodenegg
- Sporty beginners
Young and older bikers

13.2 km 4.7 km

GPS data & info:
www.oetztal.com

Route description: From Freizeit Arena Sölden you turn left into Dorfstraße (main road). After approx. 1 km you turn right at the crossroads in front of the BP petrol station (exit H) and follow the ascending road to the hamlets of Außerwald and Innerwald. Via these hamlets you reach the glacier road. After 650 fm you turn left towards Infang. On a forest trail branching off to the left after 850 fm, you get to Sölden's industrial area. Soon you reach the Ötztal federal road, follow it to Zwieselstein. Right in front of Gasthof Brückenwirt inn you turn right into a forest road, cycling parallel to Venter Ache mountain brook. You cross the Ache behind the sports field and turn left into the little-used Vent federal road. After about 2 km the trail leads from Bodenegg (exit P2) back to Zwieselstein in a wide loop on the right side of the brook shore. By the way, international mountain bike races have already taken place on this stretch! From Zwieselstein you follow Ötztal's federal road and return to Sölden and the starting point.



No. 691 Bike Tour to Lenzenalm

The mountain bike tour of intermediate difficulty to scenic Lenzenalm is also perfectly suitable for less athletically trained bikers.



intermediate 20.6 km 2:20 h 750 fm 750 fm
 4/5 2/5 4/5 4/5 652.904/5.203.733

Sölden, Freizeit Arena

Postamt (Sölden)

Lenzenalm
Restaurants in Zwieselstein and Sölden

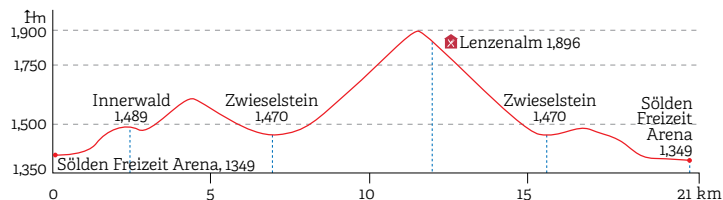
Splendid view of Sölden and the surrounding mountain world

Sporty beginners and experienced bikers

18.0 km 2.6 km

GPS data & info:
www.oetztal.com

Route description: The starting point of this tour to beautifully situated Lenzenalm is Freizeit Arena Sölden. Here you turn left into Dorfstraße (main road). After approx. 1 km you turn right at the crossroads in front of the BP petrol station (exit H) and follow the ascending road to the hamlets of Außerwald and Innerwald. Via these hamlets you reach the glacier road. After 650 m you turn left towards Infang. On a forest trail branching off to the left after 850 fm, you get to Sölden's industrial area. Soon you reach the Ötztal federal road, follow it to Zwieselstein. In Zwieselstein you cross Ötztaler Ache brook and continue on the main road towards the upper valley and Obergurgl-Hochgurgl. After approx. 2 km you turn right into a forest road, following the signs to Lenzenalm. Cycling on a shady forest trail, you finally reach the beautifully located mountain hut. In addition to a tasty snack you enjoy uninterrupted panoramic vistas. Then you return to Sölden on the same route.



No. 6022 Bike Tour to Lochle Alm

The tour to Lochle Alm is an intermediately difficult route, first leading on asphalt and later on a forest road towards Lochle Alm. The exhausting uphill stretch is rewarded with picture-book views.



intermediate 10.4 km 2:00 h 505 fm 505 fm
 3/5 2/5 5/5 4/5 652.904/5.203.733

Sölden, Freizeit Arena

Postamt (Sölden)

Lochle Alm

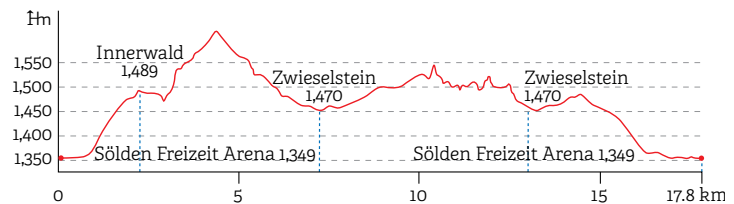
Superb view of Sölden's mountain world

Sporty beginners, experienced young and older bikers

3.0 km 7.4 km

GPS data & info:
www.oetztal.com

Route description: The bike tour of intermediate difficulty to Lochle Alm starts on a paved road at Freizeit Arena Sölden. Cycling past the social center, you follow ascending Granbichlstraße. At the end of the hamlet the asphalt road continues for a few meters before it changes to a gravel trail. You pass a barrier and follow the broad gravel trail uphill. You keep to the right at the next trail fork, always following the mountain bike tour signs to Lochle Alm. Then you turn off into beautiful and unspoilt Windachtal side valley. After a short downhill stretch and another ascent you reach scenic Lochle Alm after only 1 km. The hut makes a perfect refreshment spot while indulging in the magnificent views of Windachtal on the beautiful terrace, towering high above Sölden. You take the same route to return to Sölden and the starting point.



No. 648 Bike Tour to Gletscher Express

The queen's stage of all bike tours in Sölden. The tour leads up to 2,800 m altitude into the eternal ice of Rettenbach Glacier.



intermediate	↔ 32.1 km	🕒 5:00 h	📏 1,636 m	📏 1,636 m
♥ 5/5	🚴 4/5	🌿 5/5	🕒 5/5	📄 652,904 / 5,203,733

📍 Sölden, Freizeit Arena

📍 Postamt (Sölden)

📍 Restaurant at Rettenbach Glacier
Rotkogljochhütte
Restaurants in Hochsölden

📍 Rettenbach Glacier – the Alps' highest asphalt road point
Ötztal mountain scenery above 2,000 m

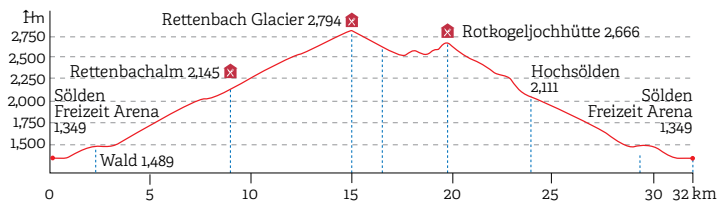
⚠️ Bikers with excellent stamina

📏 25.7 km 📏 6.4 km

GPS data & info:
www.oetztal.com

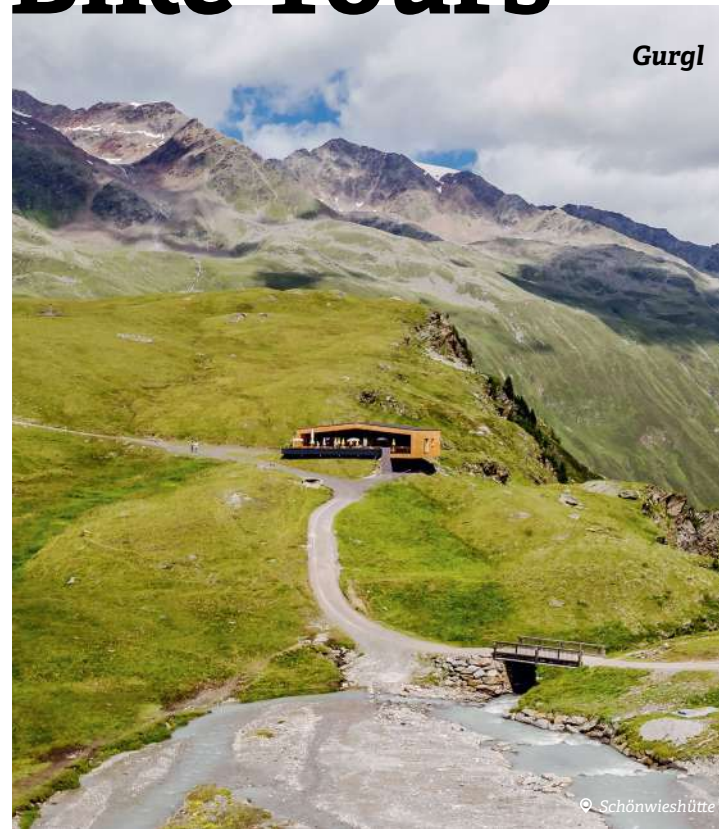
Route description: The almost 32 km long mountain bike tour, covering incredible 1,600 altitude meters, starts at Freizeit Arena Sölden. You cycle past the local administration building, cross the bridge and turn left into Dorfstraße. After approx. 1 km you turn right at the fork in front of the BP petrol station (exit H). The easily ascending road above Sölden leads to the hamlets of Außerwald and Innerwald. Past these hamlets you get to the little-used glacier road. You follow the glacier road until the road toll booth and further on to Rettenbachalm. Countless hairpin bends take you up to the high Alpine landscape until you finally reach Rettenbach Glacier and thus the highest asphalt road point of the Alps. The return route leads on the same road back to the starting point.

Alternatively, you can choose the exciting enduro route: After about 1.5 km on the glacier road you turn into the ascending trail up to Rotkogljoch Hütte. Once arrived at the hut, you take the downhill trail that leads through the Giggjoch ski area to Hochsölden, crossing the glacier road again in its lower part.



Bike Tours

Gurgl



📍 Schönwieshütte

No. 692 Bike Tour Gurgler Achweg

Short mountain bike tour on lush meadows and gravel trails for bikers of all ages and nature lovers!



easy	↔ 7.6 km	🕒 1:00 h	🏔️ 251 fm	🏔️ 251 fm
❤️ 2/5	🚲 1/5	🌿 4/5	👤 4/5	📖 655.394/5.195.789

🚶 Obergurgl, Hochgurgl gondola car park

📍 Hochgurglbahn (Obergurgl)

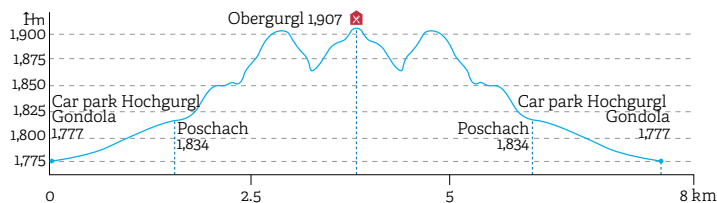
🍴 Restaurants in Obergurgl

🌊 Milky waters of Gurgler Ache brook
Obergurgl – Austria's highest parish village

⚠️ Families
Young & older bikers
Nature explorers
E-bikers

📏 1.0 km 📱 6.6 km

GPS data & info:
www.oetztal.com



Route description: Starting point of this tour is the car park of Hochgurgl mountain gondola in the hamlet of Pill (Obergurgl). From there you always follow Gurgler Ache brook towards the upper valley to the hamlet of Königsrain where the trail crosses Gurgler Ache brook for the first time. Depending on the season, Gurgler Ache drastically changes its flowing. In spring, the gently rippling water changes into a raging mountain brook during the snowmelt. A short but steep climb behind the hamlet of Poschach takes you to the idyllic Bartbrücke bridge. Here you can enjoy breathtaking views of Gurgl's Glacier – the source of the Ache mountain brook. Gurgl's Glacier is Tirol's third largest glacier area. At Bartbrücke you cross Gurgler Ache again before you get to your destination: Obergurgl, located at 1,930 fm above sea level, is encircled by countless 3,000 fm peaks and glaciers. Obergurgl is also the highest parish village in Austria.

No. 6023 Bike Tour to Langtalereckhütte

Panoramic mountain bike tour encircled by countless glaciers in the Ötztal Nature Park. Ideal for E-bikers!



intermediate	↔ 13.6 km	🕒 1:40 h	🏔️ 818 fm	🏔️ 818 fm
❤️ 4/5	🚲 3/5	🌿 5/5	👤 4/5	📖 654.479/5.192.744

🚶 Obergurgl, church in the village center

📍 Obergurgl Zentrum (Obergurgl)

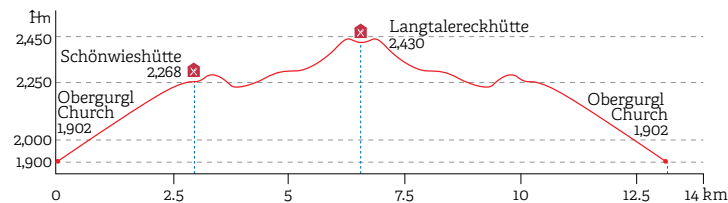
🍴 Zirben Alm
Schönwieshütte
Langtalereckhütte
Restaurants in Obergurgl

🌲 Obergurgl
Stone pine theme trail
Nature Park exhibition: glacier – climate – high Alpine research
Gurgl's glacier
Piccard bridge

⚠️ Bikers with good stamina
E-bikers

📏 0.6 km 📱 13.0 km

GPS data & info: www.oetztal.com



Route description: Starting point of this tour is the church in Obergurgl's village center. Past the church you cycle to the 'Guggelar' road fork where the paved road changes to a broad gravel trail. Below the stone pine forest you proceed towards Schönwieshütte and Langtalereckhütte to the middle station of Hohe Mut mountain gondola. Via Schönwieskopf you continue towards Schönwieshütte. Many Haflinger horses spend the summer months at the foot of breathtaking Rotmoostal valley. The trail climbs in several uphill stretches to Langtalereckhütte where you can enjoy a well-deserved break and a hearty snack. The hut nestles on the edge of an outstanding Alpine basin. In earlier times the tongue of Gurgl's Glacier ended here. In the meantime, the glacier fields retreated towards the main Alpine ridge. You return to Obergurgl on the same broad trail, biking past Schönwieshütte and Hohe Mut mountain gondola.

No. 653 Bike Tour to Festkogl

Panoramic Mountain Bike Tour to the heart of the Ötztal Nature Park.



difficult	↔ 13.6 km	🕒 1:45 h	📏 993 fm	📏 993 fm
❤️ 4/5	🚲 5/5	🌳 5/5	🕒 3/5	📖 654.516/ 5.192.800

📍 Obergurgl, church in the village center

🌳 Obergurgl Zentrum (Obergurgl)

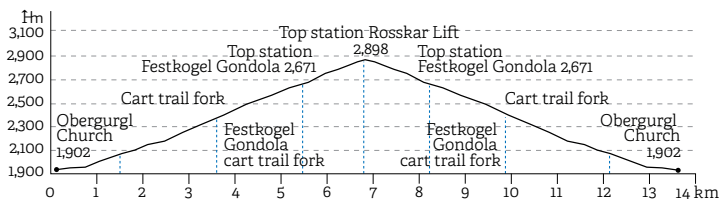
🍴 Hohe Mut Alm
Restaurants in Obergurgl

📖 Piccard memorial, Obergurgl
Hohe Mut
Nature Park exhibition: glacier – climate – high Alpine research
View of myriad 3,000 m high peaks and glaciers

⚠️ Bikers with good stamina

📏 0.6 km 📏 13.0 km

GPS data & info: www.oetztal.com



No. 687 Single Trail Festkogl

Panoramic mountain bike tour at the heart of the Ötztal Nature Park.



difficult	↔ 1.4 km	🕒 0:10 h	📏 0 fm	📏 228 fm
❤️ 4/5	🚲 5/5	🌳 5/5	🕒 4/5	📖 656.264/ 5.191.105

📍 Obergurgl, church in the village center

🌳 Obergurgl Zentrum (Obergurgl)

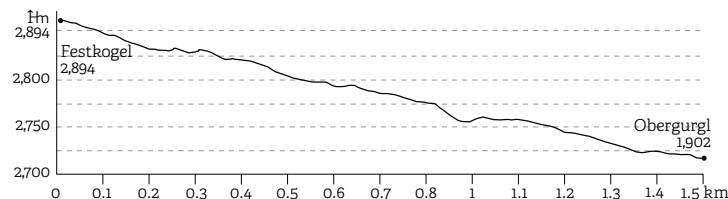
🍴 Hohe Mut Alm
Restaurants in Obergurgl

📖 Piccard memorial, Obergurgl
Hohe Mut
Nature Park exhibition: glacier – climate – high Alpine research
View of myriad 3,000 m high peaks and glaciers

⚠️ Bikers with good stamina

📏 1.4 km

GPS data & info: www.oetztal.com



Route description: There are two good reasons to conquer the difficult climb to Festkogl, especially for lovers of studded tires – both the overwhelming panorama from the summit and the switch-backing single trail down to the valley. First you follow the route of Bike Tour Festkogl (653) to the top station. At 2,890 m altitude you are rewarded with superb glacier vistas. After a short break and a last brake check you can enjoy a speedy downhill track back to Obergurgl.

No. 689 Bike Tour Hochgurgl – Wurmkogel

Very demanding but pleasant tour in the varied terrain of the Ötztal Nature Park.



difficult	↔ 19.5 km	🕒 3:20 h	📏 1,235 fm	📏 1,236 fm
♥ 4/5	🚲 5/5	🌳 4/5	👤 4/5	📄 655,400/ 5,195,788

📍 Obergurgl, car park of Hochgurgl gondola

🚆 Hochgurglbahn (Obergurgl)

🍴 Restaurants in Hochgurgl

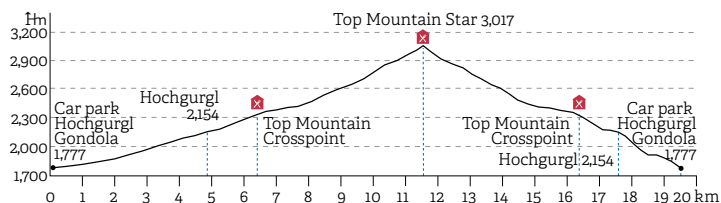
🏠 Top Mountain Crosspoint
Top Mountain Motorcycle Museum
Wurmkogel
Top Mountain Star

⚠️ Bikers with good stamina

📏 5.5 km 🗺️ 14.0 km

GPS data & info:
www.oetztal.com

Route description: The bike tour starts in the direction of Obergurgl at the car park of Hochgurgl mountain gondola in the hamlet of Pill. After approx. 1.5 km you turn left into the Timmelsjoch High Alpine Road, continuing in switchbacks up to Top Mountain Crosspoint. The multifunctional building houses the road toll booth on the border with Italy, a mountain gondola, a restaurant and a motorbike museum. On a loose gravel trail through open Alpine terrain you cycle uphill to Angerer Alm and Großes Kar. The last stretch towards Wurmkogel is really exhausting. Below Wurmkogel peak, the glazed Top Mountain Star panorama bar offers awe-inspiring views of countless 3,000 m high summits. In terms of biking skill, the downhill trail offers a lot of high speed and flow. On the first kilometer the challenging trail requires excellent biking techniques. Also on the final stretch between Hochgurgl and Obergurgl the tricky route promises heaps of adrenalin. If you want to return to Obergurgl, you cycle down to the hamlet of Pill and take Gurgler Achweg from there.



Road Cycling Highlights

Ötztal

! Austrian road traffic regulations apply. General and usual rules of conduct.

You should never underestimate the steep turns when downhill biking.

📍 Sölden Glacier Road

Facts & Figures

Ötztal Road Cycling Paradise



Convenient geographic location



Highest pass road



UCI Championships start area



Kühtai Saddle & Finstertaler Reservoir



Ötztal Glacier Road



Top gastronomy spots



Ötztaler Cycle Marathon



Breathtaking landscapes



Perfectly developed tours

Find all road cycling tours incl. GPS data and interactive maps in the iÖtztal App or download them at

www.oetztal.com/rennrad-touren

Oetz – Kühtai – Finstertaler Reservoir

The high Alpine location and the absolute tranquility (cars are almost an exception here) promise a lovely reward for the hard work.



difficult	↔ 43.0 km	🕒 3:39 h	⬆️ 1,550 fm	⬆️ 1,551 fm
❤️ 4/5	🚴 5/5	🌳 5/5	👤 5/5	📖 643,648 / 5,229,500

📍 Oetz, central car park (for a fee)

🏠 Gemeindeamt (Oetz)

🍴 Restaurants in Kühtai
Restaurants in Oetz

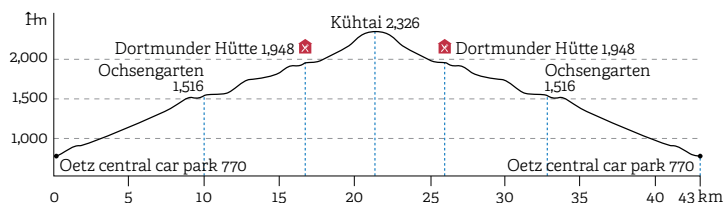
🔄 360-degree loop on one of the Alps' steepest roads
Finstertaler reservoir with a volume of 4.4 million cubic meters

⚠️ Cyclists with very good stamina

📏 43.0 km

GPS data & info:
www.oetztal.com

Route description: After the start at the central car park in Oetz you roll towards the roundabout, heading southwards and taking the second exit to Kühtai. The 10 km long climb via Oetzerau and Taxegg to Ochsegarten takes you uphill in switchbacks, covering about 700 altitude meters. Once at the top, the route flattens out a bit before you conquer the next exhausting climb. The long and fairly steep road meanders uphill towards Kühtai. In its steepest section you overcome a gradient of up to 18 percent. Keeping a steady pedaling rhythm will help climbing this picture-book high Alpine landscape. Before you reach the village center you turn right towards Finstertaler water reservoir. The steeply climbing terrain is quite challenging. At the end you pass a short tunnel and after two more bends you reach the beautifully located water dam and reservoir. At 2,326 fm you can enjoy a fabulous panoramic view of Kühtai and the artificial reservoir before you return to Oetz on the same route. A last brake check is strongly recommended.



Sölden – Ötztal Glacier Road to Rettenbach Glacier

The undisputed road cycling highlight in Sölden: Rettenbach Glacier. The mighty glacier is the highest asphalt road point (2830 fm) in the Alps accessible by bicycle.



difficult	↔ 29.6 km	🕒 3:30 h	⬆️ 1,457 fm	⬆️ 1,457 fm
❤️ 4/5	🚴 5/5	🌳 5/5	👤 5/5	📖 652,903 / 5,203,731

📍 Sölden, Freizeit Arena

🏠 Postamt (Sölden)

🍴 Glacier restaurants
Rettenbachalm
Hühnersteig'n

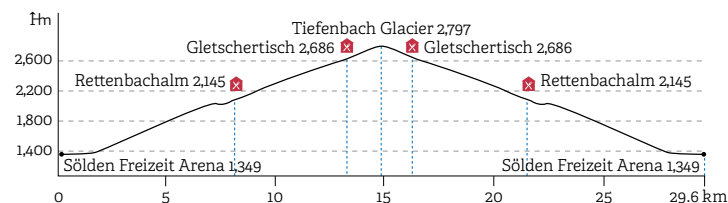
🔄 Highest asphalt road point in the Alps (2,830 fm)

⚠️ Cyclists with very good stamina

📏 29.6 km

GPS data & info:
www.oetztal.com

Route description: Start at Freizeit Arena in Sölden, following B 186 federal road in southern direction. At the village edge you turn into the rising Glacier Road – its first section also leads to Hochsölden. At the car park just before you reach the hamlet of Innerwald, you keep left and follow the steeply winding Glacier Road towards the ski area. At about 1,700 fm altitude there is the last opportunity to choose the more "gentle" variant, continuing to the 2,090 fm high hotel village of Hochsölden. To get to the glacier you take the left road. After a strenuous ascent, the mountain lifts of Rettenbach Glacier are already in sight to the left. If you want to proceed to the "highest point of the Alps accessible by road bicycle" you take the road on the right. The sunny terrace of the glacier restaurant offering magnificent views invites you to take a well-deserved break. The speedy downhill adventure back to Sölden on the same route promises unlimited cycling fun. You can even extend the demanding tour by a further 3.4 km and 210 altitude meters by turning left to Tiefenbach Glacier.



Sölden – Timmelsjoch

Timmelsjoch Pass lies an altitude of 2,509 m, surrounded by mighty 3,000 m high peaks. The pass is one of the biggest challenges for racing cyclists in the Alps, it is part of the annual Ötztal Cycle Marathon and has been a stage destination of the Giro d'Italia (1988) and the Tour Transalp.



difficult	↔ 47.1 km	🕒 3:30 h	📏 1,537 m	📏 1,537 m
❤️ 4/5	🚴 5/5	🌳 5/5	👤 5/5	📖 652.903/ 5.203.731

📍 Sölden, Freizeit Arena

🏠 Postamt (Sölden)

🚫 Top Mountain Crosspoint
Schmuggerhaus at
Timmelsjoch

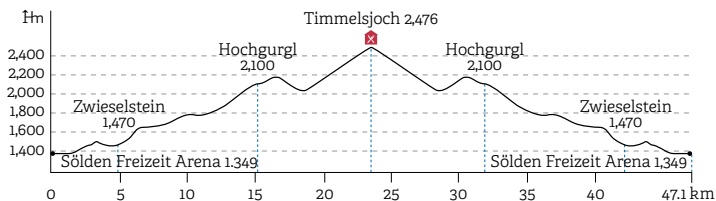
🗺️ Timmelsjoch High Alpine Road,
the Eastern Alps highest pass
road
Europe's highest motorcycle
museum
Season opening in late May:
up to 5 m high snow walls

⚠️ Bikers with very good stamina

Route description: The well-maintained road on the Austrian territory starts at Freizeit Arena Sölden, cycling along the main road in southern direction. Incredible 1,000 altitude meters on 23.5 kilometers require excellent cycling stamina. On the first kilometers after Sölden you leave Venter Tal valley (to the right) and Zwieselstein behind. A permanently and steeply winding road with a gradient of up to 13 percent takes you up to the parish village of Obergurgl. You turn left into the Timmelsjoch High Alpine Pass Road. It leads via Hochgurgl to the road's toll booth and then drops another 150 altitude meters towards Timmelsbachtal valley. The final climb up to the main Alpine ridge features six hairpin bends and an average gradient of ten percent. You return to Sölden on the same route.

📏 47.1 km

GPS data & info:
www.oetztal.com



📍 Timmelsjoch Pass Road

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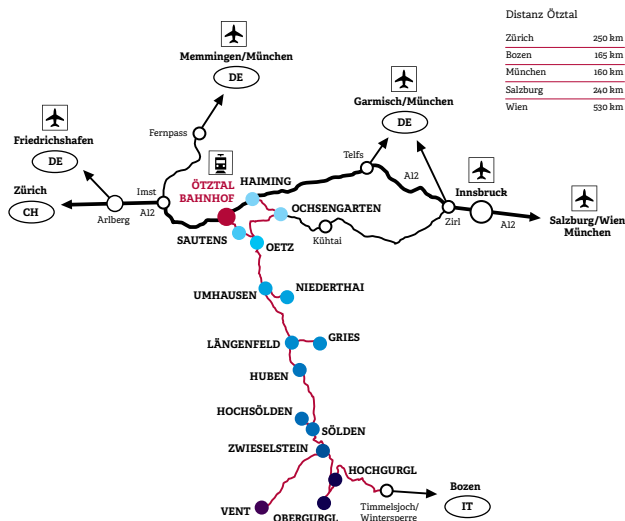
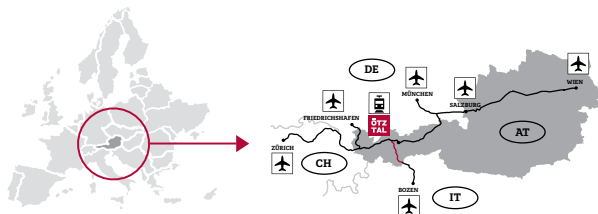
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