

THE EXPERIENCE STARTS HERE

Biking in the Stubai valley



stubai

Tirol

The Stubai on two wheels

Cycling and mountain biking in the Stubai valley has a lot to offer. You will find routes for every taste and level of difficulty sorted by colors in the following sections.

Cycling track 19 page 12–17

Easy routes page 22–27

Intermediate routes page 30–59

Difficult routes page 62–71

Single trails page 72–75

Important information

Shops, rentals, guides page 76

Recreation areas, doctors page 77–78

Safety instructions page 79





noch 2 km
taleinwärts
bis zur
Oberrißalm
1750

568
→ S. 34

Brandstatt-
alm 1810

572
→ S. 36

Hühnerspiel
Milderaunalm
1671

Krözbach

L232

Gasteig

Schaller

Klamperbergalm
1795

5072
→ S. 62

Karalm
1737

Innsbrucker Hütte
2369

Oberhausalm
1350

Gletscher-
straße

Falbeson

Doadler Alm
1260

Falbesoner
Nockalm
1663

Klaus Äuele
Marend Stüberl
1194

Glockspitze
2520

Zwölfer Spitze
2562

Schafspitze
2661

Keldner
2606

Mantle
2811

Schäufelspitze
2855

Mischbachferner
2277

Glattspitze
3133

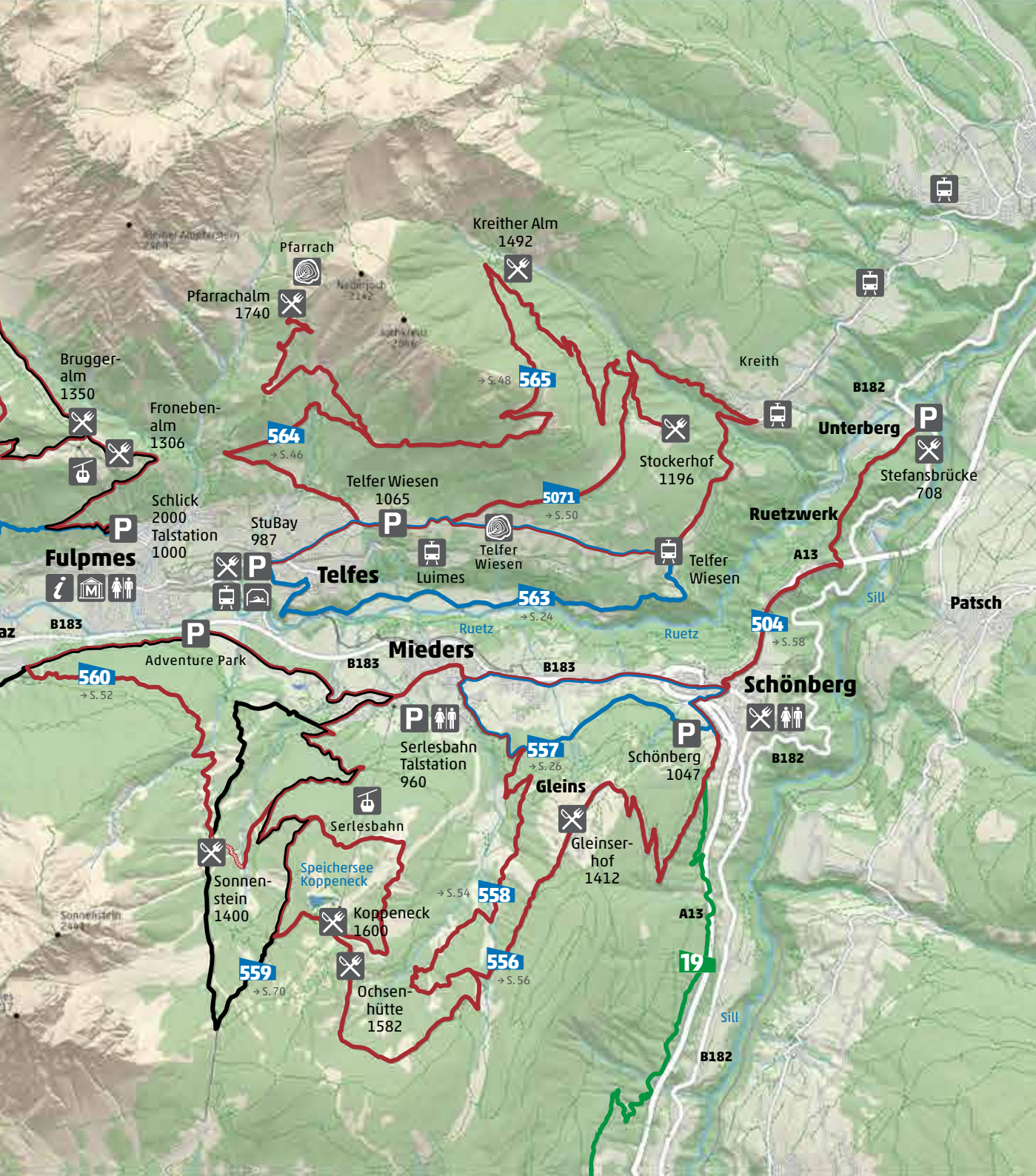
2995

Nordliche Rotespitze
2925

Südtliche Rotespitze
3140

Außere Wettersspitze
3000





Content

Rolling

In the mood p. 7

Biking for all p. 9

Cyclists and bikers of all ages are rolling in the Stubai valley.



The valley

Cycling track 19 p. 12

Pleasant riding on the cycling track on the valley grounds.



The hills

Easy routes p. 22

Family friendly and rideable with all types of bikes.

Intermediate routes p. 30

Sporty mountain bikers will find a new challenge here.

Difficult routes p. 62

Well-trained and experienced bikers can wear themselves out.



With action

Single Trails p. 72

Where one finds action, and a small path is the task.

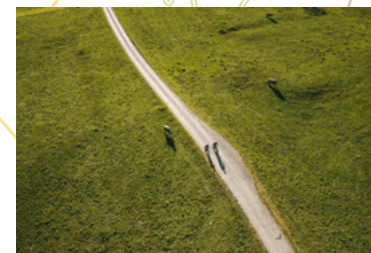
Appendix

Shops, rentals, bike guiding p. 76

Recreation areas, doctors p. 77

Doctors, pharmacies p. 78

Safety instructions p. 79



It's rolling in the Stubai valley





It's much easier to pedal on when you are looking forward to a nice break with a tasty snack. That is why alongside the Stubai biking routes many delicacies await you.



Above: Action fans will also get their share of excitement in the Stubai valley and have fun. But be aware, flying high is something for experts.



On the left: On flat terrain at the valley grounds, even the smallest cyclists can go on a discovery tour and explore the Stubai valley with the whole family.

Cycling and biking adventures for young and old

It's time to discover the Stubai valley on two wheels. This valley has a lot more to offer in the summer than just the high peaks that are conquered or the ice giants, that are admired. From Schönberg to the base of the glacier, there are many ways for cyclists and mountain bikers to get to their final destination.

For families and pleasure cyclists

Whoever thought, that biking in the Stubai valley is only for tough riders, is wrong. Families and pleasure cyclists are the main group of people in the saddle here. It's given by the many hotels specialized for families, the BIG family kids' program and the numerous huts serving local delicacies.

New energy through electric power

More and more, less-trained bikers reach high on an electric bike. They gather kilometers and meters of vertical height in the whole valley, get to know a lot about nature and culture within a short period of time and do not only charge their bike batteries regularly but also fill up their own resources with tasty food, views, and adventures.



From easy to extremely steep

On the paved cycling track 19 at the valley grounds, starting with cycling is possible at any age. With some more experience and shape you can ride on easy and intermediate mountain biking routes to new adventures and views. Well-trained and experienced bikers will find new challenges on black routes, whereas riders focused on the downhill can gear up their fun level on two single trails.

Service and hospitality

At the hotels, inns, bed & breakfast places as well as apartment houses, cyclists and mountain bikers will always find themselves well accommodated and tended to whatever their preferences are. On days without cycling and for family members who do not ride, there are many alternative activities in the Stubai valley.

Gondolas that carry bicycles, bike shops and rentals as well as bike schools complete the service for bikers in the Stubai valley.



Above on the right: When the mountains are within a grasp and you are still able to pedal along easily, the next adventure for young and old is approaching fast.

Below on the right: Water is a constant companion when biking in the Stubai valley. Sometimes it is drizzling, sometimes it falls heavily over mighty rocks.

Stubai cycling track «19»



Where families and pleasure bikers roll along.

No matter if on a balance bike, a road cycle, an electric bike, or a city cruiser – on the Stubai valley grounds all bike fans pedal with no greater effort on the newly build cycling track 19. They are accompanied by impressive mountains, get to know nature and culture, and can taste themselves through a lot of local delicacies at numerous

stops along the way. Next to the cycling track 19, the Ruetz river splashes and provides a fresh breeze while pedaling. The closer it gets towards the glacier, the wilder the river becomes, and the mightier the ice giants seem to reign over the valley. This magical view draws cyclists and bikers inbound and almost let them forget that riding a bike requires some muscle activity.

Discover the
Stubai valley
quick and easy
on the
cycling track 19.

A new adventure waiting around the corner.

Fully constructed with hardly any elevation.

The Stubai cycling track 19 is fully constructed on 9 km and perfect for a first family bike experience or a pleasant ride. From the starting point at Stackler to the Doadler Alm in Falbeson, young and old can pedal from one adventure to another on a mostly 3-meter-wide track. A highlight for all little cyclists is

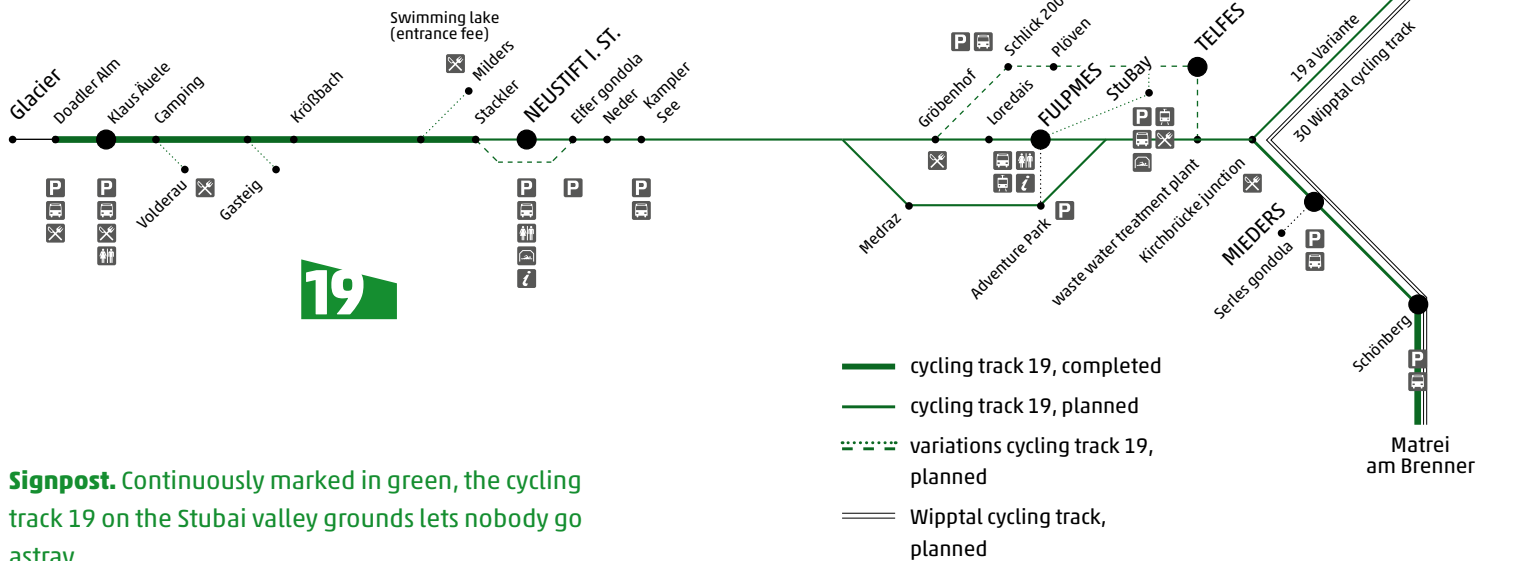
the Kids' Park at Klaus Äuele on kilometer 8, where a climbing wall, a swinging rope, a zip-line, and a lake with a sunbathing area are too tempting to ever want to go on the last kilometer of the track. Adults will also get their share of excitement. At several stops along the track, they can relax, enjoy the view, and let the soul tangle.



Above: The views are invitingly and reward for every effort. Cyclists of any age move forward without having to pedal hard.

On the left: Not only adults look for variety and adventure on a cycling trip. While the youngsters have fun at the playgrounds, adults can let their souls tangle.

The cycling track 19 will measure 40 km at the end.



Signpost. Continuously marked in green, the cycling track 19 on the Stubai valley grounds lets nobody go astray.



Further development of the Stubai cycling track 19.

In addition to the already completed 9 km of tracks, further sections will be built in the upcoming years. First, the tracks from Neustift to Fulmpes and Telfes will be made. The section to Mieders and Schönberg is next. From there, cyclists can

ride south on the Wipptal cycling track or connect north with the European cycling routes via the Inntal valley track. At the end, the Stubai cycling track 19 will have a total length of about 40 km and lead bikers along streams, meadows, and forests through picturesque villages.

On the right path

mtb

Easy routes p. 22

Intermediate routes p. 30

Difficult routes p. 62

On the hills



Tours for cyclists of all ages

Mountain biking in the Stubai valley, that mainly means pleasure and easiness, views, and adventures. Everyone is invited to join the ride on two wheels to the next mountain hut or the next scenic nature site, to be there when the views onto the valley reward for the efforts made going uphill and when the slightly different playground is reached after a few vertical meters.

Most of the cycling and biking adventures of the Stubai valley are just around the corner. With a little bit of muscle power, they are easily manageable for all motivated cyclists. Electric power or a kids' carrier, where the little ones can get comfortable, also help to make everything run smoothly.

Nonetheless, there are routes in the Stubai valley that are challenging too, and where even experienced and well-trained bikers are struggling.





Next to the 3 blue and 13 red routes, 5 black routes are reserved for bikers who want to work out hard and bring experience as well as skills.

easy

Blue is for everyone

The blue routes are family friendly and manageable with all types of bikes. They have a compact, closed track surface. The uphill and downhill gradients are no more than 5 percent.

interm

Red needs endurance or electric power

The red tracks demand sporty riding. Their uphill and downhill gradients are between 5 and 12 percent. Bikers also have to expect curvy and poorly foreseeable sections – sometimes with vehicles passing.

difficult

Black demands skills and good shape

Black routes are demanding with numerous dangerous sections. The maximum uphill and downhill gradients are way more than on the red ones, and the routes' characters are much more difficult. Here, skills and practice are needed.

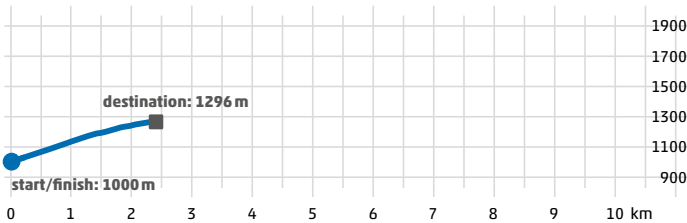
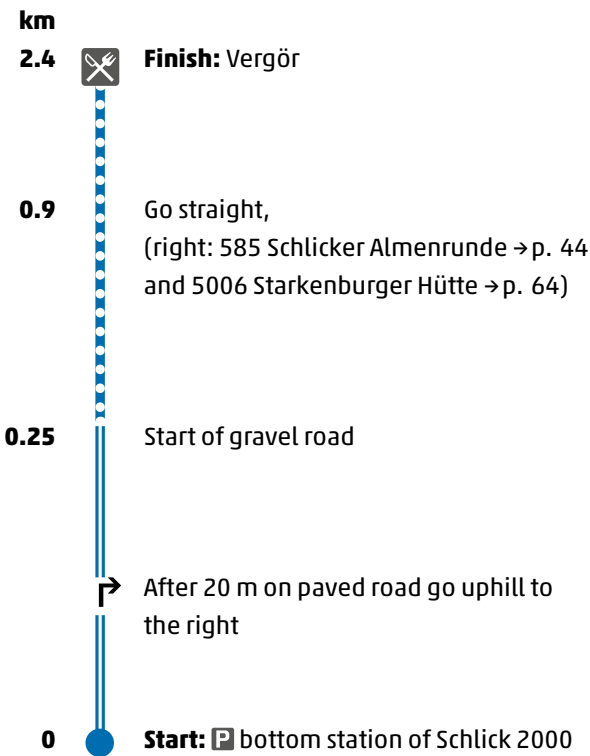
Trail

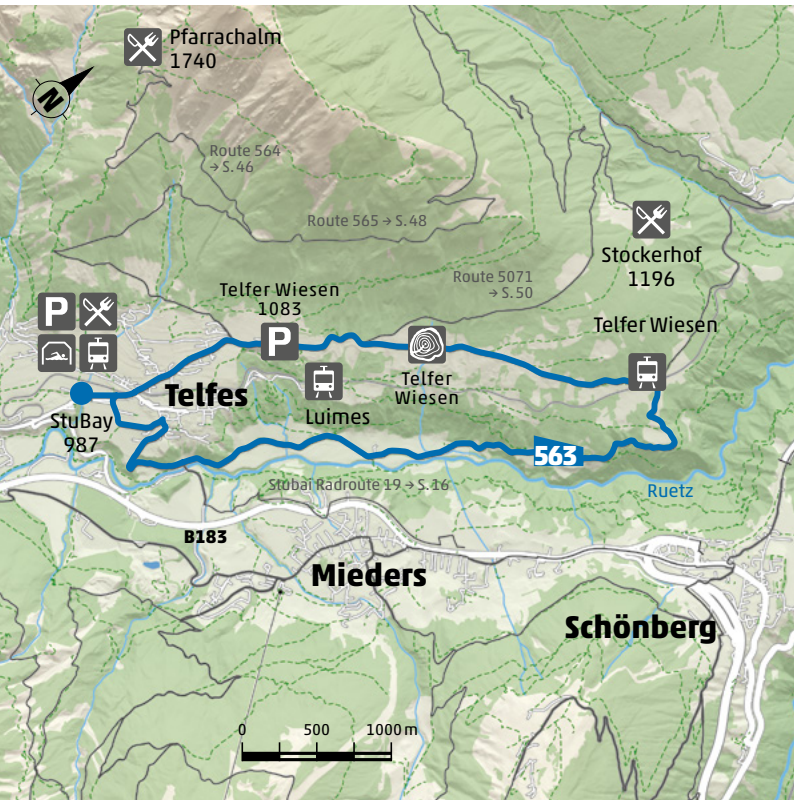
Yellow is only for trail experts

Single trails are extremely demanding and narrow routes, which only can be ridden with special bikes. There are no-fall-zones and very steep areas, high steps, and roots on the surface as well as rocks. Also expect pushing and carrying sections.



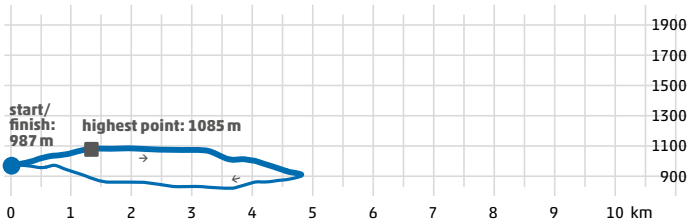
A promising bike and hike tour for beginners and the entire family. This bike adventure for both old and young starts at the bottom station of the Kreuzjoch gondola at the Schlick 2000 resort. After about 200 m on a paved road, the gravel road leading up to the Vergör mountain inn marks the beginning of a new experience on an electric bike or a non-electric cycling passion and appeals to young riders who aim high. As a reward ice-cream and a fantastic view onto the Stubai valley await the bikers on the sun deck of the inn. Furthermore, it is only a 30 minutes' walk to the scenic nature site Gschmitz, where you are easily getting carried away (hiking booklet p. 38).





A family cycling trip to a scenic nature site with fun in the pool afterwards. Starting in Telfes, you roll outbound without much pedaling. Even inbound, this route can be mastered by old and young alike, if needed, in a kid carrier or with a little help from the adults. After a short ride, the scenic nature site Telfer Wiesen is a perfect spot to take a break. Then go on to the Kirchbrücke inn to have a Schnitzel or a delicious Kaiserschmarren. This restaurant is also famous for its fish from their own pond. As a special treat for a day in the saddle, a visit to the StuBay recreation center with pool, playground, and many fun things more is highly recommended.

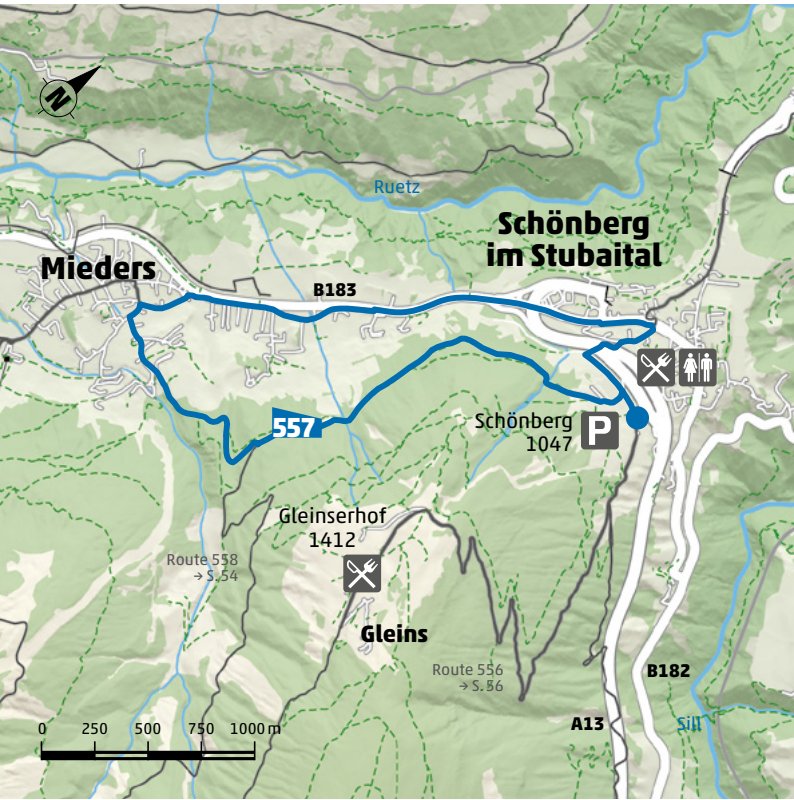
- 9.7 km ← Left to the **P** starting point
- 9 km ← Sharp turn left to Niederfeld
- 8.1 km Go on straight (left: 100 m to **X** Kirchbrücke)
- 6.7 km → Keep right (Wiesenhof/no food or drinks)
- 5.3 km Start of paved road (Gallhof/no food or drinks)
- 3.9 km → Turn right ahead of train station
- 2.4 km **X** Scenic nature site Telfer Wiesen
- 1.9 km → Go on right
- 1.4 km **P** Parking lot Telfer Wiesen, gravel from here
- 1.1 km Go straight uphill on paved road (uphill to the left: 564 Pfarrachalm → p. 46)
- Turn right onto the state road
- 0 km **Start:** **P** StuBay



9.7 km

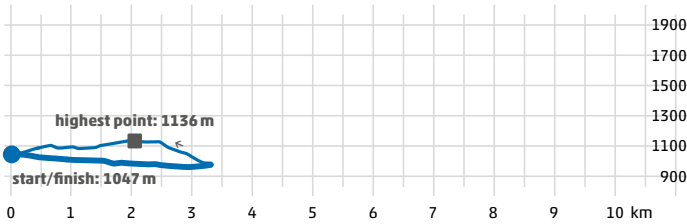
282 hd↗

282 vd↘



Young and old alike discover nature while cruising through the magical forest. With only one short ascend at the beginning, this tour leads nicely flat through a shady wood from the Schönberg parking lot to Mieders. Quite possible, that you meet the School of Magical Animals out there, while they are having class. So better watch out and take regular breaks along the gravel road to not miss anything exciting at the side. Outbound of the valley, heading back to the starting point, you can take the paved road through the village. If you go fast there, you may roll up easily the last meters of vertical height and overcome that little climb with no greater effort.

- 5.9 km ➡ Right to Kirchgasse and via the bridge across the autobahn back to the **P starting point**
- 5.7 km ➡ Go right, parallel to village road
- 4.6 km ➡ Right to B183 federal road
- 4.1 km ➡ Go straight to Porzens
- 3.7 km ➡ Stay right to Oweges
- 3.5 km ➡ Right to Obere Gasse
- 3.4 km ➡ Right to Schmelzgasse
- 3 km ➡ Start of paved road
- 2.3 km ➡ Downhill to the right
- 0.5 km ⬅ Keep left - start of gravel road
- 0.2 km ⬅ Left in the direction of the soccer stadium
- 0 km ● **Start:** **P** Schönberg, go left



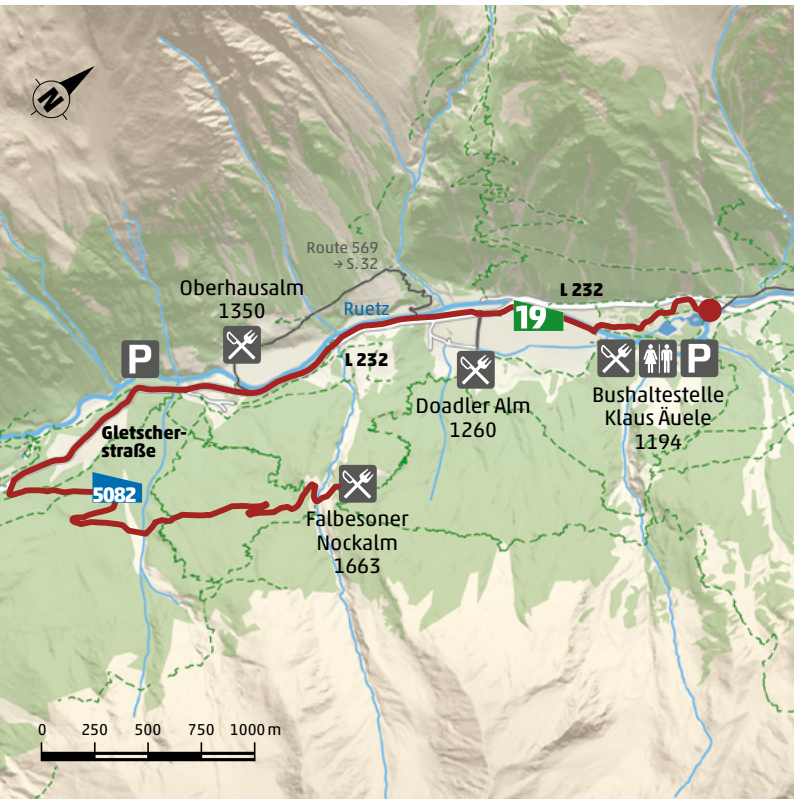
6.7 km

187 hda

187 vda



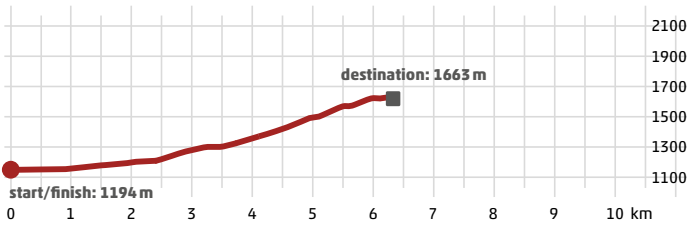
5082 Falbesoner Nockalm 30



Discover the rear Stubai valley and the ice giants on a pleasurable route. Even where the glacier is within a grasp, there are still some rather easy ways to experience the Stubai valley on a bike. From the first parking lot at Falbeson, pedal inbound via the cycling track and the state road. After Ranalt, turn left to Falbesoner Nockalm and pedal on the gravel road up to the hut. But be careful not to go off the track when looking at the stunning and mighty glaciers while cycling. At the Falbesoner Nockalm you must try the Stubai delicacies before you ride back on the same route and eventually add an extra trip to the Oberhausalm when in Ranalt (route 569).

Intermediate mountain bike routes 31

- 6.4 km **Finish:** Falbesoner Nockalm
- 4.1 km Left on gravel road to Nockalm
- 3.7 km Ahead of the parking lot Nürnberger Hütte, turn left onto the gravel road
- 2.2 km Left onto L232 state road, go on for 1.5 km
- 1.5 km Inbound right, parallel to L232 state road
- 1.1 km Right to L232 state road
- 0 km **Start:** P bus stop Klaus Äuele



6.4 km

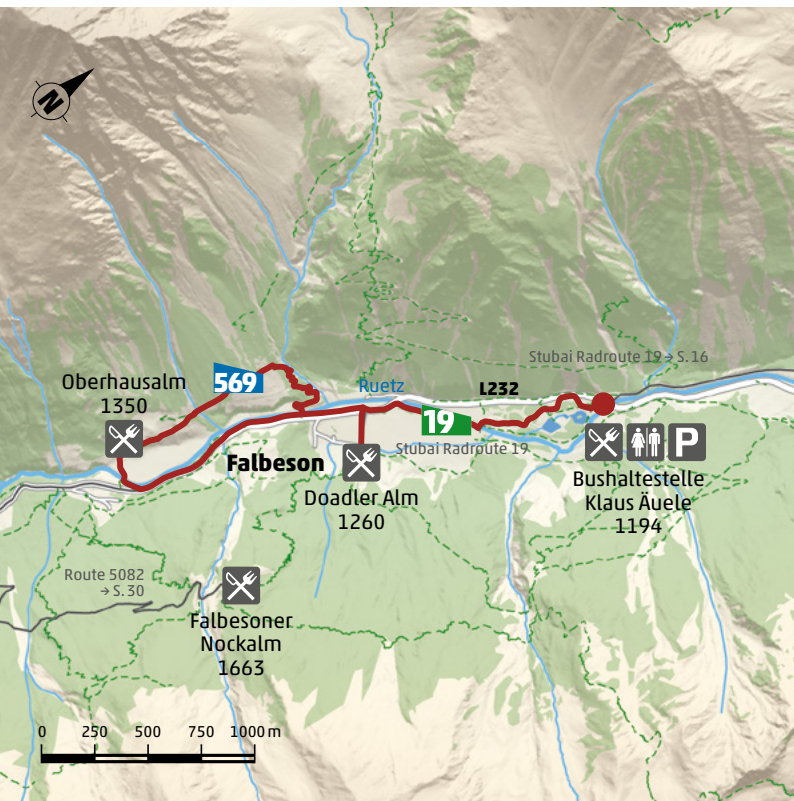
479 hd

10 vd

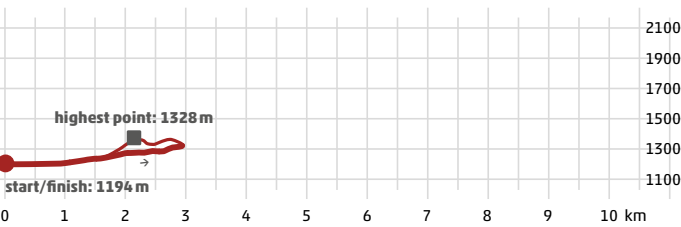
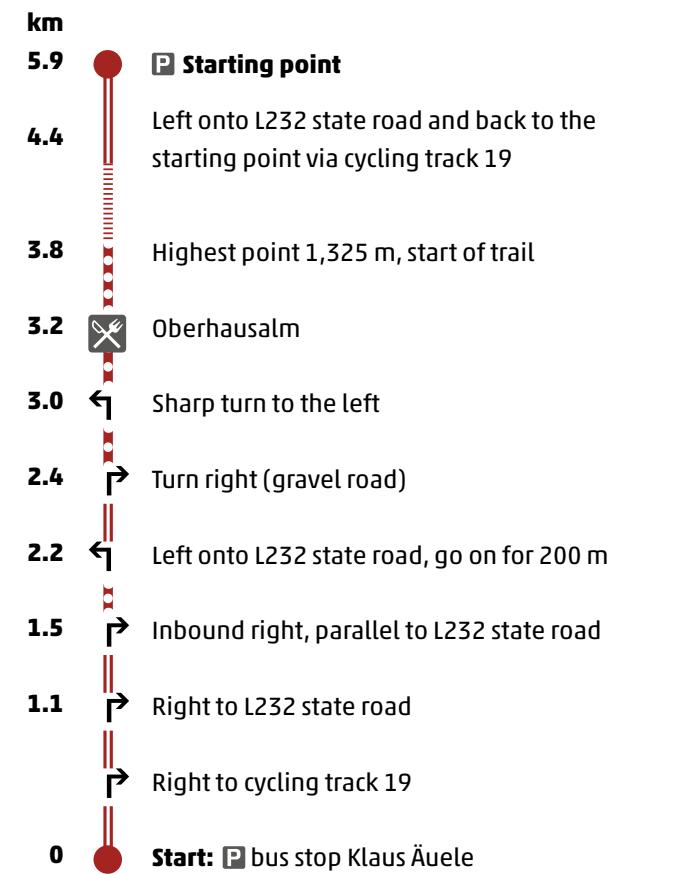
e7

interm

569 Falbeson Oberhausalm 32



For a short lunch break, as a relaxing extra lap or an easy beginners' ride. Without greater effort, you can ride to the Oberhausalm at the rear of the Stubai valley. It takes about 30 min. on paved and gravel road from the starting point at the Falbeson parking lot to the destination. Even with children or a kid carrier, this tour is manageable. While the kids then romp around at the playground, the adults can enjoy their after-ride-drink or a Marend – the traditional Tyrolean afternoon snack with bread, cold cuts, and cheese. Outbound there is a short and for everybody manageable single trail, bikers have to overcome, followed by an easy ride on the Stubai cycling track.



5.9 km

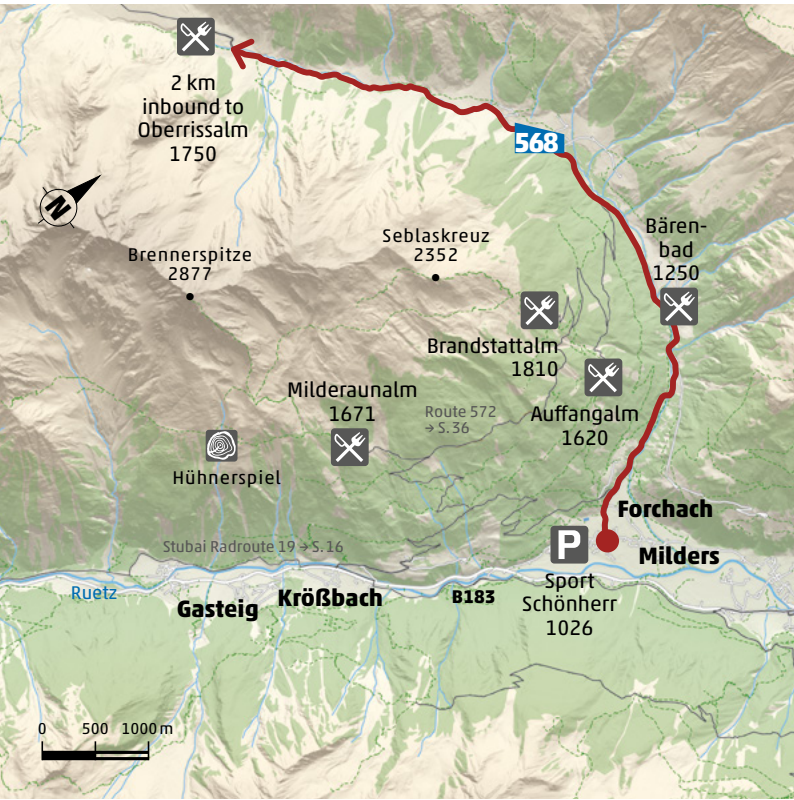
138 hdn

138 vdn

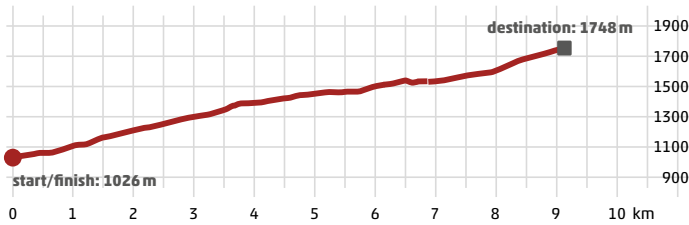
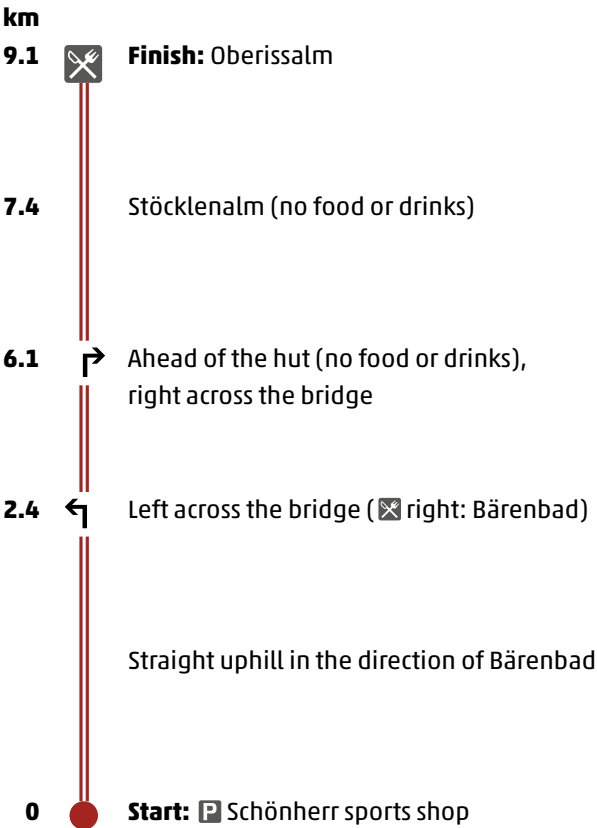
e⁺

interm

stubai 569



Scenically stunning route on a paved road to the Oberberg valley west of Neustift. A rolling wild river, blooming meadows and mighty summits accompany cyclists from Milders to the Oberissalm at the end of the Oberberg valley. The paved road leads past mountain farms and mountain pastures with numerous benches for short stops. At the Oberissalm parking lot, unfortunately there is no riding on. Cyclists have to turn around and roll back on the same route or park their bike and go on by foot to the Franz Senn hut (about 1.5 hrs) or to the Rinnensee lake (about 3 hrs, hiking booklet p. 122). Either way we recommend treating yourself to a delicious Tyrolean dish before.

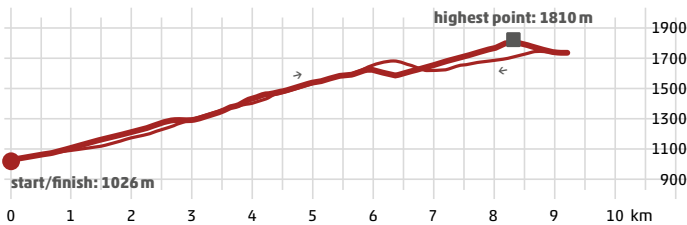


572 Milderer Berg



A lap over three alpine pastures with a promising hiking option for strong bikers. This perfect route for a ride with friends starts at the entrance of the Oberberg valley. On a paved road you pass Alt Bärenbad inn and move on via the gravel road to the first stop at Auffangalm. No less than 200 vertical meters further on, again, only slightly aside the main route, the next hut – the Brandstattalm – awaits bikers at the highest point of the tour. Easy rolling is on next till Milderaunalm, where the views are also great and the scenic nature site Hühnerspiel is only a 1.5 hrs walk away (hiking booklet p. 44). After that, ride on to Milters and finish the lap.

- 18.1 km Back at the **starting point:**
P Schönherr sports shop
- 14.6 km Go straight
(right: alternative downhill to Krössbach)
- 12.5 km Back on the main route, keep right and go back to Milders
- 11.3 km Turn right for Milderer Berg, go on for 600 m
- 9 km Back on the main route, go right to Milderaunalm
- 7.8 km Turn right to Brandstattalm, go on for 700 m
- 6.6 km Back on the main route, go left in the direction of Brandstattalm
- 5.6 km Go straight for 500 m to Auffangalm
- 3.9 km Turn left (start of gravel road)
- 3.1 km Go straight
- 2.6 km Left across the bridge (right: Bärenbad)
Straight uphill in the direction of Bärenbad
- 0 km **Start:** P Schönherr sports shop



18.1 km

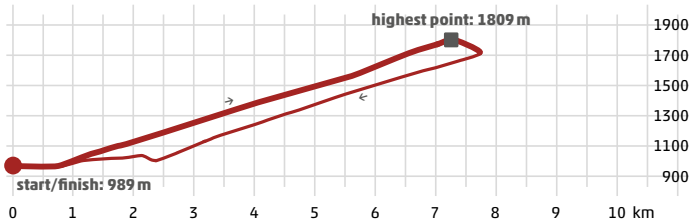
867 hd

867 vd



A tour for strong legs with an additional summit and a walk-in wooden artwork. As a warm-up you first roll from Neustift to Stackler where you then have to constantly ride up to the top station of the Elfer gondola. Once you have arrived there, enjoy the view and gaze at the brave paragliders, but also visit the special wooden artwork. It is the biggest walk-in sundial of the Alps, measuring 8 m in cross-section dimension. Before ascending the last meters that lead to the downhill ride to Pinnistal valley, mountaineers can add a 2-hours'-hike to the Elfer peak (hiking booklet p. 104) and roll back to Neder and to Neustift via Issenanger and Herzeben mountain hut later.

- 15.5 km Back at the **P** starting point
- 15.4 km Right across the bridge to the starting point
- 13.2 km Turn left (start of paved road)
- 10.7 km Issenangeralm, turn left (right: 571 Pinnistal → p. 40)
- 7.4 km Keep left after the T-bar lift
- 7.3 km Highest point reached: 1,809 m
- 7.1 km Top station of Elfer gondola and mountain restaurant Agrar
- 4.4 km Turn left (right: 5072 Klamperberg → p. 62)
- 2.1 km Weber Lois inn
- 1.6 km Keep right
- 0.85 km Sharp turn left, start of gravel road (straight: cycling track 19)
- 0.75 km Turn left (ahead of the start of cycling track → p. 16)
- 0 km To the right onto the state road
- 0 km **Start:** **P** Neustift recreation center



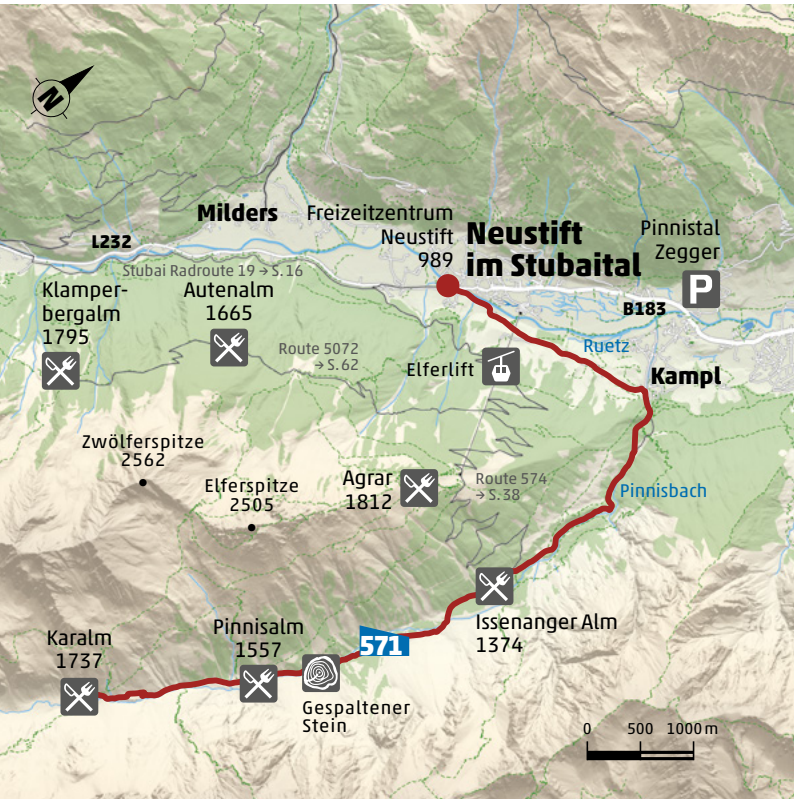
15.5 km

827 hd↗

827 vd↘

571 Pinnistal Karalm

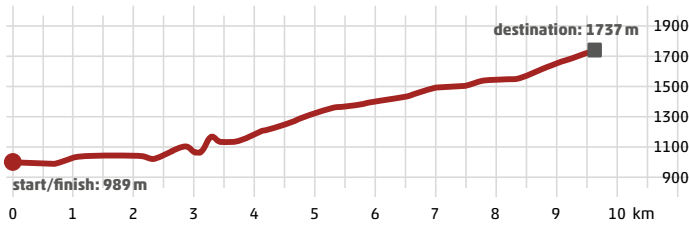
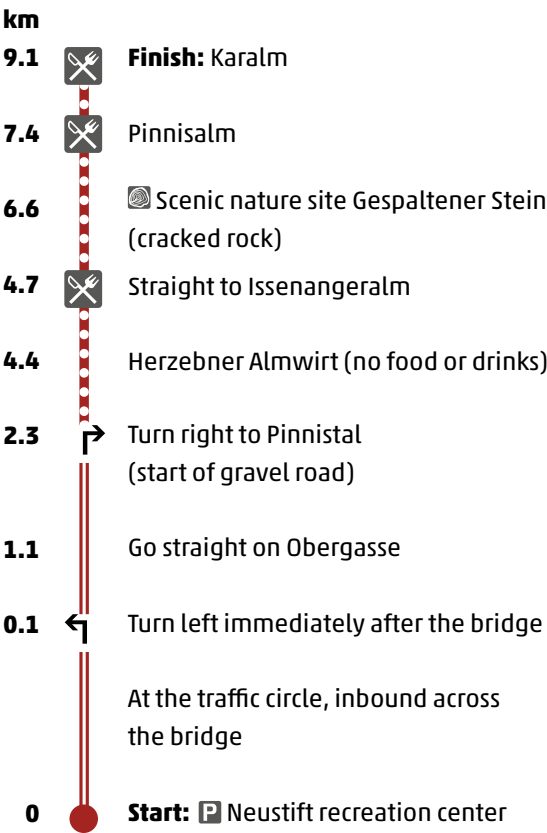
40



Countryside tour for cyclists on electric and non-electric bikes along a mountain stream to the picturesque Pinnistal valley. Specially at the beginning, either strong muscles or electric power is needed on this tour. Once the climb from Neustift via Obergasse to Neder as well as the gravel road to Issenangeralm are done, it gets easier - time to breathe and admire the diverse nature and cultural landscape. With mighty rock walls to the left, wooded hillsides to the right and a stream next to the road, the tour leads to Karalm, where the valley opens again. Whoever likes to do additional exercise, can add a walk to the Innsbrucker Hütte or a hike to the Habicht summit.

Intermediate mountain bike routes

41





585 Almenrunde Schlick

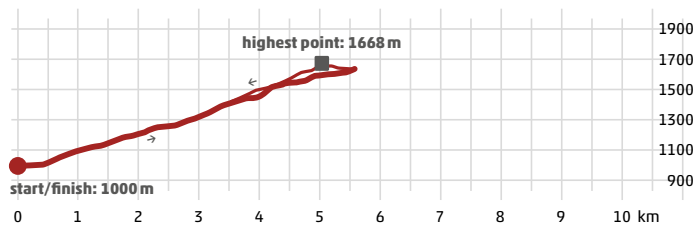
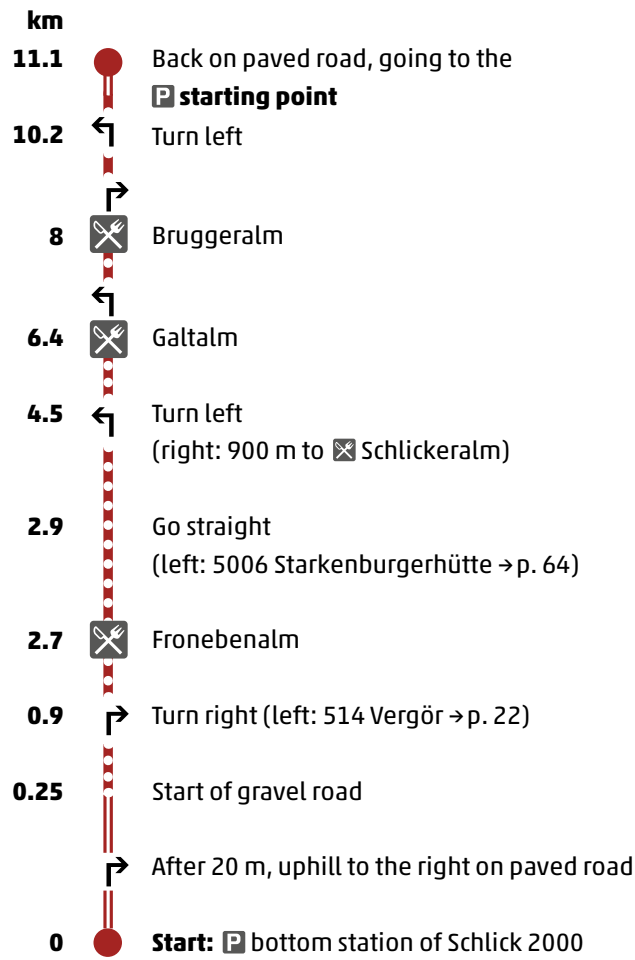
44

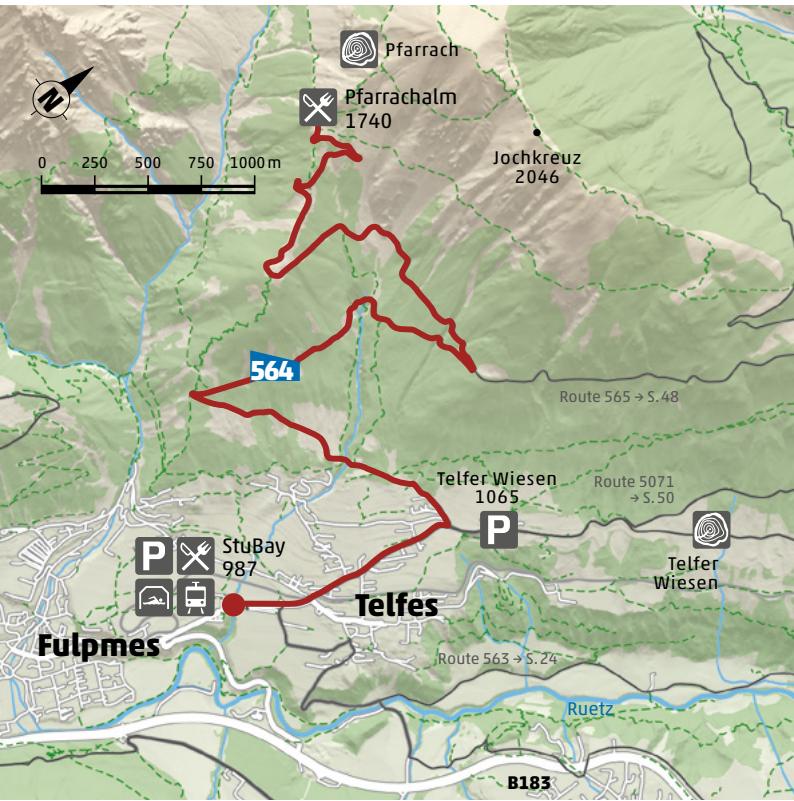


Sporty panoramic tour over several alpine pastures with frozen delicacies. We set off from the bottom station of the Schlick 2000 resort in Fulpmes. After a few meters on paved road, a gravel road branches off to the middle station Froneben. There a partially quite steep uphill leads to the panoramic lake where the Kalkkögel mountain range lies in front of you. Here, bikers are rewarded for their efforts, but cannot continue without a side trip to the Schlicker Alm with the first mountain manufacture for ice-cream. After some homemade ice-cream, the last meters uphill to the Galtalm seem easy, like rolling down to the valley then via Bruggeralm and Fronebenalm is.

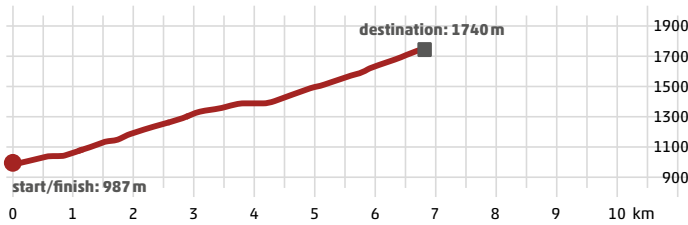
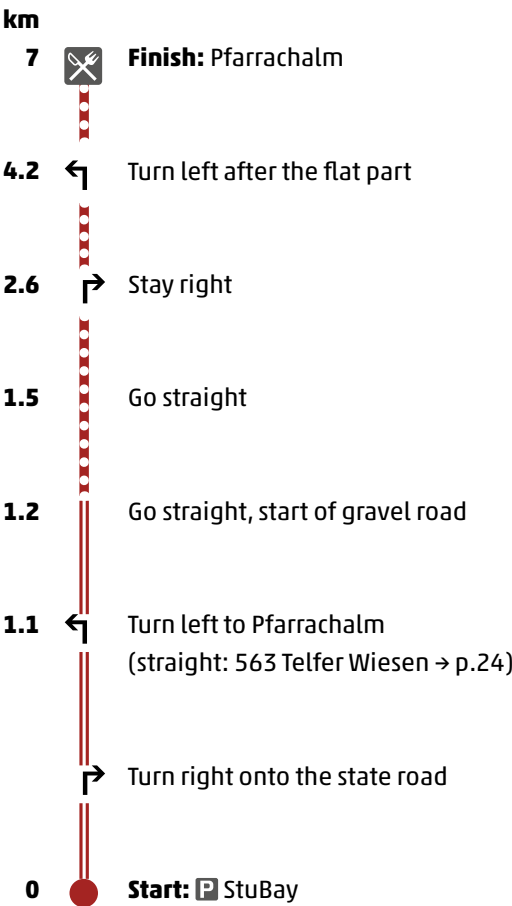
Intermediate mountain bike routes

45





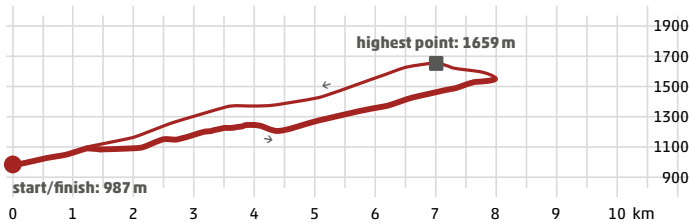
Cycle till late into fall on the sunny side of the Stubai valley to a long-distance view. This intermediate bike tour leads from the StuBay recreation center in Telfes on paved road constantly rising to the Pfarrachalm parking lot, where the gravel road with its wide turns begins. Then, the route goes constantly uphill through woods and meadows to the Pfarrachalm mountain pasture. After satisfying the hunger and the thirst there and enjoying the long-distance view over the Stubai and the Zillertal Alps, you can take a 15 minutes' walk to a scenic nature site and have fun on a giant swing (hiking booklet p. 50) or add a 2-hours'-hike to the summit of the Saile (2,404 m).





Conquer the Stubai valley from the back on shady climbs. The Stubaier recreation center in Telfes is the ideal starting and finishing point for this route too. On a paved road you go to the Telfer Wiesen, where it changes to gravel. Via Stockerhof then move on to Kreither Alm. It is only a two-minute detour from the main route. Although this hut is located outside of the Stubai valley, it also offers Stubai delicacies. About 150 vertical meters later, the route is back in Stubai terrain. Before descending to the valley at the highest point of the tour, enjoy the view. Halfway down you might then even want to extend the tour over the Pfarrachalm (route 564).

- 16 km Turn left and go back to the **P** starting point
- 14.8 km Paved road from here on
- 11.8 km Go straight (right: 564 Pfarrachalm → p. 46)
- 9.1 km Downhill to the left, highest point 1,659 m
- 7.4 km Go straight (right: 300 m to **K** Kreitheralm)
- 4.4 km Keep left (right: 500 m to **S** Stockerhof)
- 3.2 km Go left (200 m of trail)
- 1.9 km Go left into the direction of Stockerhof
- 1.4 km **P** Telfer Wiesen parking lot, from here on gravel road
- 1.1 km Straight uphill on paved road (left: 564 Pfarrachalm → p. 46)
- 0 km Turn right onto the state road
- 0 km **Start:** **P** Stubaiergasse



16 km

721 hd

721 vd

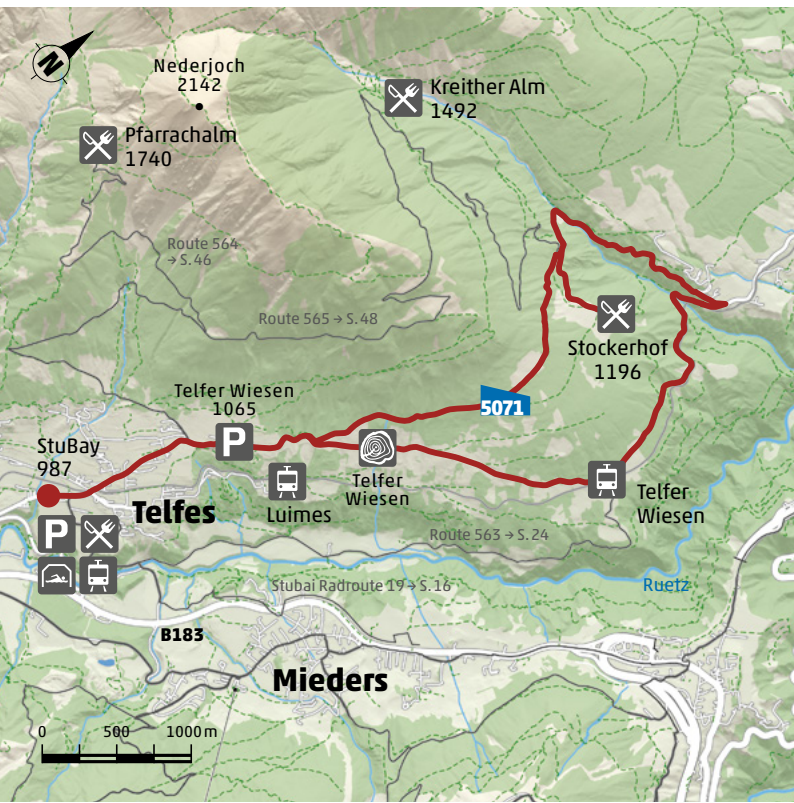
e

interm

stubai 565

5071 Stockerhof

50

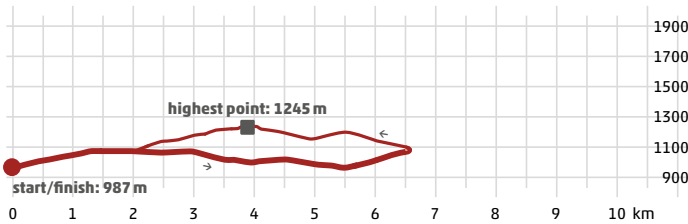


Beginners' tour, suitable for children, through larch meadows and shady woods. From the first days of spring till the onset of winter, the Telfer Wiesen meadow is a popular destination for easy going bikers and families. They only have to manage a few meters of vertical height through the village before reaching the impressive nature and cultural landscape. From there it is a comfortable ride to Kreith, where the climb to Stockerhof starts. There the little ones are rewarded with a playground, whereas the adults can enjoy a Tyrolean dish and an open view to the Inntal and Zillertal valleys. A short climb after the inn, this nice lap leads all the family back to Telfes.

Intermediate mountain bike routes

51

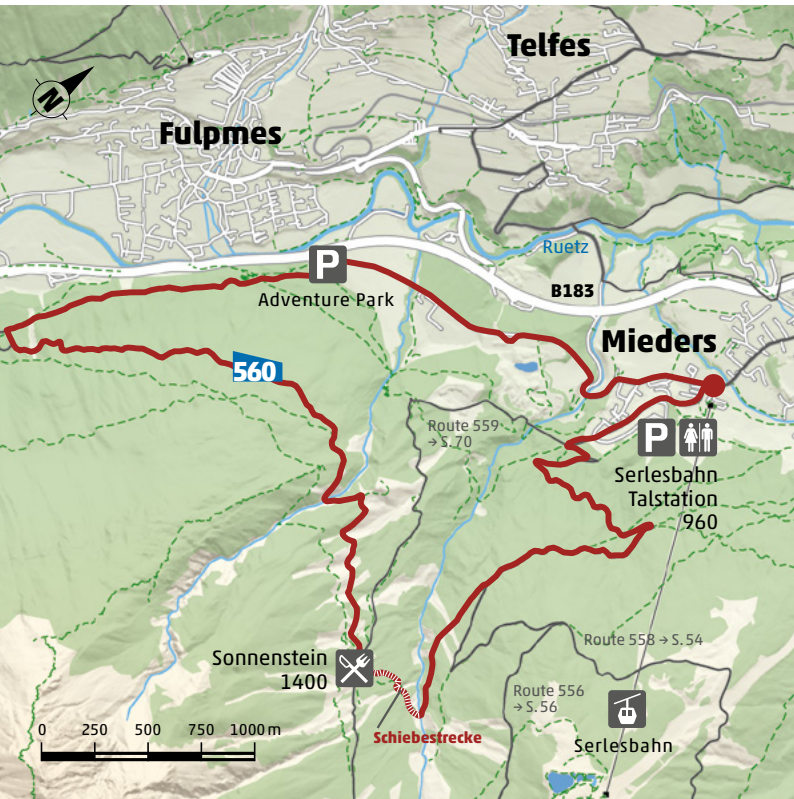
- km
- 11.8 ● Back on paved road, go on to the **P starting point**
- 11.3 ↩ Go on straight to Telfes
- 7.7 ↩ To the left, 500 m to ☒ Stockerhof and back
- 7.2 ↩ To the left across the bridge
- 6.2 ↩ Go straight on gravel
- 5.8 ↩ About 300 m after the bridge, sharp turn to the left (paved road)
- 3.9 ↩ Keep left (train station Telfer Wiesen, right: 563 Telfer Wiesen → p. 24)
- 2.4 ☒ Scenic nature site Telfer Wiesen
- 1.9 ➡ Rechts weiter
- 1.4 ↩ Telfer Wiesen parking lot, gravel road from here on
- 1.1 ↩ Straight uphill on paved road (uphill on the left: 564 Pfarrachalm → p. 46)
- ➡ Turn right onto the state road
- 0 ● **Start:** **P** Stubaier



13.2 km

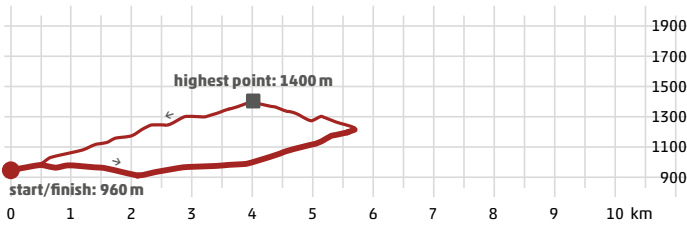
432 hd ↗

432 vdn ↘



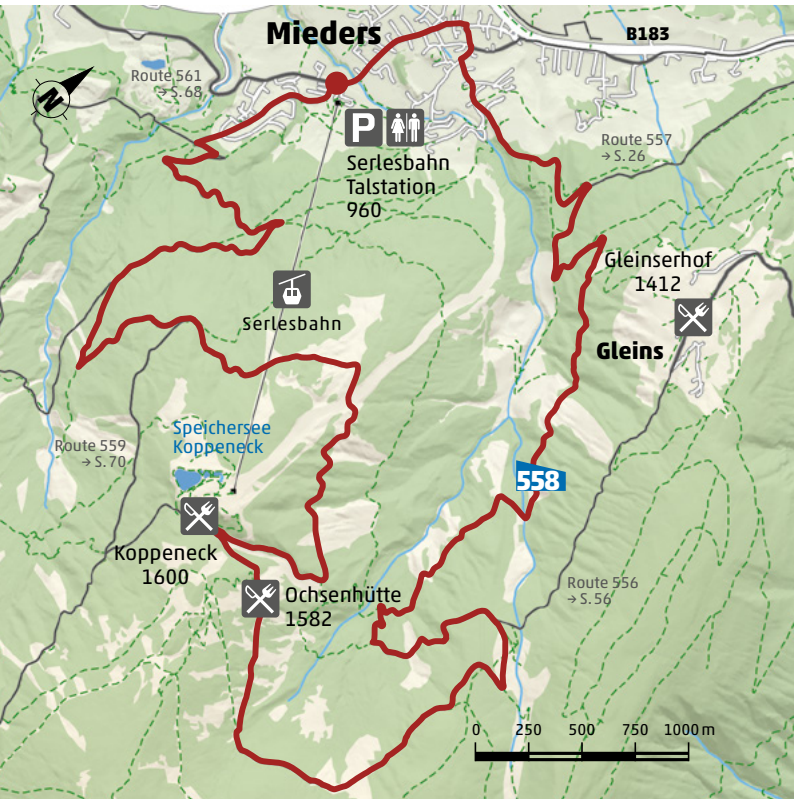
Pleasant bike ride with moderate effort and a short section to push. East of the federal road, the old state road leads into the valley and in the direction of Medraz. You can start this tour at the bottom station of the Serles gondola in Mieders. At the Adventure Park in Fulpmes, the route is continuing easy going on gravel. Then the climb up to Sonnenstein follows. We recommend a break and a snack at the inn there because the bike has to be pushed afterwards for about 400 meters to the Klaushof well. At the well, the route leads onto a gravel road which connects it with the routes 556 and 558. Those routes make it both easy to roll back to the starting point.

- km
- 10.8 ● Back on paved road, go straight to the **P starting point**
- 9.5 ↶ Go left on turn 4 of the sledding run
- 7.8 Gravel road
- 7.4 ✂ Alpine Inn Sonnenstein, start of pushing section
- 4.0 ↶ Sharp turn to the left
- 3.9 ↶ Ahead of Medrazer Stille, keep left
- 2.5 Pass the Adventure Park
- 2.3 ➡ To the right, start of gravel road
- 2.2 ↶ Sharp turn to the left at the end of the meadows
- 0.65 Go straight at Mühlthal
- ↶ Turn left and go inbound on flat terrain
- 0 ● **Start:** **P** bottom station of Serles gondola



558 Miederer Berg

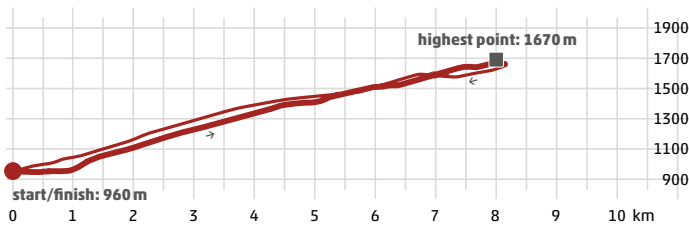
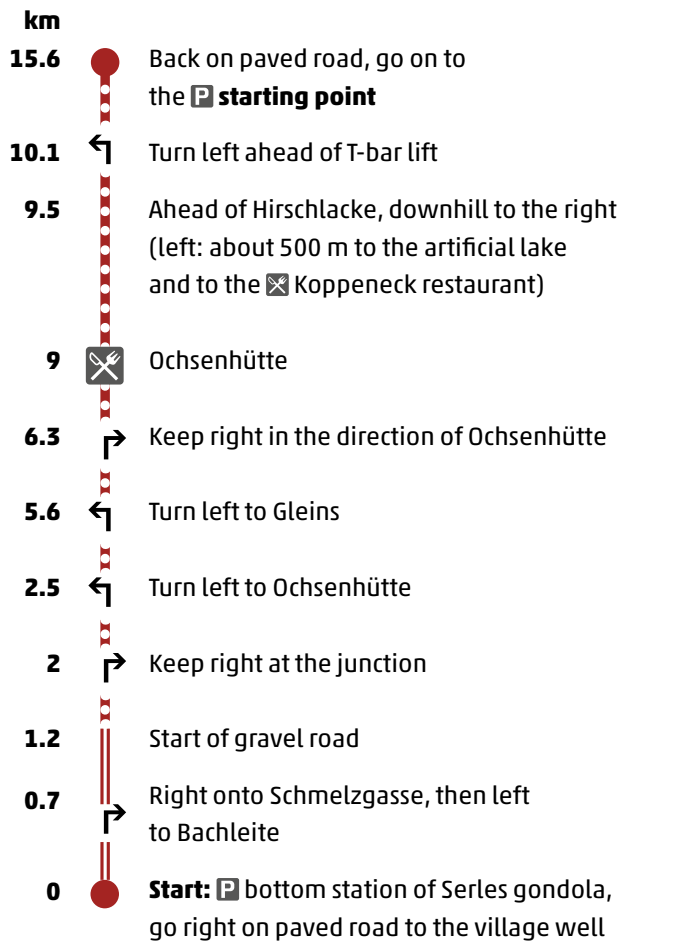
54



Shaded tour for hot summer days with many opportunities for refreshments. The starting point of this tour is the parking lot of the Serles gondola in Mieders. After a short ride outbound through the village, you turn right at the village well and pedal your way up in the shady forest. The gravel road meanders along a pleasant ascent towards Ochsenhütte. From there you then roll over to Koppeneck with no greater effort. Not later than there, it is time to have a break and enjoy the view from the Karwendel mountain range to the Zillertal Alps. The way down to the valley then leads past some chapels, where it is worth stopping or at least riding slowly to have a look.

Intermediate mountain bike routes

55



16.3 km

727 hda

727 vda

e7

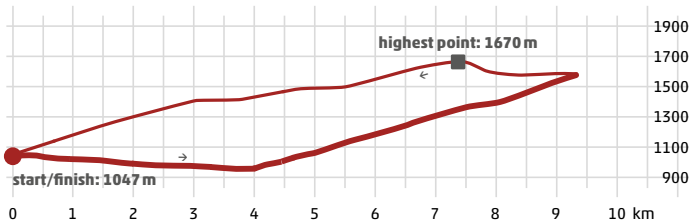
interm

stubaier 558



King Serles grants mountain bikers an audience and shows them his view. The greatest effort on this tour is the winding paved road from the Schönberg parking lot up to Gleins. Nevertheless, it needs some endurance to do the king the honor of visiting. In exchange, bikers get a view on the stunning three-piece rock formation as well as the Stubai valley. Once you have reached the highest point of the tour at the Ochsenhütte, the riding goes on pleasurable to Koppeneck, where on hot summer days you can let your legs dangle in the water. After that, the downhill ride to the bottom station of the Serles gondola and the way back to Schönberg via Mieders is an easy task.

- 18 km ● Go back via Kirchgasse and the A13 crossover
- 17.7 km ➡ Turn right ahead of the toll station (left hand) and go parallel to the village road
- 16.6 km Onward on B183 federal road
- 15.8 km Go to Porzens, parallel to B183 federal road
- 15.5 km ⬅ Left to Obere Gasse
- 15.4 km ➡ Turn right to Schmelzgasse at the well
- 14.7 km ➡ Turn right to the village at the gondola station
- 9.5 km ➡ Downhill on the right at Bischof-Stecher monument (left: 559 Kreuzweg → p. 70)
- 9 km Go on straight (right: to the artificial lake and ☒ Koppeneck)
- 8.5 km ☒ Ochsenhütte
- 7.4 km Highest point reached: 1,670 m
- 5.7 km ⬅ Sharp turn to the left
- 3.8 km ☒ Gleinserhof inn
- 0 km ● Left after 700 m: cycling track 19 Matrei → p. 16
Start: P Schönberg



18.7 km

725 hd↗

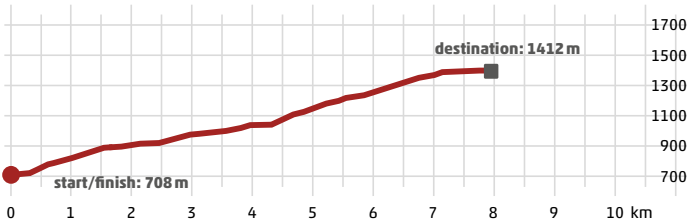
725 vda↘



Enjoy the Stubai and Inntal valley panorama on a pleasurable afternoon ride or a quick evening tour.

On this route at the beginning of the Stubai valley bikers in shape start at the Stefansbrücke inn on the old Brenner road and pedal for about 300 vertical meters through the woods on a steep gravel road. It is easier though to start at the Schönberg parking lot (connection to Wipptal cycling track) and ride on a paved and winding road over green fields to Gleinserhof. After enjoying a tasty snack there with a view of the Inntal valley, the fastest way back is on the ascending route. Additional calories can be burned when riding over Koppeneck and Mieders (556).

- km
- 8 **Finish:** Alpine inn Gleinserhof
 - 4.9 Go on straight (left: cycling track Schönberg-Matrei → p. 16)
 - 4.2 **P** After the Schönberg parking lot (easy starting point), turn right and go straight below the chapel
 - 3.5 After the underpass, right into Kirchgasse, then on the bridge across the Autobahn
 - 3 Turn right to Schulgasse at the first houses
 - 1.6 Turn right onto the paved road after the bridge
 - 1.2 Turn left at the cross
 - Go straight on paved road for 200 m
 - 0 **Start:** **P** Stefansbrücke inn



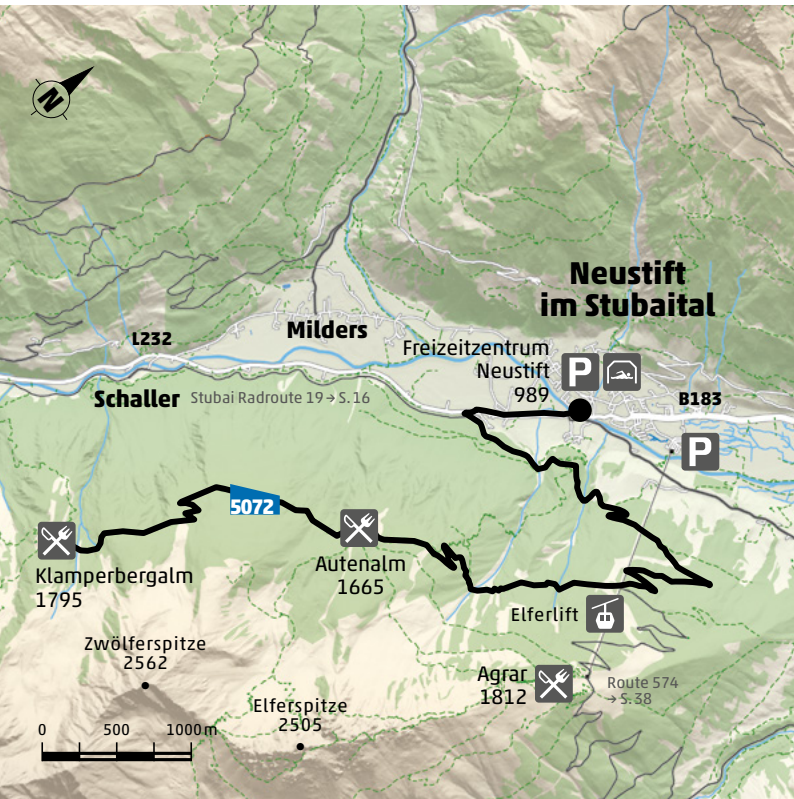
8 km

710 hda



5072 Klamperberg

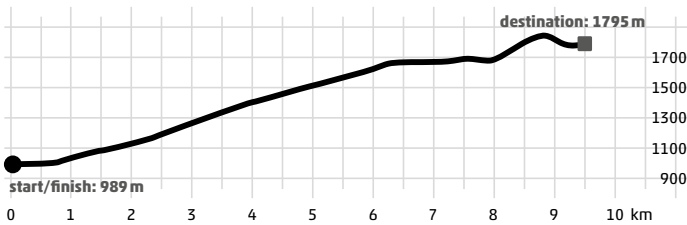
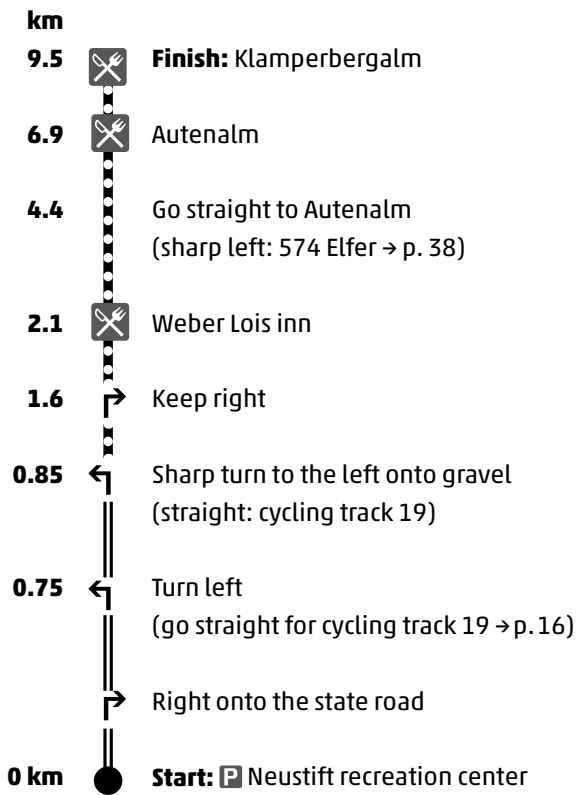
62



Practicing lap for ambitious mountain bikers and experienced electric cyclists. Like route 574, this tour starts at Stackler and leads towards the top station of the Elfer gondola. After about 400 vertical meters though, it branches off to Autenalm and goes on from there to Klamperbergalm over a very steep climb, which is only manageable for strong bikers and skilled e-bikers. Cyclists without electric power might need to push their bikes there. Be aware that even with electric drive it is technically challenging. The fastest way back is on the same route. At the junction with the route to the top station you can add route 574 to the tour, going via Pinnistal.

Difficult mountain bike routes

63



9.5 km

862 hda

e+

difficult

stubai 5072

5006 Starkenburger Hütte

64

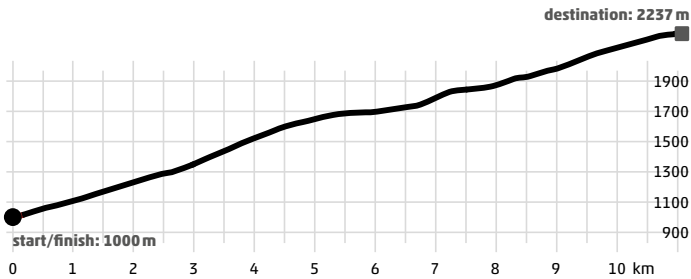


High above the Stubai valley, endurance and stamina are rewarded by the view. Mountain bikers and batteries of electric bikes have to demonstrate long lasting power on this tour. There are quite some meters of vertical height to overcome from Fulpmes via middle station Froneben of the Schlick 2000 resort as well as the Galtalm mountain pasture to the Kaserstattalm. Before reaching the Knappenhütte (closed), the tour becomes technically more demanding, but most of the climb is already done there. At the Starkenburger Hütte bikers fill their stomachs and energy depots to eventually go on a hike to the Hoher Burgstall summit (hiking booklet p. 101) in addition.

Difficult mountain bike routes

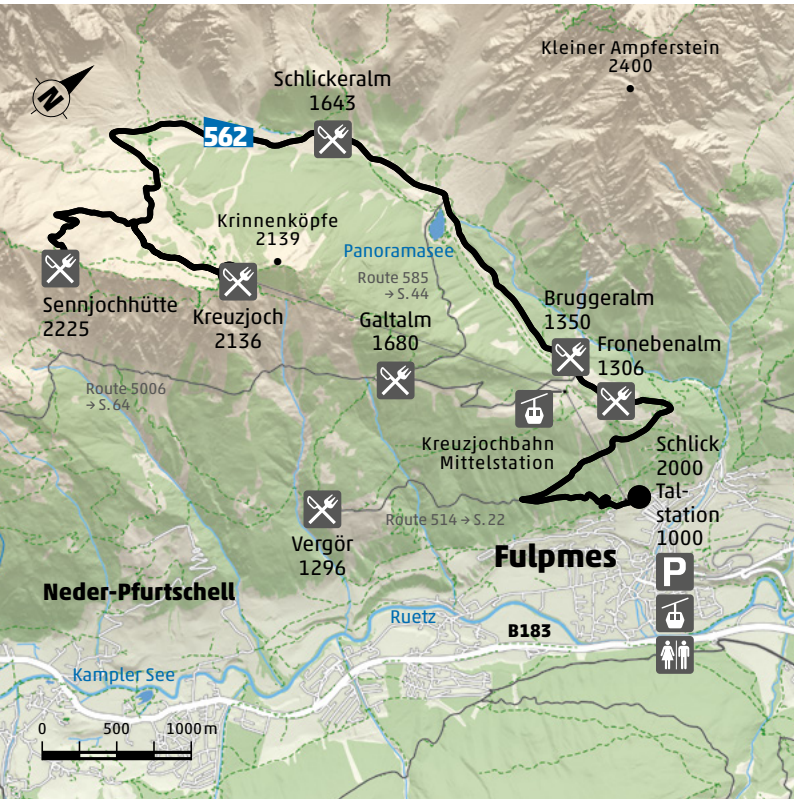
65

- 11.1 **Finish:** Starkenburger Hütte
- 8.2 Kaserstattalm, afterwards go on uphill on the upper right side
- 7.1 Knappenhütte
- 4.8 Galtalm
- 3.0 Bruggeralm
- 2.9 Turn left (right: 585 Almenrunde Schlick → p.44)
- 2.7 Fronebenalm
- 0.9 Turn right (left: 514 Vergör → p.22)
- 0.25 Start of gravel road
- After 20 m, uphill to the right (paved)
- 0 **Start:** bottom station of Schlick 2000

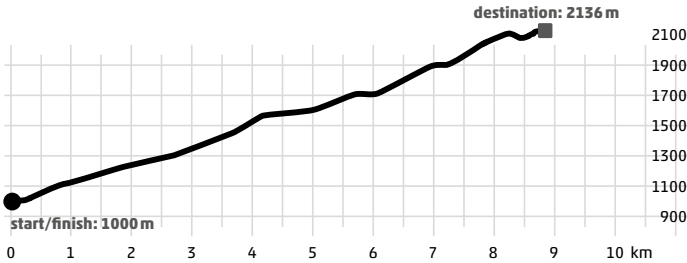
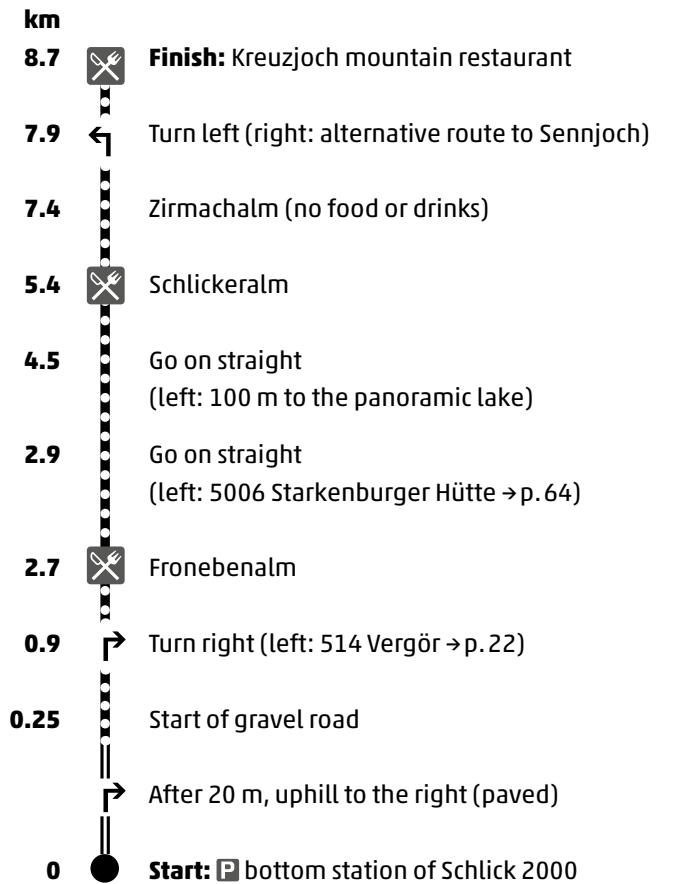


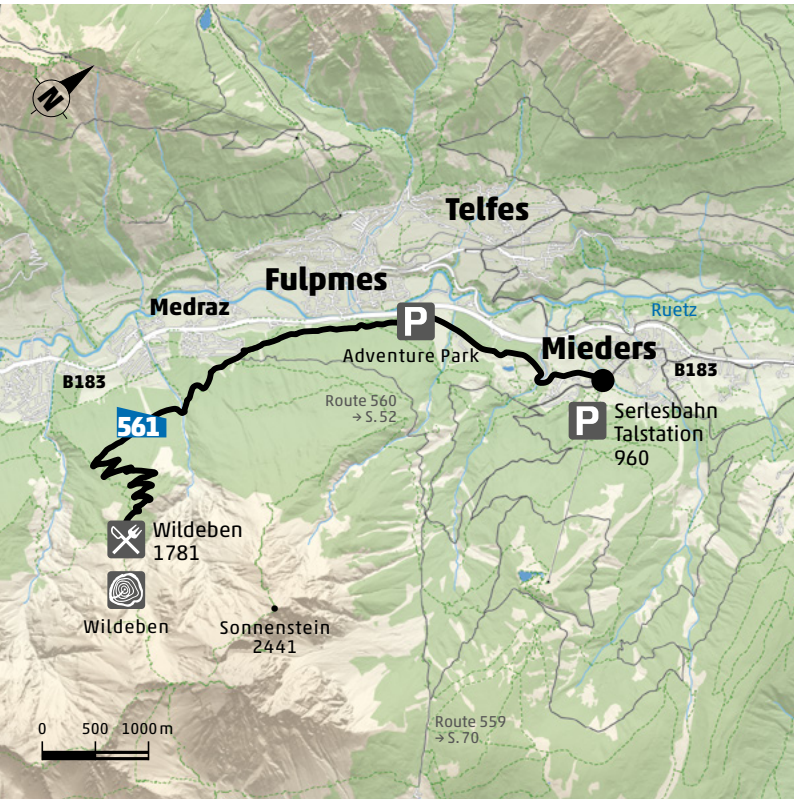
11 km

1240 hda



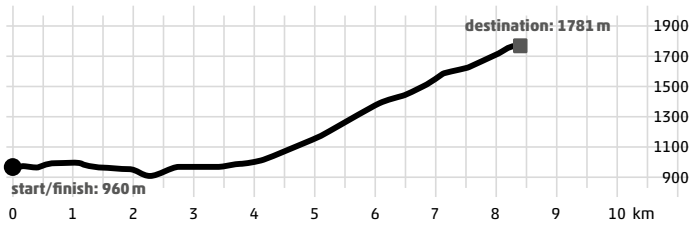
A great Stubai view but demanding even for cyclists in good shape. The bottom station of the gondola in Fulpmes is the starting point of this mountain biking challenge. After a few meters on paved road, you have to pedal hard on a gravel road and manage your energy well on the way up to the middle station. Although, the climb becomes more moderate shortly after, you still have a lot of vertical meters ahead. So, better take a break at the Schlickeralm with a view of the Kalkkögel mountain range before going on to Kreuzjoch. Despite the effort already made, you should walk (15 min.) to the lookout platform and stop at the panoramic lake when going downhill.





Extremely steep and challenging with one of the best scenic views of the Stubai valley. On this difficult tour to Wildeben technical skills and good shape are required. The start is rather easy. From the parking lot of the Serles gondola in Mieders, take the old state road inbound to the Adventure Park in Fulpmes. The following gravel road through the forest to Medraz still does not give a clue of the upcoming struggles. However, shortly after the first houses, an extremely steep track winds its way uphill. Even on an electric bike, a lot of practice is required and after a well-deserved break at the inn, you have to focus once again on the downhill of the same route.

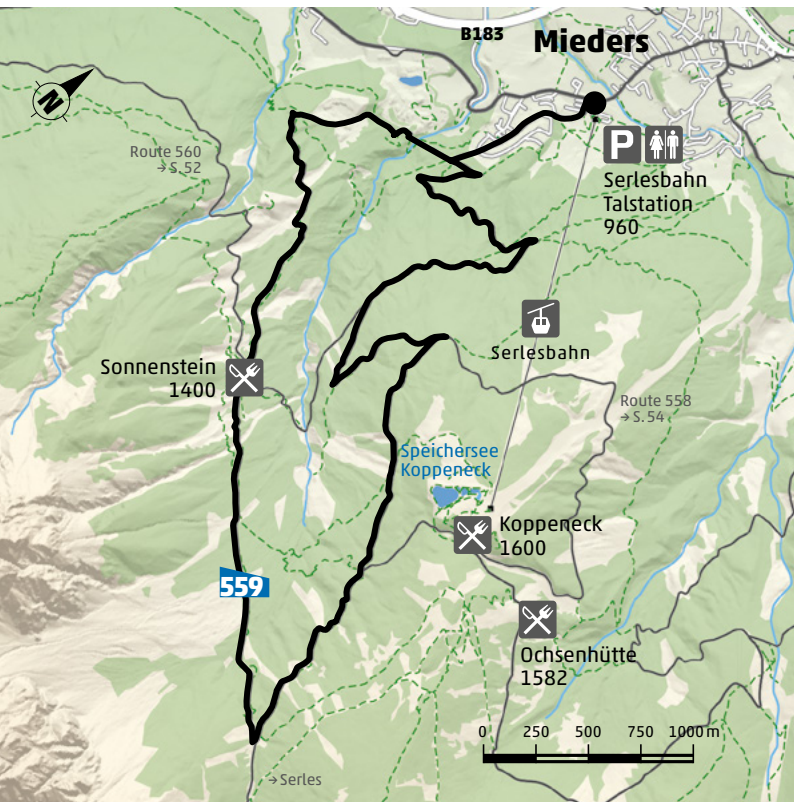
- 8.4 **Finish:** Wildeben inn
- 4.0 Go on straight
(left: 560 Sonnenstein → p. 52)
- 3.9 Ahead of Medrazer Stille, go left
- 2.5 Pass the Adventure Park
- 2.3 Turn right onto gravel
- 2.2 Sharp turn to the left at the end of the meadows
- 0.65 Go on straight at Mühlthal
- Turn left and go inbound on the flat
- 0 **Start:** bottom station of Serles gondola



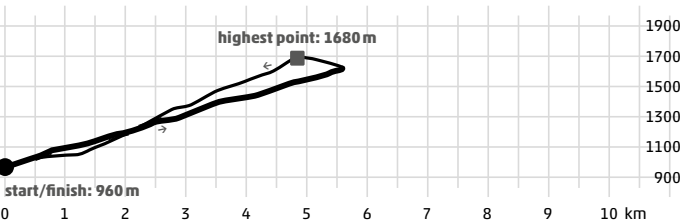
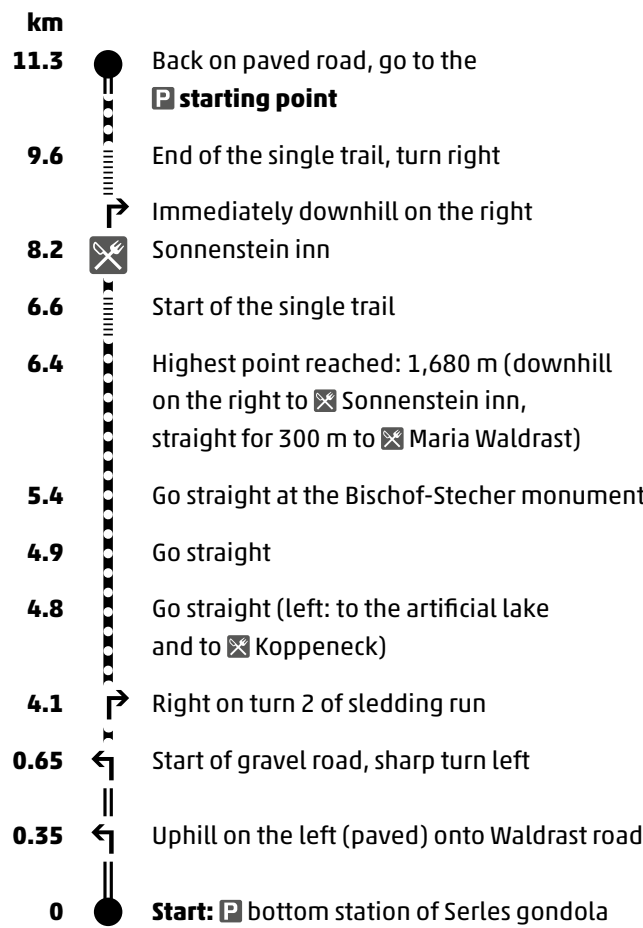
8.3 km

878 hdn

57 vdn



Divers tour for riders who are experienced and in shape. Already shortly after the start at the bottom station of the Serles gondola in Mieders, this route winds up to the Waldrast mountain saddle passing stations of the Cross. At the back of the mountain saddle, bikers can not only satisfy their thirst on the Mary's well, but also eat some regional food at the monastery inn. Strong bikers may then want to go on an additional 2.5 hours' walk to the summit of the Serles (hiking booklet p. 98) while action fans better save their energy for the trail on the route past the Sonnenstein inn. Less experienced bikers should choose the route past Koppeneck for the downhill.



11.3 km

767 hd

767 vd

e+

difficult

A full-page background image of a mountain biker in a red jersey and blue helmet riding down a dirt trail. The biker is wearing a blue helmet, sunglasses, and black gloves. The trail is dusty and rocky, with a mountain in the background.

How about getting a little bit wilder?

Freeride action for downhill fans

For some bike fans, single trails with roots and steep turns are absolutely necessary to have fun when riding. Therefore, at the Elfer in Neustift, where paragliders have found their playground already a while ago, now freeriders, downhill and enduro bikers call the place home too. They can also use the gondola to get to the top fast and easy and can afterwards

choose between two single trails to speed from the top station down to the valley. Of course, at the bottom station they will find the obligatory washing area. However, with skills for level S2 on the single trail scale needed for this adventure, technique and practice are essential. Whoever wants to have fun at the Elfer, has to know how to manage roots, rocks, narrow turns and steep downhills.



EinsEinser Trail

The EinsEinser trail starts right below the top station and demands full concentration from the beginning on. Over numerous turns through mostly wooded areas with many roots the 4 km long trail winds its way down. In the lower section there are some drops and north shore elements as well as a wall ride. Even though some smooth parts will bring bikers into a flow, the trail may not be underestimated and is definitely not for beginners.

4
km

800
vdv



trail

S2

ZweiZweier Trail

From the top station, the ZweiZweier trail winds its way down underneath the gondola and sometimes through the woods on natural sections as well as areas with constructed turns and jumps. After 3.5 km it leads into the EinsEinser trail. Although it is mostly bulldozed with few roots, what makes the ZweiZweier trail more flowing, faster, and easier to ride than the EinsEinser trail, skills and practice are needed here as well.

3.5
km

540
vdv



trail

S2

Appendix

Shops, rentals

in Neustift:

- Sport Stubai
Stubaitalstrasse 62
6167 Neustift
+43 5226 30288
sport-stubai@aon.at
 - Schönherr Sport & Mode
Stubaitalstrasse 79
6167 Neustift
+43 5226 369043
info@schoenherr.cc
 - Sport Hofer
Dorf 13, 6167 Neustift
+43 5226 2428
hofer@sport2000.at
 - Stubike
Dorf 25, 6167 Neustift
+43 650 6359058
info.stubike@gmail.com
- ### *in Fulpmes:*
- HP-Sports
bottom station Schlick2000
6166 Fulpmes
+43 664 4765650
office@hp-sports.at
 - Intersport Pittl
bottom station Schlick2000
6166 Fulpmes
+43 5225 64115
intersport-pittl@aon.at

- Sport Denifl
Industriezone C10
6166 Fulpmes
+43 5225 62281
office@sportshop.at
 - Radsport Steixner
Bahnstrasse 14
6166 Fulpmes
+43 5225 62312
radsport.steixner@eunet.at
- ### *in Telfes:*
- Sport Resch
Lange Gasse 2, 6165 Telfes
+43 5225 62306
resch@sport2000.at

Bike Guides

- Flat Sucks
+43 664 4254829
info@flatsucks.at
- Earla
+43 512 327277
hallo@earla.at
- Sport Stubai
+43 5226 30288
sport-stubai@aon.at
- Stubike
+43 676 3305112
info.stubike@gmail.com
- Markus Kindl
+43 650 5231909
kindl.markus@gmx.at

Adventure, Action

- Adventure Park
High rope &
tree top courses
Gschnalsgasse 3
6166 Fulpmes
+43 664 8644944
info@outdoorprofi.at
- Rafting in the Stubaital
+43 660 7569539
info@stubai-rafting.at
- Alpine-Paragliding-Center
Moos 18, 6167 Neustift
+43 5226 3344
flugschule@apc-stubai.at
- Wings of Change
Paragliders
Waldrasterstrasse 6b
6166 Fulpmes
+43 5225 64830
wings-of.change@aon.at

Recreation centers

- Recreation center Neustift
Pools, sauna
Stubaitalstrasse 110
6167 Neustift
+43 5226 2722
info@fzz-neustift.at
- Recreation center StuBay
Pools, sauna
Landesstrasse 1
6165 Telfes
+43 5225 62666
info@stubay.at

Outdoor pools, lakes

- "Miederer Badl" pool
Wiesel 3
6142 Mieders
- Natural lake Milders
Franz-Senn-Strasse 170
6167 Neustift
- "Kampl See" lake
Stubaitalstrasse 22
6167 Neustift

Doctors

- Dr. Turkonje
(General practitioner)
Dorf 32, 6167 Neustift
+43 5226 30053
- Dr. Gleirscher
(General practitioner)
Stubaitalstrasse 104
6167 Neustift
+43 5226 2737
- Dr. Lugmayr/Dr. Ranalter
(Sports medicine)
Scheibe 39, 6167 Neustift
+43 5226 2214
- Dr. Somavilla
(General pract., orthop.)
Riehlstrasse 32b
6166 Fulpmes
+43 5225 62257
- Dr. Gritsch (internal med.)
Riehlstrasse 3
6166 Fulpmes
+43 5225 65286

Doctors, pharmacies

- Dr. Leitgeb
(General practitioner)
Lange Gasse 24
6165 Telfes
+43 5225 63823-1
- Dr. Nagiller
(General practitioner)
Mieders
+43 5226 2973
- St. Georg pharmacy
Dorf 30, 6167 Neustift
+43 5226 3100
- Stubaital pharmacy
Waldrasterstr. 12
6166 Fulpmes
+43 5225 62070
- Serles pharmacy
Schmelzgasse 2
6142 Mieders
+43 5225 63030

Imprint

- Publisher: Stubai Tirol
Tourism Association
- Editor: Irene Walser
- Layout & graphic design:
Atelier Christian Mariacher
- Graphic design assistant:
Daniela Schatz
- Mapping: Pindar
Creative (with Copernicus,
OpenStreetMap contribu-
tors) and Atelier Mariacher
- Print: Alpina Druck
- Pictures: Malin Dräger,
Schönherr, scisetialfio/
istockphoto.com

No guarantee for completeness or accuracy of all data.

All liability for the quality of routes and tracks is denied. No accountability for accidents of all arts. Riding on the routes and tracks at own risk.

Any praise or recommendations?

You can state comments and requests via our anonymous feedback box.
<https://freesuggestionbox.com/pub/bsbcbfa>

Emergency numbers in Austria:

fire brigade 122 police 133 ambulance 144
alpine emergency 140

Safety instructions

- Always ride with controlled speed and within breaking distance of half the sight!
- Take care of hikers and walkers and pass them with walking pace only!
- Mind the level of difficulty of the route and rank your own abilities, experience, and skills as a mountain biker within that level!
- Never ride without a helmet! Check your gear before every ride!
- Accept closed routes and barriers and do not pass them. Don't forget that most of the tracks and roads are mainly used by farmers for their daily work. Close farmland fences after passing!
- Respect nature and animals and stay on the marked routes.

- For your own safety and that of the animals: finish your bike ride before dawn!
- Don't leave garbage behind!

Special safety recommendations on single trails

- Advanced riding skills and technique as well as a helmet and protectors are absolutely necessary!
- Ride only with special freeride, downhill or enduro bikes on single trails!
- Stay on the trail and don't make short cuts! Do not leave skid marks on the trail by blocking back wheels!
- Pay attention for alpine risks!
















Signs and symbols

Easy to understand, the following symbols will guide you through the variety of biking options in the Stubai valley.













.....

What the symbols mean:

- | | | | |
|---|--------------------|---|-------------------------|
|  | scenic nature site |  | cycling track 19 |
|  | train station |  | easy bike route |
|  | swimming pool |  | intermediate bike route |
|  | gondola |  | difficult bike route |
|  | restaurant |  | single trail |
|  | parking lot |  | route number |
|  | toilets | | |

.....

What the diagrams say:

- | | | | |
|--|--------------------------------------|---|--|
|  | distance |  | easy |
|  | vertical gain (meters) |  | intermediate |
|  | vertical drop (meters) |  | difficult |
|  | only for experienced electric bikers |  | trail |
|  | paved road |  | With a QR code you are directed to the gpx tracks. |
|  | gravel road | | |
|  | single trail | | |
-

Stubai Tirol Tourism Association
Stubaitalhaus, Dorf 3
6167 Neustift i. St.
Austria

T +43 (0) 50 18 81-0
F +43 (0) 50 18 81-199

info@stubai.at
www.stubai.at

stubai