

Alpine Park Karwendel

Round trip variation „Sporty“










Sporty mountain bikers will get their money's worth on this bike tour.

But the star of the show is someone else - the Karwendel mountains!



It is no coincidence that the Karwendel Alpine Park is the oldest and one of the largest nature reserves in Tyrol. No other region in the Northern Limestone Alps has been able to preserve its wildness and diversity in such a genuine way.

The scenic highlights of the region are countless: Lake Achensee nestles like a fjord between the high mountains and shines in Caribbean turquoise. Impressive mountain ranges border flower-filled alpine pastures. Ancient giant trees await the astonished biker in the Eng. And the wild rivers of the Karwendel continue to carve their untamed path to this day. All this diversity and many other highlights make this tour an experience of superlatives - not least in terms of sport.

Highlights

-  Achensee steam cog railroad - put into operation in 1889, one of the oldest steam cog railroads in the world
-  Tiroler Steinöl Vitalberg - known for its extraordinarily beneficial and healthy effects, Pertisau
-  Großer Ahornboden, Eng
-  Alpine Park Karwendel with magnificent panoramas
-  Gleirsch Gorge, Scharnitz
-  Lakescape on the Seefeld Plateau, Seefeld
-  Innsbruck old town with Golden Roof, Innsbruck
-  Bergisel ski jump and museum "Das Tirol Panorama", Innsbruck
-  Mining town of Schwaz with silver mine and Fuggerhaus

Route characteristics

-  Mostly wide farm tracks, forest paths and easily manageable single trails
-  Individual stages offer extension options to nearby mountain pastures

Level of difficulty

Variation Sporty     

- Skilled handling of mountain bike required – especially going down hill
- Several demanding up and downhill passages
- Suitable for young people from the age of approx. 14 years (appropriate enthusiasm for cycling and biking skills required)

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Arrival | Travel time | Type of trip

- 📅 Daily from June 15th to September 15th 2025
- 📅 7 days | 6 nights or 6 days | 5 nights (incl. days of arrival and departure)
- 📅 Loop tour - approx. 220 cycling km | approx. 4.250 m ascent ↑
- 📅 Individual cycling trip
- 📅 From 2 persons (single travelers on application)

Itinerary

Day 1: Individual journey to Innsbruck

Welcome to the 3-time Olympic city. While the Alpine city is known far and wide as a popular winter sports destination with a very special flair, you will be surprised by the colorful ambience that awaits you here in the warm season. So, make sure you allow yourself enough time to enjoy Innsbruck's cultural diversity.

Day 2: Innsbruck – Schwaz (approx. 40 km | 1.000 m ascent ↑)

From the alpine paradise of Innsbruck's Nordkette mountain range along the Inn cycle path to the silver city. True to the motto “A little bit more”, the Nordkette can be climbed to the Arzler Alm (1.067 m), the Höttinger Alm (1.487 m), the Bodensteiner Alm (1.661 m) or even the Seegrube (1.905 m).

Day 3: Schwaz – Achensee (approx. 20 km | 600 m ascent ↑)

The miners' town of Schwaz (545 m) is left in the direction of Jenbach on a leisurely cycle so that you are well prepared to tackle the ascent to the shores of Lake Achensee (930 m). From there, you have the option of extending the tour towards Pertisau and further into the Karwendel valleys to a variety of cozy mountain huts.

Day 4: Achensee – Ristal (Hinterriss/Eng) (approx. 55 km | 650 m ascent ↑)

To elegantly avoid the very steep ascent to the Plumsjoch (1.650 m), this route leads along flat and moderately ascending forest paths and roads with little traffic along the Sylvensteinsee lake and the Ristal valley to Hinterriss and the alpine village of Eng (1.200 m) with the “Großer Ahornboden” nature reserve. If you really want to gain more altitude, you can tackle the ascent to the Plumsjoch from the rear (more pleasant ascent). Overnight stay in Hinterriss.

Day 5: Ristal (Hinterriss/Eng) – Leutasch (approx. 55 km | 1.100 m ascent ↑)

This king's stage of the tour first makes its way from the “Großer” to the “Kleiner Ahornboden” and then on to the majestically enthroned Karwendelhaus (1.770 m). The route then leads in “downhill mode”, first to Scharnitz and then leisurely on to the stage destination of Leutasch.

Day 6: Leutasch – Innsbruck (approx. 50 km | 900 m ascent ↑)

From the Karwendel and Wetterstein mountains to the Olympic regions of Seefeld and Innsbruck. After a great downhill between Seefeld and the confluence with the Inn Valley near Zirl, the ride to Innsbruck can either take you directly along the Inn cycle path, which is easy on your energy, or, if you still have enough energy left, take a short climb to the Höttinger Bild pilgrimage chapel. From there, the final reward is a downhill almost to the center of the Alpine capital of Innsbruck.

Day 7: Individual Journey Home or Extension

Included Services | Price per Person | Extras

Included Services

- ✓ Accommodation in carefully selected Hotels/Guesthouses
- ✓ 6 resp. 5 overnight stays including large breakfast buffet
- ✓ Luggage transport from hotel to hotel
- ✓ Extensive travel papers | Navigation app | GPS-data on demand
- ✓ Local tax in all places of accommodation
- ✓ Phone service daily from 8:30 am to 7:00 pm

Prices

- Accommodation in double rooms	per Person Euro 1.119,00
- Single room surcharge	Euro 245,00
- Leaving on day 6	Euro 999,00
- Single room surcharge leaving on day 6	Euro 200,00

Extras

- Bike rental	per Person on request
- Electric Mountain Bike Rental	Euro 340,00
- Extra night in Innsbruck in DR/B&B	Euro 90,00
- Extra night in Innsbruck in SR/B&B	Euro 130,00
- Bike Guide (also for single stages)	on request