

Alpine Park Karwendel

Round trip along Bike Trail Tirol

Champs, pros and athletic mountain bikers will love this tour. However, the actual “star” of the tour is the Karwendel mountain range itself. Not for nothing is the Alpenpark Karwendel the oldest and one of the biggest nature reserves of Tyrol. No other region of the Northern Limestone Alps has preserved its natural wilderness and diversity to that extent. There are numerous scenic highlights in the region: Like a fjord, Lake Achensee nestles between impressive mountains and shines in a Caribbean turquoise. Impressive mountain ranges surround alpine pastures that are home to many beautiful alpine flowers and plants. Ancient giant trees welcome amazed bikers in the Eng. And still today the white rivers of the Karwendel follow their natural course. This variety and many other highlights make this tour – not only athletically – a tour of superlatives.

Highlights

-  Innsbruck old town with its famous Golden Roof, Innsbruck
-  Hofburg, Innsbruck
-  Museum of folk art, Innsbruck
-  Tyrolean country museum Ferdinandeum, Innsbruck
-  Ski jump Bergisel and museum „Das Tirol Panorama“, Innsbruck
-  Castle Ambras, Innsbruck
-  Achensee steam cog railroad (since 1889, it's one of the oldest steam cog railroads worldwide)
-  Tyrolean rock oil - vital mountain (famous for its beneficial and healthy effect), Pertisau
-  Great maple land, Eng
-  Gleirschklamm gorge, Scharnitz
-  Lake plateau, Seefeld

Route characteristics

-  Experienced and skilled handling of mountain bike is absolutely necessary
-  Mostly wide transport roads
-  Some stages can be extended to nearby pastures

Level of difficulty

Mountain Bike 

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

Arrival | Travel time

- ☑ Daily from June 15th to September 15th 2022
- ☑ 7 or 6 days | 6 or 5 nights (incl. days of arrival and departure)
- ☑ Loop tour - approx. 215 cycling km, 4.200 m ascent
- ☑ Individual cycling trip
- ☑ From 2 persons (single travellers on application)

Itinerary

Day 1: Individual journey to Innsbruck

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

From the alpine pasture paradise of the Innsbruck Nordkette Mountain Range to the silver town along the Inn Cycle Route. Fancy some more? Then you can climb Nordkette optionally to Arzler Alm (1,067m), Höttinger Alm (1,487m), Bodensteiner Alm (1,661m) or even up to Seegrube (1,905m).

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

To warm up you leave the miners' town of Schwaz and head towards Jenbach. You are then ready to tackle the ascent to the lakeside shore of Lake Achensee (930m). From there you can optionally continue towards Pertisau and the Karwendeltäler Valleys with their numerous homey huts.

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

You elegantly avoid the steep ascent up Plumsjoch (1,650m) by taking a route along flat or slightly ascending forest trails and roads with little traffic along Lake Sylvensteinsee and Ristal Valley. You get to Hinterriss and the mountain village of Eng (1,200m) and the "Große Ahornboden" nature reserve. If you still want to make some more metres in altitude difference you can climb Plumsjoch from the backside (less difficult ascent). Overnight stay in Hinterriss.

Day 5: Hinterriss – Scharnitz (approx. 50 km | 950 m ascent)

From "Große Ahornboden" to "Kleine Ahornboden" and then to Karwendelhaus hut that majestically towers at an altitude of 1,770m. Hopefully you can still pay attention to the unique play of colours of Karwendelbach brook on your racy downhill ride to Scharnitz.

Day 6: Scharnitz – Innsbruck (approx. 50 km | 1.000 m ascent)

From the Karwendel Mountain Range to the Olympic regions of Seefeld and Innsbruck. After a fantastic downhill from Seefeld to the intersection to Inntal Valley near Zirl you can continue your ride along Inn Cycle Route (labour saving) or if you've still got some energy left ride across the Innsbruck Mittelgebirge. Up there you are rewarded with a downhill that leads almost into the centre 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 3-Star hotels
- ✓ 6 resp. 5 Overnight stays including large breakfast buffet
- ✓ Luggage transport from hotel to hotel
- ✓ Extensive travel papers
- ✓ GPS-data available on demand
- ✓ Phone service daily from 8:30 am to 6:30 pm

Prices per Person

- Accommodation in double rooms	Euro	750,00
- Single room surcharge	Euro	154,00
- Leaving on day 6	Euro	678,00
- Single room surcharge leaving on day 6	Euro	124,00

Extras

- Bike rental (27-gear mountain bike – hardtail; tool kit)	Euro	160,00
- Electric Mountain Bike	Euro	230,00
- Extra night in Innsbruck in DR/B&B *	Euro	69,00
- Extra night in Innsbruck in SR/B&B *	Euro	99,00
- Bike-Guide (also for single stages)		bookable on request

* Any local taxes that may be due are not included and are payable locally