



Cycling & mountain biking

Tours & tips



www.grossarltal.info

Mountain biking and cycling in Grossarlal

Ride your bike through the entire valley, up to mountain huts, and along the singletrails. Grossarlal is ideal for cyclists who want to experience the mountains on two wheels and enjoy a wide variety of tours and options.

Whether you're heading for one of those idyllic huts, exploring the highlights along the valley bike path at a leisurely pace, or looking for an adrenaline kick on a singletrail – a biking vacation spent in Grossarlal is always rewarding.

Beginners and experienced riders alike find plenty to enjoy in the Valley of Mountain Huts. In addition to the many bike routes with elevation gains ranging from 300 to 1,000 vertical meters per tour, there are also numerous guided bike tours. Local guides offer guided rides every week as well as training sessions to finetune your biking skills.


Whether you're riding a mountain bike under your own power or getting a little extra boost from an e-bike, the Grossarlal – with its many staffed mountain huts – is a true paradise for leisure cyclists.

Find further information about
biking vacations in Grossarlal at
www.grossarlal.info/biking



All the key information about biking, along with descriptions of all tours in the Grossarlal, has been compiled for you in this brochure.

The outward route for each tour is described in detail, the return usually follows the same route. The stated riding time is intended as a guideline for mountain bikers (without e-assistance) of average fitness. Each tour also includes a special tip, such as a suggested hike tacked on to the bike tour. ***Bike & Hike*** is very popular in Grossarlal. On many cycling tours, after riding up to the mountain hut you can set off on a short or even slightly longer hike. Find out which mountain huts are currently open right here: www.grossarlal.info/mountain-huts

Some accommodations specialize in bike vacations. These are marked with a bike symbol  in the accommodation directory as well as on the website and, in addition to free guided bike tours, also offer personal tour suggestions and many other services.

Bike signage

The mountain bike routes and trails in Grossarlal are signposted consistently and uniformly. **Red** signs indicate mountain bike routes, while **yellow** signs mark individual trails. The Grossarlal valley bike path through the Valley of Mountain Huts is shown on **green** signs. This color-coded system makes it easy to get your bearings and find your way.



- 1
- 4

- 2
- 3
- 5

Here you can see examples of mountain bike (red), singletrail (yellow), and valley bike path (green) signage in Grossarlal.

1 Color depending on difficulty level (blue, red, or black)

2 Directional arrow

3 Distance to destination

4 Route number

5 Tour or destination and length



- 1
- 6
- 4

- 2
- 5

6 S-number = technical difficulty rating for singletrails (see page 6)



- 2

- 5





Difficulty levels – mountain bike routes

Mountain bike routes are classified according to difficulty level. Factors such as gradient, trail surface, and overall distance play an important role in determining the category.



Easy (blue)

Trail surface:	good
Length:	generally short
Gradient:	not too steep
Characteristics:	no hazards of note, family-friendly



Intermediate (red)

Trail surface:	requires proper mountain biking equipment
Length:	medium distance
Gradient:	steeper sections
Characteristics:	some sections with limited visibility and winding passages



Difficult (black)

Trail surface:	mountain biking equipment required
Length:	long
Gradient:	steep sections
Characteristics:	requires situational awareness and advanced riding skills

Difficulty levels – singletrails

S0 – very easy

Trail surface:	grippy natural ground, compacted gravel
Obstacles:	no steps, rocks, or root sections
Gradient:	gentle to moderate
Turns:	wide

S1 – easy

Obstacles:	flattish roots and small rocks
Gradient:	up to 40 %
Turns:	wide

S2 – intermediate

Trail surface:	surface often not compacted
Obstacles:	larger rocks and roots, steps and flattish stair sections
Gradient:	sections up to 70%
Turns:	often tight

S3 – difficult

Trail surface:	frequently slippery ground with loose scree
Obstacles:	many larger rocks, difficult off-camber sections, root passages, high steps
Gradient:	potentially sections up to 70%
Turns:	tight switchbacks

S4 – very difficult

Trail surface:	loose scree, rocky terrain with short-sharp climbs
Obstacles:	very rocky terrain, high drops, fallen trees
Gradient:	extremely steep
Turns:	tight switchbacks

Bike map and digital tour maps

All mountain bike routes in Grossarlal can be found online on Komoot and on our Outdooractive touring portal. These online route planners and navigation apps can be used for all hikes, bike tours, and more. Using your smartphone or computer you can easily find the most important information for each tour, such as elevation profile, duration, and helpful tips.

Needless to say, there is also a printed map for bike tours and hiking routes in Grossarlal. The Grossarlal hiking & biking map (Athesia Buch GmbH geo marketing) is available from the Grossarlal tourist office. The map positions indicated in this brochure refer to this hiking and bike map.

TIP: With the Grossarlal guest card, you receive a discount when purchasing the hiking and biking map.



Outdooractive



touren.grossarlal.info



Komoot



[www.komoot.de/
user/grossarlal](https://www.komoot.de/user/grossarlal)



Respect your limits

Nature depends on respect and tolerance for the many different species of animals and plants. We humans also have our place here. For your own safety and to protect the environment, it is important to follow a few simple rules:

» **Always stay on marked trails and obey posted signs.**

Wildlife becomes accustomed to people using these routes and can thus avoid them. This ensures that animals are not disturbed in their resting areas or exposed to unnecessary stress. Mountain biking off marked routes also causes damage to soil and vegetation and destroys habitats for plants as well as important feeding areas.

» **Observe daily and seasonal quiet periods:**

Wildlife is particularly active in search of food at dawn and dusk. Limited visibility also increases the risk of accidents. For this reason, the following rule applies on forest and alpine roads: Bike season runs from May 1 to November 15 each year and during the following hours:

May - August: 7:00 a.m. - 7:00 p.m.

September: 8:00 a.m. - 6:00 p.m.

October and November: 9:00 a.m. - 5:00 p.m.

Cycling on these routes is prohibited outside these times!

» **Keep noise to a minimum and behave calmly.**





- » **Take all waste and trash back home with you** and never leave anything behind in nature.
- » **Amphibians can often be spotted on forest roads.**
At high speeds they can easily be overlooked and run over. Always adjust your speed so you can avoid them quickly and safely.
- » **Observe forestry closure areas and never enter or ride through them. EXTREME DANGER!**
- » **Keep dogs on a leash:** Free-roaming dogs can endanger young animals, both wildlife and grazing livestock.
- » **Watch out for grazing livestock:** Alpine pastures are also home to grazing animals during the summer. Stay calm near livestock, slow down, and pass with plenty of distance if possible, or dismount and walk your bike past them. Mother cows protect their calves, so keep your distance especially when young animals are present!

Getting out and about in nature is healthy and reenergizing. To ensure we can continue to enjoy all the benefits without harming plants and animals, always follow those few simple rules.

For respectful coexistence in nature and in the mountains.



Riding safely

To make sure you return safely and uninjured from every bike tour and enjoy your vacation in Grossarlal to the fullest, there are a few basic rules you should keep in mind. We've summarized the most important ones for you here:

Tour planning

- » Choose a route that matches your endurance, skill level, the season, and the weather conditions (don't over-estimate what you can do)
- » Inform yourself about the tour in advance (distance, gradient, hazards, difficulty, etc.)
- » Adapt your plans to prevailing conditions

Check your bike before every ride

- » Brakes, tire pressure, wheels, suspension, and gears
- » Have the bike inspected by a professional shop once a year

Bring the necessary biking accessories

- » Helmet and other protective gear such as gloves, glasses, and possibly protectors, ...
- » Warm clothing and rain gear
- » For emergencies: first-aid kit and cell phone
- » For refreshments as needed: food, drinks, and a little cash

Be considerate

- » Pedestrians have the right of way
- » Adjust your speed and keep it under control
- » Do not endanger other bikers or yourself
- » Do not disturb or frighten grazing livestock or wildlife
- » Ride only in daylight (2 hours after sunrise and until 1 hour before sunset)
- » Prevent soil erosion by braking in a controlled manner
- » Take your trash with you
- » Avoid unnecessary noise
- » Stay on the designated routes

Hannes Klausner

Mountain bike professional and expert on the international bike scene: Hannes Klausner has traveled on his bike through countless countries on several continents. Along the way he has ridden in some of the world's most unusual places – including remote islands off the African coast, the sandstone formations of Cappadocia, and across South Korea. He has even ridden at one of the world's great wonders, the Pyramids of Giza. For him, freeriding is synonymous with freedom. At the same time, his focus is always on riding in unique and fascinating natural settings without endangering them, and on treating nature with care and a view to sustainability. Between his international projects and photo shoots, he also enjoys spending time riding in Grossarlal.

Hannes Klausner: *“What I appreciate most about Grossarlal are the many opportunities for recreational bikers. On almost every route you’ll find mountain huts where cyclists are treated to homemade specialties. They taste amazing and work wonders. And whenever I crave an extra dose of adrenaline, I simply make a beeline for the Grossarlal singletrail.”*



Grossarlal valley bike path

Discovering Grossarlal on two wheels. Something you can do, not only on routes leading up to the mountain huts, but also during a relaxed ride along the 22-km valley bike path. It runs from the small communities of Au and Schied through Grossarl itself, alongside the river to Hüttschlag, then continues on to the picturesque valley head. You can find a description of this tour on page 41.

This bike path is also the starting point for all of our mountain bike tours. From here, the various routes branch off. Distances to mountain huts are calculated from these junctions.

Starting points (from the bike path)

1. Grossarl - Schiedweg

Mooslehenalm	page 14
Viehhausalm	page 15
Niggeltalalm	page 16

2. Grossarl - Unterberg Nord

Aualm	page 17
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3. Grossarl - Panoramabahn Grossarlal Bergstation

Bike circuit	page 18
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4. Grossarl - Gstattgasse

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5. Grossarl - Bichlkapelle

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6. Hüttschlag - Housing development Neuhof

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10. Hüttschlag - Karteis

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11. Grossarl - Town center

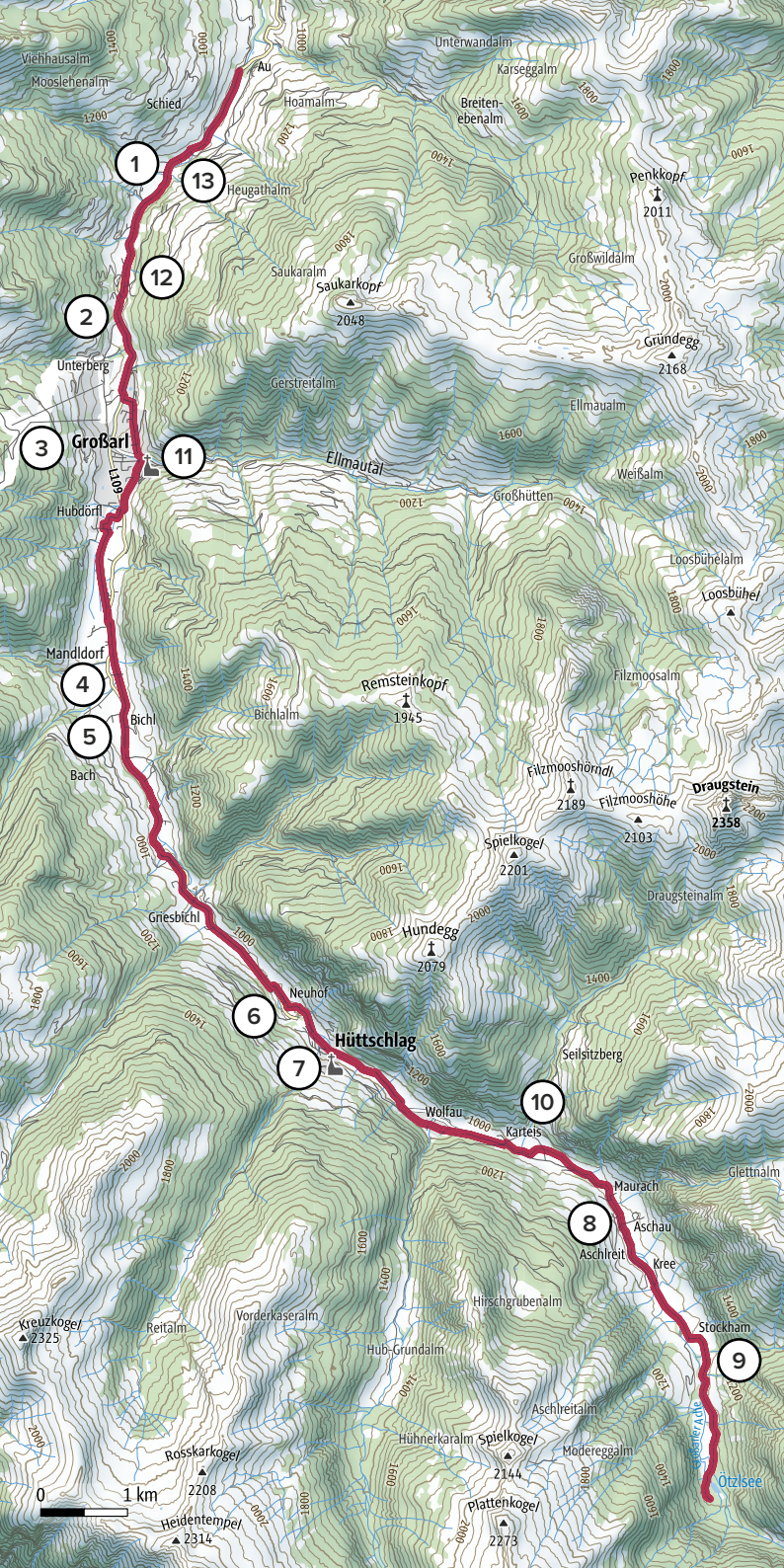
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12. Grossarl - Aubrücke

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13. Grossarl - Grossarler Genuss

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Unterwandalm	page 39
Maurauchalm	page 40





Mooslehenalm, 1.449 m

Route: 10,6 km | 603 hm

Ride time out & back: approx. 1 ¾ h hours

Trail number: GR 11

Difficulty: intermediate

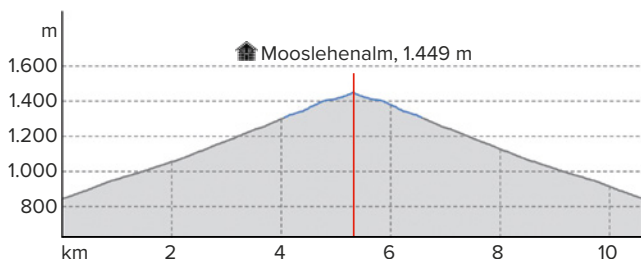
Start: valley bike path Grossarl - Schiedweg

Map coordinates: H/6



From the valley bike path, head west on the Schiedweg. The supply road climbs steadily, curve by curve, towards Hotel Alpenklang. After roughly another 2 km, continue past the Holzlehen farm to the Himmelsknoten parking area. Here, turn left onto the forestry road and ride the final stretch in the shade of tall trees until you reach the Mooslehenalm, where a magnificent view awaits.

TIP: The Mooslehenalm, Viehhausalm and Niggeltalalm can be combined into one full loop tour.



■ asphalt: 8,1 km | ■ gravel road: 2,5 km





Viehhausalm, 1.640 m

Route: 14,6 km | 794 hm

Ride time out & back: approx. 2 ¼ h hours

Trail number: GR 12

Difficulty: intermediate

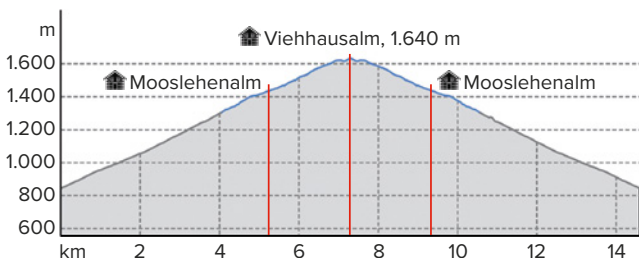
Start: valley bike path Grossarl - Schiedweg

Map coordinates: H/6



For this tour, leave the valley bike path at the Schiedweg. The road climbs steadily through a series of switchbacks, passing Hotel Alpenklang and the Holzlehen farm. Shortly before reaching the farm, you can enjoy a fantastic view over the valley below. At the Himmelsknoten parking area, follow the forestry road in the direction of the Viehhausalm and Niggeltalalm. At the next fork, keep left and, after about 1,2 km, you will reach the Viehhausalm.

TIP: Bike & Hike - A roughly 40-minute hike will bring you to the Wetterkreuzsattel, elevation 1.840 m.



■ asphalt: 8,1 km | ■ gravel road: 6,5 km





Niggeltalalm, 1.507 m

Route: 13,2 km | 680 hm

Ride time out & back: approx. 2 hours

Trail number: GR 13

Difficulty: intermediate

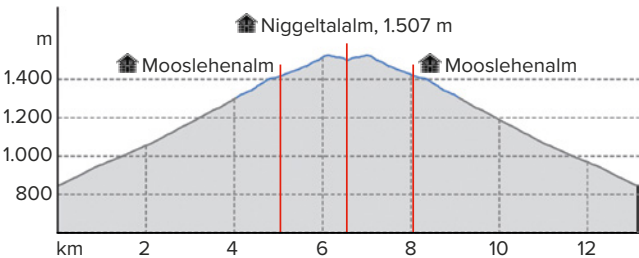
Start: valley bike path Grossarl - Schiedweg

Map coordinates: I/5



The Niggeltalalm can be reached starting from the Schiedweg. The paved road leads past Hotel Alpenklang and the Holzlehen farm to the Himmelsknoten parking area. From there, follow the forestry road in the direction of the Viehhausalm and Niggeltalalm. At both forks in the road, keep right. After about 1 ½ hours of riding, you will finally come to the idyllic Niggeltalalm.

TIP: Attentive nature watchers can often spot chamois in this area.



■ asphalt: 8,1 km | ■ gravel road: 5 km





Aualm, 1.795 m

Route: 16,4 km | 930 hm

Ride time out & back: approx. 3 hours

Trail number: GR 14

Difficulty: intermediate

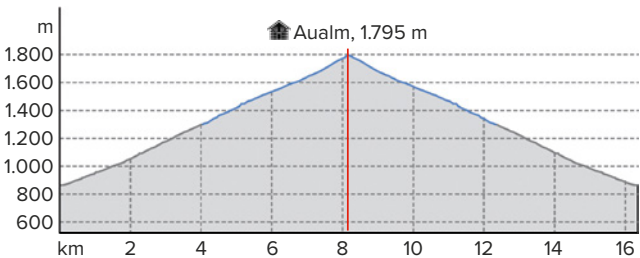
Start: valley bike path Grossarl - Unterberg Nord

Map coordinates: G/7



The tour to the Aualm starts at the valley bike path in the “Unterberg Nord” part of town (Feriendorf Holzleb’n). From there, ride along Unterbergstrasse to Hotel Johanneshof and turn right. After the Bergengut farm, the supply lane climbs uphill to the Lainholz and Pointgrün farms. From here, continue on the forestry road past the Au-Heimalm (not staffed) and on to the Aualm.

TIP: Bike & Hike - The Aualm is an ideal starting point for a hike (approx. 1½ hours) to the summit of the Schuhflicker, elev. 2.214 m.



■ asphalt: 8 km | ■ gravel road: 8,4 km





Bike circuit Kreuzkogel loop

Route: 10,4 km | 724 hm

Ride time out & back: approx. 2 hours

Trail number: GR 16

Difficulty: easy-intermediate

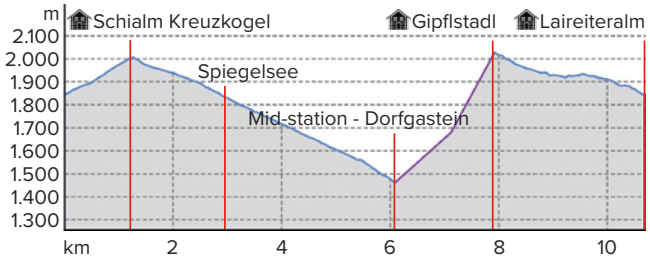
Start: Panoramabahn mountain station

Map coordinates: F/12



From the top station of the Panoramabahn, ride uphill towards the Kreuzkogel. From there, continue to “Spiegelsee”, then drop down to the mid-station of the Gipfelbahn Fulseck lift. Now ride the gondola up to the Fulseck. The route then heads downhill again in the direction of the Panoramabahn top station. You can choose whether to return via the Kreuzkogel route or via a lower route along the so-called “Kinderwagenweg”.

TIP: For a summiteering experience, why not hike the short distance to the top of the Kreuzkogel and enjoy a wide-open view of the valley below.



■ gravel road: 8,8 km | ■ gondola: 1,8 km





Singletrail Grossarlal

Route: 10,3 km | 967 hm

Ride time out & back: approx. 40 minutes

Trail number: TR 1 + TR 2

Difficulty: S1 easy | S2 intermediate

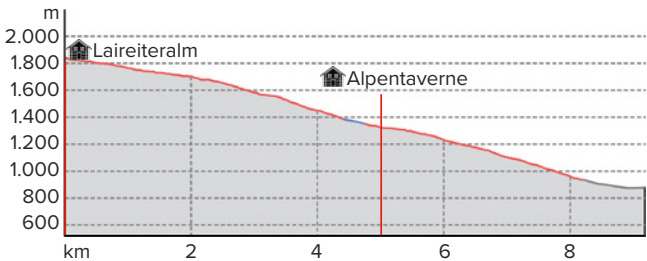
Start: Panoramabahn mountain station

Map coordinates: G/11



Pure fun and action await you on the Grossarlal singletrail. The starting point of the trail is easy to reach using the Panoramabahn Grossarlal. From there the route winds its way down the mountain, one curve after another. The singletrail leads across alpine meadows and past the scenic Himmelreich reservoir. The mid-section of the upper part of the trail is divided into two variants with different difficulty levels. The trail then continues past the lift mid-stations, through the forest, and – with plenty of action along the way – all the way down into the valley.

TIP: The trail also passes a waterfall – a great photo spot.



■ asphalt: 1 km | ■ gravel road: 0,3 km | ■ path: 7,9 km







Aigenalmen, 1.280 & 1.342 m

Route: 10,3 km | 446 hm

Ride time out & back: approx. 1 ½ hours

Trail number: GR 17

Difficulty: easy

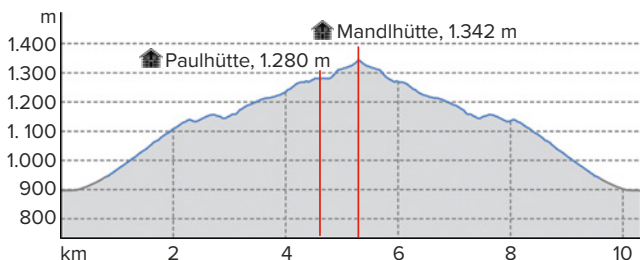
Start: valley bike path Grossarl - Gstattgasse

Map coordinates: G/14



The starting point of this tour is the Gstattgasse on the valley bike path, about 3 km from the center of Grossarl. Cross the bridge here and follow the road 200 m to the right, heading towards the mouth of the valley. Then take the left turn into Mandldorf. After a barrier, the route continues – after an initial climb – gently along the forestry road into the Aigenalmtal. Initially, you will only see the Paulhütte. You can make a refreshment stop here, or continue a few minutes farther to the Mandlhütte.

TIP: Both the Paulhütte and the Mandlhütte serve a delicious Kaiserschmarrn.



■ asphalt: 1,5 km | ■ gravel road: 8,8 km





Bachalm, 1.535 m

Route: 13,2 km | 636 hm

Ride time out & back: approx. 2 hours

Trail number: GR 18

Difficulty: intermediate

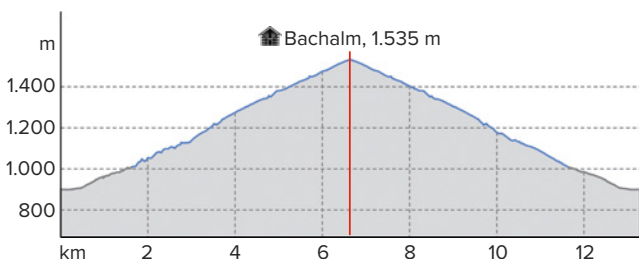
Start: valley bike path Grossarl - Bichlkapelle

Map coordinates: H/15



The tour begins at the Bichlkapelle chapel, on the valley bike path, about 3,5 km from the center of Grossarl. Cross the bridge here and then ride about 50 m along the main road towards Grossarl. Turn left into Ebengasse. At the Vordernberg farm, make a right, here the road changes from asphalt to gravel. Passing the Hasler Heimalm (not staffed), accompanied by a magnificent view over Grossarl, the route continues through the forest to the Bachalm.

TIP: Inside the hut, they still have a traditional open-hearth fire.





Harbachalm, 1.612 m

Route: 14,6 km | 654 hm

Ride time out & back: approx. 2 ¼ hours

Trail number: HÜ 21

Difficulty: intermediate

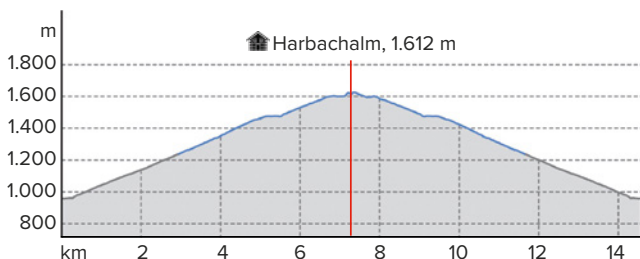
Start: valley bike path Hüttschlag - Neuhofer

Map coordinates: H/19



The mountain bike tour to the Harbachalm starts in the Neuhofer section of Hüttschlag. Shortly before the Schappach tunnel, turn right and ride through a series of switchbacks up the Hinterfeld supply road. From here the forestry road leads mostly through woodlands. Along the way you will pass the Tofernkappelle chapel. After several more switchbacks, you will finally reach the Harbachalm.

TIP: Bike & Hike - From the Harbachalm you can continue riding to the Toferalm (not staffed). Once there, you have the option of hiking to the summit of the Gamskarkogel.



■ asphalt: 5,9 km | ■ gravel road: 8,7 km





Reitalm, 1.600 m

Route: 12,2 km | 631 hm

Ride time out & back: approx. 2 hours

Trail number: HÜ 22

Difficulty: intermediate

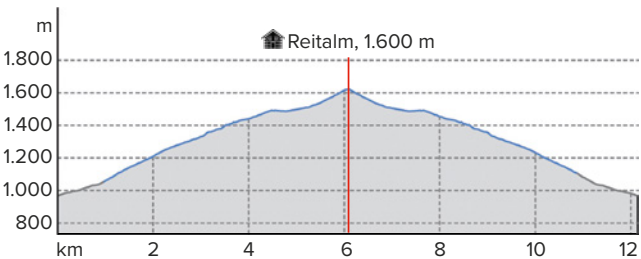
Start: valley bike path Hüttschlag - Fire station

Map coordinates: I/20



This tour starts at the fire station in Hüttschlag. Ride uphill into the center of Hüttschlag, passing the elementary school. At the junction, take the right-hand forest road, which is rather steep at the outset. After about 1 km you will reach a parking area. Here again, keep right and continue into a wide valley basin. After a short flat section, the final climb brings you to the mountain hut.

TIP: If you sit on the terrace, with a little bit of luck you might be able to spot wild animals.



■ asphalt: 2,2 km | ■ gravel road: 9,9 km





Hubalm, 1.311 m

Route: 12,6 km | 494 hm

Ride time out & back: approx. 2 hours

Trail number: HÜ 24

Difficulty: easy

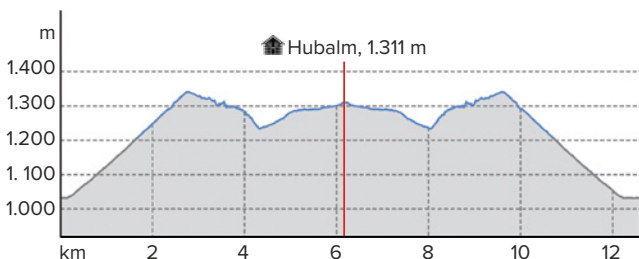
Start: valley bike path Hüttschlag - Aschau

Map coordinates: L/21



The tour starts at the Aschaustüberl in Hüttschlag. Cross the bridge, turn right onto the road, and take the Oberneureit supply road on the left. After about 3 km you will reach an intersection where you will make a right. After another 1 ½ km you will come to a fork. Keep left here and follow the road into the Hubalm, passing a small chapel. The route gets flatter and flatter as you continue on to the Hubalm.

IMPORTANT: The road directly from Hüttschlag to the Hubalm is closed to cyclists because it is too narrow!



■ asphalt: 3,6 km | ■ gravel road: 9 km





Hirschgrubenalm, 1.564 m

Route: 10 km | 533 hm

Ride time out & back: approx. 1 ¾ hours

Trail number: HÜ 25

Difficulty: easy

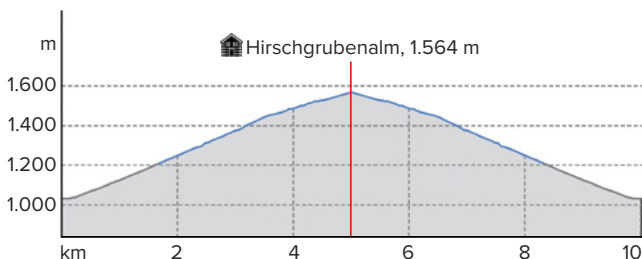
Start: valley bike path Hüttschlag - Aschau

Map coordinates: N/20



The starting point for the tour to the Hirschgrubenalm is once again the valley bike path, this time at the Aschaustüberl in Hüttschlag. Cross the bridge and turn right onto the road. After about 150 m, make a left onto the Oberneureit supply road. A little over 1 km past the Oberneureit parking area, you will reach an intersection where you need to keep left. After another 2,3 km you will arrive at the Hirschgrubenalm.

TIP: This tour is great in combination with the route to the Hubalm.



■ asphalt: 3,3 km | ■ gravel road: 6,7 km





Kreernalmen, 1.483 & 1.570 m

Route: 7,5 km | 461 hm

Ride time out & back: approx. 1 ¾ hours

Trail number: HÜ 26

Difficulty: intermediate

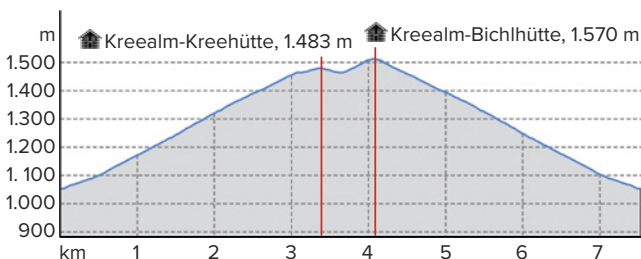
Start: valley bike path Hüttschlag - Talschluss

Map coordinates: Q/21



The tour begins at the valley head in Hüttschlag. Ride past the Stockham farm and, after about 200 m, turn uphill to the left. From there, ride up through the switchbacks with the road climbing steadily. Along the way you will pass a small chapel. For the final stretch, you can choose between the lower route to the Kreehütte or the upper one leading to the slightly higher Bichlhütte.

TIP: At switchback number 6 you will be able to enjoy a fantastic view of the Keeskogel, the highest mountain in the Grossarlal.



■ gravel road: 7,5 km





Glettenalm, 1.760 m

Route: 18 km | 900 hm

Ride time out & back: approx. 3 hours

Trail number: HÜ 27

Difficulty: intermediate

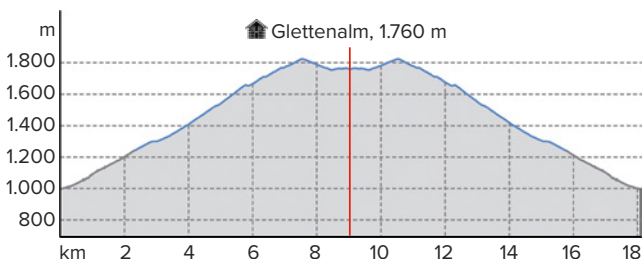
Start: valley bike path Hüttschlag - Karteis

Map coordinates: Q/19



From the Karteis part of Hüttschlag, follow the road for about 2,8 km to the Hallmoosalm (not staffed). At the next fork, take the right-hand turn and follow the forest road through the woods. At the next-but-one intersection, turn left and continue along the route to the Glettenalm.

TIP: This tour treats you to wonderful views – especially along the upper third of the route.



■ asphalt: 4,9 km | ■ gravel road: 13,1 km





Bichlalm, 1.731 m

Route: 19,2 km | 837 hm

Ride time out & back: approx. 2 ¾ hours

Trail number: GR 32

Difficulty: intermediate

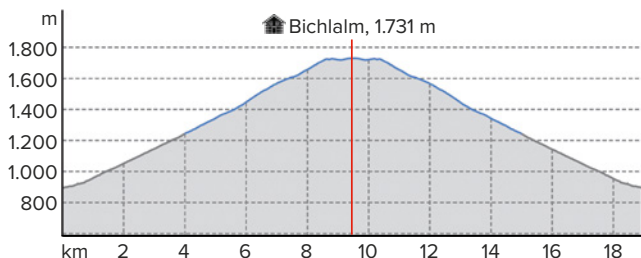
Start: valley bike path Grossarl - town center

Map coordinates: K/13



From the town center of Grossarl, ride about 3 km into the Ellmautal and then, at the access road leading to Hotel Lammwirt, make a right in the direction of the Bichlalm. Having passed the farmhouses, continue on a forestry road through the woods. Once you reach the top, a magnificent panorama opens up before you and your destination, the Bichlalm, is already in sight. The Bichlalm boasts some of the most beautiful views of the valley.

TIP: Bike & Hike - From the Bichlalm you can reach the Remsteinkopf, elev. 1.945 m, on foot in about 40 minutes.



■ asphalt: 8 km | ■ gravel road: 11,2 km





Filzmoosalm, 1.710 m

Route: 18,8 km | 818 hm

Ride time out & back: approx. 2 ¾ hours

Trail number: GR 33

Difficulty: intermediate

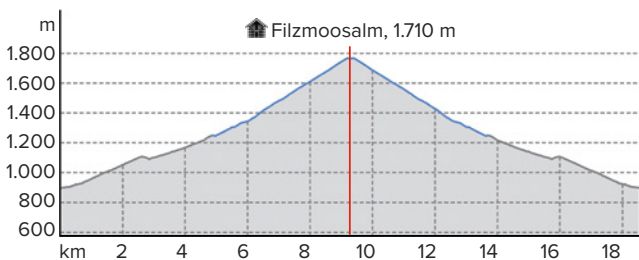
Start: valley bike path Grossarl - town center

Map coordinates: O/13



The starting point is the center of Grossarl. Take the road between Hotel Alte Post and ALP.STORE into the Ellmautal. After a little more than 4 km you will pass a small chapel. Continue as far as the Wildbach dam, where the surface changes from asphalt to gravel. Follow the road to the Grundlehen car park. At the far end of the parking area, take the supply road to the right, leading you through woodlands and alpine meadows to the Filzmoosalm.

TIP: Bike & Hike - The Filzmooshörndl, elev. 2.189 m, can be reached on foot from the Filzmoosalm (ascent approx. 1 ½ hours).





Loosbühelalm, 1.769 m

Route: 18,3 km | 875 hm

Ride time out & back: approx. 2 ½ hours

Trail number: GR 34

Difficulty: intermediate

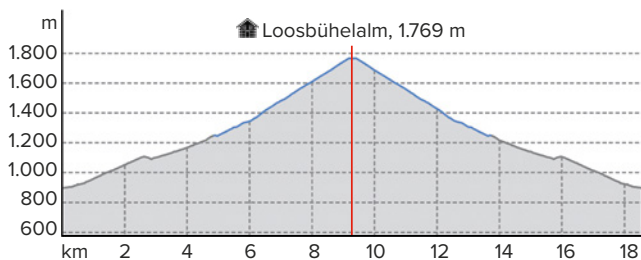
Start: valley bike path Grossarl - town center

Map coordinates: P/12



This tour starts in the center of Grossarl. From here, ride about 6 km into the Ellmautal to the Grundlehen car park. Shortly before the last parking area, the paved road becomes a gravel track. Just prior to the bridge, take the path to the left, climbing in a series of switchbacks through meadows and forest. As the forest begins to open up, the Loosbühelalm soon comes into view.

TIP: The hut offers an extensive menu with many dishes, including warm meals. Goat cheese is one of their specialties.



■ asphalt: 9,4 km | ■ gravel road: 8,9 km





Heugathalm, 1.235 m

Route: 7 km | 375 hm

Ride time out & back: approx. 1 hour

Trail number: GR 39

Difficulty: easy

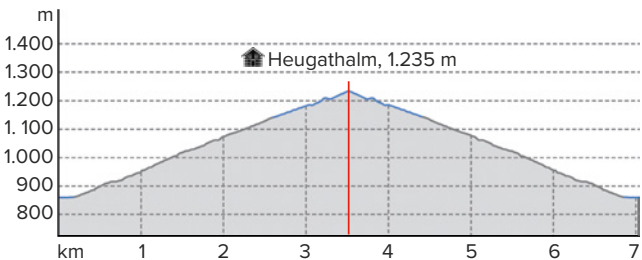
Start: valley bike path Grossarl - Aubrücke

Map coordinates: K/7



This tour gets underway from the valley bike path across from the Aubauernhof farm. In front of the farm, cross the main road and the Aubrücke bridge, then turn right and ride about 300 m upriver until you reach the left-hand turn towards the Heugathalm. The paved road climbs to the Scheiblbrandbauer farm, after which you keep to the forestry road which finally brings you to the Heugathalm.

TIP: Ideal beginner-friendly tour. There is also a Kneipp pool in front of the hut where you can cool off your feet.



■ asphalt: 4,9 km | ■ gravel road: 2,2 km





Gerstreitalm, 1.575 m

Route: 14,5 km | 726 hm

Ride time out & back: approx. 2 ½ hours

Trail number: GR 39

Difficulty: intermediate

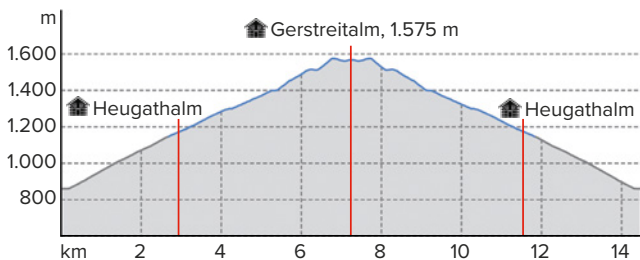
Start: valley bike path Grossarl - Aubrücke

Map coordinates: K/9



The tour begins at the valley bike path near the Aubauernhof farm. Cross the main road and the Aubrücke bridge opposite and ride about 300 m to the right in the direction of the town center until you reach the left-hand turn leading to the Heugathalm and Gerstreitalm. Follow the signs to the Heugathalm, then continue climbing uphill. At the junction after about 1,5 km, keep right. After another 2,3 km you will reach the Gerstreitalm.

IMPORTANT: Bikers are not permitted to ride down via the Vorderstadluck farm!



■ asphalt: 5,3 km | ■ gravel road: 9,2 km





Saukaralm, 1.820 m

Route: 16,8 km | 985 hm

Ride time out & back: approx. 3 hours

Trail number: GR 40

Difficulty: intermediate

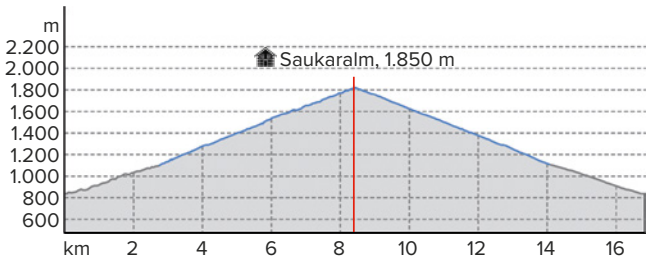
Start: valley bike path Grossarl - Grossarler Genuss

Map coordinates: K/8



The starting point for the mountain bike tour to the Saukaralm is at the Grossarler Genuss shop. From here follow the Sonneggweg for 2,8 km. Then turn right towards the Saukaralm parking area. From there the forest road winds uphill through the trees in a series of switchbacks. At the various turns, simply follow the signs. Once at the Saukaralm, you will be rewarded with a magnificent view of the surrounding mountains.

TIPP: Bike & Hike/Climb - The Saukarkopf, elev. 2.048 m, can be reached either by tackling a via ferrata climbing route or a hiking trail.



■ asphalt: 5,5 km | ■ gravel road: 11,3 km





Grosswildalm, 1.778 m

Route: 20,2 km | 941 hm

Ride time out & back: approx. 3 ½ hours

Trail number: GR 42

Difficulty: intermediate

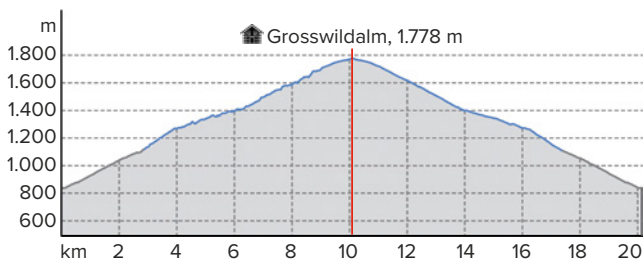
Start: valley bike path Grossarl - Grossarler Genuss

Map coordinates: N/8



This mountain bike tour also begins at the Grossarler Genuss shop. Ride uphill on the Sonneggweg. After 2,8 km turn right towards the Saukaralm parking area. After the barrier, continue left at the first fork (in the direction of the Grosswildalm, Karseggalm). At the Karseggalm–Grosswildalm junction, make a right and, after just under 2 km, you will reach the Grosswildalm.

TIP: Also ideal as a loop tour combined with the Unterwandalm. *Bike & Hike* - The Penkkopf can be reached on foot in about 45 minutes.



■ asphalt: 5,6 km | ■ gravel road: 14,6 km





Breitenebenalm, 1.420 m

Route: 11,2 km | 562 hm

Ride time out & back: approx. 1 ½ hours

Trail number: GR 43

Difficulty: intermediate

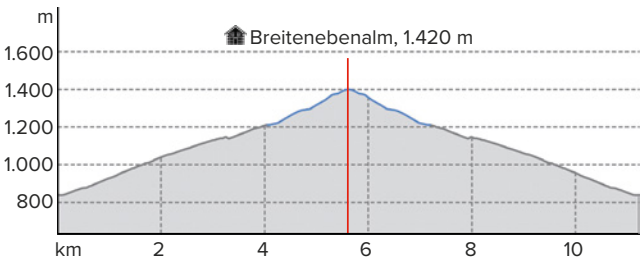
Start: valley bike path Grossarl - Grossarler Genuss

Map coordinates: M/6



The mountain bike tour to the Breitenenebenalm begins at the valley bike path near the Grossarler Genuss shop. From here follow the Sonneggweg uphill, passing the Sonneggbrücke parking area. Shortly afterwards, branch off to the right at the Breitenenebenalm parking area and follow the final 1,6 km of gravel road with its last few switchbacks up to the Breitenenebenalm. The sun terrace is a great place to kick back and enjoy a tasty treat.

TIP: Extensive menu and an excellent playground.



■ asphalt: 8 km | ■ gravel road: 3,2 km





Karseggalm, 1.603 m

Route: 19,6 km | 766 hm

Ride time out & back: approx. 3 hours

Trail number: GR 44

Difficulty: intermediate

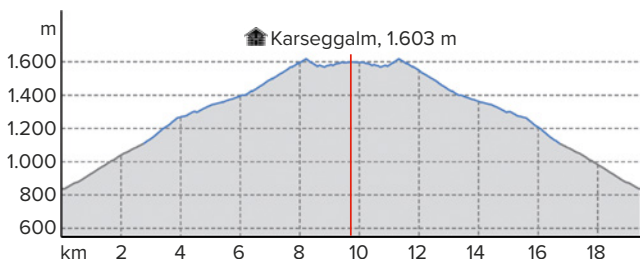
Start: valley bike path Grossarl - Grossarler Genuss

Map coordinates: N/6



The tour starts at the Grossarler Genuss shop. Follow the Sonneggweg uphill to the junction where the road turns right towards the Saukaralm parking area. After the barrier, continue left at the first fork (in the direction of the Grosswildalm, Karseggalm). At the fork after 8,2 km, take the left-hand route downhill and continue along the trail at roughly the same elevation until you reach the Karseggalm.

TIP: The Karseggalm is actually the oldest mountain hut operated in Grossarlal – we recommend taking a look inside!



■ asphalt: 5,6 km | ■ gravel road: 14 km





Untervandalm, 1.600 m

Route: 19,7 km | 763 hm

Ride time out & back: approx. 3 hours

Trail number: GR 45

Difficulty: intermediate

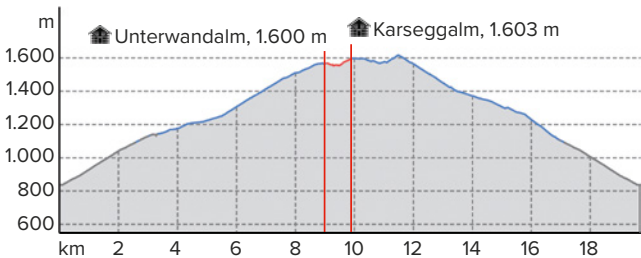
Start: valley bike path Grossarl - Grossarler Genuss

Map coordinates: M/5



The starting point for this tour is, once again, the Grossarler Genuss shop. Take the Sonneggweg uphill until you reach the Sonneggbrücke parking area. Here, follow the forestry road to the left through the woods. At the fork after about 7,6 km, continue to the right. On the final stretch of the tour the gradient eases, and before long your destination will come into view.

TIP: This tour is ideal as a loop in combination with the Karsegalm as well as the Grosswildalm.



■ asphalt: 5,8 km | ■ gravel road: 13 km | ■ path: 0,8 km





Maurachalm, 1.620 m

Route: 18,2 km | 783 hm

Ride time out & back: approx. 2 ¾ hours

Trail number: GR 46

Difficulty: mittel

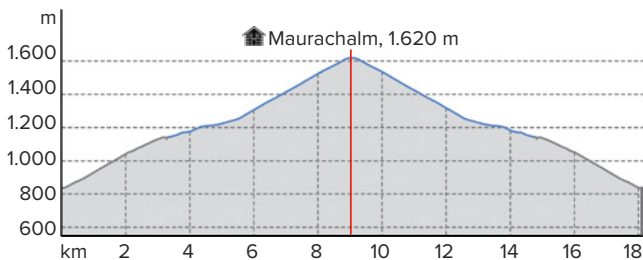
Start: valley bike path Grossarl - Grossarler Genuss

Map coordinates: N/4



From our starting point at Grossarler Genuss, ride via the Sonneggweg to the Sonneggbrücke parking area. Turn left here onto the gravel road. At the fork after 7,6 km, continue to the left. You will first pass the Muggenfeldalm (not staffed), while the Maurachalm is just 1 km farther along.

TIP: Be sure to try the Bauernkrapfen-style donuts. This tour is ideal in combination with the Unterwandalm and Karseggalm.



■ asphalt: 6,7 km | ■ gravel road: 11,5 km





Valley bike path



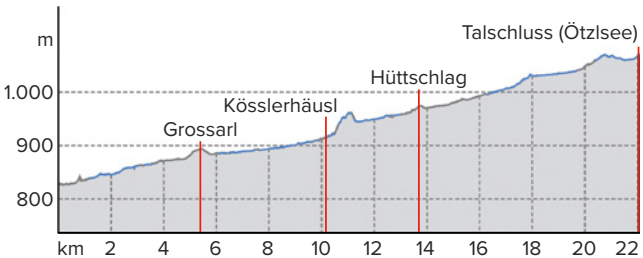
Route: 22 km | 244 hm

Difficulty: easy

Start: Grossarl Au | End: Hüttschlag end of the valley (Ötztalsee)

The valley bike path runs from Au at the entrance to the valley as far as the picturesque valley head in Hüttschlag. With only a gentle gradient, the bike path allows you to truly enjoy the varied valley landscapes at your own pace. Most of the route follows the Grossarler Ache, taking you past meadows and farmhouses. Along the way you will see many special features of the valley that are well worth a short stop. The route leads through the town centers of Grossarl and Hüttschlag, past chapels, old hay barns, and historic buildings such as the Kösslerhäusl. At the end of the valley you can cool off at the natural Kneipp pools or in the Ötztalsee.

TIP: Along the bike path you will pass numerous pleasant restaurants where you can stop for a rest and refreshments.



■ asphalt: 13 km | ■ gravel road: 9 km





Grossarl hut tour

Route: 32 km | 1.544 hm

Ride time out & back: approx. 5 hours

Trail number: GR 40 | 44 | 46

Difficulty: intermediate-difficult

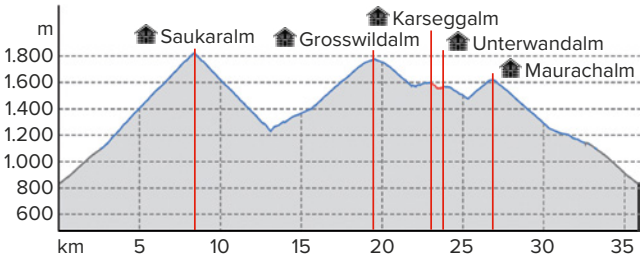
Start: valley bike path Grossarl - Grossarler Genuss

Map coordinates: J/7



The Grossarl hut tour is a challenging and varied tour for mountain bikers who want to really push themselves while enjoying the wide variety of mountain huts in our region.

The tour starts at the Grossarler Genuss shop and climbs via the Sonneggweg. After about 2,7 km, turn right towards the Saukaralm. We now climb about 700 vertical meters through a series of switchbacks to the Saukaralm, the refreshment point on the tour. From here you briefly backtrack downhill. Before the barrier, take the supply road to the right in the direction



■ asphalt: 5,8 km | ■ gravel road: 25,4 km | ■ path: 0,8 km





of the Grosswildalm and Karseggalm. At the junction after about 4,5 km, make a right to the Grosswildalm, where you can enjoy magical views of the surrounding mountains. Then ride back to the junction and continue over to the Karseggalm. After another 5 minutes of riding you will already reach the next hut, the Unterwandalm. From the Unterwandalm the route continues slightly downhill for about 1,5 km, perfect for enjoying the spectacular scenery before the final climb of about 100 vertical meters up to the Maurachalm. From here the route heads downhill again, first along the same path and then turning towards the Sonneggbrücke. From there you will continue all the way back down to the valley.

What makes this tour special is that it combines a wide variety of mountain huts with the breathtaking mountain scenery of Grossarlal. The overall route is quite challenging, but along the way you'll find many cozy huts and beautiful places to stop for a break and delicious refreshments.

And of course, the route can also be ridden in reverse direction if you prefer.

Guided tours

Biking enthusiasts will find not only many different touring options, but also a wide range of guided tours. Local guides will accompany you and share their fascinating insights into the unique features of the valley.

In order to reach the mountains safely and return without incident, it is vital for you to be able to handle your bike with complete control and confidence. That's why technique training sessions are also offered. These are an ideal way to get your biking vacation off to a flying start – refreshing existing skills, learning new ones, and enjoying your rides more than ever.

Information about the various offers can be found on the following website: www.grossarltal.info/experiences
You will also be able to register online.

Individually guided tours are offered by Sport Panorama. For further information, please contact them directly.

Sign up now 





Bike rentals & service

Mountain bikes, e-bikes, and all the equipment you need for a fantastic bike vacation in Grossarlal can also be rented out. Our sports shops are the perfect place to turn to with any cycling-related questions you might have. Whether you want to rent, buy, or need service, every biker is in excellent hands here. Many accommodations also rent or lend out bikes.

Schuh-Sport Kendlbacher - Sport 2000

Tel.: +43 (0) 6414 / 210

info@sport-kendlbacher.com

www.sport-kendlbacher.com

Intersport Lackner

Tel.: +43 (0) 6414 / 269

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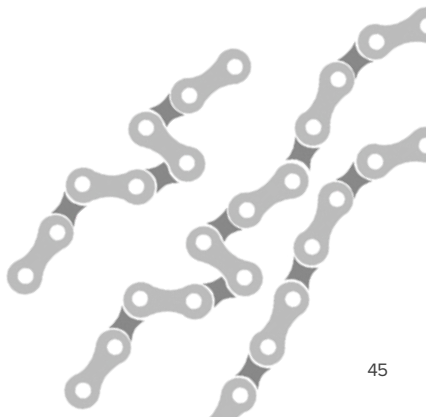
www.sport-lackner.at

Sport Panorama

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www.sport-panorama.at





Sport Panorama bike park

The Sport Panorama bike park is located right on the valley bike path and about 5 minutes from the parking area for the mountain lifts. On around 10.000 m² you can experience pure biking enjoyment. In the trail park with 4 lines and 4 different difficulty levels, or in the dirt park with 3 lines featuring berms, tables, a seesaw, and an uphill trail. Obstacles such as roots, balance elements, rollers, steep turns, and much more allow you to practice your coordination and balance.

Tickets for the bike park are available at **Sport Panorama**. Prices and further information can be found at www.sport-panorama.at.



What to do in an emergency

What should you do if something unexpected happens?

1. Stay calm
2. Assess the situation
3. Provide first aid if necessary
4. Summon help (by mobile phone or by making signals such as shouting, whistling, waving, etc.)
5. Provide the following information:
 - o Who you are
 - o Where you are
 - o What happened
 - o How many people are affected
6. Follow the instructions you receive from emergency services, mountain rescue, etc.

Important: Never leave injured persons on their own!

Important phone numbers:

Euro emergency number	112
Mountain rescue	140
Rescue	144
Police	133
Fire department	122
Dr. Bredikhin	+43 (0) 6414 / 8801
Dr. Gerzer	+43 (0) 6417 / 22580
Dr. Toferer	+43 (0) 6414 / 388
Pharmacy Grossarl	+43 (0) 6414 / 81283

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