

ADVENTURE CYCLING

LET THE HAPPINESS IN!

- » MOUNTAIN BIKE
- » E-BIKE/TREKKING
- » FREERIDE
- » ROAD BIKE
- » MORE TOURS

Zell am
See-Kaprun
Tours
APP





SUUNTO

PROGRESS
BEYOND LOGIC

JETZT MIT
HERZFREQUENZMESSUNG
AM HANDGELENK



SUUNTO
SPARTAN SPORT
WRIST HR

DEAR CYCLISTS,

welcome to the Bike Paradise Zell am See-Kaprun.

Fun and action are high on the agenda when cycling or biking in Zell am See-Kaprun. Whether extremely sporty or at a leisurely pace, you will definitely enjoy the diversity of cycling and biking routes.

Apart from general tips and information, this brochure also provides details about various routes ideal for mountain bikes, perfect for challenging roadbike tours or the relaxing E-bike tour along the Tauern cycling track.

Enjoy cycling and biking in this amazing natural landscape amidst glacier, mountain and lake in Zell am See-Kaprun.



Download this brochure as PDF for your smartphone or tablet: <http://zask.at/cycling>

GPS download of all tours:
<http://www.zellamsee-kaprun.com/en/activities/bike>

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EXCITING TOURS WITH STUNNING VIEWS



■ ERLHOFPLATTE ROAD MARK 17 J

DIFFICULTY: ■ **INTERMEDIATE**

START: Thumersbach

LOWEST ALTITUDE: 751 m

HIGHEST ALTITUDE: 1.521 m

STOP: Enzianhütte

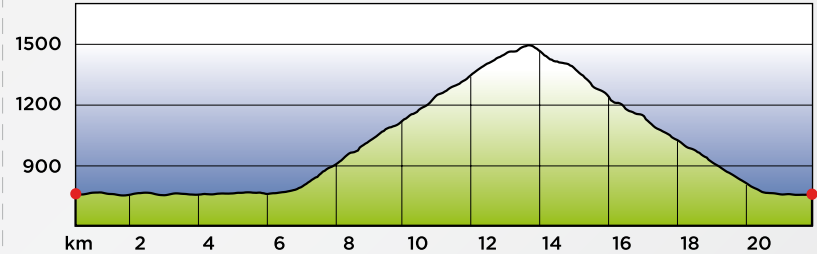
DISTANCE: 21.5 km

DURATION: ca. 2:30 h

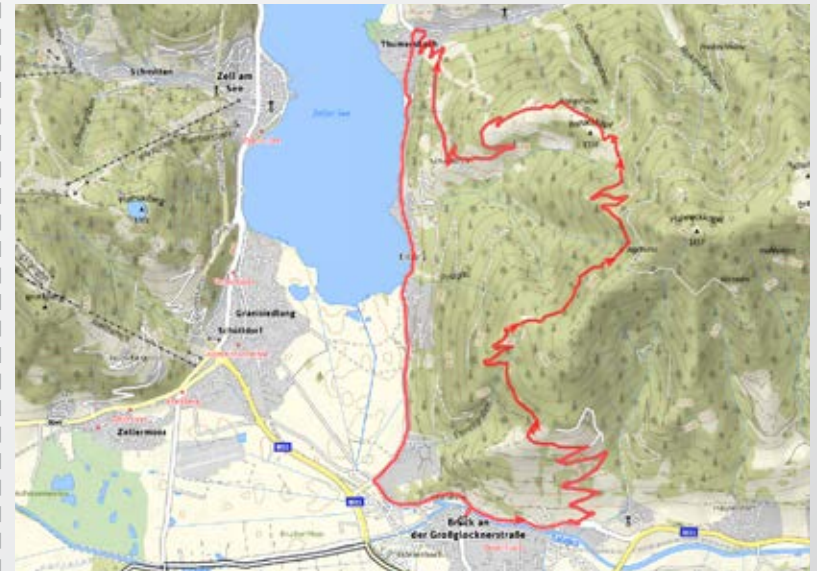
ASCENT: 847 m

DESCENT: 847 m

GROUND: asphalt, gravel



The tour starts in Thumersbach and first leads alongside Lake Zell in a southerly direction towards Bruck. A few 100 metres after Fischhorn Castle it continues to the left and down towards Erlhofplatte. Follow the 12 A signs here. At the junction towards Hundstein continue down towards the valley past Ronachbauer and to the Enzianhütte. The Enzianhütte is the perfect place to take a break and enjoy some food and drink. Then continue back down through the valley towards Thumersbach.



■ MITTERBERG ROAD MARK 17 I

DIFFICULTY: ■ **INTERMEDIATE**

START: Thumersbach

LOWEST ALTITUDE: 777 m

HIGHEST ALTITUDE: 1,207 m

STOP: Gasthof Mitterberg

DISTANCE: 4.5 km

DURATION: ca. 1:00 h

ASCENT: 430 m

DESCENT: 0 m

GROUND: asphalt



Depart centre of Thumersbach – turn up the mountain at the chapel in the centre of the village and ride to the Mitterberg turn off – turn left here and enjoy the fantastic views whilst taking the curves to the Mitterberg guest house.



■ MAISKOGEL-BACHLER TRAIL ROAD MARK 11 I

DIFFICULTY: ■ **DIFFICULT**

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 1,675 m

STOP: Unteraigen, Stangerbauer, Heli's Hütte

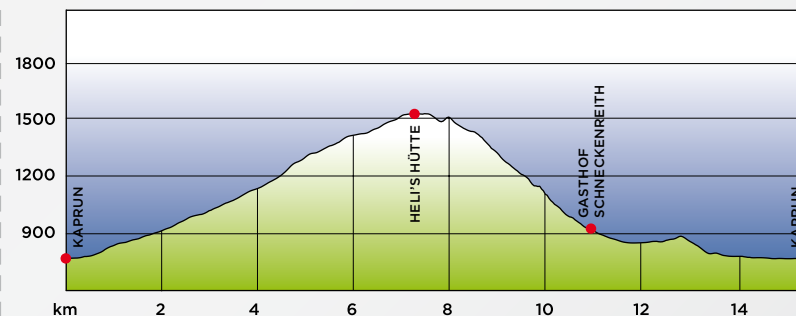
DISTANCE: 15.4 km

DURATION: ca. 2:30 h

ASCENT: 908 m

DESCENT: 908 m

GROUND: gravel, asphalt, forest floor



Take the route from Kaprun's town hall pass the tourist office, over the bridge and turn left into the Schulstrasse; after about 80 m turn right into the Schaufelbergstrasse toward the Unteraigen and Stangerbauer mountain restaurants; approximately 100 m before the Stangerbauer you turn uphill right to 'Heli's Hütte'; you have reached the highest point here; now ride downhill to the valley over the Astenweg in the direction of the Bachlertrail, Schneckenbauer, (Aubauer farm road) towards the Aubücke (bridge). Turn left before the bridge and follow the 'Tauernradweg' back to the town hall.



■ THUMERSBACH-HUNDSTEIN ROAD MARK 17 A

DIFFICULTY: ■ DIFFICULT

START: Thumersbach

LOWEST ALTITUDE: 777 m

HIGHEST ALTITUDE: 2,117 m

STOP: Enzianhütte, Statzterhaus

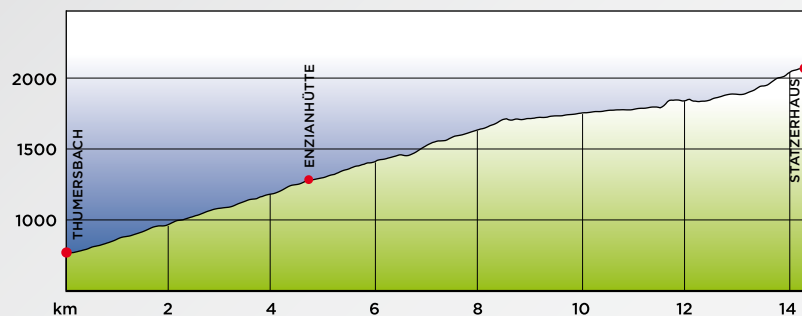
DISTANCE: 14.3 km

DURATION: ca. 3:00 h

ASCENT: 1,340 m

DESCENT: 0 m

GROUND: asphalt,
gravel, forest floor



Depart Thumersbach - Enzian hut (1.326 m) - Tödling alm - a few curves below the Hahneckkogel - then an easy uphill run to the Ebner Scharte (1.873 m) - Statzterhaus (2.117 m).



■ KITZSTEINHORN ROAD MARK 11 J

DIFFICULTY: ■ DIFFICULT

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 2,452 m

STOP: Heli's Hütte, Ederalm, Salz-
burgerhütte, Häuslalm, Alpincenter

DISTANCE: 22.7 km

DURATION: ca. 4:30 h

ASCENT: 1,952 m

DESCENT: 547 m

GROUND: asphalt,
gravel



Starting from Kaprun municipal office go past Kaprun information office - go right, cross the bridge and then turn left into Schulstrasse; after ca. 80 m turn right onto Schaufelbergstrasse towards the Unteraigen / Stangerbauer picnic station; at the last bend on the right pass the Federal Forestry Office gates; follow the path to the turn-around area for the Köpfellift then on to Plani Maiskogel; carry straight on to ca. 100 m before Heli's Hütte on the right. Go down on Astenweg ca. 3.5 km then uphill via Ederalm - Salzburgerhütte - Häuslalm - Alpincenter. You have now reached the destination.



■ HOCHSONNBERG-PINZGAUER HÜTTE

ROAD MARK 10 B

DIFFICULTY: ■ DIFFICULT

START: Piesendorf

LOWEST ALTITUDE: 761 m

HIGHEST ALTITUDE: 1,851 m

STOP: Hochsonnberghütte,
Pinzgauerhütte

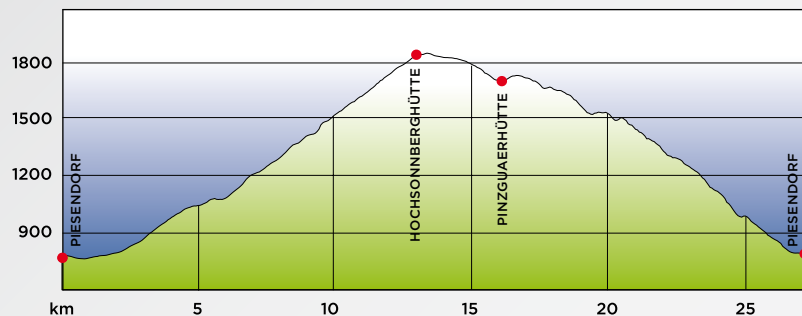
DISTANCE: 27.1 km

DURATION: ca. 4:30 h

ASCENT: 1,090 m

DESCENT: 1,090 m

GROUND: asphalt,
gravel



From Zell am See or Kaprun you reach Piesendorf on the 'Tauernradweg'. In Walchen take a right at the church and head to the Naglbauer farm - at the last bend before the Naglbauer, take a right towards the Mittereggbauer - continue along the forest road out to the Hochsonnbergalm - shortly before you reach it, take a right to the Pinzgauer Hütte. Return along the same route. Hochsonnbergalm and Pinzgauerhütte are also recommendable as single tours.



ENJOY A RELAXING
EXPERIENCE



■ AROUND LAKE ZELL ROAD MARK E 1

DIFFICULTY: ■ EASY

START: Zell am See

LOWEST ALTITUDE: 757 m

HIGHEST ALTITUDE: 777 m

STOP: Seecamp, Strandbad Erlhof

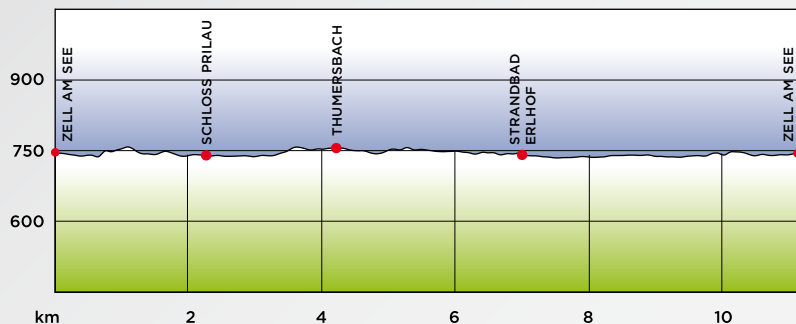
DISTANCE: 11.2 km

DURATION: ca. 0:45 h

ASCENT: 40 m

DESCENT: 40 m

GROUND: asphalt



On the lake shore and the Uferstrasse you have the possibility to go around Lake Zell. The western part of the promenade goes straight along the lake, the eastern part leads along the Seeuferstrasse. From the centre of Zell am See you cycle along the lake shore in northern direction to the Nordufer. Here you can take a break at Schloss Prielau with a small chapel built in 1730. On the track you have a great view on the Hohen Tauern mountains and on the Kitzsteinhorn glacier. Via Thumersbach and the preserve area in Schüttdorf you will get back to your starting point in Zell am See.



■ ROMANTIC TRACK ROAD MARK E 2

DIFFICULTY: ■ EASY

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 779 m

STOP: Auhof, Brückenwirt

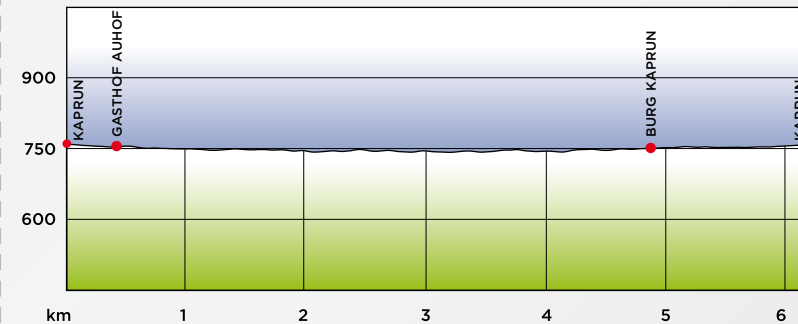
DISTANCE: 6.2 km

DURATION: ca. 0:20 h

ASCENT: 0 m

DESCENT: 0 m

GROUND: asphalt, gravel



The 'Romantic Track' is an ideal easy ride for the whole family. The tour leads through Kaprun and the swamp back to the village centre.



■ GERLING ROUND ROAD MARK E 3

DIFFICULTY: ■ EASY

START: Zell am See

LOWEST ALTITUDE: 757 m

HIGHEST ALTITUDE: 783 m

STOP: Gerlingwirt

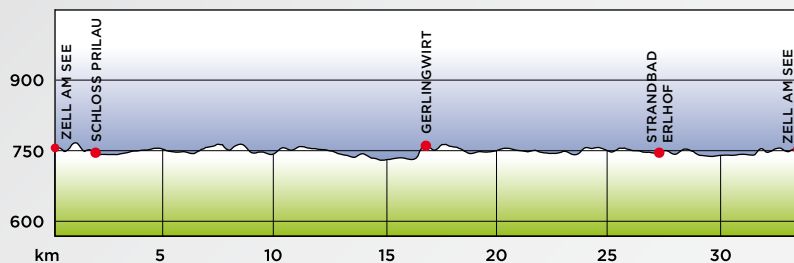
DISTANCE: 33.6 km

DURATION: ca. 2:00 h

ASCENT: 150 m

DESCENT: 150 m

GROUND: asphalt



Cycle from Zell am See into the direction of Thumersbach until the turn-off Hoffmannsthalstrasse. Once you have passed Maishofen, carry on towards Gerling and Hof. Return to Zell am See via Bsusch in direction Gerling, Maishofen and on the Dechantshofenstrasse with following ride around the lake Zell.



■ 'TAUERNRADWEG' TO KRIMML

ROAD MARK E 4

DIFFICULTY: ■ EASY

START: Zell am See

LOWEST ALTITUDE: 757 m

HIGHEST ALTITUDE: 1,071 m

STOP: Aufhof, Libelle etc.

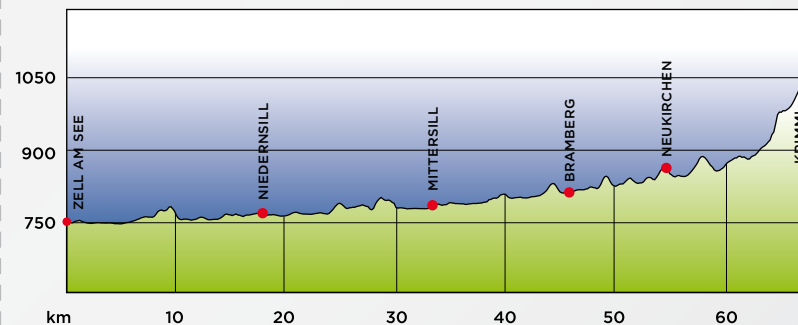
DISTANCE: 67.3 km

DURATION: ca. 4:30 h

ASCENT: 500 m

DESCENT: 200 m

GROUND: asphalt



This beautiful tour starts in Zell am See. From there, follow the well-signposted 'Tauernradweg' to Krimml. Passing towns like Kaprun, Niedersill, Stuhlfelden, Mittersill, Hollersbach and Neukirchen all the way to Krimml. Return to Zell am See by using the Pinzgaubahn railway. Of course, you can also take the Pinzgaubahn railway to Krimml and then return to Zell am See on the 'Tauernradweg'. This is an easier alternative since the route leads more downhill.



■ 'TAUERNRADWEG' TO LOFER

ROAD MARK E 5

DIFFICULTY: ■ EASY

START: Zell am See

LOWEST ALTITUDE: 625 m

HIGHEST ALTITUDE: 788 m

STOP: Winkelhof, Schweizerwirt, etc.

DISTANCE: 42.6 km

DURATION: ca. 2:30 h

ASCENT: 160 m

DESCENT: 300 m

GROUND: asphalt



This tour's starting point is Zell am See. From here, follow the well-signposted 'Tauernradweg' all the way to Lofer. You will pass towns like Maishofen, Saalfelden, Weissbach and St. Martin. Die Rückfahrt erfolgt auf dem selben Weg.



■ FUSCH FERLEITEN ROAD MARK E 6

DIFFICULTY: ■ INTERMEDIATE

START: Zell am See

LOWEST ALTITUDE: 747 m

HIGHEST ALTITUDE: 1,153 m

STOP: Gasthof Ferleiten, Gasthof Bärenwirt, etc.

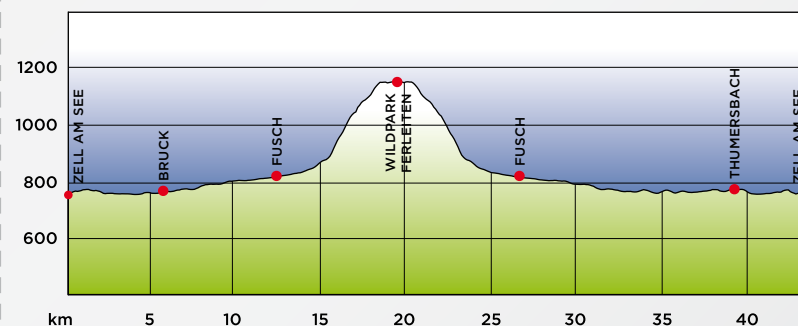
DISTANCE: 44,1 km

DURATION: ca. 1:45 h

ASCENT: 400 m

DESCENT: 400 m

GROUND: asphalt



This route leads from Zell am See via Bruck into the beautiful Fuschertal Valley. Turning point: tollbooths Ferleiten. Take the same route back and enjoy a tour around Lake Zeller See afterwards.



PURE ADRENALIN AND FUN ON THE FREERIDE TRAILS



■ BACHLER TRAIL ROAD MARK F 1

DIFFICULTY: ■ **INTERMEDIATE**

START: Eder Grundalm

LOWEST ALTITUDE: 919 m

HIGHEST ALTITUDE: 1,403 m

STOP: Schneckeneith,

Klammseestüberl

DISTANCE: 5.2 km

DURATION: ca. 1:00 h

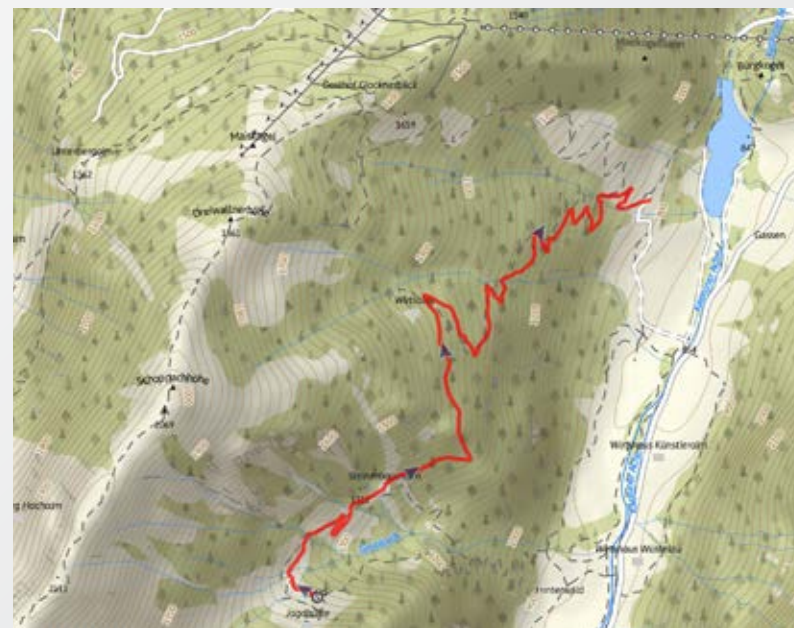
ASCENT: 100 m

DESCENT: 600 m

GROUND: gravel,
forest floor



A trail completely natural and challenging. A short uphill ride at the beginning and the end of the trail near the Klammsee require a bike with the ability to climb. Tour with nice views. Ascent and descent by cable car possible. Closed from September 10th on.



■ WÜSTLAU TRAIL ROAD MARK F 2

DIFFICULTY: ■ **DIFFICULT**

START: Langwiedboden

LOWEST ALTITUDE: 906 m

HIGHEST ALTITUDE: 1,976 m

STOP: Ederalm, Schneckenreith, etc.

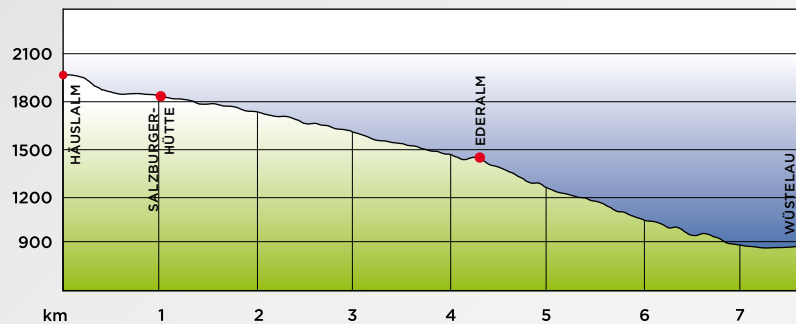
DISTANCE: 7.7 km

DURATION: ca. 0:45 h

ASCENT: 0 m

DESCENT: 1,070 m

GROUND: gravel,
forest floor



An extra-long trail, leading from the Häuslalm through the forest down into the valley. The technically demanding course is all covered with tight curves, elevated turns and some rocks and treeroots.



■ GEISSSTEIN TRAIL ROAD MARK F 3

DIFFICULTY: ■ **INTERMEDIATE**

START: Alpincenter

LOWEST ALTITUDE: 1,950 m

HIGHEST ALTITUDE: 2,450 m

STOP: Krefelderhütte, Häuslalm

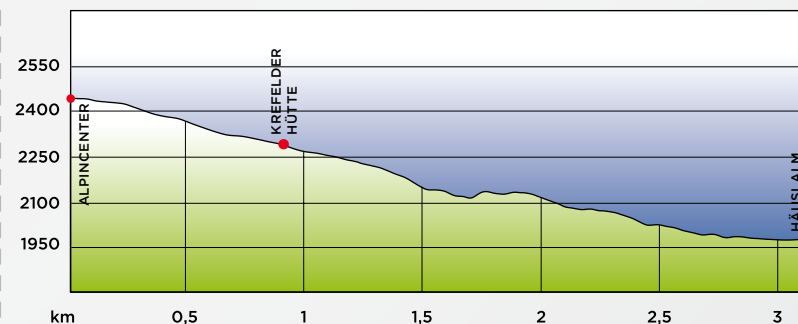
DISTANCE: 3.1 km

DURATION: ca. 0:20 h

ASCENT: 0 m

DESCENT: 500 m

GROUND: gravel,
soil and rocky ground



This alpine trail leads from the Alpine Centre down to the Häuslalm. In addition to the breath-taking scenery the trail offers a lot of speed, some berms and numerous smaller jumps.



FROM IRONMAN TO GROSSGLOCKNER



■ IRONMAN 70.3 BIKE COURSE 2013

ROAD MARK R 1

DIFFICULTY: ■ **INTERMEDIATE**

START: Zell am See

LOWEST ALTITUDE: 757 m

HIGHEST ALTITUDE: 809 m

STOP: Auhof, Seewirt,
Strandbad Erlhof, etc.

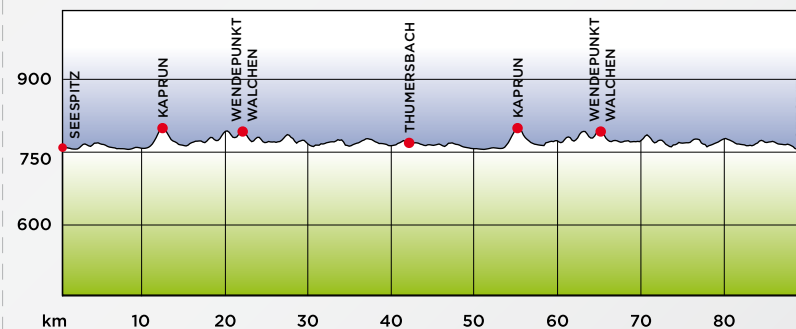
DISTANCE: 89.8 km

DURATION: ca. 3:30 h

ASCENT: 350 m

DESCENT: 350 m

GROUND: asphalt



Bike course of the Ironman 70.3 Zell am See-Kaprun 2013. This course is a circular track of 45 km which you have to do 2 times. The signposted route leads from Zell am See via Bruck, Kaprun, Piesendorf and Maishofen and back to the tour's starting point. Enjoy a top racing circuit in the heart of the Pinzgau.



■ PILLERSEE LAP ROAD MARK R 2

DIFFICULTY: ■ **INTERMEDIATE**

START: Zell am See

LOWEST ALTITUDE: 622 m

HIGHEST ALTITUDE: 985 m

STOP: Schweizerhof,
Gasthof Hüttwirt, Winklhof, etc.

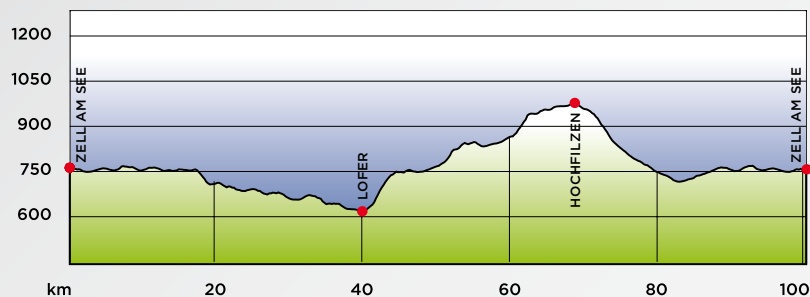
DISTANCE: 104.3 km

DURATION: ca. 5:00 h

ASCENT: 830 m

DESCENT: 830 m

GROUND: asphalt



This challenging tour starts in Zell am See and goes through Maishofen via Gerling and Schinking to Saalfelden. Continue through Saalfelden on the B311 to Weissbach. In Weissbach continue on the B311 to Lofer. Branch right in Lofer and go via the Pass Strub to Waidring. Follow the L2 past the Pillersee and the town of St. Ullrich to the junction towards Schwendt. Via Unterwarming to Hochflizen and on the B164 to Saalfelden. From here you can make a detour to Maria Alm or stay on the same path back to Maishofen or Zell am See.



■ IRONMAN 70.3 WORLD CHAMPIONSHIP BIKE ROUTE 2015 ROAD MARK R 3

DIFFICULTY: ■ **DIFFICULT**

START: Zell am See

LOWEST ALTITUDE: 652 m

HIGHEST ALTITUDE: 1,290 m

STOP: Embacherhof, Almer
Bauernkasten, Winklhof, etc.

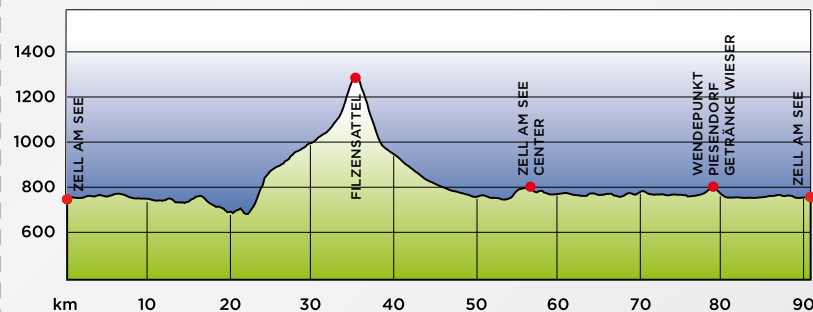
DISTANCE: 91.1 km

DURATION: ca. 4:00 h

ASCENT: 950 m

DESCENT: 950 m

GROUND: asphalt



From the football pitch via Sportplatzstrasse and left into Karl-Vogt-Strasse towards the conservation area - further to Bruck, Taxenbach and Lend. In Lend turn left towards Dienten. Follow the road to the highest point, the Filzensattel. Now go down to Hinterthal and via Maria Alm to Saalfelden, where you turn left. Pass Schützing and back on the main road to Maishofen. Continue to Zell am See through Schüttdorf to the turning point for Piesendorf. Back to Kaprun via Blumenland and left towards Tauern Spa - right via Burg Kaprun, Schüttdorf and Bruck then back to Zell am See sports ground.



■ GROSSGLOCKNER HOCHALPENSTRASSE

ROAD MARK R 4

DIFFICULTY: ■ DIFFICULT

START: Zell am See

LOWEST ALTITUDE: 757 m

HIGHEST ALTITUDE: 2,415 m

STOP: Gasthof Ferleiten, Restaurant Fuschertörl, etc.

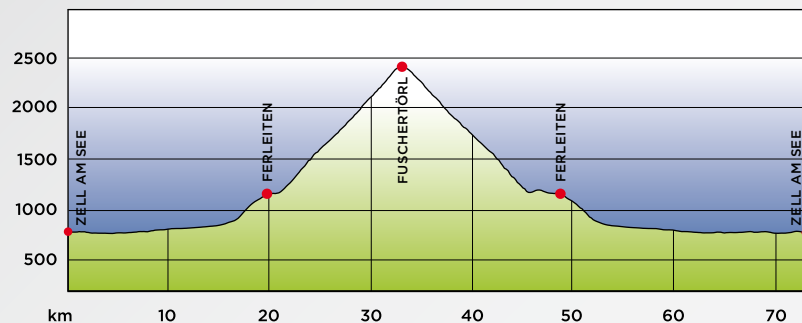
DISTANCE: 72.4 km

DURATION: ca. 5:30 h

ASCENT: 1,658 m

DESCENT: 1,658 m

GROUND: asphalt



Offering beautiful views, this tour starts in Zell am See and leads via Bruck and Fusch up to the Fuschertörl. Take the same route back to return to Zell am See. Insider tip with beautiful views!



■ KITZBÜHEL ROUND ROAD MARK R 5

DIFFICULTY: ■ DIFFICULT

START: Zell am See

LOWEST ALTITUDE: 660 m

HIGHEST ALTITUDE: 1,285 m

STOP: Gasthof Hohe Brücke, Gasthof Hüttwirt, Winklhof, etc.

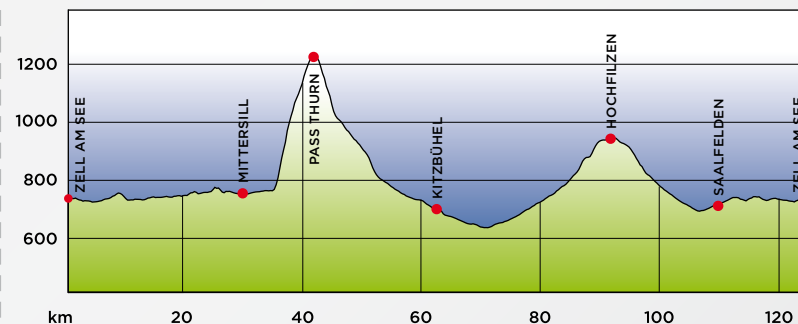
DISTANCE: 124.9 km

DURATION: ca. 5:30 h

ASCENT: 1,137 m

DESCENT: 1,140 m

GROUND: Asphalt



Starting from Zell am See, take the Brucker Bundesstrasse to Schüttdorf and follow the well-signposted 'Tauernradweg' to Mittersill. Pass the town of Mittersill and stay on the 'Kürsingerdamm' road until the turn-off into the Rettenbachstrasse. The route leads then uphill on the Passthurn Strasse B161 and, after crossing the pass, continues to Jochberg, Aurach and Kitzbühel. Passing Oberndorf, continue on the B161 until the turn-off Speckbacherstrasse. Carry on towards Fieberbrunn, Hochfilzen, Leogang and Saalfelden. Return to Zell am See via Gerling, Schloss Kammer and Maishofen.



MORE TOURS

ZELL AM SEE



WALDHEIM/ENZIANHÜTTE ROAD MARK 17 C

DIFFICULTY: ■ INTERMEDIATE **DISTANCE:** 13.0 km
START: Thumersbach **DURATION:** ca. 2:15 h
LOWEST ALTITUDE: 760 m **DIFF. IN ALT.:** 500 m
HIGHEST ALTITUDE: 1,250 m **GROUND:** asphalt, gravel

From Thumersbach into the Thumersbacher Landstrasse till Waldheim boom barrier - now 5 turns uphill till crossing Enzianhütte - 3 more turns follow to Enzianhütte - downhill along the Erlberg valley road.

PFEFFERBAUER ROAD MARK 17 D

DIFFICULTY: ■ EASY **DISTANCE:** 3.0 km
START: Infocenter Zell am See **DURATION:** ca. 0:45 h
LOWEST ALTITUDE: 757 m **DIFF. IN ALT.:** 123 m
HIGHEST ALTITUDE: 880 m **GROUND:** asphalt

STOP: Pfefferbauer

From infocenter Zell am See - bicycle path north to Einöd - main road underpass - pass the cemetery - mountain road to the Pfefferbauer refreshment hut.

KEILBERG ROAD MARK 17 F

DIFFICULTY: ■ INTERMEDIATE **DISTANCE:** 5.4 km
START: Church Schüttdorf **DURATION:** ca. 0:45 h
LOWEST ALTITUDE: 757 m **DIFF. IN ALT.:** 243 m
HIGHEST ALTITUDE: 1,000 m **GROUND:** asphalt

Start from the church in Schüttdorf - left side through the Bundesstr. - right turn after the Dorfschenke restaurant and up the asphalt mountain road.

SCHOBERALM ROAD MARK 17 G

DIFFICULTY: ■ INTERMEDIATE **DISTANCE:** 7.3 km
START: Church Schüttdorf **DURATION:** ca. 0:45 h
LOWEST ALTITUDE: 757 m **DIFF. IN ALT.:** 327 m
HIGHEST ALTITUDE: 1,100 m **GROUND:** asphalt

STOP: Schoberalm

Start from the church in Schüttdorf - left into the Kitzsteinhornstreet - at the railroad crossing take a ride and follow the Pinzgauer bike path to train station Bruckberg - in north direction cross the noise barrier - cross the street and turn left up to the Schoberalm.

SONNBERG ROAD MARK 17 H

DIFFICULTY: ■ INTERMEDIATE **DISTANCE:** 6.3 km
START: Infocenter Zell am See **DURATION:** ca. 1:00 h
LOWEST ALTITUDE: 757 m **DIFF. IN ALT.:** 300 m
HIGHEST ALTITUDE: 960 m **GROUND:** asphalt, gravel

STOP: Sonnberg

Start at the infocenter Zell am See - after ca. 200 m turn left into the Schillerstrasse direction to Sonnberg. At restaurant Sonnberg left downhill to the Schmitzenstrasse - from here back to Zell am See.

courses of the tours see map on page 51

MORE TOURS KAPRUN



FOR MTB TOURS UP TO THE MAISKOGEL WE RECOMMEND THE **TOUR 11 G (P. 34)**

GUGGENBICHL ROAD MARK 11 A

DIFFICULTY: ■ **INTERMEDIATE**

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 924 m

STOP: Jausenstation Guggenbichl

DISTANCE: 4.9 km

DURATION: ca. 0:45 h

DIFF. IN ALT.: 165 m

GROUND: gravel, asphalt

Ride from the town council building, past the Information Centre on your right and turn into the Nikolaus-Gassner-Strasse. Continue past the football field to the Winklhofweg turn-off. Branch off to the left (gentle climb). You reach the Lederergut after 200 m. You leave the asphalt road here; over the wooden bridge and ride along the path to the 1st climb, turn right after ca. 50 m. From the asphalt road, over a wooden bridge to the first climb, then up the mountain, always keeping to the left, to the second climb – steep (push the bike). Cross the Winkel stream to a short steep climb. The third climb; the path is flat just after the climb and then it leads up to the Lechnerberg freight path. Ride down the mountain to the first house and then up the mountain before the cattle grid. Cross the Imbach climb and continue on the Guggen freight path to the Guggenbichl refreshment hut. Return over the Guggen freight path and the Peter Buchner Street to the Kaprun council building.

SCHNECKENBERG ROAD MARK 11 B

DIFFICULTY: ■ **VERY DIFFICULT**

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 1,134 m

STOP: Schneckenreith

DISTANCE: 5.7 km

DURATION: ca. 1:15 h

DIFF. IN ALT.: 375 m

GROUND: gravel, asphalt

Ride from the town council building, past the Information Centre on your right and turn into the Nikolaus-Gassner-Strasse. Continue past the football field to the Winklhofweg turn-off. Branch off to the left (gentle climb). You reach the Lederergut after 200 m. You leave the asphalt road here; over the wooden bridge and ride along the path to the 1st climb, turn right after ca. 50 m. Climb in 2 stages and then moderately steep through the Alder woods to the bend in the Kesselfall road. Pass the Jagawirt and the far end of the Klamm lake to the Au bridge. Turn right before the street and ride over the bridge and the cattle grid. Up the mountain to Schneckenreith and before the house go on in the direction of the Schneckenberg. Several steep serpentine bends lead to the last animal shelter further on to 'Heli's Hütte' or the Glocknerblick. You have reached the end here, ride the same route back to the town council building in Kaprun.

courses of the tours see map on page 51

KESSELFALL ROAD MARK 11 C

DIFFICULTY: ■ EASY

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 1,068 m

DISTANCE: 8.2 km

DURATION: ca. 1:15 h

DIFF. IN ALT.: 295 m

GROUND: gravel, asphalt

STOP: Alpenhaus Kesselfall, Künstleralm, etc.

Start from the local council building – pass the information centre and the High School. Then along the Wiesenweg (meadow path) to the Pichel bridge and further on to the Nindl bridge. Pass the Gasthof zur Mühle and Hotel Falkenstein. Turn off the Nikolaus Gassner Strasse onto the Kesselfallstrasse. Follow the Kesselfallstrasse to the Villa Burg. Turn off the Klamm path, up over the Belinsky bridge (Sigmund-Thun gorge) to the Klammsee (lake). Follow the path along the shore to the Au bridge, cross it and bike on the right hand side of the Kapruner Ache pass the Gletscherbahn and on to the Kesselfall Hotel. Take the same route back to the starting point.

MAISKOGEL ROAD MARK 11 D

DIFFICULTY: ■ INTERMEDIATE

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 1,600 m

DISTANCE: 7.7 km

DURATION: ca. 1:45 h

DIFF. IN ALT.: 821 m

GROUND: asphalt, gravel

STOP: Stangerbauer, Heli's Hütte, Unteraigen

Start from the local council building, pass the information centre and over the bridge. Turn left into the Schulstrasse. After ca. 80 m turn right into the Schaufelbergstrasse in the direction of the Unteraigen refreshment hut and the Stangerbauer. Follow the Schaufelberg road until the cattle grid. Turn off to the right on the Maiskogel path in the direction of Heli's Hütte. Return to the local council building on the same path.

STANGERBAUER-VORDERWEISSSTEIN ROAD MARK 11 E

DIFFICULTY: ■ INTERMEDIATE

START: Kaprun

LOWEST ALTITUDE: 779 m

HIGHEST ALTITUDE: 1,100 m

DISTANCE: 3.9 km

DURATION: ca. 1:00 h

DIFF. IN ALT.: 321 m

GROUND: asphalt

STOP: Unteraigen, Stangerbauer

Take the route from Kaprun's town hall, passed the tourist office, over the bridge and turn left into the Schulstrasse; after about 80 m turn right into the Schaufelbergstrasse towards the Unteraigen and Stangerbauer mountain restaurants; now take the Schaufelbergstrasse until the cattle grid is on your left and the Vorderweissstein is to the right, and ride up to the Stangerbauer. After reaching your goal, ride down again to Kaprun's town hall.



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CROSS COUNTRY WM 2002 ROAD MARK 11 F

DIFFICULTY: ■ **DIFFICULT** **DISTANCE:** 6.4 km
START: Kaprun **DURATION:** ca. 0:40 h
LOWEST ALTITUDE: 779 m **DIFF. IN ALT.:** 325 m
HIGHEST ALTITUDE: 914 m **GROUND:** gravel, asphalt

STOP: Aufhof, Guggengichl, etc.

Start at the school sports grounds. There are signs along the path to show you the way of the course.

GLOCKNERBLICK-UNTERBERGALM ROAD MARK 11 G

DIFFICULTY: ■ **INTERMEDIATE** **DISTANCE:** 11 km
START: Kaprun **DURATION:** ca. 2:30 h
LOWEST ALTITUDE: 779 m **DIFF. IN ALT.:** 896 m
HIGHEST ALTITUDE: 1,675 m **GROUND:** gravel, asphalt

STOP: Stangerbauer, Glocknerblick, Unterbergalm

Start from the local council building, pass the information centre and over the bridge. Turn into the Schulstrasse. After ca. 80 m turn right into the Schaufelbergstrasse in the direction of Unteraigen and Stangerbauer. Turn left in the last curve to the forestry barrier. Follow the path to the Saulochalm and then on to Plani Maiskogel. Straight ahead on to the Schieberkammer/Verbund. Turn right after 50 m to the Unterbergalm and then straight ahead to the Glocknerblick alpine guest house. Return to the starting point.

MTB CYCLE PATH BRUCK ROAD MARK 11 H

DIFFICULTY: ■ **EASY** **DISTANCE:** 11.8 km
START: Kaprun **DURATION:** ca. 0:30 h
LOWEST ALTITUDE: 755 m **DIFF. IN ALT.:** 24 m
HIGHEST ALTITUDE: 779 m **GROUND:** gravel, asphalt

STOP: Brückenwirt, Woferlgut

Depart Kaprun's local council building, pass the Kaprun Information, turn right at the crossing, ride over the bridge and into the Tauern bike path to the Zielpunkt service area in Bruck - ride the same path on the way back up to the turn off with the fish sign - turn right here into the Salzach path - further on to the Auhof bridge and then turn right in the direction of the Kaprun council building.

'WORLD CUP CIRCUIT' ROAD MARK 11 K1/K2

DIFFICULTY: ■ **DIFFICULT** **DISTANCE:** 25 km
START: Kaprun **DURATION:** ca. 3:30 h
LOWEST ALTITUDE: 779 m **DIFF. IN ALT.:** 1.029 m
HIGHEST ALTITUDE: 1,620 m **GROUND:** gravel, asphalt, trail

STOP: Stangerbauer, Schneckenreith, Klammseestüberl

One starts at the Kaprun town hall and then one follows the signs along the farm and forest road to the Glocknerblick (view to the Grossglockner) mountain guest house. As the name suggests, one has a magnificent view of Austria's highest mountain from here.

The technically good riders then follow the over the Astenweg path and Bachler trail to the Schneckenreith guest house. Riders are fully technically challenged on this trail and after passing through the forest one can pause now and then to enjoy the beautiful view over the Klamm lake.

Riders wishing to take a more gentle run, which is not as difficult technically, take the farm road from 'Heli's Hütte' down over the Maiskogel to Kaprun. Both routes come together and the beginning of the cross-country circuit. A couple of short, very steep climbs follow, on the legendary Kaprun cross-country circuit, before reaching the Kaprun castle where one turns off to finish the tour gently along the banks of the Salzach river.

LECHNERBERG ROAD MARK 11 M

DIFFICULTY: ■ **EASY-DIFFICULT** **DISTANCE:** ca. 8.3 km
START: Kaprun **DURATION:** ca. 1:30 h
LOWEST ALTITUDE: 765 m **DIFF. IN ALT.:** 375 m
HIGHEST ALTITUDE: 1,140 m **GROUND:** asphalt, gravel, trail

Go uphill from Kaprun town hall via Sigmund Thun Strasse to Schlosstrasse and then turn right into Peter Buchner Strasse. At the end of Peter Buchner Strasse, turn right into Lechnerbergweg. Keep going up the Lechnerberg road until you reach the „no cycling sign“ and then turn left into Kniebeisserweg. Pass the valley station for the Lechnerberg lift and go along Holzzieherweg until you get back to the Lechnerberg road. Then head back to the starting point.

MTB CYCLE PATH 'TAUERN SPA' ROAD MARK 11 N

DIFFICULTY: ■ **EASY** **DISTANCE:** 1.9 km
START: Kaprun **DURATION:** ca. 0:15 h
LOWEST ALTITUDE: 765 m **DIFF. IN ALT.:** 14 m
HIGHEST ALTITUDE: 779 m **GROUND:** asphalt, gravel

STOP: TAUERN SPA Zell am See-Kaprun
Start from the local council building, pass the information centre and turn to the right in direction Auhof bridge; here cross the bridge and follow the 'Tauernradweg' to the side road Brunwiesenberg; there take a left in direction Tauern Spa and after 1 km you pass the finish line.

MORE TOURS

BRUCK/FUSCH



HUNDSTEIN ROAD MARK 12 A

DIFFICULTY: ■ DIFFICULT

START: Bruck

LOWEST ALTITUDE: 770 m

HIGHEST ALTITUDE: 2,117 m

STOP: Statzterhaus

DISTANCE: 14.7 km

DURATION: ca. 4:15 h

DIFF. IN ALT.: 1,360 m

GROUND: asphalt, forest floor, single trail

From the centre of Bruck cross the Salzach bridge, turn right, follow the road for 1.5 km to the turnoff to Taxhof. Follow the road "Bachseiten" to the Jageregg (1,130 m), carry on passing the Erlhofplatte (1,368 m), Thumersbach fork, up to the Eisbrunnen (well) (1,740 m). Pass the turnoff to Moosalm, carry on along the Kamweg and after the fork to the Tödlingalm (hut) cycle up along a small trail to the summit of the Hundstein (2,117 m).

MOOSALM FROM BRUCK ROAD MARK 12 AD + F 4

DIFFICULTY: ■ DIFFICULT

START: Bruck

LOWEST ALTITUDE: 770 m

HIGHEST ALTITUDE: 1,850 m

STOP: Moosalm

DISTANCE: 12.8 km

DURATION: ca. 3:25 h

DIFF. IN ALT.: 1,080 m

GROUND: asphalt, gravel, opt. single trail

From the centre of Bruck cross the Salzach bridge, turn right, follow the road for 1.5 km to the turnoff to Taxhof. Follow the road "Bachseiten" to the Jageregg (1,130 m), carry on passing the Erlhofplatte (1,368 m), Thumersbach fork, up to the Eisbrunnen (well) (1,740 m). Follow the MTB signs to the turnoff Moosalm (hut) (1,790 m). From here follow either the very difficult and challenging „Moosalmtrail“ F 4 (ground: forest, roots, rocks, start: 1,813 m, highest point of route „Moosalm from Bruck 12 AD“ at "Adam and Eve" lakes, distance: 1.2 km) or use the forest road down to the operated Moosalm (1,533 m). Way down from Moosalm along the forest road to Gries and further on along the Tauern cycle track back to Bruck.

KOHLSCHNAIT ROAD MARK 12 B

DIFFICULTY: ■ INTERMEDIATE

START: Bruck

LOWEST ALTITUDE: 750 m

HIGHEST ALTITUDE: 956 m

STOP: Kohlschnait

DISTANCE: 5.2 km

DURATION: ca. 0:50 h

DIFF. IN ALT.: 210 m

GROUND: gravel

From the centre of Bruck along the Tauern cycle path to Taxenbach and further on to Niederhof. Turn right and cycle up to the guesthouse Kohlschnait (890 m). From here further uphill for about 500 m, turn right at the fork (956 m) for the way down to Bruck.

courses of the tours see map on page 51

ST. GEORGEN – PALFEN ROAD MARK 12 C

DIFFICULTY: ■ **INTERMEDIATE** **DISTANCE:** 3.5 km
START: Bruck **DURATION:** ca. 0:55 h
LOWEST ALTITUDE: 750 m **DIFF. IN ALT.:** 270 m
HIGHEST ALTITUDE: 1,020 m **GROUND:** asphalt

STOP: Kirchenwirt St. Georgen

From Bruck to Gries along the Tauern cycle path, cross the Salzach, through the underbridge Hauserdorf, turn right and follow the cycle path along the main road for around 600 m to the way up at the saw mill. Further up to St. Georgen (820 m), from here to Palfen (1,020 m).

MOOSALM ROAD MARK 12 D

DIFFICULTY: ■ **DIFFICULT** **DISTANCE:** 6.8 km
START: Bruck **DURATION:** ca. 2:25 h
LOWEST ALTITUDE: 770 m **DIFF. IN ALT.:** 770 m
HIGHEST ALTITUDE: 1,533 m **GROUND:** asphalt, gravel

STOP: Moosalm

From Bruck to Gries along the Tauern cycle path, cross the Salzach, the train tracks and the main road. Pass the bakery Hohenwarter to the Grieser ditch and follow the MTB signs to the operated Moosalm (1,533 m). Optional: another 2.3 km and 270 m of altitude difference to the direction of Hundstein as well as to the way down to Bruck 12A.

ERLHOFALM – DREI BRÜDER ROAD MARK 12 E

DIFFICULTY: ■ **DIFFICULT** **DISTANCE:** 7.8 km
START: Bruck **DURATION:** ca. 2:50 h
LOWEST ALTITUDE: 754 m **DIFF. IN ALT.:** 915 m
HIGHEST ALTITUDE: 1,666 m **GROUND:** asphalt, gravel

From Bruck to Gries along the Tauern cycle path. After around 4km at the turnoff to holiday village Oberreit turn right uphill (farm road Kesselries). From here follow the MTB signs to Erlhofalm (1,666 m). From here you may hike up on foot to the “Drei Brüder” (another 2.3 km and 590 m of altitude difference to the Schafkopf (2,266 m)). You must be sure footed and free from giddiness!

BRUCKER BERG – LAKE VIEW ROUND ROAD MARK 12 F

DIFFICULTY: ■ **INTERMEDIATE** **DISTANCE:** 19.2 km
START: Bruck **DURATION:** ca. 3:15 h
LOWEST ALTITUDE: 752 m **DIFF. IN ALT.:** 825 m
HIGHEST ALTITUDE: 1,496 m **GROUND:** gravel, trail

STOP: Ponyhofalm

From the centre of Bruck follow the Glockner road to the south. Through the train underbridge, pass the main road after around 300 m. After another 500 m turn right between the houses and follow the MTB signs. At the highest point (1,496 m) a single trail leads down to the Hinterjudendorfmalm (hut) (1,374 m).

From here down a forest road to the valley and then along the Glockner road out of the valley back to Bruck.

PONYHOFALM ROAD MARK 13 A

DIFFICULTY: ■ **INTERMEDIATE** **DISTANCE:** 5.2 km
START: Fusch **DURATION:** ca. 1:45 h
LOWEST ALTITUDE: 830 m **DIFF. IN ALT.:** 550 m
HIGHEST ALTITUDE: 1,378 m **GROUND:** gravel

STOP: Hinterjudendorfmalm (Ponyhofalm)

From Fusch out of the valley along the Tauern cycle path until the turnoff Hinterjudendorfmalm (hut). Take the forest road uphill and after a few bends you get to the operated Hinterjudendorfmalm (1,378 m).

SULZBACHTAL ROAD MARK 13 B

DIFFICULTY: ■ **INTERMEDIATE** **DISTANCE:** 6.8 km
START: Fusch/Sulzbachtal **DURATION:** ca. 2:25 h
LOWEST ALTITUDE: 814 m **DIFF. IN ALT.:** 732 m
HIGHEST ALTITUDE: 1,475 m **GROUND:** gravel

STOP: Angerer Alm

From the turnoff Tauern cycle path Fusch/Sulzbachtal uphill on a forest road, pass the Angerer Alm (hut) (892 m) and follow the MTB signs. At the Sulzbachtalm (hut) short downhill to a stream crossing. From here uphill, after you crossed the stream again cycle uphill to Bichlalm (hut) (1,475 m).

BAD FUSCH - EMBACH HOCHALM ROAD MARK 13 C

DIFFICULTY: ■ **INTERMEDIATE** **DISTANCE:** 8.5 km
START: Fusch **DURATION:** ca. 2:55 h
LOWEST ALTITUDE: 760 m **DIFF. IN ALT.:** 915 m
HIGHEST ALTITUDE: 1,675 m **GROUND:** asphalt, gravel

Centre of Fusch - cycle up the Bad Fuscher road to Bad Fusch (1,140 m). Follow the forest road through the gate, after a left bend turn right after about 500 m. Cycle further up hill until you reach the highest point, the Embach Hochalm (not operated hut).

TRAUNERALM ROAD MARK 13 D

DIFFICULTY: ■ **INTERMEDIATE** **DISTANCE:** 6.7 km
START: Fusch **DURATION:** ca. 1:30 h
LOWEST ALTITUDE: 1,150 m **DIFF. IN ALT.:** 420 m
HIGHEST ALTITUDE: 1,550 m **GROUND:** gravel

STOP: Trauneralm

Start at the tollgate at Ferleiten, pass the Tauern guesthouse and follow the road into the Kaefer valley. After about 4 km turn left over a bridge and through a gate. Follow the slightly steeper way up and after some bends you reach the operated Trauner hut (1,150 m).

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www.glocknerkoenig.com

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www.nostalrad.at

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www.trizell.com

IRONMAN 70.3 ZELL AM SEE-KAPRUN

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www.ironmansalzburg.com

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www.hundstoa-biag-di.at

INFORMATION & BOOKING

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As soon as the Kitzsteinhorn winter season has concluded for the freeriders in the snow, at late spring the mountain bikes come into operation. On the extra-long downhill from Alpincenter into the valley, you ride nearly 12 kilometres in distance and 1,500 metres in altitude. Geissstein Trail, Wüstlau Trail and Bachler Trail deliver pure action and riding fun! New: Akku Change Station Gletschermühle/Alpincenter

Gletscherbahnen Kaprun AG | InfoService T +43 6547 8621
office@kitzsteinhorn.at, www.kitzsteinhorn.at



MAISKOGEL FAMILY MOUNTAIN



TIP FOR BIKERS:

Being created on 2,000 m² of grounds close to the Alpine Coaster Maisiflitzer is the bikepark. Teams and private riders have fun and train on a pro and blue line with 3 kickers and on the pumptrack with hills and banked turns. The following open area with pallets, bridges, steps and other obstacles as needed, is used by the Outdoor-Centre Kaprun guides for individualized bike and children's coaching sessions.

Maiskogel Betriebs AG | Info-Phone +43 6547 20113
office@maiskogel.at, www.maiskogel.at



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CODE OF CONDUCT

MOUNTAIN BIKING/CYCLING

IT'S FOR YOUR OWN SAFETY!

A large part of the Zell am See-Kaprun region is covered by woodland and alpine pastures where many cows, sheep and goats are kept during the summer. Many approved mountain bike routes lead through areas where farmers and foresters work. They also maintain these paths and keep them in good condition. For the safety of mountain bikers and anyone working in such areas, the following rules apply:

- **Show consideration** for hikers and pedestrians and only take over at walking speed.
- **Pay attention to the route's level of difficulty** and evaluate your own experience as well as your skills as cyclist/mountain biker precisely.
- Ensure that your **skills** and **condition suit** the route.
- **Always wear a helmet** when riding your mountain bike! Check your **equipment** before each tour.
- Only ride a **technically perfect bike**.
- Don't forget **clothes for bad weather, tools and a spare tube**.
- Take a **small packed lunch** and **plenty of suitable beverages** along.
- Please respect the barriers. Don't forget that the paths are mainly used for agricultural and silvicultural purposes.
Always close cattle guards behind you!
- For your own safety and the safety of the animals:
Finish your bike tour before dusk!
- **Hikers** have **right of way** on narrow paths.
- Take care of and respect the **flora and fauna**.
- Don't leave **any rubbish** behind.
- **Keep the noise down** and avoid making unnecessary **skid marks**.
- Be aware of **farm and forestry machinery**.
- Adjust your speed so you can **stop at any time** without difficulties.
- Be aware of **wild animals, pets or cattle** along and on the routes.
- Adhere to **prohibition signs and information boards**.
- Mountainbiking is allowed in following period and time:
15.04. – 30.10., 2 hours after sunrise and 1 hour before sunset.

Observing these rules will ensure that you have plenty of fun and relaxation during your mountain bike holiday and that the region's unique mountain world remains as beautiful and clean as it is now.

BIKE TRANSPORT AND OPERATING TIMES LIFTS AND CABLE CARS:

- Free of charge to the Alpincenter/Kitzsteinhorn
- Operating times Kitzsteinhorn depending on snow situation (mid June – mid Sept.)



INFORMATION ABOUT THE LEVELS OF DIFFICULTY

Like ski pistes and hiking trails, approved cycling and mountain bike routes are also categorised by level of difficulty. Essentially, the gradient but also the condition of the route is the decisive factor when determining a route's level of difficulty. Routes are divided in easy, intermediate and difficult. The routes on the bike map are marked as follows:

- **EASY ROUTES** are marked in blue. These routes are family-friendly, suitable for normal bicycles and the surface is in good condition. The gradient is 0 – 5 percent on average. Blue routes have hardly any areas of risk or special signs indicate any potential risks.
- **INTERMEDIATE ROUTES** are marked in red. These routes require sporty and especially defensive cycling skills. The gradient is 5 – 12 percent on average. Red routes include serpentine and parts with road traffic. Vehicles may require space across the entire width of the road.
- **DIFFICULT ROUTES** are marked in black. These are challenging mountain bike routes with many areas of risk. The gradient exceeds the maximum gradient of the red routes. The level of difficulty on black routes is higher than on red routes. Here is adaptive and anticipatory biking required.
- **THE 'TAUERNRADWEG' (TAUERN CYCLING TRACK)** is marked in green and is an easy route. Depending on the length of each stage, being in a good physical condition is still a requirement even on routes that are technically not so challenging.

BIKE HUTS IN ZELL AM SEE



SCHOBER ALM 1,100 m

Opening times:
Daily, from 10.00am opened
phone +43 6542 55777



HOCHSONNBERGALM 1,841 m

Opening times:
Beginning of June – end of Sept.
phone +43 664 5455568
or +43 664 2819053



PINZGAUER HÜTTE 1,704 m

Opening times:
Beginning of June – end of Sept.
phone +43 6549 7861
over-night stay possible



BERGRESTAURANT JAGA-ALM 1,200 m

Opening times:
27.05. – 15.10.2017
daily, 8.00am – 12.00midnight
phone +43 6542 72969
over-night stay possible



JAUSENSTATION PFEFFERBAUER 900 m

Opening times: May – June + Oct. – 26.10.
only weekends incl. holidays, July – Sept.
Tue., Wed., Thu from 5pm, Fri., Sai., Sun.
from 11am, phone +43 664 5126990
over-night stay possible



BIKE HUTS IN THUMERSBACH



BERGGASTHOF MITTERBERG 1,200 m

Opening times:
Until mid of November, daily
phone +43 6542 72493
over-night stay possible



STATZERHAUS 2,117 m

Opening times:
End of May – end of October
phone +43 6542 74438
or +43 664 1445952
over-night stay possible



ENZIANHÜTTE 1,300 m

Opening times:
01.05. – end of October
daily, 9.00am – 8.00pm
phone +43 664 73555853



SCHÜTZINGALM 1.655 m

Opening times: 08./09.07 + 15.07. –
10.09.2017, End of Sept. on request
Tue. and Wed. closed
phone +43 664 2812492

BIKE HUTS IN KAPRUN



MAISKOGEL ALM RANCH 1,540 m

Opening times:
Beginning of May – end of October
phone +43 676 5275740
with petting zoo



ALPENGASTHOF GLOCKNERBLICK 1,670 m

Opening times:
Mid of June – end of September
phone +43 664 8206000



SALZBURGER HÜTTE 1,860 m

Opening times:
Beginning of June – end of Sept.
phone +43 6549 7349
or +43 664 3734587
over-night stay possible



UNTERBERGALM 1,570 m

Opening times:
13.06. – end of Sept.
phone +43 6549 7376
or +43 664 4427666



JAUSENSTAT. STANGERBAUER 1,100 m

Opening times: Beginning of July –
mid of Sept., otherwise on request!
phone +43 6547 8804
over-night stay possible



JAUSENSTAT. UNTERAIGEN CA. 860 m

Opening times:
Daily until ca. mid of September
phone +43 6547 7277
over-night stay possible





ALMWIRTSCH. SCHNECKENEITH 920 m

Opening times: End of May – end of Sept., daily, phone +43 664 2524469 or +43 664 5126999
over-night stay possible



JAUSENSTATION GUGGENBICHL 865 m

Opening times: Until end of May + beg. of July – end of Sept., Mon. closed, from 3.00pm, noon on request, phone +43 6547 8578.
over-night stay possible



HÄUSLALM 1,976 m

Opening times: Beginning of July – mid of September
phone +43 6547 7024, with children's playground and small petting zoo



KLAMMSEESTÜBERL 850 m

Opening times: 12.05. – 24.09.2017
daily
phone +43 05 0313 23229



EDERALM 1,420 m

Opening times: Mid of June – beginning of September
phone +43 664 3918577
or +43 664 3918727



KESSELFALL ALPENHAUS 1,068 m

Opening times: Beg. of June – beg. of October
daily, phone +43 664 9252828
over-night stay possible



BERGRESTAURANT GLETSCHERMÜHLE 2,452 m

Opening times: From 11th of May
daily, 9.00am – 4.15pm
phone +43 6547 8621



KREFELDERHÜTTE 2,295 m

Opening times: Mid of July – end of August,
phone +43 6547 7780
over-night stay possible



BIKE MAP



ZELL AM SEE-KAPRUN APP

TRY OUR NEW TOURS APP

The Tours App for Zell am See-Kaprun: whether mountain biking, riding a racing cycle, hiking, walking or cross-country skiing, winter hiking and ski touring: the region's official app offers you more than 120 tours with descriptions, including GPS data! You can access the maps without being connected to the internet by saving the desired tours offline.

Info for each tour:

- High resolution map material of Zell am See-Kaprun
- Images of the tour
- Level of difficulty
- Length, duration, altitude metres and altitude profile
- Description, including starting point and parking facilities, public transport and useful tips
- Places to stop for a rest and refreshments

Enjoy your bike tours!



Look for 'Zell am See Kaprun Touren' in the app store.

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Zell am See-Kaprun Tourismus, 5700 Zell am See, Austria, phone +43 6542 770
welcome@zellamsee-kaprun.com, www.zellamsee-kaprun.com

A cyclist wearing a white jersey, black shorts, and a red helmet is riding a red mountain bike on a rocky, uneven trail. The background is a clear blue sky with some light blue abstract lines and a small white bicycle icon in the upper left corner.

Fahrrad-Center
verkauf - verleih - service / rent a bike

RENT A BIKE | RENTAL SALE | SERVICE

Kitzsteinhornstr. 1 | 5700 Zell am See | Schüttdorf

Phone & Fax: +43 (0)6542/53151

Mobile: +43 (0)664/73639936

Email: fahrrad-center@aon.at

Also online reservation possible at:

www.fahrrad-center.at