

© ÖTZ TAL

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Responsible for the contents: Ötztal Tourismus

Concept/Layout: Zimmermann & Pupp • Webagentur Innsbruck

Picture credits: Ötztal Tourismus, G. Ecker, B. Ritschel, C. Mangold

Tour details & descriptions: Mager, J. Falkner, P. Stocker, R. Pfandler, L. Moser, www.talbikecycles.com

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Imprint

Ötztal, The Peak of Tirol.



Unlimited Mountain Biking and Cycling for Adventure Fans

The Ötztal - A true highlight for passionate mountain bikers. Some 900 km of perfectly signposted routes with an overall altitude gain of incredible 30,000 meters. Down in the valley you join more leisurely tours. Experienced mountain bikers head for the ultimate challenge in high Alpine areas where trails for all levels and abilities are available. You can also improve your skills with professional technique guides in one of the countless Bike Camps.



Bicycle Transport - Lift and Bus

BICYCLE & BUS – Free transport of bicycles
 Special bus lines offer bicycle transport for mountain bikers and cyclists within the entire valley. Cyclists can choose from 7 daily bus lines (both directions) with special bike trailers for their sports equipment. Groups of 4+ persons are recommended to book in advance. For more information on detailed bus schedules contact the Ötztal Tourismus information offices.

ÖETZ MOUNTAIN LIFTS
 Acherkogelbahn Oetz. Ötztal Card includes 1 daily uphill & downhill ride. Information at www.hochoetz.at
 Official routes:
 -> 656 Hochoetz Panorama Tour

SÖLDEN MOUNTAIN LIFTS
 Due to reconstruction works in summer 2010, there is no bicycle transport available at Gaislachkogel mountain gondola, sections I + II. Alternatively bicycles can be transported with the Giggijoch mountain gondola. Ötztal Card includes 1 daily uphill & downhill ride. Information at www.soelden.com
 Official tours: -> Middle station Gaislachkogel: 646 Rettenbachalm 647 Tiefenbachgletscher
 -> Giggijoch: access to Route 648 - Gletscherexpress



HOCHGURGL MOUNTAIN LIFTS
 Top Hochgurglbahn I & II and Top Wurmkogel II
 Ötztal Card includes 1 daily uphill & downhill ride. Information at www.hochgurgl.com
 Official routes:
 -> 688 Hochgurgl Tour
 -> 689 Wurmkogel – Top Mountain Star Tour

For more detailed information on rates and hours of operation contact the local Ötztal Tourismus offices.

Mountain Biking & Cycling

oetztal.com

Bike Wash

A special bicycle cleaning service for mountain bikers after adventure tours through the mud!

ÖETZ
 Gasstraße Achstüberl / Feelfree Adventure Center
 Daily 8.00 am – 6.00 pm

UMHAUSEN-NIEDERTHAL
 BP gas station - Kapferer
 24 hours a day (extra charge)

LÄNGENFELD
 OMV gas station
 Daily 6.00 am – 10.00 pm (extra charge)

SÖLDEN
 Bike Wash Freizeit Arena/Ötztal Tourismus Office
 Daily 8.00 am – 6.00 pm

ÖBERGURGL-HOCHGURGL
 Piccardsaal/Village center
 Daily 8.00 am – 6.00 pm (information and material: Obergurgl-Hochgurgl Information)

Bicycle Rental & Service

NEW: RENTAL OF ELECTRIC BIKES
 (*available in all marked shops)

HAIMING
 faszinatour Abenteuerreisen GmbH (Rental)
 Alte Bundesstraße 26, T +43 (0) 5266 87188, haiming@faszinatour.com

AREA 47 Betriebs GmbH (Rental)
 Oetztaaler-Ach-Str 1, T +43 (0) 5266 87676, info@area47.at
 wasser-c-raft (Rental)
 Ambach 29, T +43 (0) 5252 6721, office@rafting-oetztal.at

ÖETZ
 Feelfree Adventure Center (Rental)
 Piburgerstraße 6, T +43 (0) 5252 60350, office@feelfree.at

UMHAUSEN-NIEDERTHAL
 Gasthof Tauferberg (Rental)*
 Niederthal 12, T +43 (0) 5255 5509, info@tauferberg.com

Sport Grüner (Rental)
 Niederthal 64 A, T +43 (0) 5255 5420,
Schischule.niederthal.umhausen@gmail.com

LÄNGENFELD
 Sporthütte Fiegl (Rental/Service)*
 Oberlängenfeld 101, T +43 (0) 5253 5188 60, info@sporthuette.at

2 Rad Center Hummel (Rental/Service)*
 Oberlängenfeld 96, T +43 (0) 5253 5234, info@b-hummel.at

Gasthof Berghemat, Marcel Landolt, (Rental/Service)
 Huben 107, T +43 (0) 5253 5502, info@berghemat.at

SÖLDEN
 Sport Brugger (Rental/Service)*
 Dorfstraße 42 und 98, T +43 (0) 5254 30062, info@sport-brugger.at

Intersport Glanzer (Rental/Service)*
 Dorfstraße 25, 58 und 115, T +43 (0) 5254 2223, soelden@glanzer.at

Sporthütte (Rental/Service)*
 Dorfstraße 119, T +43 (0) 5254 5222, info@sporthuette.at

Sport 4You (Rental/Service)*
 Dorfstraße 40 und 95, T +43 (0) 5254 30610, info@sport4you.co.at

SUNUP Sports (Rental/Service)
 Dorfstraße 5, T +43 (0) 5254 2255, sports@sunup.at

ÖBERGURGL-HOCHGURGL
 Scheiber Sport (Rental)
 Ramolweg 5, T +43 (0) 5256 6223, info@scheibersport.at

Average rate: € 14.00 to € 29.00 per day

TIP! Ötztal Card holders can rent their bicycle FREE OF CHARGE at countless partner shops (surcharge for premium categories). More detailed information at www.oetztal.com/oetztalcard or in the „Ötztal Card Folder“.



Bicycle Friendly Accommodations

ÖTZ TAL Bike & Rad UNTERKÜNFTE
 33 hotels, holiday apartments and apartment houses within the Ötztal are specialized in cyclists and mountain bikers. Additional services include tour guiding, tour descriptions and information all summer long... Cycling holidays at their very finest! **More details at www.oetztal.com**

Mountain Bike Rules

- > I control my speed and I anticipate trail users and obstacles (e.g. stones, branches, cattle, gates, tractors and other vehicles/ machines) around corners and blind spots.
- > I respect barriers for wood-cutting works and accept that forestry trails are primarily for the use of the owners of the forest.
- > I show consideration for hikers and walkers and slow down to a walking pace for overtaking.
- > I respect nature and therefore I do not leave marked MTB trails. I bike in an environmentally sound and responsible way.
- > I take the route's level of difficulty into consideration and judge my experience and ability as a biker accurately.
- > I close pasture gates.
- > I do not leave rubbish.
- > I protect my head with a helmet and check my equipment (brakes, lights, bicycle bell) before starting a tour.
- > I watch out for obstacles especially on narrow single trails as they are not checked regularly. I control my speed and use the trails at my own risk.
- > I pay attention to alpine hazards.



Tips for Cycling Tours with Children

HAIMING – APPLE ROAD
 Start: Haiming Information. Route: Follow the old federal road on the left -> across Magerbach bridge -> turn into the Apple Road on the right towards Silz. Refreshment stop and/or return on the same route. Length: 9 km. Time: approx. 1.5 hours.

ÖETZ – SAUTENS – HAIMING – FAMILY LOOP
 Start: Oetz sports fields. Route: Heading towards Piburg you reach the turn-off to Beerweg -> along the meadows to the village of Sautens -> on the village road to the sports field and along the forest edge to Roppen -> turn right at the Roppen Information -> then left after about 100m -> underpass the road in the direction of the river Inn until you get to the Inntal Cycle Path (eastwards) -> at the turn-off to Schlierenzau you walk the bike across the suspension bridge leading to Ötztal Bahnhof. Here you return via the Ötztal Trail to the recycling plant in Sautens -> turn left after 200m -> follow the gravel trail and cross the wooden bridge -> return to the sports fields in Oetz. Length: 28 km. Time: approx. 1.5 hours.

UMHAUSEN LOOP
 Start: Umhausen Information. Route: At Mure car park you turn left and follow the road to Farst -> turn left again at the second fork-off -> continue on the meadows trail until you get to the water playground -> straight ahead to the fork-off to a farm (on the left) -> along the brook

towards the wool washing factory where original woolen products from the Ötztal are designed. From here you return to Umhausen... Length: 4 km. Time: 30 minutes.

LÄNGENFELD – LÄNGENFELD LOOP
 Start: Längenfeld sports field. Route: Along the valley bottom of Ötztaler Ache river towards the Fun park in Huben – small bowls and basins made of stone, embedded in a shady forest, make a wonderful playground for little cyclists. Return to Längenfeld via the picturesque hamlets of Gottsgut, Runhof and Astlehn. At the end of the tour a wonderful playground next to the campsite is an absolute must. TIP! Stop at the Huben Fun Park. Length: 6 km. Time: 1.5 hours.

SÖLDEN – RECHENAU FOREST TRAIL
 Start: Waldele playground. Route: Continue on the trail along the river shore until you reach the bridge in Rechenau -> cross Gemeindestraße road twice and turn into the rising road, following the signpost to Stallwies & Kieblealm, towards the Rechenau forest trail -> in southern direction, slightly descending until you reach the sharp bend -> a short section northwards towards Gemeindestraße road to Hotel Sunny Sölden with a wonderful playground. Back to Waldele playground along Gemeindestraße and Achweg trail. Length: approx. 2.5 km. Time: 30 minutes.

Bike Guides – Guided Tours

MOUNTAIN BIKE TOURS WITH CERTIFIED ÖTZTAL BIKE GUIDES
 Choose from a wide range of tours for all levels and abilities. Everyone will find a measure-made guided tour! Challenging uphill routes, awe-inspiring single trails, leisurely tours for families and kids down in the valley – unlimited cycling is awaiting you. The Ötztal makes a truly unique mountain bike paradise.

GUIDED TOURS
Haiming-Ochsengarten, Sautens, Oetz, Umhausen-Niederthal
 Easy to intermediate tours – from mid May to mid October
Längenfeld, Sölden, Obergurgl-Hochgurgl, Vent
 Intermediate to difficult tours – from mid June to mid October

Booking, minimum number of persons, meeting points, rates and further information available at the Ötztal Tourismus offices and the event partners.

TIP: Use the bike-friendly bus lines! Free of charge for Ötztal Card holders.



Sport Grüner,
 Niederthal 64 A, T +43 (0) 5255 5420,
Schischule.niederthal.umhausen@gmail.com

LÄNGENFELD
 Vertical Water OG
 Unterlängenfeld 90, T +43 (0) 650 5243002, office@verticalwater.at

SÖLDEN
 Bikeschule Sölden
 Dorfstraße 114, T +43 (0) 676 844599106, vital@bergland-soelden.at

Ötztaler Bike Resort
 Wohlfahrtstraße 14, T +43 (0)5254 2745, info@haus-romana.at

Km	Location	Altitude	Description Ötztal Trail
CONNECTING TRAIL FROM HAIMING TO ÖTZTAL BAHNHOF – NO. 658			
0.0	Haiming Information	670	Start of the tour: Haiming Information Office. Turn left behind the administration building and follow the road until the end. Then turn left again (westwards) towards the Faszinatour rafting center. Cross the bridge, stay to the left and take the rising trail until you pass the autobahn underpass. Now the trail leads in the direction of Schlierenzau.
4.0	Schlierenzau	679	At the turn-off to Schlierenzau you continue left (westwards) on the descending road to the chapel and the village fountain. Stay to the left at the fountain and follow the trail down to the suspension bridge. Cross the bridge and continue cycling along the rising trail in the direction of the train station.
4.9	Train underpass	690	From the train station the route leads (eastwards) to the Eisen Eigl recycling company and the huge intersection, where you turn right (southwards) and take the train underpass. Then you stay to the right following the narrow cycle path to the main square of Ötztal Bahnhof in front of the train station.
ÖTZTAL TRAIL			
0.0	Ötztal Bahnhof	690	Tour start: train station. Past the church (right side) and towards the end of the village where you turn right (northwards). Before passing the rail-road tracks you turn left (Autobahn underpass) following the Ötztaler Ache river in direction of Brunau.
4.5	Brunau	720	Leaving behind the chapel and continuing along the river, you cross the wooden bridge and head towards Sautens. Turn right at the car park and follow the rising road up to the village center of Sautens.
7.0	Sautens	790	Turn left at Hotel Gisela and left again after about 300m (fountain), continuing on the descending trail on the left. You reach Piburger Straße and follow it until you get to the Oetz sports center.
9.1	Oetz Sports Center	780	Cycle along the rising forest trail until you reach km 11.0 (wayside shrine) where you turn left towards Habichen.
11.6	Chapel	847	Past the chapel, along the rising path to the federal road. In the second bend you turn right into the steeply inclining forest trail. After about 150m a gently rolling trail takes you along a forest clearing.
14.1	Tumpen	937	You pass the church and continue on a gravel trail leading to the end of the village and the federal road. Cross the Ötztaler Ache river and turn left towards Platz/Lehn after about 150m.
15.9	Lehn	935	At the end of the village you pass the church („Maria Schnee“), heading towards the federal road. Turn left, then right after 300m. After the Umhausen sports field you cross the bridge and stay to the left, following the Ötztaler Ache river in southern direction.
19.8	Hamlet of „Leiersbach“	1,004	Follow the gently rolling road along the refreshing Ötztaler Ache river until you reach the turn-off to Köfels.
22.0	Neudorf/ Köfels Turn-off	1,035	Right behind the bridge you cycle steeply uphill to Neudorf. Follow the signposts until you reach the hamlet of Neudorf and the road maintenance center. Continue on the federal road to the turn-off to Köfels. Along the federal road to the turn-off to Köfels, do not cross the Köfels bridge. Return to the federal road for a short section until you get to the small chapel behind the second bridge. Here you turn left into the steep forest trail leading, past the climbing wall and the Nötslach Chapel (recycling center), back to the federal road. Follow the road for 700m and turn left in direction Winklen and the villages of Untierried and Oberried.
29.2	Oberried	1,160	Leaving behind Oberried you take the gravel trail on the right, following the Ötztaler Ache river. Past the Plague Chapel towards the hamlet of Astlehn to Huben.
35.2	Huben	1,192	Pass the sports field and follow the main road to „MS Automobile“ where you cross the bridge and follow the gravel trail on the right. After 300m you cross the main road and turn into the forest trail.
37.8	Winkle	1,222	Cycling towards Bruggen and the carpenter's center you cross the main road again, continuing on the gravel trail running parallel to the road. Head down to Ötztaler Ache river until you get to Aschbach.
40.0	Aschbach	1,247	Underpassing the main road at Gasthof Aschbach, you turn left towards Adlersruhe area (rising trail).
40.7	Adlersruhe	1,295	At the end of the asphalt road you take the gravel trail on the right, which takes you along the left river shore to the sewage plant and the village of Sölden.
44.9	Sölden	1,327	At the height of Hotel Sölderhof you cross the bridge on the right, cycling towards the main road where you turn left.
48.3	Pitze	1,411	At the end of the village you turn into the glacier road until you reach the turn-off to Gaislachalm mountain hut.
49.4	Gaislachalm Turn-off	1,537	Turn left at the ski run in direction of Gaislachalm. Follow the short asphalt road and then the gravel trail until you get to the Gaislachalm area.
53.7	Gaislachalm	1,969	Cycle past Gasthof Sonneck along the gravel trail and head towards Berghof Silberatal at the turn-off to Gaislachalm. Stay to the left at the turn-off to Zwieselstein and follow the descending path. After a few sharp turns you reach the hamlet of Gaislach where you turn right in front of a farmer's house and follow the meadows of Bodenegg/Heiligkreuz. The demanding single trail (starting behind the fence) has two sections where you are strongly recommended to walk the bike (sign!). At the end of the track you reach the federal road to Vent (1,565 m). Follow the downhill road to Bodenegg for about 1 km and cross the Venter Ache brook. Continue along the gravel trail next to the brook on the left; always stay to the right at the turn-off points.
60.3	Federal Road	1,500	In one of the sharp bends you reach again the federal road to Obergurgl. Cycle uphill where the trail forks off to Sahnestüberl mountain inn.
63.7	Sahnestüberl	1,674	Heading towards Sahnestüberl you cycle downhill to Gurgler Ache brook. Cross the bridge and take the rising trail along the brook. Another bridge takes you back to the federal road to Obergurgl.
67.7	Timmelsjoch Turn-off	1,834	At the turn-off to Timmelsjoch you take the right road in the direction of Obergurgl.
69.7	Obergurgl	1,907	Final highlight: pass the church, turn left at Hotel Jenewein into the rising trail to the Sports Hostel and turn left into a gravel trail (to Langtalereck Hütte) as soon as you reach a right-hand bend. Some very steep sections! The Schönwieshütte (2,266m) makes a perfect refreshment stop before you conquer the very last ascent leading right to Langtalereck Hütte. This last part is truly exhausting and requires a good physical shape!
76.6	Langtalereck-Hütte	2,430	The tour's highlight and finish - refreshment stop or overnight.
80.1	Schönwies Hütte	2,266	Back to Obergurgl along the same trail. From Obergurgl to the tour's trailhead you always follow the federal road along the Ötztal.
96.6	Sölden	1,355	
120.0	Umhausen	1,050	The nearby Stubenfall, Tirol's highest waterfall, is always worth a visit.
128.5	Oetz	780	
134.3	Inntal Federal Road	727	Stay to the right, on the slightly descending road.
135.1	Ötztal Bhf. Turn-off	692	Turn left towards Bahnhof Ötztal.
135.6	Ötztal Bhf.	690	Trailhead!

Tip
 Ötztal Trail no. 11 - Downhill from Sölden to Haiming
 Downhill mountain bike route on Ötztal Trail no. 11. Take full advantage of the Ötztal Card. More detailed information at www.oetztal.com/oetztalcard or in the „Ötztal Card Folder“.



Bike & Hike

OETZ
Seejöchl
 Mountain Bike Tour Ötztal Trail No. 11:
 From Oetz Information (820 m) to Piburger See swimming bath (950 m).
 Hike via Rudolf Schock Weg up to Seejöchl (1,040 m).
 Bike tour: 1 h, Hike: 1 h
 Refreshments: Piburger See swimming bath, Gasthof „Seehäusl“

UMHAUSEN-NIEDERTHAI
Narrenkogel
 Mountain Bike Tour Umhausen Höhenweg No. 601:
 From Mure car park in Umhausen (1,036 m) to Niederthai Information (1,550 m). Hike along a steep trail up to Bergle and further on to Narrenkogel (2,309 m) – descent to Niederthai via Platte.
 Bike tour: 1 h 30 min, Hike: 3 h
 Refreshments: Jausenstation Bichl

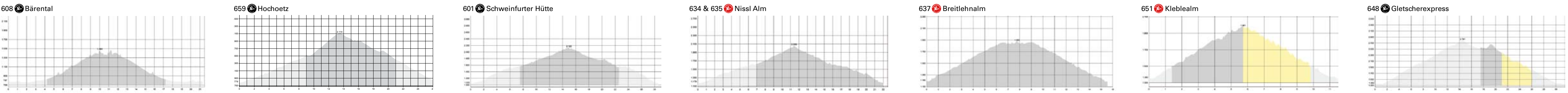
LÄNGENFELD
Gamskogel
 Mountain Bike Tour Nisslalm No. 634 & 635:
 From Längenfeld Information (1,180m) along Nederweg trail to Gries and Nisslalm (2,051 m). Hike along a narrow, steep trail up to Gamskogel (2,813 m)
 Bike tour: 3 h, Hike: 5 h
 Refreshments: Nisslalm

SÖLDEN
Brunnenkogelhaus
 Mountain Bike Tour Brunnenbergalm No. 652:
 From Postplatz in Sölden (1,377 m) along Gemeindestraße to Moosalm and on the forest trail up to Brunnenbergalm (1,972 m). Hike above the timberline - follow the winding trail up to the scenic Brunnenkogelhaus (2,738 m)
 Bike tour: 1 h 30 min, Hike: 4 h
 Refreshments: Brunnenbergalm, Brunnenkogelhaus



Ötztal Kompass Mountain Biking & Cycling

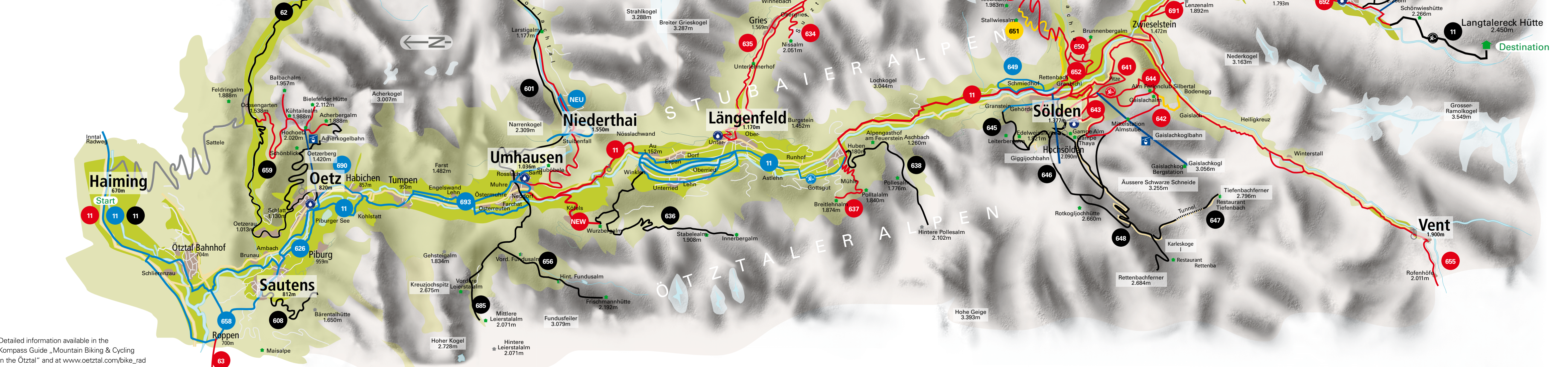
Detailed information on 28 mountain bike tours:
 -> road books
 -> terrain
 -> elevation profile
 -> resting stops
 -> trail maps
 -> in a convenient format!
 The Mountain Biking & Cycling Guide (Kompass Verlag) is available at all Ötztal Tourism information offices and in book shops at € 8.95 per copy.



■ = Gravel ■ = Asphalt ■ = Single trail (difficult)

LEGEND

- easy
- intermediate
- difficult
- Single trail/extremely difficult
- Federal Road
- Side road/trail
- Ötztaler Ache/Inn rivers
- Serviced huts/mountain inns
- Huts/mountain inns not serviced



Detailed information available in the Kompass Guide „Mountain Biking & Cycling in the Ötztal“ and at www.oetztal.com/bike_rad

Bike Tours

No.	Symbol	Tour name	Tour	km	Altitude	Time
OBERGURGL-HOCHGURGL						
692	🚴	Gurgler Achweg	Hochgurglbahn car park -> Pöll -> Königsrain -> Poschach -> Obergurgl	3.6	150	30 min
689	🚴	Wurmkogel	Top Mountain Star -> Wurmkogel -> Plattenkar -> Hochgurgl -> Königsrain	12	1,284	1h 30 min (downhill)
11	🚴	Langtalereckhütte	Obergurgl -> Schönwieshütte -> Langtalereckhütte -> Obergurgl	15.2	780	1 h 40 min
653	🚴	Festkogel	Obergurgl -> Festkogel -> Obergurgl	12.9	780	1 h 45 min
654	🚴	Timmelsjoch	Obergurgl -> Hochgurgl -> Timmelsjoch -> Hochgurgl -> Obergurgl	23.2	944	2 h
688	🚴	Hochgurgl	Hochgurglbahn middle station -> top station -> Kirchenkar -> Timmelsjoch road toll station -> Hochgurglbahn middle station	6	650	1 h 10 min
VENT						
655	🚴	Rotenhöfe	Sölden -> Vent -> Rotenhöfe -> Vent -> Sölden	43.2	903	3 h
SÖLDEN						
649	🚴	Forstweg Rechenau	Sölden -> Forstweg Rechenau -> Kaisers -> Sölden	4.6	70	30 min
650	🚴	Mooser Steig	Sölden -> Windach -> Mooser Steig -> Moos -> Sölden	6.8	265	50 min
651	🚴	Kleblealm	Sölden -> Kleblealm -> Sölden	11.8	610	1 h 20 min
652	🚴	Brunnenbergalm	Sölden -> Brunnenbergalm -> Sölden	15.2	613	1 h 30 min
641	🚴	Panoramaweg	Sölden -> Panoramaweg -> Sölden	10.2	325	50 min
643	🚴	Gampealm	Sölden -> Gampealm -> Stabele -> Sölden	10.9	620	1 h 30 min
644	🚴	Gaislachalm	Sölden -> Gaislachalm -> Löple Alm -> Sölden	15.4	625	1 h 35 min
691	🚴	Lenzenalm	Zwieselstein -> Lenzenalm -> Zwieselstein	7.0	500	1 h 20 min
642	🚴	Via Gaislachalm to Silbertal	Sölden -> Gaislachalm -> Bodeneegg -> Zwieselstein -> Kühtrainschlucht -> Sölden	18.2	605	1 h 35 min

No.	Symbol	Tour name	Tour	km	Altitude	Time
645	🚴	Leiter Alm	Sölden -> Hochsölden -> Leiterbergalm -> Granstein -> Leite -> Sölden	16.2	655	1 h 50 min
646	🚴	Rettenbachalm	Sölden -> Gaislachalm -> Mittelstation -> Rettenbachalm -> Hochsölden -> Sölden	21.9	905	2 h 20 min
648	🚴	Gletscherexpress	Sölden -> Rettenbach glacier -> Gletscherexpress -> Rotkogelhütte -> Gampe Alm -> Sölden	34.6	1,646	3 h 35 min
647	🚴	Tiefenbachgletscher	Sölden -> Gaislachalm -> middle station -> Rettenbach glacier -> Tiefenbach glacier -> Sölden	40.2	1,642	3 h 45 min
LÄNGENFELD						
11	🚴	Längenfeld Loop	Aschbach -> Längenfeld -> Au -> Winken -> Huben -> Aschbach	28.2	117	1 h 45 min
637	🚴	Breitlehnalm	Huben -> Polltalalm/Breitlehnalm -> Huben	15.8	757	1 h 35 min
634 & 635	🚴	Nissl Alm	Längenfeld -> Gries -> Nissl Alm -> Gries -> Längenfeld	26.0	881	2 h 10 min
638	🚴	Pollestal	Huben -> Alpengasthof am Feuerstein -> Pollesalm -> Huben	18.2	913	2 h 10 min
636	🚴	Innerberg Alm	Längenfeld -> Wurzburgalm -> Stabele Alm -> Innerberg Alm -> Längenfeld	27.7	1,032	2 h 35 min
694	🚴	Amberger Hütte	Gries -> Sulztal Alm -> Amberger Hütte -> Gries	12	567	1 h 45 min
UMHAUSEN-NIEDERTHAI						
601	🚴	Schweinfurter Hütte	Umhausen -> Niederthai -> Schweinfurter Hütte -> Niederthai -> Umhausen	30.2	1,190	2 h 50 min
656	🚴	Frischmann Hütte	Umhausen -> Frischmannhütte -> Umhausen	21.5	1,257	2 h 20 min
685	🚴	Leierstalalm	Umhausen -> Vordere Leierstalalm -> Mittlere Leierstalalm -> Umhausen	20.0	1,037	2 h 15 min
693	🚴	Umhauser Runde	Umhausen -> Östen -> Lehn Platzl -> Tumpen -> Lehn Platzl -> Östen -> Neudorf -> Umhausen -> Stuböbele -> Umhausen	20.0	480	1 h 50 min
NEW	🚴	Rund um Niederthai	Niederthai -> Rauth chapel -> Sennhof -> Bichl -> Stuibenfall -> Niederthai	14	250	1 h 30 min
NEW	🚴	Umhausen - Wurzburg Alm	Umhausen -> Köfels -> Wurzburg Alm -> Umhausen	14.5	544	2 h

No.	Symbol	Tour name	Tour	km	Altitude	Time
SAUTENS						
658	🚴	5 Village Tour	Sautens -> Roppen -> Inntal cycle path -> Schlierenzau -> Haiming -> Ötztal	28	150	2 h 30 min
608	🚴	Bärental	Sautens -> Bärental -> Sautens	21.9	1,016	2 h 25 min
OETZ						
690	🚴	Oetz - Habichen	Oetz -> Habichen -> Oetz	3.5	100	45 min
11	🚴	Oetz - Stuibenfall	Oetz -> Habichen -> Tumpen -> Stuiben Falls in Umhausen -> Oetz	22.5	219	1 h 50 min
63	🚴	Bike Trail Tirol Oetz - Imst	Oetz -> Sautens -> Roppen -> Bahnhof Imst	14.5	213	1 h 20 min
62	🚴	Bike Trail Tirol Oetz - Sellrain	Oetz -> Oetzerau -> Ochsengarten -> Kühtai -> Sellrain	34.5	1,112	4 h 15 min
626	🚴	Beerweg	Oetz -> Forstweg Ötztaler Ache -> Sautner Steg -> Oetz	5.7	10	40 min
659	🚴	Hochoetz Panorama Tour	Oetz -> Ochsengarten -> Balbach Alm -> Kühtale Alm -> Bielefelder Hütte -> Acherberger Alm -> Oetz	29.0	1,342	3 h
ÖTZTAL TRAIL						
11	🚴	Ötztal Trail	Haiming -> Langtalereck Hütte -> Haiming	135.6	2,911	2 Tage

🚴 easy 🚴 intermediate 🚴 difficult 🚴 extremely difficult 🚴 Single trail