ONLINE GPS TOURS

To find GPS tours of the routes already mentioned with the mountainbike, visit www.bike-sfl.at. Tracing of the route is possible via the map with the mountainbike and the Trip Planner. You can also find new routes online with our tour planner or our interactive overview map.

Bike-SFL.AT

S2 – S3: MEDIUM DIFFICULTY

- MTB equipment
- MTB handling
- Mini tables and specially shaped hills offer beginners and mini-bikers a chance to have some extra thrills.
- The second passage is a great practice trail for beginners.
- Ascent: 0 m
- Descent: 193 m
- Trail distance: 5.8 km
- Highest point: 1,973 m
- STARTING POINT: Lazidkopf

FACTS

The Frommestrail is a natural flowing trail, giving bikers the choice of several lines on the trail. As the trail runs along a ridge, there is a great view of the Fiss valley from the Frommestock. It's worth taking a short detour just before the Schöngampalm to enjoy the view of the Fiss valley. The trail ends at the Schönjoch ridge, this new trail descends to the Komperdell area. You can take the Alpkopfbahn cable car to the Hög. A short, easy tour for connoisseurs, with fantastic views of the surrounding mountains and the Inntal valley.

S3 +: DIFFICULT

- MTB equipment
- MTB handling
- Mini tables and specially shaped hills offer beginners and mini-bikers a chance to have some extra thrills.
- The second passage is a great practice trail for beginners.
- Ascent: 0 m
- Descent: 212 m
- Trail distance: 2.2 km
- Highest point: 1,973 m
- STARTING POINT: Lazidkopf

FACTS

The Almkopftrail starts from the top station of the Almbahn. The all new Jochtrail connects Fiss and Serfaus, while the slightly rougher Jochtrail leads through impressive alpine scenery and panoramic views. Its steep trail sections and loose rocks pose natural trail challenges. The Almkopftrail is a natural flowing trail, giving bikers the choice of several lines on the trail. It's worth taking a short detour just before the Schöngampalm to enjoy the view of the Fiss valley. The trail ends at the Schönjoch ridge, this new trail descends to the Komperdell area. You can take the Alpkopfbahn cable car to the Hög.

S1 – S2: EASY

- MTB equipment
- MTB handling
- Mini tables and specially shaped hills offer beginners and mini-bikers a chance to have some extra thrills.
- The second passage is a great practice trail for beginners.
- Ascent: 0 m
- Descent: 343 m
- Trail distance: 5.8 km
- Highest point: 2,432 m
- STARTING POINT: Zwölferkopf

FACTS

The legendary Frommestrail offers trail-pleasure at its finest. One of this tour's highlights is the Frommestock, the highest point on the trail. As the trail runs along a ridge, there is a great view of the Fiss valley from the Frommestock. It's worth taking a short detour just before the Schöngampalm to enjoy the view of the Fiss valley. The trail ends at the Schönjoch ridge, this new trail descends to the Komperdell area. You can take the Alpkopfbahn cable car to the Hög.

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S1 – S2: EASY

- MTB equipment
- MTB handling
- Mini tables and specially shaped hills offer beginners and mini-bikers a chance to have some extra thrills.
- The second passage is a great practice trail for beginners.
- Ascent: 0 m
- Descent: 503 m
- Trail distance: 27.2 km
- Highest point: 2,489 m
- STARTING POINT: Zwölferkopf

FACTS

The Frommestrail is a natural flowing trail, giving bikers the choice of several lines on the trail. As the trail runs along a ridge, there is a great view of the Fiss valley from the Frommestock. It's worth taking a short detour just before the Schöngampalm to enjoy the view of the Fiss valley. The trail ends at the Schönjoch ridge, this new trail descends to the Komperdell area. You can take the Alpkopfbahn cable car to the Hög.

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S2 – S3: MEDIUM DIFFICULTY

- MTB equipment
- MTB handling
- Mini tables and specially shaped hills offer beginners and mini-bikers a chance to have some extra thrills.
- The second passage is a great practice trail for beginners.
- Ascent: 0 m
- Descent: 915 m
- Trail distance: 29 km
- Highest point: 1,960 m
- STARTING POINT: Zwölferkopf

FACTS

The Almkopftrail starts from the top station of the Almbahn. The all new Jochtrail connects Fiss and Serfaus, while the slightly rougher Jochtrail leads through impressive alpine scenery and panoramic views. Its steep trail sections and loose rocks pose natural trail challenges. The Almkopftrail is a natural flowing trail, giving bikers the choice of several lines on the trail. It's worth taking a short detour just before the Schöngampalm to enjoy the view of the Fiss valley. The trail ends at the Schönjoch ridge, this new trail descends to the Komperdell area. You can take the Alpkopfbahn cable car to the Hög.
**BIKE TOURS**

**Mountain bike tours:**
- Serfaus-Fiss-Ladis Family Tour
- Rabenstein Family Tour
- Wild Tauern Strasseng Family Tour
- Komperdell Tour
- Schöngampalm Tour
- Asterbahn-Tour
- Complex Tour
- Brixenberg Tour
- Leithabahn-Eisenbahn Tour
- Schöngampalm Tour
- Wiener Extreme Tour

**Single trails:**
- Jochtrail
- St. Zeno Trail
- Römerweg Tour
- Schöngampalm Tour
- Komperdell Tour
- Rabuschl Family Tour
- Serfaus-Fiss-Ladis Family Tour

**Cable cars:**
- Almbahn: from 8.30am to 4.30pm
- Schönjochbahn I & II: from 8.30am to 4.30pm
- Waldbahn: from 8.30am to 5pm, Waldbahn + Bikepark: from 8.30am to 5pm
- Komperdellbahn + Alpkopfbahn + Sunliner: from 7.45am to 5.15pm
- Serfaus Underground: Open daily from 27 June to 11 October 2020:

**Bike shops:**
- Sport Schmid: www.sport-schmid.at
- Sport Pregenzer: www.intersport-pregenzer.com
- Intersport Kirschner: www.intersport-kirschner.at
- Bachersport: 6534 Serfaus, Dorfbahnstraße 73, Tel. +43/5476/60300

**Emergency signs:**
- SOS: 140
- SOS: 001

**Important tips:**
- Before the bike tour:
  - Always wear your helmet.
  - Pack your emergency number.
  - The right equipment for bike tours:
    - Repair kit or tube
    - Bicycle pump, small tool
    - Some money - just in case
    - Trainers
- Inform other people about your programme during the bike tour:
- After the bike tour:
  - Leave no trace.
  - Don’t cut switchbacks.
  - Blocked rear wheels damage the trail.
- Beware! No checks are made on the condition of the road.

**Rules / Code of Honour:**
- Mountain bike tours:
  - Respect the signs, make sure you stop at all signs. Don’t ride at any time.
  - Inform other people about your programme during the bike tour:
  - Leave no litter.
  - Be alert at all times to the hazards of the mountain environment. Do not stray from the signposted route.
  - Never cycle on roads. Respect the right of way of other users.

**App:**
- Simply scan the QR code from your phone.

**Service变得更安全:**
- Mountain bike tour starting point
- Information
- Restaurant, mountain lodge
- Changing station
- Power supply/locator (charger availability)
- Service stations/tourist information centres available
- Bike shop