

MOUNTAIN BIKE TOURS

7104 Serfaus-Fiss-Ladis Family Tour



Trail distance: 12.5 km Highest point: 1,531 m
 Ascent: 104 m Descent: 350 m
 Biking time: 1.5 h Starting point: bike park

A simple tour for families. It follows mainly paved paths over the sunny high plateau to magnificent places to have a rest, such as the Platöll Leisure Park, Wolfsee lake and Ladis pond where you can play or simply enjoy a break. You can start from any of the three towns and arrange the tour to suit you. There's a charge for bike transport on the Sonnenbahn cable car.

7095 Rabuschl Family Tour



Trail distance: 10.8 km Highest point: 1,631 m
 Ascent: 269 m Descent: 273 m
 Biking time: 1.5 h Starting point: bike park

A short, easy tour for connoisseurs, with fantastic views such as in Schöneck. The Rabuschl Family Playground offers the perfect opportunity for a cozy stop. This tour can be extended with all sorts of variations - Schöngampalm, Kuh Alm Fiss, Frommes Alp, etc.

766 Obladis Family Tour



Trail distance: 9.3 km Highest point: 1,532 m
 Ascent: 160 m Descent: 434 m
 Biking time: 1 h Starting point: bike park

A tour for beginners, families and connoisseurs. Biking with a child seat is also possible if the biker is used to this. Obladis (refreshment stop) with its own mineral water spring, playground and Kneipp area. The descent from Obladis to Ladis is on the access road - look out for cars. There's a charge for bike transport on the Sonnenbahn cable car.

7105 Wode Tower Neuegg Family Tour



Trail distance: 14.4 km Highest point: 1,654 m
 Ascent: 254 m Descent: 503 m
 Biking time: 1.5 h Starting point: bike park

A delightful tour from start to finish. Thanks to the cable car, only short climbs but magnificent views of the Kaunertal valley and the Kaunergrat ridge. The Rabuschl Family Playground with barbecue area, is a great place to spend some time. The Wode tower and Café Neuegg refreshment stop are also places to enjoy. There's a charge for bike transport on the Sonnenbahn cable car.

761 Komperdell Tour



Trail distance: 17.4 km Highest point: 1,960 m
 Ascent: 650 m Descent: 645 m
 Biking time: 1.5 h Starting point: bike park

A technically easy route. Only in the first section in the St. Zeno area are there short climbs of 15% to 20%. Not suitable as a first tour for beginners. As an alternative, you can take the Alpkopftrah cable car to the Hög Adventure Park.

732 Schöngampalm Tour



Trail distance: 27.5 km Highest point: 1,880 m
 Ascent: 726 m Descent: 716 m
 Biking time: 3 h Starting point: bike park

The destination is Schöngampalm in the Urgtal valley. A tour also for families or ambitious beginners. It's worth taking a short detour just before the Schöngampalm to admire the Urgsee lake. If you want more of a challenge, you can extend this tour to suit you.

759 Asterhöfe Tour



Trail distance: 29 km Highest point: 1,437 m
 Ascent: 854 m Descent: 915 m
 Biking time: 3 h Starting point: bike park

From the start, the bike trail takes you firstly to Serfaus and via Stadelwies down into the Inntal valley to Tschuppbach and Tösens. There we then follow the course of the Inntal valley to Prutz, where we cross the river Inn to Entbruck. This is where the climb via the Asterhöfe to Ladis begins, leading us past the Wolfsee lake back to Fiss.

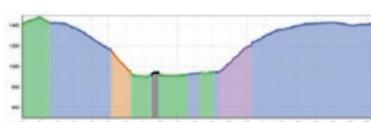
731 Gample Tour



Trail distance: 17.8 km Highest point: 1,872 m
 Ascent: 473 m Descent: 732 m
 Biking time: 2 h Starting point: bike park

The Gample Tour is a lovely, selective circuit with refreshment stops (such as Frommes Alp, Kuh Alm Fiss). It's mainly on gravel paths and leads through the woods and via the mountain pastures of Fiss. One of this tour's attractions is the bird of prey station on the Frommes Alp.

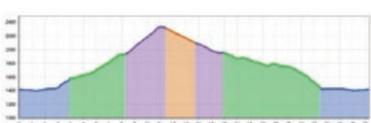
763 Römerweg Tour



Trail distance: 20.3 km Highest point: 1,484 m
 Ascent: 766 m Descent: 746 m
 Biking time: 2.5 h Starting point: bike park

We follow in the footsteps of the ancient Romans. Although we don't follow exactly the historic Roman road from Tschuppbach up to St. Georgen, there are still lots of interesting things to see. In terms of fitness, it's mainly the daunting climb with a gradient of up to 18% from Tschuppbach up to Stadelwies that poses the real challenge.

7102 Lazidkopf Enduro Tour



Trail distance: 27.2 km Highest point: 2,340 m
 Ascent: 1,066 m Descent: 1,071 m
 Biking time: 3 h Starting point: bike park

The Lazidkopf Enduro Tour up to the Lazidkopf is only recommended for fit and experienced mountain bikers. The climb from Serfaus up to the Komperdell and especially up to the Lazidkopf mountain poses a real challenge. But manage this climb and your reward is a descent on the Scheidtrail (S1).

7101 Schönjoch Tour



Trail distance: 36 km Highest point: 2,483 m
 Ascent: 1,401 m Descent: 1,374 m
 Biking time: 3 h Starting point: bike park

Via the Falterjochl ridge and Schöneck to the Schöngampalm and on the Emmerich-Pale-Weg trail to the Schönjoch ridge. You can descend either the gravel road following the cable car route, or via the Frommestral (S2) back to Fiss.

7100 SFL Extreme Tour



Trail distance: 57.8 km Highest point: 2,491 m
 Ascent: 2,060 m Descent: 2,047 m
 Biking time: 6 h Starting point: bike park

The SFL Extreme Tour is one of the most challenging circuits in the region. This tour poses a real challenge in terms of fitness and riding technique. The long climb up to the Schönjoch, with 1,650 m of altitude gain over 18.2 km, calls for real powers of endurance. If you run out of steam, you can take an "emergency exit" through the Urgtal valley.

SINGLE TRAILS

7110 Alpkopftrail

Trail distance: 2.6 km Highest point: 2,021 m
 Ascent: 0 m Descent: 182 m
 Level: S0 Starting point: Alpkopf

The green Alpkopftrail starts at the Alpkopftrah station and is perfect for beginners keen to become familiar with a mountain bike. The Alpkopftrail heads gently through subalpine terrain down the mountain. The second passage is a great practice trail for beginners looking to build experience.

7081 Högtrail

Trail distance: 3.8 km Highest point: 1,814 m
 Ascent: 0 m Descent: 355 m
 Level: S1 Starting point: Hög

The Högtrail invites beginners to gather some first mountain bike experience. However, the trail also sets the pulses of experienced bikers as the trail is quite flowing and offers waves for jumping. Natural banked turns and northshore elements over wetlands give true roller coaster feeling, whereas gentle root sections provide some extra thrills.

7082 Scheidtrail

Trail distance: 2.3 km Highest point: 2,314 m
 Ascent: 0 m Descent: 212 m
 Level: S2 Starting point: Lazid

We start about 600 m from the Lazidbahn top station heading in the direction of Scheid. The Scheidtrail demands momentum and lots of flow. Several north shores, double rollers and specially shaped hills give both beginners and advanced bikers the chance to ride creatively. All the hills and drainage gutters can be smoothly ridden over using the inside of the trail. The well coordinated gradients of numerous banked turns and rollers give bikers the choice of several lines on the trail.

7083 Zirbentrail

Trail distance: 2.2 km Highest point: 2,074 m
 Ascent: 0 m Descent: 193 m
 Level: S1 Starting point: Zirbenhütte

The Zirbentrail leads through the stone pine forest to the North Side of Fiss. Several north shores, double rollers, mini tables and specially shaped hills offer beginners and advanced riders the chance to develop a creative biking style. All the hills and drainage gutters can be smoothly ridden over using the inside of the trail. The well coordinated gradients of numerous banked turns and rollers give bikers the choice of several lines on the trail.

7097 Almtrail

Trail distance: 1.6 km Highest point: 2,590 m
 Ascent: 0 m Descent: 159 m
 Level: S1 Starting point: Zwölfelkopf

The Almtrail starts at the top station of the Almbahn cable car, at an altitude of 2,600 m. It leads riders through stunning high-alpine terrain to the Fisser Joch ridge. The flowing trail offers a unique view of the surrounding mountains and the Inntal valley and is a perfect trail for beginners and connoisseurs.

7077 Frommestral

Trail distance: 8.7 km Highest point: 2,489 m
 Ascent: 19 m Descent: 894 m
 Level: S2 Starting point: Schönjoch

The legendary Frommestral offers trail-pleasure at its finest. After a short climb from the Fisser Joch ridge a heavenly descent from the Schönjoch-Kreuz opens up in front of you. The Frommestral is a natural flowing trail that leads through initially alpine terrain, then in the lower part it crosses through mountainous spruce forests. It is riddled with roots and lots of little challenges. The crispest parts await after the Frommestral. If that is too much for you, you can also bypass this section. Please stay on marked paths at all times!

7103 Flüstertrail

Trail distance: 2.2 km Highest point: 2,432 m
 Ascent: 6 m Descent: 343 m
 Level: S2 Starting point: Fisser Joch

Its steep trail sections and loose rocks pose natural trail fans a real challenge. Starting from the Fisser Joch ridge, the slightly rougher trail leads through impressive mountain scenery down to the absolute highlight, the "Hay Barn Village". This Feel-good-Stop offers riders the perfect opportunity to take a relaxing break and lie back in a hammock and enjoy the sun before getting back on their bike.

7115 Jochtrail

Trail distance: 5.8 km Highest point: 2,431 m
 Ascent: 28 m Descent: 508 m
 Level: S2 Starting point: Fisser Joch

The all new Jochtrail connects Fiss and Serfaus, while thrilling riders with some of the finest single trail action. Starting at the Schönjochbahn top station at the Fisser Joch ridge, this new trail descends to the Komperdell mid station. Offering untouched, natural single trail segments mixed with north shore elements, the Jochtrail parallels the Source Trail (Quellenweg), which is also new and is a route filled with springs and wells.

MOUNTAIN BIKE TOURS LEVELS OF DIFFICULTY

EASY

Cycle path with a good surface (fine gravel, asphalt or comparable surface) which is family-friendly and suitable for ordinary bikes, uphill and downhill gradients between 0% and 5%, on short trails maximum 10%. Alternating uphill and downhill sections, no continuous uphill.

Vehicle-free or little used by road vehicles. There are no particularly dangerous sections or, if so, they are indicated by special signposting.

MEDIUM DIFFICULTY

Requires sports cycling ability and especially knowing how to ride defensively. Mountain biking equipment is recommended. Uphill and downhill sections between 5% and 12%, on short trails up to a maximum of 17%. The trail has blind bends. Bikers must expect to encounter road vehicles taking up the full width of the path. The composition of the path, including the quality of the surface, drainage facilities (e.g. channel drains), closure devices (e.g. barriers), the safety measures (e.g. missing railings and fences) and notices about dangerous sections

are all intended for farm and forestry traffic using tractors and HGVs. Such installations could in themselves pose a danger to bikers. Bikers must at all times be prepared to come across trails closed for operational reasons (e.g. logging and transport), materials stored on or by the trail, equipment and stored machinery and sections which have become dangerous as a result of natural events. Steep slopes adjoining the trail are not made safe.

DIFFICULT

Demanding MTB trail with numerous dangerous sections exceeding the maximum gradient of the red trails and with much more difficult features. MTB equipment is

obligatory. Bikers must keep their wits about them at all times and think ahead.

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MORE TRAILS

BIKEPARK
SERFAUS-FISS-LADIS

There are lots of other trails for young and old in the Serfaus-Fiss-Ladis Bike Park. You'll find further information in the Bikepark Folder or at www.bikepark-sfl.at.

SINGLE TRAIL LEVELS

S0: VERY EASY
 For Beginners! Basic Mountainbike riding technique required such as balance and braking skills, in general little or no trail experience.

S1 – S2: EASY
 For beginners and intermediates! Intermediate mountainbike riding technique required such as good balance and good braking skills, good weight shifting to overcome obstacles, good ability of riding turns, jump technique may be required in parts of the trail, generally trail experience required.

S2 – S3: MEDIUM DIFFICULTY
 For intermediates! Already special mountainbike riding technique required such as very good balance and very good braking skills, very good weight shifting to overcome obstacles, very good ability of riding turns, jump technique required, lot's of trail experience required.

S3 +: DIFFICULT
 For experts only! Special mountainbike riding technique required such as expert Level of balance and braking skills, expert weight shifting to overcome obstacles, expert ability of riding turns, jump technique required, expert trail experience required.

SUPER. SUMMER. CARD.

If you're staying in Serfaus-Fiss-Ladis, you pick up the SUPER. SUMMER. CARD. at your accommodation. This gives you free use of the cable cars and hikers' bus between the villages Serfaus, Fiss and Ladis.

Even your children (aged 3 and over!) can take part in the fantastic all-day entertainment programmes at the Murrli-Club Serfaus or Mini&Maxi Club Fiss-Ladis. Adults have the choice of several guided hikes a week!

FREE. INCLUSIVE. FEATURES.

- incl. use of the cable cars in Serfaus-Fiss-Ladis¹
- incl. Adventure World Serfaus
- incl. Hög Adventure Park²
- incl. Summer Fun Park Fiss²
- incl. Children's Mine
- incl. hikers' bus daily between the villages Serfaus, Fiss and Ladis
- incl. kids' entertainment
- incl. Thomas Brezina's Adventure Mountains³
- incl. guided hikes in Serfaus-Fiss-Ladis

¹ excluding bike transport
² attractions subject to a charge are excluded
³ excluding the Adventure Booklet with colourful stickers



LEGEND

- Asphalt
- Forest/meadow trail
- Gravel
- Trail
- Cable car
- Pushing section

ONLINE GPS TOURS

You'll find GPS tours of the routes already mentioned and other routes online with our tour planner or our interactive overview map summer. Simply scan the relevant QR code.

Interactive overview map:



Tour planner:



TRAIL TICKETS

Standard prices

	Adult	Youth age group 2001-2004 (ID)	Kids age group 2005-2013 (ID)
½ day (from 12.00 noon)	34.00	25.00	17.00
1 day	39.50	31.00	20.50
2 days	75.00	58.00	38.00
3 in 7 days (name)	102.00	78.00	52.00
4 in 7 days (name)	128.50	99.00	65.00
5 in 7 days (name)	152.50	117.50	77.50
6 in 7 days (name)	176.50	134.00	88.50
Season pass (name + photo)	235.00	180.00	120.00
Additional ticket per day *	8.00	6.50	4.00

Prices with Super. Summer. Card.

	Adult	Youth age group 2001-2004 (ID)	Kids age group 2005-2013 (ID)
½ day (from 12.00 noon)	29.00	22.00	14.00
1 day	34.50	26.50	18.00
2 days	66.00	50.00	34.00
3 in 7 days (name)	90.00	68.00	45.00
4 in 7 days (name)	112.50	84.50	56.00
5 in 7 days (name)	133.00	100.50	66.50
6 in 7 days (name)	154.00	116.50	77.00
Season pass (name + photo)	200.00	150.00	100.00
Additional ticket per day *	7.50	6.00	4.00

Trail tickets for unlimited trips including bike transport on the following cable cars: Sonnenbahn Ladis-Fiss, Schönjochbahn I a. II, Almbahn, Alpkopftrah, Komperdelltrah, Lazidtrah, Sunliner. No trips possible on the Möseralmtrah and Waldtrah.
 * A supplementary ticket in combination with a valid bike park ticket or trail ticket for one day or more entitles the holder to unlimited alternative use of trails and bike park.

TICKETS BIKE TRANSPORT

Bike transport (per ascent, outside the bike park)

	Adult	Youth age group 2001-2004 (ID)	Kids age group 2005-2013 (ID)
Schönjochbahn I a. II, Waldtrah, Sunliner, Komperdelltrah, and Lazidtrah	10.00	8.00	5.00
Sonnenbahn Ladis-Fiss	5.00	3.00	3.00

In addition to the cable car ticket, there is a charge for bike transport on one of the cable cars. No charge for bike transport down to the valley.

When using both sections directly one after the other (Fiss-Schönjoch, Serfaus-Lazid, Alpkopftrah), the fee will be charged only once.

The bike transport ticket of the Schönjochbahn includes transportation of bikes from Ladis to Fiss.

Only with Super. Summer. Card.

5 x bike transports	45.00	36.00	22.50
10 x bike transports	80.00	64.00	40.00

ALL-MOUNTAIN RIDES

Standard prices

	Adult	Youth age group 2001-2004 (ID)	Kids age group 2005-2013 (ID)
½ day (from 12.00 noon)	40.00	30.00	20.00
1 day	47.50	37.50	24.50
2 days	90.50	70.00	45.50
3 in 7 days (name)	123.50	95.00	61.50
4 in 7 days (name)	153.00	119.50	75.50
5 in 7 days (name)	178.50	141.00	87.50
6 in 7 days (name)	204.00	159.00	101.00
Season pass (name + photo)	285.00	215.00	140.00

Prices with Super. Summer. Card.

	Adult	Youth age group 2001-2004 (ID)	Kids age group 2005-2013 (ID)
½ day (from 12.00 noon)	34.50	26.50	17.50
1 day	41.50	32.00	21.50
2 days	79.50	60.50	41.00
3 in 7 days (name)	108.50	82.00	54.00
4 in 7 days (name)	134.00	101.00	68.50
5 in 7 days (name)	158.00	119.00	79.50
6 in 7 days (name)	181.00	135.00	92.50
Season pass (name + photo)	250.00	190.00	125.00

All-Mountain Rides for the bike park and all trails! Unlimited trips including bike transport on the following cable cars: Sonnenbahn Ladis-Fiss, Schönjochbahn I a. II, Almbahn, Alpkopftrah, Komperdelltrah, Lazidtrah, Sunliner and Waldtrah. No trips possible on the Möseralmtrah.

General information:

All guests who are staying in Serfaus-Fiss-Ladis and registered properly, get the Super. Summer. Card. for the duration of their stay. All prices in Euros and incl. VAT - prices subject to change!
 Entry with KeyCard is contactless. Kids are only allowed to use the single trails when accompanied by an adult (over 18) who is obliged to supervise the child and also check his/her equipment.

BIKE & TRAIL MAP.
 SUMMER 2020.
 WE ARE FAMILY.®

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BIKE-SFL.AT

Serfaus-Fiss-Ladis

BIKE SCHOOL PRICES

Standard prices *

	Group tour 2-3 people	Group tour 4-6 people
½ day	46.00	41.00
1 day	66.00	61.00
2 days	109.00	104.00
3 days	151.00	145.00
4 days	-	-

BIKE SHOPS

Bacher Sportcenter
Dorfbahnstraße 73
6534 Serfaus
Tel. +43/5476/53076
www.bachersport.com

Intersport Kirschner
Dorfbahnstraße 76
6534 Serfaus
Tel. +43/5476/60300
www.intersport-kirschner.at

Patscheider Sport
Scott Bike Testcenter
Untere Dorfstraße 10
6534 Serfaus
Tel. +43/5476/6202-420
www.scott-testcenter.com

Serfaus-Fiss-Ladis Bike Park
Fisser Straße 50
6533 Fiss
Tel. +43/5476/53077-20
www.bikepark-sfl.at

Intersport Pregenzer
Seilbahnstraße 42
6533 Fiss
Tel. +43/5476/20086
www.intersport-pregenzer.com

Sport Schmid
Seilbahnstraße 36
6533 Fiss
Tel. +43/5476/20122
www.sport-schmid.at



CABLE CARS

Open daily from 27 June to 18 October 2020:

Serfaus Underground:

from 7.45am to 5.15pm

Komperdellbahn + Alpkopfbahn + Sunliner:

from 8.30am to 5pm

Waldbahn + Bikepark:

Waldbahn from 8.30am to 5pm,

Bike park from 9am to 5pm

Schönjochbahn I & II:

from 8.30am to 4.30pm

Möseralmbahn + Sonnenbahn:

from 8.30am to 5pm

Open daily from 27 June to 11 October 2020:

Lazidbahn:

from 8.30am to 4.30pm

Almbahn:

from 9.30am to 4pm



RULES / CODE OF HONOUR

Mountain bike tours:

- Keep your speed under control and be ready to stop at all times, especially on blind bends. Be prepared for unexpected obstacles (potholes, stones, branches, stockpiled timber, livestock, cattle grids, gates, tractors, forestry plant, authorized vehicles).
- Show consideration for pedestrians. Overtake at walking pace only.
- Check the degree of difficulty of the trail, and never exceed your level of ability and experience. Always wear a helmet and check your equipment before starting out (brakes, bell, lights).
- Respect all closures, and remember that the trail primarily for agriculture and forestry. Be sure to close all gates.
- Respect all forms of natural life. Do not disturb large game. Do not leave the signposted route. Never cycle where there is no official trail. Time your ride to be back before dusk. Leave no litter.

Single trails:

- Beware! No checks are made on the condition of the trail and bikers using the trail do so at their own risk. Riders must be in control at all times and have a clear line of sight.
- Keep to the trail and always show consideration for walkers, livestock and game. Always close the gates.
- Be alert at all times to the hazards of the mountain environment.
- Leave no trace. Don't cut switchbacks. Blocked rear wheels damage the trail.



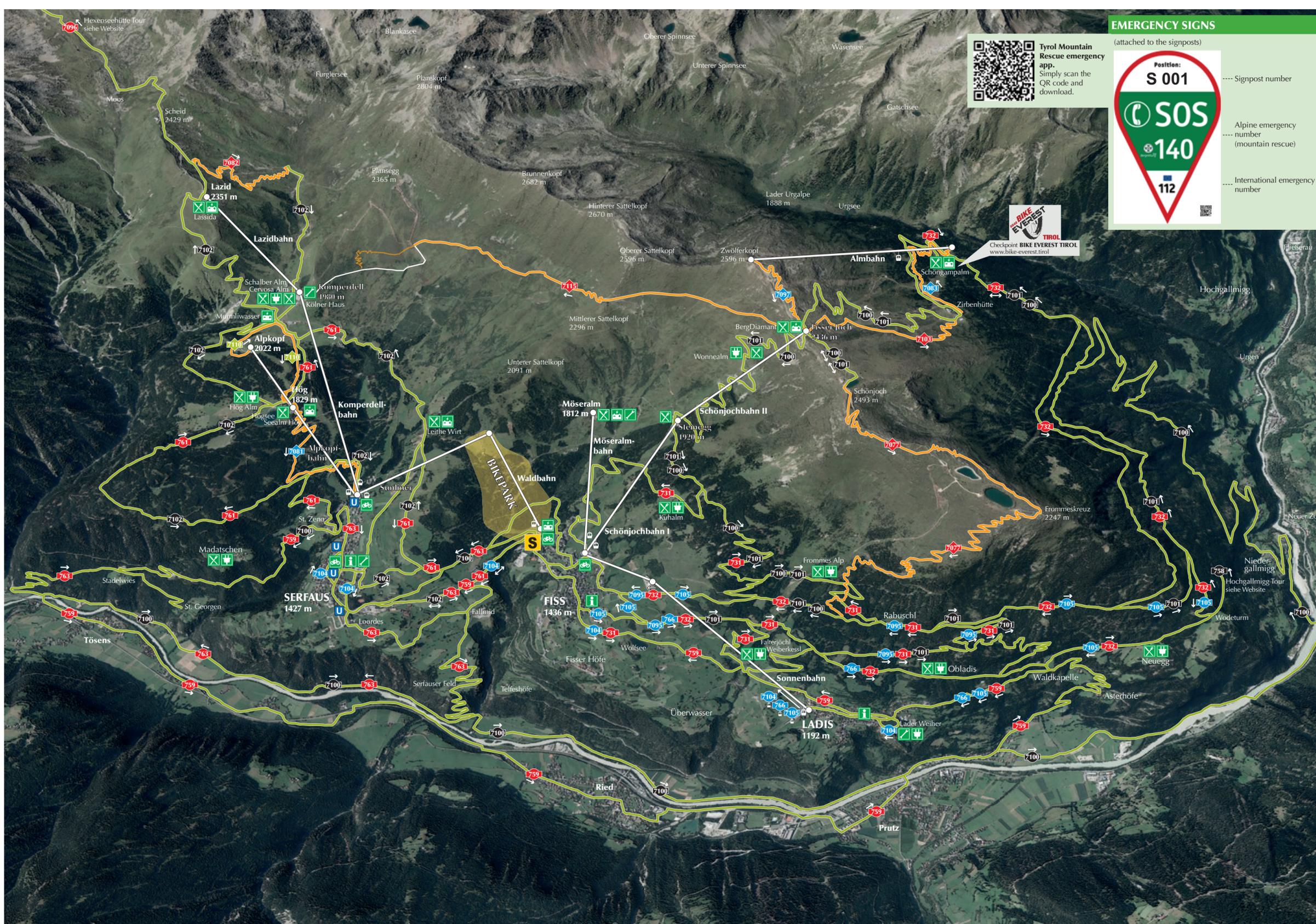
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- 7095** Rabuschl Family Tour
- 766** Obladis Family Tour
- 7105** Wode Tower Neuwegg Family Tour
- 761** Komperdell Tour
- 732** Schöngampalm Tour
- 759** Asterhöfe Tour
- 731** Gample Tour
- 763** Römerweg Tour
- 7102** Lazidkopf Enduro Tour
- 7101** Schönjoch Tour
- 7100** SFL Extreme Tour

SINGLE TRAILS

- 7110** Alpkopftail
- 7081** Högtrail
- 7097** Almtrail
- 7083** Zirbentail
- 7082** Scheidtrail
- 7077** Frommestail
- 7103** Flüstertrail
- 7115** Jochtrail



Tyrol Mountain Rescue emergency app.
Simply scan the QR code and download.

EMERGENCY SIGNS

(attached to the signposts)



--- Signpost number
--- Alpine emergency number (mountain rescue)
--- International emergency number



Checkpoint BIKELIST EVEREST TIROL
www.bike-everest.tirol

LEGEND

- Mountain bike tour
- Single trail
- Single trail under construction
- Mountain bike tour starting point
- Information
- Restaurant, mountain lodge
- Charging station
- Power connection (battery charger necessary)
- Service station/toolkit available
- Bike shop

IMPORTANT TIPS

Before the bike tour:
Inform other people about your programme during the day. Check the weather conditions (thunderstorm danger).

The right equipment for bike tours:

- backpack or bike bag
- repair kit or tube
- bicycle pump, small tool
- first-aid kit
- helmet, windproof / rainproof clothing
- change of clothes
- food and drinks
- some money - just in case
- trainers
- emergency numbers
- check brakes, tyres, shifting system and light

MUST HAVES



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The information on these pages has been compiled with great care but is always subject to change. The publisher, however, shall not be held liable for such changes.

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