



## On your saddle, get set, go!

***The hearts of cyclists beat faster here. Whether it's for freeriding, single trails, or e-bike touring, the Serfaus-Fiss-Ladis holiday region in Tyrol's Upper Inntal valley promises limitless cycling fun with first-class infrastructure, its own bike park, and bike school. By the way, the bike park has every reason to celebrate, with its 10<sup>th</sup> anniversary coming up in 2023.***

Two cyclists are dashing along the *Frommestrail*. The view is breathtaking, and the calm atmosphere, far from cars and asphalt, is spectacular. They both cycle about 2,500 metres above sea level, or put another way, around 1,000 metres above the mountain villages of Serfaus, Fiss and Ladis in Tyrol's Upper Inntal valley. In this place where skiers can have fun all day long in winter without covering the same slope twice, the draws in summer are countless kilometres of trails, mountain bike routes and cycle paths of varying levels of difficulty between 1,200 and 2,600 metres above sea level. Whether it's for the bike park, single trails, mountain bike routes, or e-bike touring, it has everything. And the best thing? The gondola can transport not just people on two legs up to near the summit, but also people on two wheels.

### **Narrow paths, great joy**

The *Frommestrail* is just one of many single trail delights, winding across narrow, stony paths amid Alpine terrain between 1,000 metres in altitude. In total, the Serfaus-Fiss-Ladis holiday region boasts six single trails. Beginners can train on the *Alpkopftrail* (difficulty level: green). Those who are somewhat more confident can tackle the *Högtrail* or the *Zirbentrail* (difficulty level: blue). The new *Zirbentrail* (Swiss Pine Trail) on the North Side of Fiss is based on three previous trails (*Almtrail*, *Flüstertrail* and *Zirbentrail*), which have been cleverly connected and completely redesigned in sections. At 9.1 kilometres, the new *Zirbentrail* is now the longest single trail in the region. Overall, the easy trail climbs almost 790 meters in altitude on its varied route, from the Zwölferkopf to the Almbahn bottom station. Experienced riders can test their skills on the *Scheidtrail* or the *Frommestrail* and the *Jochtrail* (difficulty level: red), which was added in 2021. The *Jochtrail* starts at the top station of the Schönjochbahn cable car at 2,440 metres and covers 5.8 kilometres down to the mid station of the Komperdellbahn cable car some 500 metres below. The single trail partly features segments of untouched nature, as well as north shore elements and a tricky segment with rock gardens. It's a recipe for fun.

Tip: no matter which path you're on, nobody should be distracted by the view. You'll appreciate it better while taking a break or once your work is done, with a legendary bike burger from the *Bikepark Serfaus-Fiss-Ladis* in hand.

### **An adventure playground for all**

Fun and adrenaline for every cyclist? That's what there is at the *Bikepark Serfaus-Fiss-Ladis*, situated directly on the Waldbahn cable car between Fiss and Serfaus. Even beginners or families with children can enjoy a gentle introduction to the sport there. The site is divided into a training area, a kids park, a pumptrack, a landing bag, and slopestyle area, offering everybody the appropriate jumps and obstacles. There are five main routes with a difference in altitude of more than 400 metres and countless turns and secondary routes. The main routes frequently come into contact with one another, providing opportunities for terrific combinations. Anyone who doesn't have their own freeride or downhill bike can rent one from the bike shop at the bottom station of the Waldbahn cable car. Tip: those who want to improve their riding, cornering and



jumping technique should contact the *Serfaus-Fiss-Ladis Bike School*. It offers an extensive programme for all mountain bikers and all levels ([www.bike-sfl.at/en/bikeschool/bikeschool-offer](http://www.bike-sfl.at/en/bikeschool/bikeschool-offer)).

### **So that nobody gets out of breath**

Is enjoying the scenery more important to you than physical exertion? No problem. Around Serfaus-Fiss-Ladis, less-seasoned bikers and leisurely cyclists can enjoy longer tours near the summit. Numerous shops rent out serviced e-mountain bikes, which even make hills feel like child's play. Naturally, the *Serfaus-Fiss-Ladis Bike School* also offers guided e-bike tours. And dotted throughout the entire area, there are numerous charging stations or power outlets for recharging available.

### **Tips from a pro: camps, workshops und courses for all age groups and abilities**

Throughout the season, numerous camps and workshops take place in the Serfaus-Fiss-Ladis holiday region. There won't be any boredom. Female cyclists can enjoy the *Woman's Workshops* with Alice Kühne in summer, for beginners and for advanced cyclists alike. Relaxed training without any pressure takes centre stage here. Female riders can take a more intensive course at the *Women's Camp*, from 8 to 10 September 2023. Here, female bikers can improve their bike skills in a relaxed atmosphere over three days. Another hot tip is the *Girl's Shred* event (1 and 2 July 2023), where girls can have a good time together, learn new things and exchange ideas. By the way, the bike school also has a date set aside for male riders, namely the *Men's Camp* (8 to 10 September 2023).

Those looking for guaranteed drops should take part in the *Freeride Magazin Camp*. Professional coaches lead riders both on single trails and in the bike park, and provide support to everyone with tips and tricks (27 to 30 July 2023).

The *Propain Rookie Camp* from 14 to 18 August 2023 is ideal for youths between the ages of 10 and 18. Kids have the opportunity to shred and rock the trails in Serfaus-Fiss-Ladis for five days. A tip for early birds: the Serfaus-Fiss-Ladis Bike School organises *Early Rides* from June to October. With a guide, bikers explore the untouched mountain world around Schönjoch early in the morning and race down the Frommestrail while the first rays of sunshine herald the new day. Finally, a regional breakfast awaits the participants at the Frommes-Alp.

A particular highlight is the *Bike Everest Tirol*, an extraordinary mountain bike tour, which any biker can start individually from May to October. It has an elevation of 8,848 metres (the height of Mount Everest!), and across its 285 kilometres, it leads to the loveliest places between Garmisch-Partenkirchen and Nauders on the Reschenpass across seven stages. The fifth stage follows the historic Via Claudia Augusta to Serfaus ([www.bike-everest.tirol](http://www.bike-everest.tirol)).

### **Always have an overview – plan online and get your bearings with GPS**

Those wishing to plan their favourite tours at home can find a tour planner, a bike map, and a virtual trail map online. Tip: with a QR scanner, the GPS data of bike tours can be downloaded straight away ([www.bike-sfl.at/en/trails-touren/tour-planner](http://www.bike-sfl.at/en/trails-touren/tour-planner), [www.bike-sfl.at/en/trails-touren/bike-map](http://www.bike-sfl.at/en/trails-touren/bike-map), [www.bike-sfl.at/en/bikepark/virtual-trail-map](http://www.bike-sfl.at/en/bikepark/virtual-trail-map)).

Further press information and free photographic material is available on our press portal at [www.hansmannpr.de/kunden/serfaus-fiss-ladis](http://www.hansmannpr.de/kunden/serfaus-fiss-ladis) and [www.serfaus-fiss-ladis.at/en/Service/Press](http://www.serfaus-fiss-ladis.at/en/Service/Press).



### About Serfaus-Fiss-Ladis

True to the motto "The fantastic mountain worlds of Serfaus-Fiss-Ladis", the Tyrolean holiday region represents variety and completely carefree summer holidays at the highest level. For singles as well as best friends, families or three-generation groups. Because in Serfaus-Fiss-Ladis the mountains not only have plenty to offer the grown-ups, but also the little ones. The three mountain villages, each of which enjoy history in abundance, are situated on a sunny high plateau above the Tyrolean Upper Inntal valley, surrounded by the striking mountain peaks of the Samnaun mountain range and the Ötztal Alps. Between 1,200 and 3,000 meters above sea level, the holiday region offers all guests the best conditions for a unique summer vacation: Variety for the whole family. Activities for outdoor sports enthusiasts. Adventures for thrill seekers. Breath-taking panoramas for those who like to take it slow. Extraordinary specialties for food lovers. And that is not only fabulous, but simply fantastic. Find out more at [www.serfaus-fiss-ladis.at/en](http://www.serfaus-fiss-ladis.at/en).

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