

ON YOUR TRAILS, GET SET, GO!
The Innsbruck region offers passionate gravity bikers a wide range of trails on both sides of the city to suit every taste. To the north of Innsbruck there's the mighty Nordkette mountain range where experts can take on the challenge of one of the most difficult downhill routes in Europe. To the south just outside the city there's Bikepark Innsbruck with a total of five routes from gentle and flowing to rough and technical, all offering plenty of fun for all ability levels. If you prefer the combination of natural and technically demanding, you'll find another small but rather fine bike park with two trails on the Elfer in Neustift in the Stubaital valley, around 45 minutes by car from Innsbruck.

BIKE CITY CARD
Explore all the trail areas around Innsbruck with just one ticket. The Bike City Card is valid from one day for the Bikepark Innsbruck in Mittersill, the Innsbruck Nordkettenbahnen and the Elferbahnen cable cars in the Stubaital valley. The multi-day ticket offers greater flexibility and the individual days don't have to be used consecutively but over a 7 day period.

More information about the Bike City Card and prices in the flyer or at www.innsbruck.info/bikecitycard



	OUTWARD to Muttereralmbahn valley station	RETURN to Innsbruck's Landestheater
TRIP 1	9 am	9.45 am
TRIP 2	10.30 am	11.15 am
TRIP 3	12.00 pm	12.45 pm
TRIP 4	13.30 pm	14.15 pm
TRIP 5 (WEDNESDAYS ONLY)	15.00 pm	15.45 pm

CABLE CARS FOR BIKERS
The cable cars in the trail areas provide the easy and relaxing way of managing the altitude gain.

BIKEPARK INNSBRUCK – MUTTERERALMBAHN
Nockhofweg 40, A-6162 Mittersill
Tel. +43 512 / 54 83 30 | bikepark-innsbruck@muttereralm.at
www.bikepark-innsbruck.com
The Nockspitzbahn in Götzens does not operate in summer!

- Bike City Card Partner
- Gravity Card Partner

INNSBRUCKER NORDKETTENBAHNEN
Hungerburgbahn valley station – Congress: Rennweg 3
Seegrubenbahn valley station: Höhenstraße 14/5
A-6020 Innsbruck
Tel. +43 512 / 29 33 44 | info@nordkette.com
www.nordkette.com

Bikes cannot be transported on the Hungerburgbahn between 10 am and 3 pm. Boarding the Hungerburgbahn with a bike is only possible at the Congress station.

- Bike City Card Partner

ELFERBAHNEN
Moos 12, A-6167 Neustift im Stubaital
Tel. +43 5226 / 22 70 | kassa@elferbahnen.at
www.elferbahnen.at

- Bike City Card Partner



BIKE SHUTTLE
BIKEPARK INNSBRUCK
From summer 2020 you can get to Bikepark Innsbruck by shuttle. A specially equipped minibus with bike trailer takes bikers plus equipment from Innsbruck directly to the Bikepark Innsbruck in Mittersill. The shuttle leaves from outside Innsbruck's Landestheater in the city centre. It runs 5 days a week, Wednesday to Sunday, on Bikepark Innsbruck's operating days.

THE SHUTTLE IS INCLUDED IN THE FOLLOWING CARDS/TICKETS
► Bike City Card
► Gravity Card
► Welcome Card
► Freizeitticket Tirol
► all Bikepark Innsbruck tickets

TERMS OF USE FOR THE SHUTTLE
► Bike wear is compulsory
► It operates on a "first come, first served" principle
► **The current Covid 19 guidelines must be observed when using the shuttle!**

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PEAK SEASON
► 27 June – 5 October 2020
► Thu–Sun: 4 trips daily | Wed: 5 trips daily
PLEASE NOTE: No shuttle Mondays and Tuesdays!

OFF-PEAK SEASON
► 10 + 11 October 2020 | 4 trips daily
► 17 + 18 October 2020 | 4 trips daily
► 24–26 October 2020 | 4 trips daily
► 31 October + 1 November 2020 | 4 trips daily



MTB ROUTE
The marked MTB routes are only a small part of the mountain bike trail network and lead directly to the trail entrances. In the Innsbruck region, conquering the climb under your own steam is not only worthwhile for bikers who love the challenge of managing the elevation gain. The slower pace uphill gives all bikers the chance to enjoy the extensive panoramic views and, more often than not, the routes pass by charming mountain huts where a refreshment stop is almost obligatory. The MTB routes run on forest roads, farm tracks and alpine trails, which is why bikers must be prepared to encounter vehicles on these routes. As with singletrails, the MTB routes are uniformly signposted across Tyrol and point you to the official trail.

More information about the MTB routes and other touring tips at www.innsbruck.info/mtb

SINGLETRAILS
Singletrails are usually narrow and mostly natural trails which, depending on the level of difficulty, require specific skills. Official singletrails are also signposted in the same way as the MTB routes and are classified by difficulty.

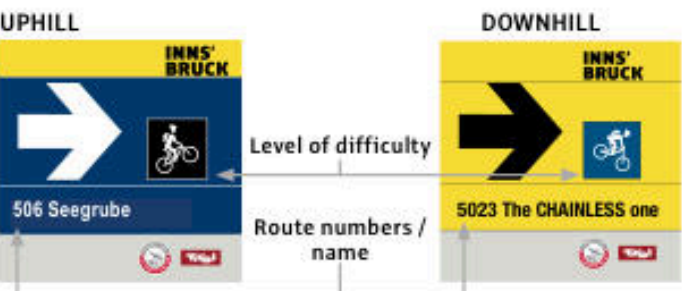
Green: very easy | S0
► For trail beginners with little or no trail experience
► No risk of falling down deep slopes
► No roots and stones, very flat terrain (Average ≤ 9%, max. 15%)
► Jumps can be ridden over very easily
► Trail at least 1 m wide, bends are long, wide and flat

Blue: easy | S1–S2
► For beginners and advanced trail riders with a good command of riding technique: weight shift, step riding, safe cornering and braking technique, possibly jumping technique
► No risk of falling down deep slopes
► Uneven surface with small ledges, roots or stones, flat terrain (average ≤ 12%, max. 30%)
► Jumps can be ridden over
► Trail at least 0.6 m wide, tight bends but easy to ride through

Red: moderately difficult | S2–S3
► For advanced trail riders with specific mountain bike riding technique: very good balance on the bike, good cornering, braking, hairpin turn and jumping technique
► Falling into dangerous terrain possible
► Rapidly changing subsoil with roots and stones as well as successive ledges and steps, very steep terrain (average ≤ 20%, max. 60%)
► Jumps cannot be ridden over, but can be avoided
► Trail at least 0.3 m wide, very narrow and steep bends

Black: difficult | S3–S5
► For very good bikers with a lot of trail experience and excellent mountain bike riding technique: hairpin turn technique, trial skills, jumping technique
► Possible risk of falling into dangerous terrain and crashing
► Sometimes very loose and quickly changing subsoil with root carpets and large stones as well as short series of ledges and steps, extremely steep terrain (average ≤ 20%, max. 70%)
► Jumps cannot be ridden over or avoided
► Trail at least 0.2 m wide, extremely steep and very narrow bends

SIGNPOSTING
On all official MTB routes and singletrails, these Tyrol-wide standard signs show you the way:



PLACE	TRAIL	NUMBER	DIFFICULTY	ELEVATION GAIN	LENGTH	DESCRIPTION
Bikepark Innsbruck	The Chainless One	5023	● Easy	600 m	7,6 km	From 2020, the trail runs continuously from the Muttereralmbahn mountain station to the valley station and delivers an endless flow experience over a length of 7 kilometres. The trail is perfectly suitable for beginners, families and experts because its wide bends and small jumps offer plenty of opportunities for every rider. Also brand new is a jump line (which can be avoided) with a total length of around 450 metres and comprising 16 different elements such as hips, tables, step downs and corner jumps. This jump line is specifically designed for advanced riders and experts.
	Jumpline		● difficult		450 m	
Bikepark Innsbruck	The First One	5011	● moderately difficult	350 m	2,4 km	The varied and natural singletrail runs from the Muttereralmbahn mountain station across the ski slope and through the forest to the middle station. Avoidable jumps and banked turns make the trail particularly interesting for advanced riders and also experienced touring bikers who want to get fit enough to take on more demanding trails and aren't afraid of root passages and steps.
Bikepark Innsbruck	The Straight One	5056	● difficult	360 m	2,0 km	From 2020, the Crankworx downhill trail, built in 2019, will start from above the Muttereralmbahn mid-station. The natural trail runs across steep root passages and over demanding jumps through the forest to the valley station – and is for experienced downhillers only. Due to the expansion in summer 2020, the route has been lengthened to 2km and starts from the connection with our singletrail 'The First One'.
Bikepark Innsbruck	The Wild One	5019	● moderately difficult	400 m	2,1 km	The Wild One runs from the Nockspitzbahn mountain station to the middle station (no summer operation). The starting point can be reached from the Muttereralmbahn mountain station via the rather crispy MTB Pfriemes Kopf route 5012. The Wild One starts fast, gentle and winding. Each of the numerous easy jumps gives every biker that airtime feeling. If you're looking for a greater challenge, you can go straight onto The Rough One (black) through a wonderful natural landscape. Alternatively, the descent into the valley to Götzens is possible via MTB Götzens Alm route 516. Please note: The way back to the Muttereralmbahn is only possible via the main road (approx. 6 kilometres, riding time approx. 30–40 min).
Bikepark Innsbruck	The Rough One	5022	● difficult	500 m	2,4 km	The natural downhill trail for experts who like a crisp surface has a direct connection with The Wild One. The trail runs from slightly above the Nockspitzbahn middle station (no summer operation) over jumps and root passages through the forest and across the ski slope to Götzens and the Nockspitzbahn valley station. Please note: The way back to the Muttereralmbahn is only possible via the main road (approx. 6 kilometres, riding time approx. 30–40 min).
Innsbrucker Nordkette	Hungerburg Trail	596	● moderately difficult	100 m (240 m total)	0,5 km (2,13 km total)	This moderately difficult route starts on the Hungerburg forest trail around 400 metres east of the Hungerburg or the Innsbrucker Nordkettenbahn valley station. If you're feeling daring, you can take on some constructed obstacles (doubles) or go for the safe option and ride round them. After riding for a good half a kilometre with 100 metres of elevation loss, the trail joins the Arzler Alm trail (5007) which has the same level of difficulty and similar trail characteristics in its lower section. From there it's still about 1.6 kilometres along the Arzler Alm trail to Innsbruck's Mühlah district. The easy way to access the trail is on the Hungerburgbahn (check the timetable) or under your own steam on mountain bike route 5005.
Innsbrucker Nordkette	Arzler Alm Trail	5007	● moderately difficult	480 m	3,7 km	The Arzler Alm trail is a moderately difficult singletrail with lots of jumps and small variations, some of which are very demanding. It starts about 300 metres east of the Arzler Alm where the forest trail branches off towards the Mühlaher Quelle spring. The first section as far as the avalanche dam offers constant changes of gradient, steep bends and a few jumps. After rain you need to be careful because it can get quite slippery due to the loamy subsoil. The second section runs from the avalanche dam straight down into the city. The terrain here is even more varied with long, steep bends, tight hairpins, blind summits, small gorges and rocky sections. After a ride of 3.7 kilometres with an elevation loss of almost 480 metres, the trail ends in the Mühlah district of Innsbruck. Access to the trail is via the Hungerburgbahn (check the timetable) and then an ascent of approx. 20 minutes on the mountain bike route 506, or from the city via the branched route network in the direction of the Arzler Alm.
Innsbrucker Nordkette	Nordkette Singletrail	531	● difficult			The Nordkette singletrail is still one of the steepest, longest and most difficult mountain bike descents in Europe – technically demanding and with sections of different speeds. But it offers the reward of breathtaking views of Innsbruck, the Inntal valley and the mountains to the south. The trail starts 200 metres below the Innsbrucker Nordkettenbahnen Seegrube mountain station and meanders 4.3 kilometres through very steep terrain down to the Hungerburg. Areas marked 'III' should be inspected before riding them to check you have the required skill levels and, if necessary, to bypass the section/passage.
Elferbahnen Neustift im Stubaital	Einseiner Trail	5008	● moderately difficult	800 m	3,6 km	The moderately difficult EinsEiner trail is a natural downhill trail in Neustift in the Stubaital valley that runs for 3.6 kilometres from the Elferbahn mountain station to the valley station. Rooty, sometimes steep passages with high ledges, which appeal especially to technically capable riders, alternate with flowing sections.
Elferbahnen Neustift im Stubaital	Zweiweier Trail	5026	● moderately difficult	540 m (800 m total)	2,75 km (3,5 km total)	The Zweiweier trail is a slightly more flowing and easier alternative to the EinsEiner trail and also starts at the Elferbahn mountain station at 1.780 metres. After an elevation loss of about 540 metres, the Zweiweier joins the EinsEiner trail. The moderately difficult trail is less rooty than the EinsEiner, but offers jumps, steep turns and greater speed.

LEGAL SITUATION IN AUSTRIA
Take note! In Austria, cycling on forest roads, hiking trails and alpine pastures is in principle prohibited by law and riding requires express permission. Permissive routes are clearly marked with signs, so please stay on them.

Full information at www.bergwelt-miteinander.at/sommer/mountainbike/faqs.html



TRAIL RULES PRESENTED BY #MTBINNSBRUCK
MTBINnsbruck is the mouthpiece of the local mountain bike scene in Innsbruck and, in addition to representing the interests of bikers, it also promotes mutual respect, cooperation and awareness among mountain bikers while on the mountains.

Enjoy the ride, not the slide.
► Please leave the forest as you find it and leave behind as few traces as a fox.

Be polite, and it's gonna be alright.
► Be a friendly mountain biker and be respectful of other mountain lovers. Cooperation, not opposition!

Watch your behaviour, respect mother nature.
► Please take everything you bring into the forest back home with you.

Judge your ability, keep your mobility.
► Plan your tours to match your ability, and take into account the weather, other mountain lovers and the risks the mountains pose.

www.mtbinnsbruck.at

RIDE SAFE
Singletrails in Tyrol are increasingly being equipped with so-called rescue points so that you can quickly get help in an emergency. At Bikepark Innsbruck, on the Arzler Alm and on the Hungerburg trail you'll find these rescue points every 10 to 200 metres. Your exact location is also displayed on the signs next to the emergency number.



IN AN EMERGENCY: EMERGENCY NUMBERS
► 140 Mountain rescue
► 112 European emergency call
► Emergency Tyrol app



BIKE SERVICES
Do you still not feel totally secure on your bike, or do you want locals to show you the most beautiful places? Professional bike guides will take you with them and tell you the most important tricks.

More information at www.innsbruck.info/bikeguides

Do you not have your own bike with you? Bike broken? On our site you'll find lots of shops in and around the city that rent out the necessary equipment or will repair your bike.

More information at www.innsbruck.info/bikeverleih

OTHER BIKE SPOTS
If you're looking for a change from singletracks and mountain biking or would like to prepare for the trails, you'll find other small but rather fine spots in the Innsbruck region which are particularly popular with the locals.

Bikepark Innsbruck pump track & dual slalom
► At the Muttereralmbahn valley station
► No ticket necessary
► Original Crankworx venues

Bikepark Innsbruck practice area
► At the Muttereralmbahn mountain station
► Completely redesigned in 2020 and expanded to 1,750 m²
► For beginners of all ages

Pumptrack – Waldpark Lans
► Waldpark/Sportplatz Lans, Sparbeggweg, A-6072 Lans
► Balance bike pump track, children's pump track, practice trail with uphill and downhill passages
► Ideal family spot with forest playground
► Use free of charge, no rental on site

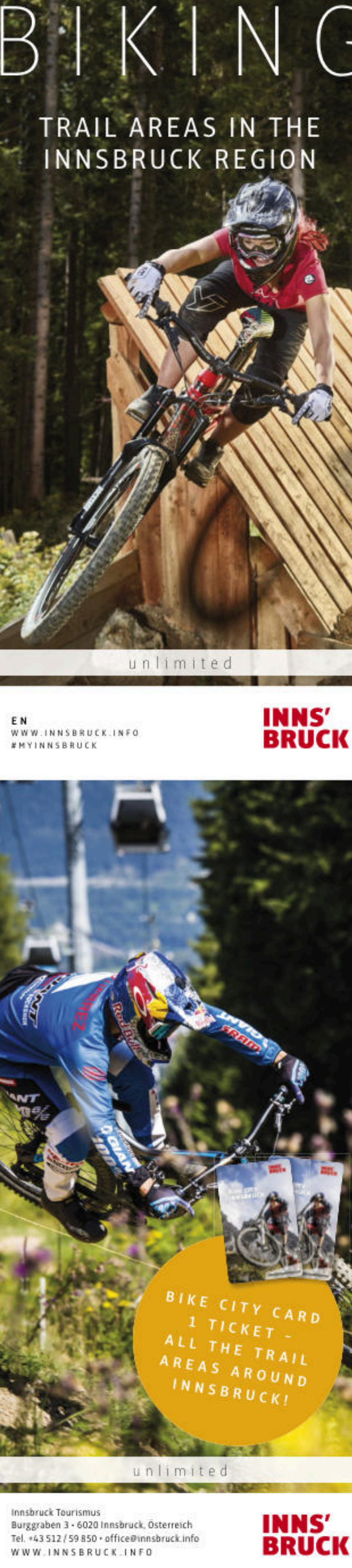
Dirtpark Innsbruck
► Rossau district (by the Baggersee lake), A-6020 Innsbruck
► Vereinssportstätte der Ride in Pleasure BMX Innsbruck e.V.
► Name of the game: no dig, no ride!
► One-day membership and registration required
► All information about terms of use and contact <https://ripbmxbk.wordpress.com/dirtpark-innsbruck>

Skatehalle Innsbruck
► Matthias Schmid Straße 12d, A-6020 Innsbruck
► Specific times for Skate/BMX and BMX only
► All information about opening times and prices www.skatehalle.at

Landhausplatz square Innsbruck
► Eduard-Wallnöfer-Platz 2, A-6020 Innsbruck
► Public square outside the Landhaus
► Perfect for BMX and trial bikers
► Until 10 pm | Please comply with "Respect Zones" and/or on-site notices

EVENT HIGHLIGHTS 2020
The international bike scene has long since discovered that the Innsbruck region is an exciting destination for bikers – take, for example, Crankworx, the mega event for the world's best mountain bikers, which has been hosted by Innsbruck since 2017.

Crankworx
► 30 September – 4 October 2020 | Bikepark Innsbruck
► www.crankworx.com



Innsbruck Tourismus
Burggraben 3 • 6020 Innsbruck, Österreich
Tel. +43 512 / 59 850 • office@innsbruck.info
WWW.INNSBRUCK.INFO





- LEGEND**
- Restaurant / hut
 - Funicular / cable car
 - Bike wash
 - Pump track / dual slalom / practice area
 - Bike shuttle
 - Shop & rental
 - Trail - easy
 - Trail - moderately difficult
 - Trail - difficult
 - Access routes (mountain bike routes, bike trails)
 - Lifts & cable cars

