

## LOCAL TOUR ADVICE

It only takes a few minutes by road bike to get out of the city. For a convenient and traffic-free escape, choose one of the many broad cycle tracks. The choice of tours available in and around Innsbruck is vast and diverse, offering unique views of the city, the countryside, and the alpine scenery. It provides everyone, from hobby cyclists to professional athletes, with an opportunity to take on challenges appropriate to their individual levels.



*"At our high-altitude training camp in Kühltai we were able to master the Kühltai Saddle several times. The cyclists, however, could not agree on whether the western or eastern ascent is more challenging."*

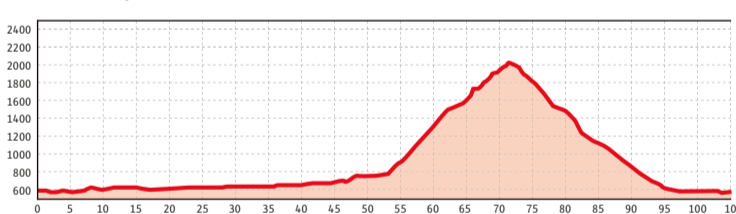
### INNSBRUCK-KÜHTAI: A CHALLENGING CLASSIC

This stunning but demanding classic mountain tour will take you from Innsbruck to Kühltai at an altitude of 2,020 metres above sea level. The ascent to high alpine terrain requires strength and endurance. The reward consists in a breathtaking panoramic view, idyllic villages, and a terrific descent. It is a day trip that can be taken from either direction or extended by a detour to Lüsens.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 1,600 m  
**Highest point:** 2,020 m  
**Total length of tour:** 110 km  
**Steepest section:** 18 %  
**Level of difficulty:** advanced

#### Elevation profile:



**PLEASE NOTE:** The tour to Kühltai will lead through high alpine terrain. Weather conditions and temperatures may be rough, even in summer. Do not forget to bring appropriate equipment such as a cap, windbreaker, and gloves. We also recommend fitting rear lights for the ride through tunnels.

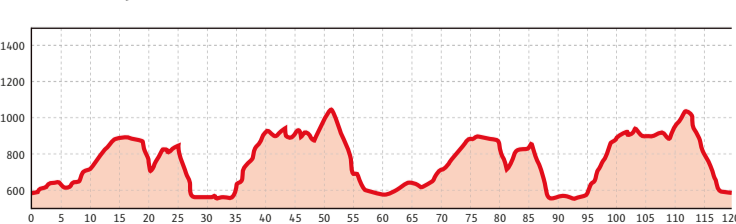
### ROUND INNSBRUCK

On the popular "Round Innsbruck" cycling tour you will travel 60 kilometres and climb 1,200 metres. Cycling along less well-travelled roads from one low-mountain plateau to another, you will come to know Innsbruck's rural side, while constantly having the city in view. The three-hour tour alternates between smooth runs where you can gain speed and steep hills. However, there are also several possible shortcuts to the tour to spare yourself some vertical metres.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 1,200 m  
**Highest point:** 1,061 m  
**Total length of tour:** 60.5 km  
**Level of difficulty:** intermediate

#### Elevation profile:



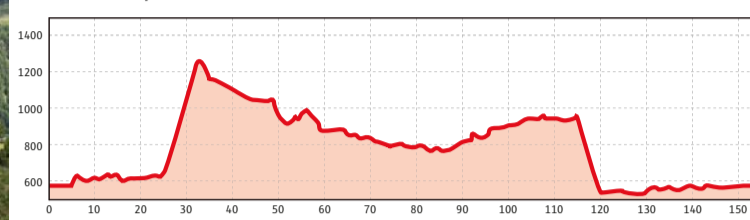
### THE KARWENDEL TOUR: AROUND THE NATURE PARK

Up the mountain, through the valley, along some lakes: the tour through the Karwendel mountain range is a perfect example of variety of cycling experiences in the Alps. The trip starts with a flat entry in Innsbruck and continues with a tough mountain climb from Telfs to Leutasch. From there, several climbs and descents along the Isar river will lead you through the Karwendel mountains to the Achen Lake. Your return to Innsbruck will take you through the Inn Valley.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 1,600 m  
**Highest point:** 1,250 m  
**Total length of tour:** 165 km  
**Level of difficulty:** advanced

#### Elevation profile:



**PLEASE NOTE:** This is a cross-border tour. Please bring your ID! Weather conditions and temperatures may be rough, even in summer. Therefore, you should not forget to also bring appropriate equipment such as a cap, windbreaker, and gloves.

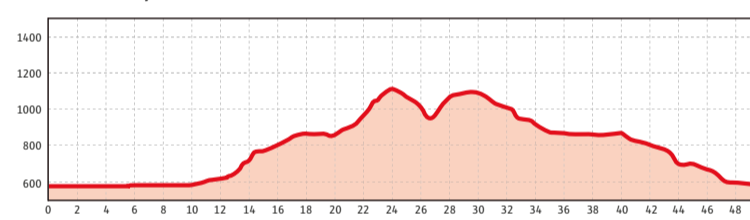
### INNSBRUCK-AXAMS

This tour starts in Innsbruck with an easy and constant climb to Ranggen. From Oberperfuss onwards, you will have to get out of the saddle every now and then to climb a particularly steep section leading up to a beautiful scenic road. Following the descent to Sellrain, the route includes another uphill section to Grinzens on the other side of the valley. From there, you will enjoy a slow descent. With a cycling time of two and a half hours, this tour is perfectly suited as a power workout.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 850 m  
**Highest point:** 1,124 m  
**Total length of tour:** 50 km  
**Level of difficulty:** intermediate

#### Elevation profile:



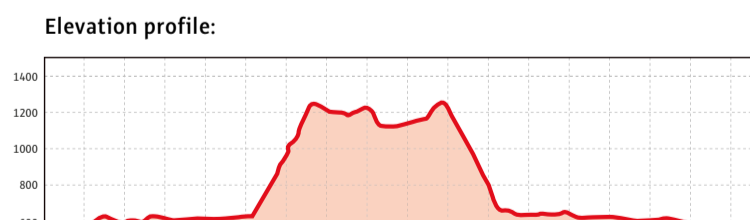
### INNSBRUCK-SEEFELD

The four-hour tour to the Seefeld Plateau requires strong legs. From Innsbruck the route leads north of the Inn river to Telfs. From there, a challenging climb takes you to Mösern. You will gain 600 metres of elevation in only a few kilometres. Once you have reached the top you can enjoy a brief but scenic tour around Seefeld and Leutasch. Following the south bank of the Inn river, passing the villages of Hatting, Inzing, and Kematen you will return to Innsbruck, where the tour started.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 1,100 m  
**Highest point:** 1,268 m  
**Total length of tour:** 89 km  
**Steepest section:** 16 %  
**Level of difficulty:** intermediate

#### Elevation profile:



**PLEASE NOTE:** Weather conditions and temperatures may be rough, even in summer. Do not forget to bring appropriate equipment such as a cap, windbreaker, and gloves!

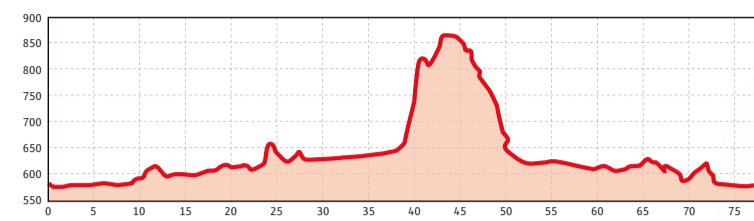
### FROM INNSBRUCK TO THE MIEMING PLATEAU AND BACK

Little elevation, yet an outstanding view: this tour takes you along the traffic-free Inn cycling track from Innsbruck city towards the west. From Mötzt a brief but tough climb has to be mastered to reach the sunny Mieming Plateau. When passing the Wetterstein mountain range, you can enjoy a stunning alpine panorama on your way back to Innsbruck. The three-hour tour is perfectly suited as an extended workout or interval training.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 550 m  
**Highest point:** 869 m  
**Total length of tour:** 80 km  
**Level of difficulty:** beginner

#### Elevation profile:



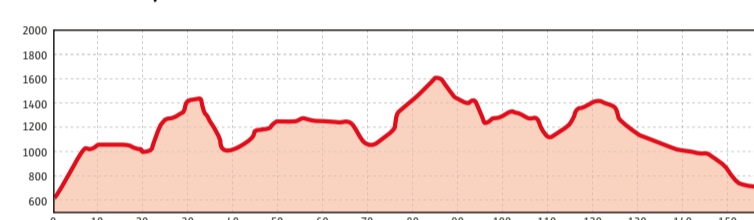
### 5 FINGERS: THE SIDE VALLEYS OF THE WIPP VALLEY

With an elevation of 2,600 metres and five side valleys of the Wipp Valley to be mastered, this is one of the most extensive and challenging road cycle tours Innsbruck has to offer. Each valley provides a special challenge – perfect for ambitious mountain lovers. Deserted roads, untouched valleys, and picturesque landscapes await. You may also cut the tour short by skipping one of the valleys. Yet if, after a tour of 160 kilometres and an elevation gain of 2,600 metres, you can still trust your legs, we suggest you aim for the Brenner Pass to round off this trip.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 2,600 m  
**Highest point:** 1,635 m  
**Total length of tour:** 160 km  
**Level of difficulty:** advanced

#### Elevation profile:



**PLEASE NOTE:** Weather conditions and temperatures may be rough, even in summer. Do not forget to bring appropriate equipment such as a cap, windbreaker, and gloves!

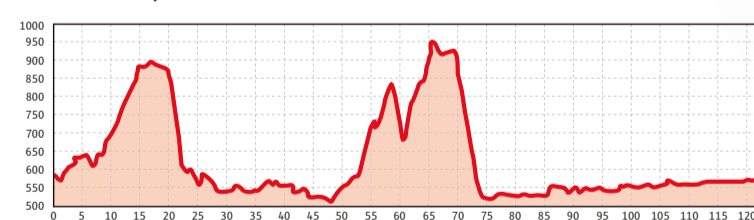
### BRANDENBERG

Ambitious road cyclists are guaranteed pure enjoyment on the day tour to Brandenburg. Plain sections alternate with tough climbs to the Gnadenwald high plateau. A total of three uphill sections have to be mastered to reach Brandenburg. The route leading from the Brandenburg Valley back to Innsbruck is mostly flat. This invites you to gather speed while coasting down the track that runs along the Inn river.

#### TOUR FACTS

**Start and finish:** Innsbruck  
**Elevation gain:** 1,550 m  
**Highest point:** 950 m  
**Total length of tour:** 125 km  
**Level of difficulty:** advanced

#### Elevation profile:



The Mieming Plateau



Steep ascent to Igls with the Bergisel Ski Jump in the background.

## BIKE HOTELS

Many hotels in Innsbruck have adapted their services to fit the needs of cycling guests, regardless of whether they are mountain bikers, downhill lovers, e-bike enthusiasts or road cyclists. They offer the following extras and more:

- athletes' breakfast consisting of fruit, cereals etc.
- lockable bike storage room with theft insurance
- bike wash area



THOMAS PUPP  
Team Manager  
Tirol Cycling Team

*"It only takes a few minutes to get out of the city. Less travelled roads provide perfect training conditions, regardless of whether you simply want to take it slow or go flat out."*

## KÜHTAI RODEO

120 kilometres and 4,300 vertical metres: the Kühltai Rodeo provides a special test for ambitious alpine cyclists. Three tours a day up to Kühltai and back again make for an especially wild ride. The start locations vary: at one point the cyclists start from Kematen, then from Ötz, and later from Haiming. The Kühltai Rodeo may have thrown many off their saddles, but also provides a particular sense of achievement once the top of the mountain has been reached.

## EMERGENCY REPAIRS

Is your bike broken? Don't worry, these eleven specialists provide help:

- Alpin Bike,** Planötzenhofstraße 16, tel. +43 664 / 13 43 230
- Bike Point Radspart,** Gumpfstraße 20, tel. +43 512 / 36 12 75
- Bikes and More,** Herzog-Siegfried-Ufer 7, tel. +43 512 / 34 60 10
- BKD,** Burgenlandstraße 29, tel. +43 512 / 34 32 26
- Die Börse,** Leopoldstraße 4, tel. +43 512 / 58 17 42
- Gigasport Innsbruck,** Andechsstraße 85, tel. +43 512 / 34 17 70
- Radstudio Innsbruck,** Zollerstraße 7, tel. +43 512 / 57 04 80
- Rad & Tat,** Defreggerstraße 19, tel. +43 512 / 36 01 01
- Radsport Bikebow,** Innsbrucker Straße 60, tel. +43 5223 / 42 031
- Sport Spezial,** Blasius-Hueber-Straße 14, tel. +43 512 / 28 67 07
- Veloflott,** Ingenieur-Etzel-Straße 14/9, tel. +43 512 / 58 51 11

More information is available at [www.innsbruck.info/rennrad](http://www.innsbruck.info/rennrad)

## IN CASE OF EMERGENCY

**Emergency numbers:** 140 (mountain rescue) or 112 (EU emergency telephone number)



unlimited

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*Riding  
the Heart of  
the Alps.*

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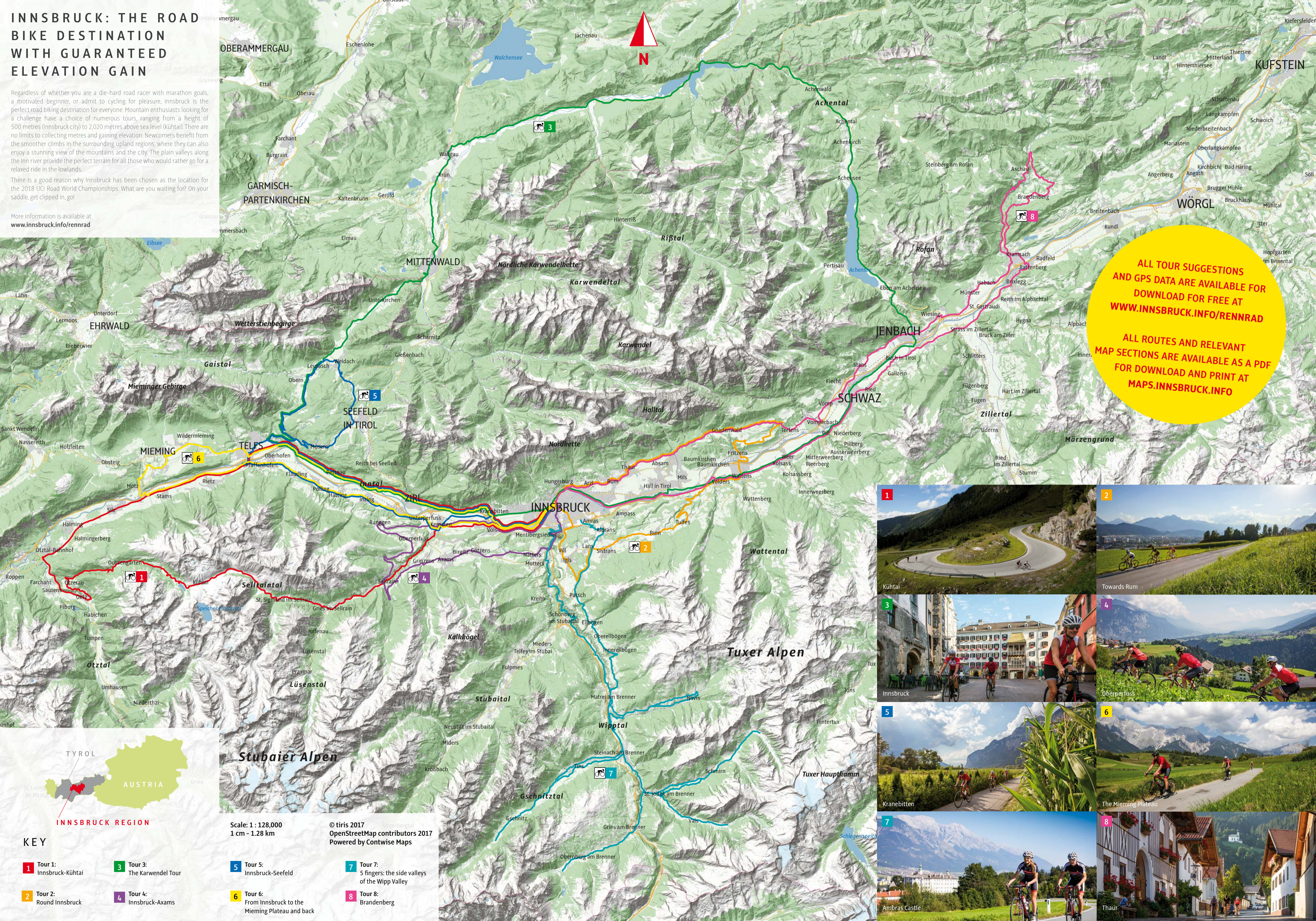
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# INNSBRUCK: THE ROAD BIKE DESTINATION WITH GUARANTEED ELEVATION GAIN

Regardless of whether you are a die-hard road racer with marathon goals, a motivated beginner, or admit to cycling for pleasure, Innsbruck is the perfect road biking destination for everyone. Mountain enthusiasts looking for a challenge have a choice of numerous tours, ranging from a height of 500 metres (Innsbruck city) to 2,020 metres above sea level (Kühtal). There are no limits to collecting metres and gaining elevation. Newcomers benefit from the smoother climbs in the surrounding upland regions, where they can also enjoy a stunning view of the mountains and the city. The plain valleys along the Inn river provide the perfect terrain for all those who would rather go for a relaxed ride in the lowlands.

There is a good reason why Innsbruck has been chosen as the location for the 2018 UCI Road World Championships. What are you waiting for? On your saddle, get clipped in, go!

More information is available at [www.innsbruck.info/rennrad](http://www.innsbruck.info/rennrad)



ALL TOUR SUGGESTIONS AND GPS DATA ARE AVAILABLE FOR DOWNLOAD FOR FREE AT [WWW.INNSBRUCK.INFO/RENNRAD](http://WWW.INNSBRUCK.INFO/RENNRAD)

ALL ROUTES AND RELEVANT MAP SECTIONS ARE AVAILABLE AS A PDF FOR DOWNLOAD AND PRINT AT [MAPS.INNSBRUCK.INFO](http://MAPS.INNSBRUCK.INFO)



Scale: 1 : 128,000  
1 cm - 1.28 km

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- KEY**
- 1 Tour 1: Innsbruck-Kühtal
  - 3 Tour 3: The Karwendel Tour
  - 5 Tour 5: Innsbruck-Seefeld
  - 7 Tour 7: 5 fingers: the side valleys of the Wipp Valley
  - 2 Tour 2: Round Innsbruck
  - 4 Tour 4: Innsbruck-Axams
  - 6 Tour 6: From Innsbruck to the Mieming Plateau and back
  - 8 Tour 8: Brandenburg

