




































# Bike Trail Tirol – Samnaun Loop

## 1st Stage / Serfaus - Kappl

Abbreviations: **P**: paved terrain - **G**: gravel - **S**: single track - **C**: carrying - **F**: forest/meadow/hiking trail

| Junction No. | Km   | Elevation | Type of Junction  | Description  | Terrain | Grade |
|--------------|------|-----------|---|--|---------|-------|
| 1            | 0,00 | 1438      |  | Proceed through the center of Serfaus to Fiss.   | P       | →     |
| 2            | 3,19 | 1428      |  | Turn left, following the signs for the center of town.   | P       | ↗     |
| 3            | 3,40 | 1443      |  | Head straight until you get to the sign for "Untergasse", then to the sign for "Latschthayaweg". | P/G     | →     |
| 4            | 3,85 | 1471      |  | Follow the gravel track straight.  | G       | ↗     |
| 5            | 5,83 | 1484      |  | Head straight.   | G       | →     |
| 6            | 5,76 | 1495      |  | Head straight to Falterjöchel.   | G       | ↘     |

| Junction No. | Km    | Elevation | Type of Junction  | Description   | Terrain | Grade |
|--------------|-------|-----------|---|---|---------|-------|
| 7            | 6,16  | 1464      |    | Turn right, following the signpost for "Obladis schöne Aussicht"  | G       | ↓     |
| 8            | 6,89  | 1411      |    | Head to "Cafe Obladis", then straight past the cafe. Follow the signpost for "schöne Aussicht".   | C       | →     |
| 9            | 8,10  | 1406      |    | Head straight, then continue for 100 meters on the gravel track. Turn right onto the single track. Signpost for "Obladis Herrenweg".      | G       | ↗     |
| 10           | 8,64  | 1402      |    | Head straight; signpost for "Neuegg 1". After 200 meters, turn left onto the paved road, following the for "schöne Aussicht".             | C       | →     |
| 11           | 9,26  | 1448      |    | Neuegg; follow the signpost for "schöne Aussicht Hochgallmig".  | G       | ↗     |
| 12           | 9,79  | 1499      |    | Head straight, following the signpost for "Hochgallmig".  | G       | →     |
| 13           | 10,00 | 1507      |    | Go straight.  | G       | →     |
| 14           | 13,05 | 1530      |    | Turn right, following the signpost for "Hochgallmig".   | G       | ↗     |
| 15           | 13,23 | 1552      |    | Again right, following the signpost for "Hochgallmig". Turn left onto a single track after 40 meters. Continue on a gravel track.         | C       | ↘     |
| 16           | 13,84 | 1514      |    | Turn right, following the signpost for "Hochgallmig".   | G       | ↘     |
| 17           | 17,74 | 1361      |    | Turn right onto the paved road, following the signpost for "Hochgallmig". Continue downhill on the road until you reach the valley floor. | P       | ↓     |
| 18           | 18,40 | 1252      |    | At the church in Hochgallmig, head straight on the road.  | P       | ↓     |
| 19           | 19,86 | 1124      |   | Follow the road straight ahead.   | P       | ↓     |
| 20           | 22,50 | 860       |  | At the signpost, turn left onto "Radweg Landeck". Go uphill for a short distance, straight past the church.                               | P       | ↗     |
| 21           | 23,37 | 847       |  | At the sign for "Claudia Via Variante", keep left. Continue through the settlement and follow the gravel track straight ahead.            | P       | →     |
| 22           | 26,40 | 825       |  | Go straight past the bridge and, after 50 meters, turn left uphill.   | P       | ↗     |
| 23           | 27,00 | 847       |  | Signpost for "Zirmegg" next to a fountain.  | P       | ↗     |
| 24           | 28,00 | 879       |  | Turn left, following the signpost for "Zirmegg".  | P       | ↗     |
| 25           | 28,30 | 909       |  | Turn left, following the signpost for "Zirmegg Hochgallmig".  | P/G     | ↗     |
| 26           | 29,50 | 1070      |  | Head straight, following the signpost for "Zirmegg".  | G       | ↗     |
| 27           | 29,87 | 1116      |  | Keep right and go downhill (no sign).   | G       | ↘     |
| 28           | 31,00 | 1050      |  | Turn left uphill.   | P       | ↗     |
| 29           | 32,86 | 1153      |  | Go past the church, then head towards "Rundtour Flatalm".   | P       | ↗     |
| 30           | 33,03 | 1153      |  | Follow the sign for "Gigg!".  | P       | →     |
| 31           | 35,26 | 1298      |  | Continue uphill on the road.  | P       | ↗     |

| Junction No. | Km    | vElevation | Type of Junction  | Description   | Terrain | Grade   |
|--------------|-------|------------|---|---|---------|---|
| 32           | 36,45 | 1357       |  | Turn right, following the sign for "Rundwanderweg See Dorf".  | G       |  |
| 33           | 36,60 | 1407       |  | Single track; pushing section. Follow the signpost for "See". | G       |  |
| 34           | 37,90 | 1279       |  | Turn right onto the paved road for "See Dorf".                | G       |  |
| 35           | 39,40 | 1115       |  | Head straight, following the signpost for "See Dorf".         | P       |  |
| 36           | 41,00 | 1055       |  | Turn left onto the federal road to Kappl.                     | P       |  |
| 37           | 49,00 | 1270       | •   | Kappl, church (center)  | P       |  |
















# Bike Trail Tirol – Samnaun Loop

## 2nd Stage / Kappl – Heidelberger Hütte

Abbreviations: **P**: paved terrain - **G**: gravel - **S**: single track - **C**: carrying - **F**: forest/meadow/hiking trail

| Junction No. | Km   | Elevation | Type of Junction | Description   | Terrain | Grade |
|--------------|------|-----------|------------------|---|---------|-------|
| 1            | 0,00 | 1258      | ↓                | From the church in Kappl, go straight through the Kappl.  | P       | →     |
| 2            | 3,60 | 1245      | ⊕                | Head straight; following the sign for "Talweg Ischgl".  | P       | ↗     |
| 3            | 5,83 | 1283      | ↘                | At the bridge, turn right and continue along the stream, following the signposts for "Talweg Ischgl". | P       | →     |
| 4            | 6,45 | 1307      | ↗                | Turn right onto the federal road to Ischgl.   | P       | →     |
| 5            | 8,95 | 1345      | ↙                | Turn left to the entrance of Ischgl. Go straight through the village.                                 | P       | →     |
| 6            | 9,75 | 1373      | ↙                | Turn left, following the signpost for "Idalpe Heidelberger Hütte".                                    | P       | ↗     |



| Junction No. | Km    | Elevation | Type of Junction  | Description   | Terrain | Grade   |
|--------------|-------|-----------|---|---|---------|---|
| 7            | 10,50 | 1448      |  | Turn left; signpost for "Heidelberger Hütte".   | P       |  |
| 8            | 12,50 | 1670      |  | Just after the "Fimba Bahn" middle station, turn right at the chapel for "Heidelberger Hütte".          | P       |  |
| 9            | 14,95 | 1831      |  | Head straight, following the sign for "Bodenalpe Heidelberger Hütte".                                   | P       |  |
| 10           | 17,24 | 1931      |  | Head straight past the chairlift station and follow the gravel track.                                   | G       |  |
| 11           | 17,77 | 1974      |  | Follow the gravel track straight; signpost for "Heidelberger Hütte".                                    | G       |  |
| 12           | 18,50 | 2017      |  | Keep right. Then go downhill for a short distance, across a bridge. Signposts for "Heidelberger Hütte". | G       |  |
| 13           | 22,90 | 2264      | •   | Heidelberger Hütte  | G       |  |
























# Bike Trail Tirol – Samnaun Loop

## 3rd Stage / Heidelberger Hütte - Nauders

Abbreviations: **P**: paved terrain - **G**: gravel - **S**: single track - **C**: carrying - **F**: forest/meadow/hiking trail

| Junction No. | Km   | Elevation | Type of Junction | Description  | Terrain | Grade |
|--------------|------|-----------|------------------|--|---------|-------|
| 1            | 0,00 | 2390      | ↑                | From Heidelberger Hütte, follow the sign for "Fimbapass". After the bridge, follow the single track. | G/C     | ↗     |
| 2            | 1,00 | 2390      | ↑                | Turn right, following the sign for "Fimbapass". Follow the red and white-red-white blazes.           | G/C     | ↗     |
| 3            | 2,85 | 2608      | ⊕                | After Fimbapass, head straight, following the sign for "Griosch Vna".                                | C       | ↓     |
| 4            | 4,25 | 2370      | ↙                | At the red-white-red blaze, cross the stream.  | C       | ↓     |
| 5            | 6,00 | 2064      | ↙                | Turn left, following the red blaze in the streambed.   | C       | ↘     |
| 6            | 6,60 | 2034      | ↙                | Turn left across the bridge. After 100 meters, pass through the stream again.                        | C       | →     |







| Junction No. | Km    | Elevation | Type of Junction  | Description   | Terrain | Grade |
|--------------|-------|-----------|---|---|---------|-------|
| 7            | 7,02  | 2013      |    | Follow the gravel track straight.   | G       | ↘     |
| 8            | 9,41  | 1833      |    | Turn left at "Tanna da Muntanella Griosch Vna Samnaun".                               | G       | ↗     |
| 9            | 10,18 | 1852      |    | At the signpost for "Vna", follow the gravel track.                                   | G       | ↘     |
| 10           | 12,34 | 1751      |    | Follow the sign for "Vna" to the fountain.  | G       | →     |
| 11           | 14,93 | 1648      |    | Proceed through Vna. Follow the paved road downhill.                                  | P       | ↘     |
| 12           | 15,49 | 1613      |    | Follow the sign for "Ramosch".  | G       | ↘     |
| 13           | 16,52 | 1446      |    | Turn left onto the road, then keep following the track (sign for "Ramosch").          | C       | ↘     |
| 14           | 17,17 | 1275      |    | At "Ramosch", head straight towards the main road.                                    | P       | ↘     |
| 15           | 17,40 | 1245      |    | Head straight at "Ramosch", then straight past the church.                            | P       | ↘     |
| 16           | 18,00 | 1175      |    | Turn left onto the main road.   | P       | →     |
| 17           | 22,57 | 1078      |    | Continue on the gravel track to the right of the main road (sign for "Martina").      | G       | →     |
| 18           | 24,17 | 1066      |    | Turn right and follow the cycling trail.  | P       | →     |
| 19           | 25,00 | 1061      |   | Turn right and up to the bridge. Follow the sign for "Nauders".                       | P       | →     |
| 20           | 25,71 | 1054      |  | Turn right and follow the sign for "Nauders" on the gravel track.                     | G       | ↗     |
| 21           | 26,96 | 1171      |  | Go through the tunnel.  | G       | ↗     |
| 22           | 28,50 | 1309      |  | Turn left at the sign for "Norbertshöhe".   | G       | ↗     |
| 23           | 29,50 | 1540      |  | Turn left for "Norbertshöhe".   | G       | →     |
| 24           | 31,41 | 1540      |  | Follow the single track straight. Short pushing section.                              | C       | →     |
| 25           | 32,00 | 1550      |  | Head straight, following the signpost for "Norbertshöhe Nauders" on the gravel track. | G       | ↘     |
| 26           | 34,90 | 1419      |  | At "Norbertshöhe", turn right onto the paved road and continue downhill to Nauders.   | P       | ↘     |
| 27           | 36,41 | 1355      |  | Turn left at the sign for "Nauders Zentrum".  | p       | ↘     |
| 28           | 37,00 | 1376      | •   | Center of Nauders   | P       | →     |









# Bike Trail Tirol – Samnaun Loop

## 4th Stage / Nauders - Serfaus

Abbreviations: **P**: paved terrain - **G**: gravel - **S**: single track - **C**: carrying - **F**: forest/meadow/hiking trail

| Junction No. | Km    | Elevation | Type of Junction  | Description  | Terrain | Grade |
|--------------|-------|-----------|---|--|---------|-------|
| 1            | 0,00  | 1380      |  | The starting point is at "Hotel Schwarzer Adler" in the center of Nauders. Go straight towards Reschenpass. Below Schloss Nauders, turn right and pass under the federal road. | P       | ↘     |
| 2            | 0,52  | 1345      |  | Turn right uphill to Norbertshöhe. For a short distance, it's the same route as the last leg.  | P       | ↗     |
| 3            | 2,00  | 1445      |  | From Norbertshöhe, go down the road to Martina.  | P       | ↘     |
| 4            | 8,00  | 1035      |  | At the Martina customs station, turn right and follow the sign for "Österreich".   | P       | →     |
| 5            | 17,10 | 991       |  | Turn right across Kaietansbrücke and continue uphill on Reschenstraße for a short distance.  | P       | ↓     |
| 6            | 17,40 | 997       |  | Turn right onto the cycling trail, which runs under Kaietansbrücke.  | P       | ↘     |

| Junction No. | Km    | Elevation | Type of Junction  | Description  | Terrain | Grade |
|--------------|-------|-----------|---|--|---------|-------|
| 7            | 21,00 | 971       |  | At the roundabout in Pfunds, take the exit for "Greit". Follow the cyclists' signpost for "Tösens", slightly downhill. | P       | →     |
| 8            | 24,80 | 938       |  | Turn left, following the cyclists' signpost for "Tösens".  | G       | ↗     |
| 9            | 27,87 | 950       |  | On the gravel track, follow the sign for "Serfaus" (Römerweg).   | G       | ↗     |
| 10           | 29,70 | 1237      |  | At the sign for "RömerwegTour 763 Serfaus", turn left onto the paved road and continue uphill.                         | P       | ↗     |
| 11           | 30,40 | 1306      |  | At the sign for "Madatsch Serfaus", head straight.   | P       | ↗     |
| 12           | 32,60 | 1425      |  | Go straight into the center of Serfaus.  | P       | →     |
| 13           | 33,60 | 1434      | •   | "Hotel Post", Serfaus.   | P       | →     |