























# Bike Trail Tirol – Lienzer Dolomiten Loop Trail

## 1st Stage / Lienz – Anna Schutzhaus

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	670		Lienz train station exit: Turn right onto the road leading east.	P	→
2	0,40	670		After the bridge over the Isel river (=Iselsbrücke), turn right and continue downstream on the R1 cycling trail.	P	→
3	0,75	670		Head straight across the road bridge.	P	→
4	1,35	670		Turn right at "Landwirtschaftliche Landeslehranstalt".	P	→
5	1,50	670		Turn half-right onto a side road (R1).	P	→
6	1,85	670		Turn left, following the Drau river downstream.	P	→

Junction No.	Km	Elevation	Type of Junction	Description	Terrain	Grade
7	3,70	660		At the sports ground, proceed on the R1 cycling trail.	P	→
8	4,75	660		At the junction for "Aguntum", go straight, following the R1 trail.	Pt	→
9	5,40	655		Turn left for "Dölsach-Zentrum".	P	→
10	5,70	655		Just after the Dölsach station, turn right before the bridge.	P	→
11	6,15	655		Turn left across the small concrete bridge ("Anna Schutzhaus").	P	→
12	6,65	660		Carefully cross the federal road and go straight uphill, past the swimming pool.	P	↗
13	7,45	740		Just before the chapel, turn right across the wooden bridge.	P	↘
14	7,65	725		Turn half-left and continue slightly downhill on the paved road.	P	↘
15	7,80	715		Turn left between the wooden house and barn.	P	→
16	7,95	710		Head straight uphill for "Görtschach".	P	↗
17	8,40	760		In Görtschvach, turn half-left past the yellow house ("Ederplan, Mühlsteig").	P	↗
18	11,25	1145		Head straight across the locked gate (125).	G	↗
19	12,95	1375		At the turn, continue left uphill ("Anna Schutzhaus", 125).	G	↗
20	14,30	1570		At the turn, continue right uphill to "Anna Schutzhaus" (125).	G	↗
21	17,50	1990	•	„Anna Schutzhaus“	G	↗























# Bike Trail Tirol – Lienzer Dolomiten Loop Trail

## 2nd Stage / Anna Schutzhaus – Lienzer 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	1900	↓	“Anna Schutzhaus“: Proceed down the track.	G	↘
2	3,20	1570	↗	At the switchback, continue right uphill for “Zwischenbergen-Iselsberg“.	G	↗
v	3,70	1625	↓	Head straight downhill (“ÖTK WEG“).	G	↘
4	6,20	1380	↓	Go straight downhill.	G	↘
5	7,60	1200	↓	Go straight downhill.	G	↘
6	8,40	1095	↓	In Stronach, keep going straight downhill.	P	↘

Junction No.	Km	Elevation	Type of Junction	Description	Terrain	Grade
7	9,30	1040		Having reached the federal road, turn right onto it and continue uphill.	P	
8	9,80	1080		At the "Iselsberg" sign, turn left onto a side road.	P	
9	10,95	990		At the left switchback, head straight onto the gravel track ("Lienzer Hütte").	G	
10	11,20	1020		Continue straight (don't take the paved road uphill!)	G	
11	13,50	1140		After the bridge, proceed into the valley past the "Zur Säge" inn.	P	
12	13,95	1175		Keep going on the valley trail.	G	
13	16,10	1330		Head straight for "Debanttal".	G	
14	17,50	1410		Head straight for "Debanttal, Lienzer Hütte".	G	
15	18,70	1470		After the bridge, turn right for "Lienzer Hütte".	G	
16	21,15	1690		Continue across the parking lot and to "Lienzer Hütte".	G	
17	24,50	1975	•	„Lienzer Hütte“		



# Bike Trail Tirol – Lienzer Dolomiten Loop Trail

## 3rd Stage/ Lienzer Hütte - Hochsteinhütte

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	1975	↑	From "Lienzer Hütte", follow the track out of the valley.	G	→
2	3,35	1690	↑	Continue across the parking lot and proceed straight.	G	→
3	5,80	1470	↕	Head straight downhill for "Lienz, Faschingalm".	G	↘
4	7,00	1530	↕	Go straight uphill for "Lienz, Faschingalm".	G	↗
5	10,70	1580	↕	Go straight downhill for "Faschingalm".	G	↗
6	11,65	1565	↘	Having reached the paved road, turn right and continue on it (104).	G	↗



Junction No.	Km	Elevation	Type of Junction	Description	Terrain	Grade
7	12,30	1665	↑	Head straight past the chairlift (104).	G	→
8	13,30	1785	↗	Climb steeply up onto the meadow trail for "Zettersfeld Zentrum".	F	↑
9	14,00	1770	↑	At "Gasthaus Bidner", head straight.	G	→
10	14,35	1810	↑	At Zettersfeldbahn, head straight.	P	↗
11	14,70	1825	↘	Continue straight uphill on the paved road, then switchback down to the valley.	P	↗
12	21,35	1190	↙	Turn left downhill, continuing on the road to Lienz.	P	↘
13	22,20	1060	↙	At the "Thurn" sign, turn left downhill, continuing on the road to Lienz.	P	↘
14	24,25	790	↘	Turn half-right, proceeding down the main road.	P	↘
15	25,05	705	↘	In Lienz, continue downhill and past the church.	P	↘
16	25,35	680	↘	Turn right onto Beda-Weber-Gasse.	P	→
17	25,60	680	→	Having passed the bridge over the Isel river and the church, continue right.	P	→
18	26,10	680	↘	Carefully cross the main road and proceed to the Hochsteinbahn parking lot. Continue for "Schloss Bruck" and "Hochsteinrunde" (121), "Schloßberggrunde" (103).	P	↗
19	26,55	730	↘	Take a sharp right uphill turn for "Hochstein Hütte" (121).	G	↗
20	27,90	925	↘	Head straight (103,121), not left, for Hochsteinhütte.	G	↗
21	28,30	990	↙	Turn left for Hochsteinhütte (103,121).	G	↗
22	28,80	1060	→	Turn right for Hochsteinhütte (103,121).	G	↗
23	31,25	1430	↘	Turn right for Hochsteinhütte (121). Please note: At this point, the route to "Sternalm" (alternative destination) continues straight ahead.	G	↗
24	32,05	1540	↘	At "Taxer Gassl", turn left uphill (Hochsteinhütte, 121).	G	↗
25	32,30	1570	↘	Turn right and uphill (Hochsteinhütte, 121).	G	↗
26	33,00	1660	↘	Head straight for "ÖAV Hochsteinhütte".	G	↗
27	34,70	1880	↘	Turn half-left onto "Russenweg Hochsteinhütte" (121).	G	↗
28	35,40	2025	.	Hochsteinhütte		



# Bike Trail Tirol – Lienzer Dolomiten Loop Trail

## 4th Stage/ Hochsteinhütte – Lienzer Dolomitenhütte – Lienz

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	2025	↑	From Hochsteinhütte, proceed to „Forststraße-Taxer Gassl-Lienz“.	F	↘
2	0,70	1880	↙	Continue down the track. At the switchback, turn left.	G	↘
3	2,40	1660	↓	Head straight downhill.	G	↘
4	3,10	1570	↙	Turn left downhill (“Taxer Gassl”).	G	↘
5	3,35	1540	↘	Turn right downhill (“Taxer Gassl”).	G	↘

Junction No.	Km	Elevation	Type of Junction	Description	Terrain	Grade
6	4,15	1430		Turn right up for "Sternalm, 103".	G	
7	4,95	1520		Turn left for "Sessellift, Restaurant Stern".	G	
8	5,20	1500		At Sternalm, continue on "Fahrweg-Leisach-Lienz".	G	
9	5,35	1495		Continue straight for "Forststraße Leisach, 103".	G	
10	7,70	1255		At the switchback, turn right and proceed downhill (Leisach, Lienz).	G	
11	11,45	735		At the water post in Leisach, turn right and continue downhill.	P	
12	11,60	705		Turn left onto the main road.	P	
13	11,80	700		At the "Leisach" sign, turn right onto the gravel track "Naturlehrpfad Amlach".	G	
14	12,15	695		Turn right across "Draubrücke".	G	
15	12,20	695		Head straight for "Amlach, Dolomitenwaldschenke".	F	
16	12,25	695		Turn half-right for "Amlach, Dolomitenwaldschenke".	F	
17	12,35	695		At the Waldschenke, turn left onto the paved road and continue to the center of Amlach.	F	
18	12,85	690		In Amlach, head straight for "Amlacherhof".	P	
19	13,10	690		At Amlacherhof, head straight for "Lake Tristach".	P	
20	13,65	685		In Amlach-Ulrichsbichl, go straight for "Tristach".	P	
21	15,55	670		In Tristach, turn half-right onto the main road.	P	
22	16,25	670		Just before the sports ground, turn right for "Dolomiten-Naturrodelstrecke". After the sports ground, turn left for Kreithof.	P	
23	19,40	1050		Before Kreithof, turn right and towards the toll road.	P	
24	19,50	050		At the toll booth, proceed up the road to Lienzer Dolomitenhütte.	P	
25	23,65	1615		From Lienzer Dolomitenhütte, go back the same way you came.	P	
26	27,80	1050		After the toll booth, turn right for Kreithof.	G	
27	27,90	1050		At Kreithof, turn left onto the sled trail.	G	
28	31,05	670		At the sports ground, turn right towards the main road. Turn left and continue on it until you get to Lienz.	P	
29	33,90	670		Turn left onto the cycling trail signposted to "Zentrum, Bahnhof".	P	
30	34,25	670		Turn left onto the main road across Iselsbrücke.	P	
31	34,65	670	.	Lienz train station		