All day long deep in the mountains seemingly on your own, in the evenings surrounded by comfort and civilisation after a trip to the sauna and wellness area, in fresh clothes ready for dinner - light adventure for three days on up to 170 kilometres with over 5,000 metres of altitude - this could be you, if you like. You can tackle the trail singlehandedly with luggage for the whole route on your back and the daily accommodation hunt at the back of your mind, but it's much more comfortable with light luggage. At selected 3 or 4 star hotels in the area, you can have your luggage transported

point in Hopfgarten or Wörgl included. The KAT Bike trail provides bike fans and mountain

adventurers with a break from everyday life a holiday from "compulsion". The multi-day mountain bike tour through the Kitzbühel Alps is split into 3 stages. There are 2 versions you can choose from. The KAT Bike Sport+ is particularly suited to sporty and athletic cyclists. The KAT Bike E-niov is designed for pleasure cyclists and E-mountain

What's more, with the Kitzbühel Alps Guest Card,

you also get a return train journey to the starting



from accommodation to accommodation.

Please take the suitable stages of your booked tour accordingly. Stage Descriptions. These are divided into easy, medium or difficult and indicated

up to a max. of 20 kg per person) will be collected from the hotel from 10am onwards. Please make sure you drop your luggage off at by colours. Stamina and technique reception by 10am at the latest. The are broken down into 5 difficulty luggage will be ready and waiting for you by 3pm at the latest at the

Your luggage (1 piece of luggage

next accommodation.

on the accommodation & is measured from the official start/ end point. GPX data can be downloaded on the interactive map www.maps.kitzalps.com.

The mileage can vary depending

KAT Bike **E-njoy** 164 km / up to 3.800 altitude metres

164 km / up to 3,800 altitude metres / 3 stages The E-njoy multi-day bike tour is split into 3 stages and is intended for leisure cyclists Mariastein or Angerberg via Hopfgarten to the picturesque Windautal valley. The route continues through the Brixental Valley villages Westendorf, Brixen and Kirchberg to Obern-

The last stage starts from Going am Wilden Kaiser to Kirchdorf in Tirol and via St. Ulrich am

The KAT Bike Sport+ is particularly suited to sporty and athletic cyclists and leads from Hopfgarten via the Penningberg in Kelchsau towards Brixer From there, the route continues over the Wiegalm and the beautiful Aschau mountain trail on the Ehrenbachhöhe.

Via the longest single trail in Tirol - the Fleckalm-Trail or the easier Hahnenkamm-Trail, the route heads onto the final point of the stage - Oberndorf i. T. The route finally goes via the Harshbichl and the trail of the same name to St. Johann in Tirol and across the Kalksteinalmen towards the

147 km / up to 5.300 altitude metres / 3 stages

final destination of the tour in Fieberbrunn.

110% Service 0% Stress

Packages & Services

Our all-round stress-free package including luggage transport and detailed stage maps guarantees pure bike pleasure. As you may simply require more than just a rucksack on multi-day stage tour, we offer our guests luggage transport from end to end. Let us take care of your luggage transport - after all, you want to be cycling and not lugging!

For information call +43 (0)57 507 8500.

Code of Conduct on the Trail

The behaviour of each one of us contributes to the opinion and tolerance of the public and political decision makers about the sport of mountain biking. There's no doubt that cooperation works, and we're sure about that!

We ride with controlled speed and good visibility! We respect other users of nature!

• We only ride on approved trails and accept, that the forest trails primarily serve the agricultural and forestry trades!

We close the pasture gates behind us!

We take our rubbish with us - that's a matter of honour! **⊘** We leave no trace!

We always ride with a helmet and intact equipment! **⊘** We plan our tours! We keep quiet and let go of our shrieks of joy only in

• We respect the nature and wild animals!

Your Rucksack

. the real trail companion.

O Change of cloths

• First Aid Box

Main compartment

O Water bottle, if necessary

1. Stage of the E-njoy A hour indulgance touth. 1. Stage of the E-njoy Altitude Altitude Altitude Alti

The starting point of the first KAT Bike E-njoy stage is the picturesque place of pilgrimage. Mariastein.

From there, the route goes over the Angerberg on the marked route, down to the green Inn, which is crossed at the bridge, to then reach the Inn cycle path. Follow this path towards Kufstein for around 400 m, until you reach the entrance of the cycle path No. 21 - the Brixental valley cycle path. Now cycle in a south-easterly direction along

Leave the small town of Wörgl behind you, and cycle until you reach

Hopfgarten - with an easy, but constant ascent. Pass the Lerchenteich in Hopfgarten, where fishing fans can enjoy the best trout in the Brixental Valley and continue towards the Kelchsauer crossing. Cross this and after approx. 150 m turn right onto the uphill asphalted road (MTB route 229) to the wonderful mountain village of Penningdörfl. A little off the beaten track - right in the village is the demonstration site of the "Milchbuben". There you have the opportunity to observe the two young entrepreneurs produce the farm's own Camembert, mountain cheese and other Tyrolean farm produce and can even taste and buy the delicious treats. This little pick-me-up is the ideal way to gain strength for the next ascent. The KAT Bike E-njoy Tour leads out of Penninger Dörfl on the MTB Route 229 uphill towards Haag Alm. After a short while, you switch from the asphalt road to a wide gravel road. This runs through the shady mountain forest to the alpine pasture high above **Kelchsau**. At the Haag Alm, you can enjoy a breathtaking view, which is best accompanied by a refreshing drink. With a view of the Hohe Salve, the Kitzbühel Alps and the glaciated peaks of the Hohe Tauern, you can give your soul and legs a well-deserved rest. The route continues downhill on the MTB route 229 on one of the three tributary valleys of the Brixental Valley - the Kelchsau. The small mountain village shines with its primitiveness and unspoiled nature. That's not the only reason it was voted the **most beautiful place in Tirol in 2020**

on the famous Austrian TV show "9 Plätze - 9 Schätze" ("9 places -

9 treasures") on the channel ORF2.

at the most beautiful places in Tirol

The first stage of the KAT Bike Sport+.

collecting strength for the next ascent.

similar to the KAT Bike E-niov Tour, starts from Hopfgarten.

First, the route leads up a side road to the sunny plateau of the

Penning-berg (229). A little off the beaten track - right In the small

Penning Dörfl hamlet - is the demonstration site of the "Milchbu-

ben". There, you have the opportunity to observe the two young en-

trepreneurs during the production of the farm's own Camembert,

mountain cheese and other Tyrolean farm produce and can even

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The tour leads away from the Penning Dörfl and onto the **MTB route**

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After the rapid descent, turn left onto Kelchsauer Straße and follow

this for around 700 m down valley. Afterwards, you cross a small

bridge on the right-hand side and ride on the marked **route 227**.

over the Glantersberg, towards Hopfgarten. The route changes onto

the path 228. Just below the Glantererkogels (1,434 m), you need to

push the bike a few metres up to the connection in the Windautal

("9 places - 9 treasures") on the channel ORF2.

ow the road for approx. 700 m out of the valley. Afterwards, you cross a small bridge on the right-hand side and ride on the marked route 227, over the Glantersberg and on towards Hopfgarten. There, it's worth taking a short detour to the Elsbethen Church or even to the Engelsberg Ruins - two reminders of the rich history of Hopfgarten. Continue on **Route 274** uphill, which leads over the Gruberberg. When you arrive at the top, there is the penultimate

descent down towards Lendwirt (snack stop opportunity) Here, you

After a rapid descent, you turn left onto Kelchsauer Straße and foll-

find yourself in the Windautal valley - the next tributary of the Bri-Hop back onto the Brixental Valley cycle path No. 21, which leads into the valley along the Windauer Ache until the turnoff for Käsealm Straubing - **MTB route 207**. There, you can enjoy a delicious Tyrolean Jausnbrettl (cold plate) with home-made farmhouse bread and a

refreshing drink. After this last little boost, it's not much further to the



From the Straubing mountain hut, there's a short ascent, after which you ride back down into the Windautal valley and from there, out of the valley to the Gasthaus Steinberg, the final destination. The guest house is a member of the "Tyrolean KochArt" establishments - so you can look forward to a delicious evening meal and go to bed

Then, the route quickly goes downhill (206) to the Angerla-Alm,

continues into the valley on the forest track and bends left to the

After a new short ascent, the descent into the beautiful Windautal

valley then begins. The last few kilometres lead along the cycle path,

past the **Käsealm Straubing** to the **Lendwirt** (refreshments available).

Here, there's a short uphill climb, past the Westendorf golf course,

through the village centre and onto the **Brixental Valley cycle path**

(21) to the stage destination in Brixen im Thale. You can also com-

significant loss of altitude, via the Jägerhäusl.

fortably ride to Westendorf along the Windautaler Straße, without a

Here, you find yourself in the Windautal valley - the next tributary of

The second KAT Bike E-njoy stage starts at the Gasthaus Steinberg in the Windautal valley in Westendorf

The Gasthaus Steinberg is located in the middle of an unspoiled natural gem - the Windautal valley. From here, you follow the road out of the valley. The trail is surrounded by soft green meadows and forests and the tour continues into the village centre of Westendorf. On the trail here to left you can see the Westerndorf golf course and the small **Waldhäusl chapel**. The trail continues through the village centre and bends to the right

via the valley cycle path No. 21 towards Brixen. Here, there are beautiful views of the Kitzbüheler Horn. Arriving in Brixen, you take the trail through the village district of Winkl. Further on, the asphalted road turn into a gravel road, which leads through the Brixenbachgraben (210) directly up to the Wiegalm (1,525m). The catered lodge is located on the highest point of the Sattel. In addition to the cosy atmosphere, at the weekend, we recommend that you enjoy the well-renowned roast pork.



The second KAT Bike Sport+ stage leads on the trail of the

Difficult ascents, dreamlike sections over alpine landscapes and

There are two different versions of the second stage. On version 1,

you can tackle the Fleckalm-Trail. Or alternatively, you can choo-

se version 2 - the easier **Hahnenkamm-Trail**. Both trails start from

Brixen, heading over the **Brixenbachgraben (210)** up to the Wiegalm

It is located on the highest point of the Sattel and impresses with

an amazing atmosphere. On the weekend, we especially re-

commend you try the well known roast pork. With the Sattel be-

hind you, you follow a short panoramic trail towards the Kobin-

ger Hütte. Here, there is a fantastic view towards Aschau, the

Pengelstein and the Ehrenbachhöhe, from the highest point on

the Hahnenkamm. After the short trail, keep right along a down-

hill gravel path and head past the Harlassanger Alm (257) to the

start of the easy to ride Wiegalmtrail (277). The Wiegalmtrail is

a technically easier and broader flow trail through the forest.

At the end of the Wiegalmtrail, the trail turns right and flows into the

Aschauer cycle path (204) and through the small village of Aschau to

the **Aschauer Höhenweg (205)**. Framed by the Grosser and Kleiner

Rettenstein, you glide through the water-rich Oberer Grund to the

Klooalm. There, you can enjoy all kinds of home cooked food, from

the inn's own cheese to sumptuous Brettljause (snack plate) to deli-

Recommendation: On hot days, refill all water supplies, as during the

next 2 hours and 900 metres of altitude, there are no sources of wa-

ter. After a refreshment, you continue on the Aschauer Höhenweg,

which has an altitude of 1,300 - 1,400 m and boasts wonderful views

Attention: On the trail there are a couple of steep sections.

sheer endless trails.

cious cake creations.

of the Spertental.

With the Sattel behind you, the trail continues on a short panoramic trail to the Kobinger Hütte, from which you have a beautiful view of Aschau, the Pengelstein and the Ehrenbachhöhe, the highest point of the Hahnenkamm. Finally, the path heads right along a gravel path down and past the Harlassanger Alm (257). For those who like, you can take the easy to ride Wiegalmtrail (277) into the valley

or alternatively the mountain bike route 276 into the valley to the Gasthof Skirast. The Wiegalmtrail is a technically easier and wider nature trail through the forest. Please note: on the trail there are a **couple of steep sections.** Upon arriving into the valley, both options continue on the Aschauer cycle path (204), the idyllic path leading from the Spertental to Kirchberg. This route passes directly through the village centre of Kirchberg, which is also known as the "bike Mecca" of the Brixental Valley.

Here, among other things, you can find the longest trail in Tirol, the

Fleckalm Trail (7.2 km and 1,100 metres of descent). In the village centre, you change back onto the **Brixental Valley cycle path (21)**, which leads directly to Kitzbühel. On this path, there is the warmest bog lake in Tirol. With a temperature of up to 27 degrees, the Schwarzsee **lake** is a particularly popular swimming lake, which delivers a spectacular view of the mountain panorama of the Kaiser mountains. Parallel to the railway line, you bend left after the Schwarzsee lake and follow the asphalted road to the Gasthof Steuerberg. From here, the route continues on the cycle path (280) over the Bichlach, which

For a short while, you ride parallel to the federal road, before switching back to the country road, to reach the centre of Oberndorf. At the parish church, turn right and follow the Bahnhofstraße through a small tunnel. Near to the train station is Wiesenschwang, which is located just before today's stage destination. The Hotel Penzinghof marks the end stop of the second KAT Bike E-njoy stage and the day's bike ride is accomplished with a dreamlike view of the Wilder Kaiser.

Afterwards, follow the trail back out to Kirchberg. From here, the trail

becomes steeper and you will find some shortramps to master. Lift

facilities signify the quick end of the ascent. From the Krunaalm, the

path heads uphill to the right towards Pengelstein (1938 m), the high-

est point of the KAT Bike Sport+ tour. From Pengelstein, the path

gradually descends via the gravel path, before the last uphill climb

Follow the path to the Ehrenbachhöhe and turn left before the Fleck-

almbahn mountain station, to reach the starting point of the famous

"Fleckalm-Trail" (293). This is one of the longest trails in Tirol, with

a length of around 1,000 m and 7 kilometres of descent. Difficulty

level S2-3. The goal of the trail is the car park of the Fleckalmbahn in

Kirchberg. If you cross the federal road at the valley station towards

Ache, you reach the Brixental Valley cycle path (21) again. Follow

this path towards Kitzbühel and the Schwarzsee lake. The latter route

leads parallel to the railway line. Then, turn left and follow the as-

phalted road to the Gasthaus Steuerberg. At the inn, continue riding

on the cycle path (280), which leads to the Schmiedboden district of

Oberndorf. After a short ride parallel to the main road, the path con-

tinues on the country road, which you follow into the village centre

of Oberndorf. At the parish church, turn right and cycle along the

Bahnhofstraße through a small tunnel. After the train station, you re-

ach the Wiesenschwang district and you already have the day's stage

destination ahead of you. The Hotel Penzinghof lies at the foot of the

Shortly before, turn right onto the easier Hahnenkamm Trail (SO - S1)

to go down to the valley station and into the town of Kitzbühel. Alter-

natively, you can also take the **mountain road (232)** downhill Via the

Einsiedelei hermitage, past the Hahnenkammbahn valley station,

into the town of Kitzbühel and on towards the Schwarzsee lake. Here,

the route joins option 1, coming from Kitzbühel.

Kitzbüheler Horn and boasts a dreamlike view of the Wilder Kaiser.

to the Ehrenbachhöhe (232) awaits.

leads to the Schiedboden district of Oberndorf.

The last KAT Bike E-njoy stage starts in Oberndorf in Tirol in the hamlet of Wiesenschwang.

This idyllic village is distinguished by a variety of active farms. The farm shops of Schörgerer, Müllnerhof and Schneiderbauer provide a delicious selection of regional products. In addition to this, at the Müllnerhof, you can admire the largest wooden trough in the world. The tour starts in the Wiesenschwang district of Oberndorf and leads through the village centre of Oberndorf and via the Rerobichlstraße to Bichlach. On the way there, you pass the mountain chapel, which was consecrated to St. Nepomuk - by the way, this was the **wedding** chapel of Herbert von Karajan. You continue past beautifully located farms that sit enthroned on the hilltops like spectators. They often boast wonderful views of the Kitzbüheler Horn and the Wilder Kaiser.

Back in the valley, the cycle path leads along a part of the road

towards the centre of Going. This village on the Wilder Kaiser is widely known thanks to the series "The Mountain Doctor". At the foot of the massive mountain landscape, the tour continues along the Prama towards St. Johann in Tirol. Beautiful houses, farms and food stalls embellish the area surrounding the cycle path. When you arrive at the Römerhof, it's time for the first break. Through a wooded area, you reach the next farming hamlet of Bauernweiler, which is located directly on the steep walls of the Niederkaiser ridge. At the **Gasthaus Rummlerhof**, another pit stop is possible. At this traditional and oldest guest house in St. Johann, the KAT Bike route continues to Zimmerei Meickl. Here, you take a sharp left, and ride along a meadow path to reach Kössener Straße. From here, it's just a few more metres to next rest opportunity: "Aggstein Edelbrände". Alternatively, you can choose to visit the Baroque town centre of the market town St. Johann in Tirol by taking a little detour. The trail then leads along the Großache until the **Turn-off for "Habach"**. At the Oberhabachhof, you can enjoy delicious ice cream specialities on the "ice meadow" and refuel for the later ascent to the Kalksteinalmen. Firstly, however, you will ride for a bit along an asphalted

mountain road, until you reach the beautifully located farm "Ober-

stegen" on a forest track. The MTB routes wind their way through

the forest up to the Kalkstein plateau. When arriving to the alpine

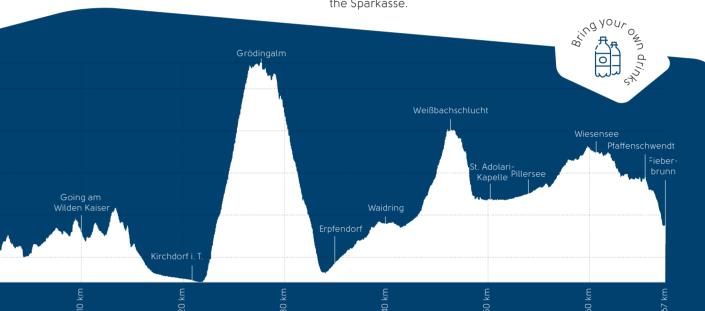
pasture, you will reach a game enclosure within a few metres.

The KAT Bike E-njoy passes through this **game reserve**. (Please always close the gates!). Past the Grödingalm, the tour continues onto the Angeralm and Huberalm. Both alpine lodges are catered and boast dreamlike views of the surrounding mountain landscape. The view from the Kalkstein is indescribable - Wilder Kaiser, Kitzbüheler Horn. Loferer Steinberge, the Waidringer Steinplatte - a rocky giant greets you from every location. The bike tour then heads back into the valley via the *MTB route 266*. At the end of the forest track, you take the **cycle route No. 18** to arrive to Waidring. On this path, you have the opportunity to have a short stop at the

5 h 30 m

Seibl Genussladen and taste or buy the regional products. The route then heads towards the town centre, where it's worth taking a detour to the Glockenwelt Waidring at the car park of the Bergbahnen Steinplatte. You can then enjoy a leisurely ride through the centre of town, until you make a right turn onto the **Pillerseestraße towards St. Ulrich am Pillersee**. After a few kilometres, you have the option of turning right again and leaving the country road in the direction of Weißbachschlucht. The 200 metres uphill are not difficult here along the stream. **Tip:** Chance to cool down in the **Kneipp facilities**! From the Rechsau chapel, the route continues downhill towards Adolari, to the pilgrimage church and the guest house with the same name. The snack stop and visit are always worth it! You then ride downhill on the country road until reaching the Teufelsklamm car park. Here, you branch off to the right towards Pillersee. On a beautiful cycle path, you travel beside the Pillersee towards St. Ulrich a. P.. With the Griessbach stream and the Jakobskreuz always in sight, you cross the village road into the town and continue towards St. Jakob i. H.. At the Gasthaus Strasserwirt, you cross the road again to stay on the cycle path. Now it passes through the Schwendt dis-

trict slightly uphill, to the idyllically-located Wiesensee lake. The cool water and the Kneipp facilities invite you to take a rest, before you head on towards Hochfilzen. In the Warming district, you turn right between the Glaa and Hörl farms, to join the **cycle route No. 17,** the "Buchensteinwandrundweg" and head towards Fieberbrunn. Here, you can enjoy a leisurely ride parallel to the railway line, past beautiful farms. The wonderful mountain scenery of the PillerseeTal all the way to the Wilder Kaiser is always in sight. From the Schönau district in Fieberbrunn, it's all downhill towards the village centre, which you reach after crossing the federal road at the Horngacher butchers. The destination of this stage of the tour and the KAT Bike tour - the Hotel Alte Post - is located on the village road opposite



2. Stage of the Sport+ Altitude Altitude 3. Stage of the Sport+

The last stage of the KAT Bike Sport+ gets tough!

Water bottles filled, bike checked, and muesli bar for between meals packed. Another 48 kilometres with a good 1,600 metres of altitude go from Oberndorf over the Harschbichl and the Kalkstein to Fie-

This stage starts in Oberndorf in Tirol. A short ride along the **Römerweg towards Kitzbühel**, before on a single asphalt track, past farms into the coniferous forest. Here you quickly gain height. A look back into the valley - again and again, the branches reveal a little piece of the panoramic view.

You continue past the Stanglalm under the Harschbichl towards the mid-station, to take the *Harschbichltrail (S2)*. Its entrance is hidden on the edge of the reservoir. It opens up a diverse rush through forest and meadows, banked turns, wooded floors and wide Northshore elements, before ending in the Apfeldorf district of St. Johann

From here, the **Speckbacher Straße** leads directly through the centre and past the Baroque church. At the end of the pedestrian zone, turn left onto cycle path 18, the Kalksteinrunde and ride along the Großache towards Kirchdorf to the Habach district. From there, the final 800 altitude metres of the three-day trip await. First, go on the narrow, asphalted road, and shortly onto a beautiful forest road. In the shade of the deciduous trees, the path goes

steadily uphill. Above the tree line, you will find yourself back on the almost kitschy alpine pasture. The view of the Kitzbüheler Horn, the St. Johanner basin and the Wilder Kaiser is now completely open. And on you go uphill, past the Adlerspoint alpine inn. Shortly before the Gerstbergalm, you reach the highest point. Soon after the crossing the meadows, the bike route ends. From the edge of the wood, the trail becomes a carrying passage (approx. 500 m)

over steep roots along road and steps.

on the Güterweg, which leads into St. Ulrich am Pillersee. Before this, there's the possibility of a snack in the Winterstelleralm,



There's still a beautiful bit of trail waiting for you, which leads to the destination in Fieberbrunn, however this is downhill and over a guiet cycle path through the outstanding valley to St. Jakob and

In the centre is the Bike Hotel, the Alte Post. The hotel pays great attention to detail and not only the bikes feel comfortable here after a well-earned wash! The head of the hotel is, how could it be different, a guide and a passionate biker. In the Swiss stone pine-Spa or the rooftop pool, you can really relax!

On the next day, you can hop on the train with your bikes and luggage back to your cars in Hopfgarten. This journey is included for all guests with the Kitzbühel Alps Guest Card!



TONI'S PRO SHOP

SPORT 2000 ETZ

HERVIS ST.JOHANN/TIROL



Attention: Carrying Passage! Not suitable for E-Bikes. Pass at your own risk. After this section, the path becomes passable again and finally ends

where a Brettljause (snack plate) or a Kaiserschmarrn (sugared and shredded pancakes), replenish your energy stores.

