

Biking in Tirol: Explore Austria on Two Wheels this Summer

Gravel biking, mountain biking, regular cycling – exploring Austria in the saddle has never been easier. And if you are heading to an alpine province such as Tirol, e-biking makes it a full cycling experience even more accessible.

No matter if you are looking for a challenging multi-day-tour, your first mountain bike adventure or a relaxed and family-friendly cycling escape, Tirol has you covered – a network of 920 km of biking paths awaits, suitable from beginner to pro. What's more, bike and equipment rentals are widely available, so there's no need to worry about bringing your own.

So, where to get started? Let us show you some of our favourite biking trails in [Kitzbühel](#), [Zillertal](#), [St. Anton am Arlberg](#), [St. Johann in Tirol](#) and [Innsbruck](#).

For biking adventures in other Tirolean regions, click [here](#)!

Kitzbühel: Race down the Hahnenkamm and conquer the Kitzbüheler Horn

From thrilling downhill adventures to leisure tours, [Kitzbühel](#) is a mountain biking paradise. And no matter what tour you choose, the 800-km-network always provides gorgeous views as a bonus. The ultimate highlight for skiing fans: bike down the famous Hahnenkamm!

[Bike the Hahnenkamm](#)

Test your skills – and nerves! –where the world's best downhill racers meet every January. The biking trail starts at the top of the Hahnenkammbahn cable car station and covers 6.88 km and 874 m in altitude. Be prepared for lots of jumps and stunning views.

[Kitzbüheler Horn](#)

With an average gradient of 12,5% and peaking at 22,3%, the Kitzbüheler Horn is the steepest mountain you can conquer on a bike in Austria. The trail is 10,3 km long, head off right in the heart of Kitzbühel. For experienced cyclist only!

[Salvenradrunde along the Wilder Kaiser](#)

Starting in the small village of Itter near Kitzbühel, Salvenradrunde is one of the most popular bike tours in the Tirolean lowlands. Roughly 63 km in length it is not the shortest, but it features just gentle gradients through beautiful nature. Family and e-bike friendly!

Biking in Kitzbühel: <https://www.kitzbuehel.com/en/sport/cycling/>

St. Johann in Tirol: Bike along the Wilder Kaiser – and Mozart's favourite spots

Nestled between the Kitzbüheler Horn and the Wilder Kaiser, [St. Johann in Tirol](#) offers 200 km of road bike routes and mountain biking trails, ranging from leisurely tours in the valley to challenging mountain bike tours.

[Wilder Kaiser Bike Tour](#)

This 83 km long trail around the Wilder Kaiser Mountain features spectacular views, cool lakes, and alpine inns for breaks in style. Jump into [Lake Walchsee](#) and check out Kufstein fortress and high moor landscapes along the way.

[Mozart Cycle Path](#)

Cycle the Tirolean path of Austrian composer Wolfgang Amadeus Mozart on this two-day-tour from Niederndorf near St. Johann in Tirol to Waidring/Lofer. The trail covers 67 km and leads along Lake Walchsee, one of Tirol's most beautiful bathing lakes, and the Kaiser Mountain Range.

[Bichlach Loop](#)

An intermediate circular route (2,5 hours) through the Bichlach hills in Oberndorf, about a 20-minute-drive from St. Johann in Tirol. Soak up views of the Wilder Kaiser Mountain Range and dip into Lake Schwarzsee along the way. Suitable for regular and e-bikes.

Biking in St. Johann in Tirol: <https://www.tyrol.com/places/a-st-johann-in-tirol/cycling>

St. Anton am Arlberg: Challenge yourself – or take it easy in the valley

350 km of cycling and mountain biking trails await in [St. Anton am Arlberg](#), showing off some of the most beautiful mountain panoramas, alpine pastures, and cosy huts on the way. Beginner or pro, there's something for everyone. For those not keen to bike up steep trails, St. Anton also has a [bike ticket for gondolas](#).

[Galzigtrail](#)

This short (5 km) but demanding mountain bike trail leads over the eastern slope to St. Anton am Arlberg and offers stunning views of Stanzertal valley and the surrounding mountains. Take the Galzighahn gondola up to the start of the trail.

[Bike to the Heilbronner Hut](#)

This scenic route on asphalt and gravel paths is 20 km long and covers 1,600 m in altitude. It can be combined with tours to the Paznauntal and Stanzertal valley or the Montafon. The tour is challenging, so guests below advanced fitness level might want to consider e-bikes.

[Stanzertal valley cycle path](#)

Bike along the Rosanna River from St. Anton am Arlberg to Schnann. The cycle path is paved throughout, making it particularly suitable for families with children. It is roughly 25 km long and can be completed in less than three hours.

Biking in St. Anton am Arlberg:

<https://www.stantonamarlberg.com/en/summer/outdoor/cycling/e-biking-and-mountain-biking>

Zillertal: Bike the Zillertaler Höhenstraße or enjoy a tour to a cosy hut

Hop on a bike in [Zillertal](#) and we guarantee you are in for a treat – the valley boasts no less than 1,300 km of cycling trails. Are you up for a challenge? The Zillertaler Höhenstraße is one of the most beautiful – and steepest – roads in Austria.

[Big Penken Tour](#)

Starting from Mayrhofen, this tour leads through Finkenberg and Astegg up to the Penken Mountain, afterwards you will ride down to Horbergtal valley along gravel trails. The tour is 40,9 km long and classified as a black route – suitable only for bike pros!

[Zillertaler Höhenstraße](#)

The panoramic Zillertaler Höhenstraße ranks among the most beautiful alpine roads in Austria. As a cyclist, you can access it at five different points, equally steep and long. The circular tour is 52,9 km long. Only for highly skilled cyclists.

[Finkenberg – Hintertux - Bichlalm](#)

A beginner- and family-friendly trail from Finkenberg to Hintertux, taking about 2 hours. The last stop is the [Bichlalm hut](#) where cyclists can recharge their batteries over hearty Austrian food.

Biking in Zillertal: <https://www.zillertal.at/en/summer/activities/biking.html>

Innsbruck: Bike the Inn Cycle Path or head on a culinary tour

Outdoor adventures are part of every Innsbrucker's DNA, and this includes biking tours. Challenge yourself to the Inn Cycle Path or combine biking and culinary adventure on a tour to local producers – either way, [Innsbruck](#) certainly won't disappoint.

[Cycle & Savour in the Inn valley](#)

Discover culinary delights from local producers and stock up on tasty souvenirs! This easy bike trail just west of Innsbruck features 21 stops where you can sample everything from honey to schnapps and home-grown fruit. Maximum distance: 45 km.

[The Inn Cycle Path](#)

Part of the 520 km long Inn Cycle Path, the trail around Innsbruck covers 97 km and is beginner friendly. Enjoy impressive landscapes, amazing panoramic mountain views and idyllic riverside trails before heading back into the city for dinner.

[Southern Mountain Tour](#)

Starting just south of Innsbruck, this 30-km-route passes through forests, villages, and quiet fields between the villages of Igls and Tulfes, high above the Inn valley. 30 km in length.

Biking in Innsbruck: <https://www.innsbruck.info/en/biking/cycling/cycling-tours.html>

As always, we are happy to assist you in planning your research trip. Please get in touch at pressuk@austria.info.

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