

Biking in Summer – the Austrian Way

Austria's mountains and lakes make the perfect setting for an active summer holiday. And why not swap your hiking boots for two wheels for a day or two (or more)? Mountain and gravel biking have become the second most popular activity in the Austrian Alps after hiking and the alpine resorts have topped up their game accordingly with new trails and bike parks.

Spend your summer holidays the Austrian way, jump on a bike, and immerse yourself into the stunning surroundings while working off some calories (And if you feel like you've burnt too many, you can always refuel your body at a nearby hut, enjoying all the traditional Austrian delights!). Need some inspiration? Check out what [St. Anton am Arlberg](#), [St. Johann in Tirol](#), [Zell am See – Kaprun](#) and [Zillertal](#) have to offer this summer.

St. Anton am Arlberg: Mountain bike to a hut or take a leisurely e-bike tour

Challenge yourself to a mountain bike tour from hut to hut and lake to lake or explore the region on an e-bike. St. Anton am Arlberg awaits with 350 km of biking trails.

[Heilbronner Hut](#)

A difficult but rewarding trail from the Schönverwallalm to the Heilbronner Hut, passing Lake Verwallsee and several huts along the way. Want more? Combine it with tours to Paznauntal and Stanzertal valley or the Montafon. This trail is for very fit bikers only (alternatively, hire an e-bike!).

39 km / 4,5 hours, level: difficult

[Galzigtrail](#)

Starting at Galzigbahn cable car station (hence the name!), this challenging mountain bike route comes with stunning views of the Stanzertal valley and the surrounding mountains.

5 km / 0,5 hours, level: difficult

[Rendlalm Trail](#)

Jump on an e-bike and ride from the Rosanna River in St. Anton to St. Jakob, where a traditional hut awaits with all the Tyrolean delights, then make your way down through the Moos valley or take a shortcut using the Rendlbahn gondola.

15 km / 75 minutes, level: medium

[Stanzertal Trail](#)

Starting in the heart of St. Anton, this circular tour leads along the Rosanna River to Schnann. The trail is paved throughout and therefore especially recommended for families with small children.

25.4 km / 2.45 hours, level: easy

[EldoRADOo – Bike Area](#)

Master your biking skills on obstacle and cross-country trails and get feedback from biking pros.

For all skill levels

[More about biking in St. Anton am Arlberg](#)

St. Johann in Tirol: New practice trails and a Cycling World Cup Route

St. Johann in Tirol welcomes bikers with 200 km of designated trails. Try the brand-new OD Trails in nearby Oberndorf or feel like a top athlete on the Cycling World Cup Route.

New! [OD Trails](#)

Master your skills at the new Trail Arena in Oberndorf. Highlights include a Jump Park and the first drag lift for bikers. There are trails for all skill levels including a designated kid's area.

For all skill levels

[Grutten Runde Bike Trail](#)

This circular route starts in the heart of Oberndorf and is a mix of paved roads and easy natural trails boasting panoramic views of the Wilder Kaiser Mountain and Kitzbüheler Horn summit.

9,8 km / 2 hours, level: medium

[Cycling World Cup Route](#)

Cycle the same route professional bikers from around the world take at the annual sports festival in August. However, as speed doesn't matter, you actually get to enjoy the landscapes, too.

38.5 km / 2 hours, level: easy

[Harschbichl Trails](#)

Get whisked up the mountain by cable car and cycle back down to the valley, choosing from two different trails depending on your skills.

3.42 km / 17 minutes, level: medium & 0.85 / minutes, level: easy

[River Adventure Trail](#)

This trail along the banks of the Großache between Kirchdorf and Erpfendorf features viewing platforms, display boards, and sandy coves. Learn about Kirchdorf's flood protection project and enjoy views of the Wilder Kaiser Mountain and Kitzbüheler Horn summit.

3.5 km / 0.5 hours, level: easy

[More about biking in St. Johann in Tirol](#)

Zell am See: Hire a gravel bike or head on a tour with stunning lake views

Explore the mountains and the famous Lake Zell on a gravel or mountain bike – Zell am See – Kaprun features 200 km trails for cycling fans.

[Maiskogel Tour](#)

A circular gravel bike tour on Kaprun's best-known mountain. Stop at one of the traditional huts to sample some local dishes.

17,3 km / 2 hours, level: medium

[10D Mountain Bike Tour](#)

A fun mountain bike tour through some of the most stunning landscapes in the region. Discover Zell am See's beauty while burning off calories at the same time.

26.4 km / 3.5 hours, level: medium

[Lake View Tour](#)

A tour through varied landscapes and, as the name suggests, breathtaking views of Lake Zell. The trail includes a crossing on a ferry.

37.6 km / 4,5 hours, level: medium

[More about biking in Zell am See-Kaprun](#)

Zillertal: Family-friendly trails in a breathtaking mountain setting

Zillertal is a dream destination for bikers travelling with kids. However, it's not all easy on the 200 km of biking trails. Try the Zillertal High Road if you really want to test your fitness!

[Zillertal Bike Tour](#)

A family-friendly bike tour through the valley with playing grounds, outdoor swimming pools and an adventure park along the route.

31 km / 2 hours, level: easy

[Zillertal High Road](#)

One of the greatest challenges for bikers in Austria, Zillertal High Road comes with stunning views of the Tux and Zillertal Alps. The climbs are long and steep – but we promise they are worth it. Only for very fit bikers!

34 km / 4 hours, level: difficult

[Singletrails Isskogel](#)

Four trails on Gerlos' Isskogel mountain for all skill levels. Perfect for beginners or anyone who hasn't biked in the mountains for a while.

[Bike & Hike Junsjoch](#)

A picturesque route starting in Juns, taking in romantic pastures and flower meadows, and coming with a stop at a traditional cheesemaker as a bonus.

20.4 km / 4.5 hours, level: medium

[More about biking in Zillertal](#)

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

Austrian National Tourist Office

Magdalena Penz / Astrid Hofer

press.austria.info/uk/

pressuk@austria.info