

OBB

Damit der Spaß nicht auf der Strecke bleibt.

ab € 45,-
Für 2 Personen

Einfach Raus Rad Ticket

Genießen Sie die schönsten Radwanderwege und den Luxus, sich den Rückweg einfach zu sparen. Alle Infos und Buchung auf oebb.at

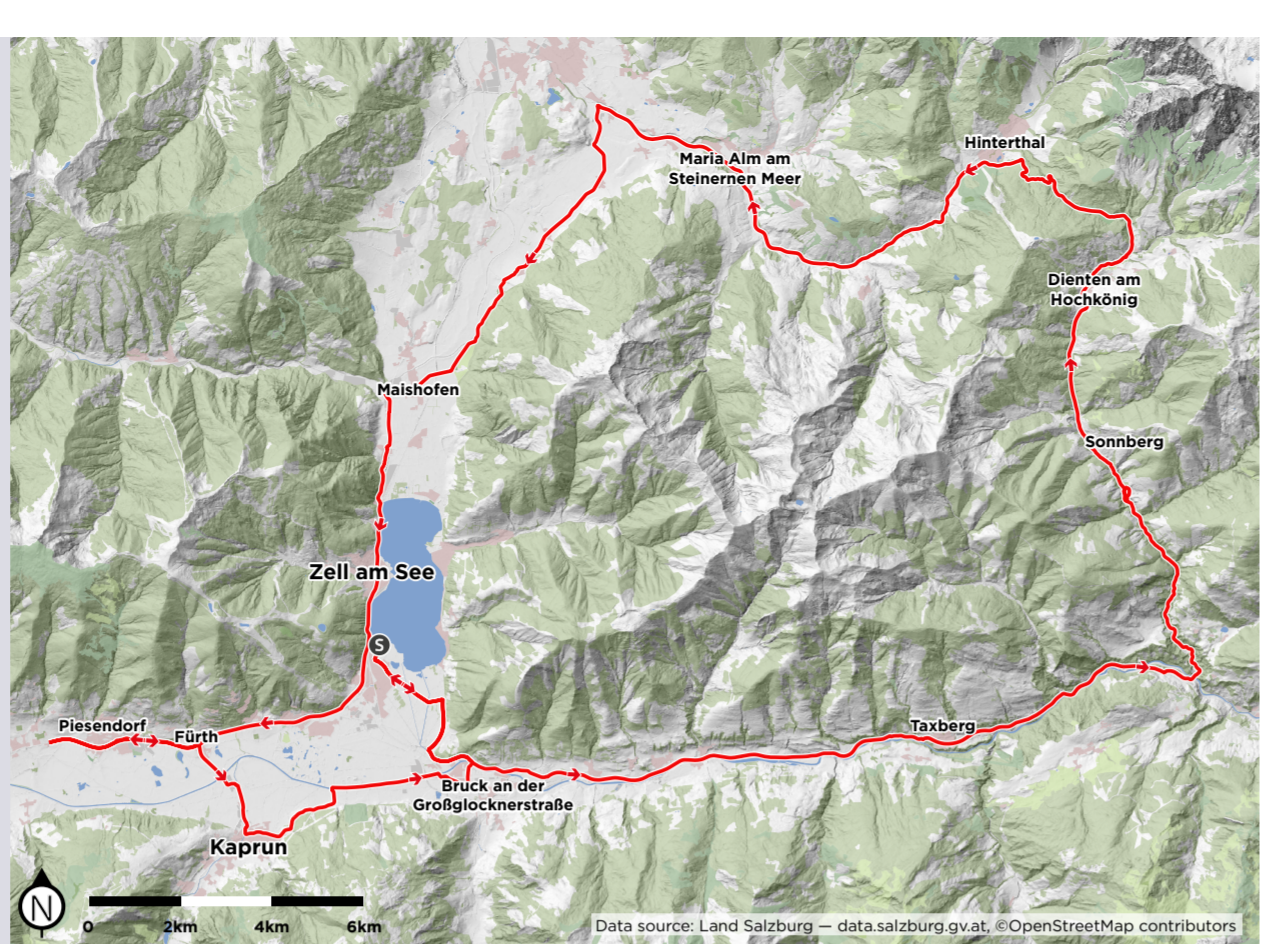
HEUTE. FÜR MORGEN. FÜR UNS.

* Gilt in Österreich in den Zügen des Nah- und Regionalverkehrs der ÖBB und der Raaberbahn (R- und REX-Züge bzw. S-Bahn). Gültig am gewählten Tag. Montag bis Freitag 09:00 Uhr bis 03:00 Uhr des Folgetages. Samstag, Sonntag und Feiertag ganztägig bis 03:00 Uhr des Folgetages. Gilt nicht für Fahrten mit Ein- und Ausstieg innerhalb des Verkehrsverbundes Vorarlberg. Es gelten die Tarifbestimmungen der ÖBB-Personenverkehrs AG. Ticket ohne Fahrradmitnahme: € 36,-. Aufpreis für 3.-5. Person je € 4,-.

IRONMAN 70.3 ZELL AM SEE KAPRUN
SALZBURGERLAND
BRUCK · MAISHOFEN · PIESENDORF

1.9 km of swimming in the crystal-clear Lake Zell, 90 km of cycling on the race bike, 21.1 km of running; these are the key data of the IRONMAN 70.3 in Zell am See-Kaprun. This IRONMAN event in SalzburgerLand in Austria is a top-class sports event: during the challenging triathlon, athletes from all over the world compete against each other, while accompanied by the incredibly beautiful natural backdrop of glacier, mountain and lake. This diversity is particularly evident in the cycling competition. The course leads right through the mountains, and has been voted Europe's third most beautiful IRONMAN course by the athletes.

Get inspired by the impressions of the previous years, and secure a place for next year.



TREND SPORT GRAVEL BIKE

The gravel bike – a mixture of road bike and mountain bike – reveals new possibilities for cycling fans in Zell am See-Kaprun: this bike is made for riding on the most diverse terrain. You can explore the region's entire network of bike trails of gravel bike. On asphalt and gravel, on grit and forest ground, the gravel bike routes lead uphill to the summits, or around Lake Zell. As a bike region, Zell am See-Kaprun scores with variety: from narrow trails towards the mountain peaks to leisurely rides on asphalted side roads, from forest tracks through the woods to the cycling tour around Lake Zell. You need a bike that can handle all adventures – and that's exactly what the gravel bike is.

This mixture of road bike and mountain bike scores with grooved tyres, somewhat wider than the classic road bike, a light road bike frame and curved handlebars. Ideal for adjusting the grip and seating position while biking! With their special features, gravel bikes are perfect for tours on a wide variety of terrain.

TOP 3 GRAVEL BIKE TOURS:

- LAKE VIEW TOUR: ↔ 37.6 km | ⚡ 857 m
- MAISKOGEL: ↔ 17.3 km | ⚡ 817 m
- KITZSTEINHORN: ↔ 39.2 km | ⚡ 1,951 m

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brundl.at/b-green

Mehr Info unter: brundl.at/rent

BIKEKARTE

Zell am See Kaprun

www.zellamsee-kaprun.com

INTERSPORT SCHOLZ
ZELL AM SEE | ZENTRUM

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KTM GENESIS SCOTT
BIKE INDUSTRIES

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MO - FR 09:00 - 18:00 | SA 09:00 - 12:00
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GENIEßEN & APPTAUCHEN
Die ganze Region in einer App.

DEIN DIGITALER URLAUBS-BEGLEITER

Heute ist ein guter Tag für Sport.

Smartphone app interface for Zell am See Kaprun, showing various activity options like hiking, cycling, and water sports.

KAPRUN

KA1 Guggenbichl Tour
↔ 7.1 km | ⚡ 212 m | ⚡ 212 m

Short but diverse MTB tour on secluded trails around the Kaprun village area, with detour to Panorama Ferienhaus Guggenbichl.

KA2 Option Lechnerberg
↔ 4.4 km | ⚡ 222 m | ⚡ 217 m

This option offer a further 200 metres of difference in altitude and a diverse descent on gravel and over meadows along the Lechnerweg.

KA3 Kesselfall Tour
↔ 7.9 km | ⚡ 277 m | ⚡ 14 m

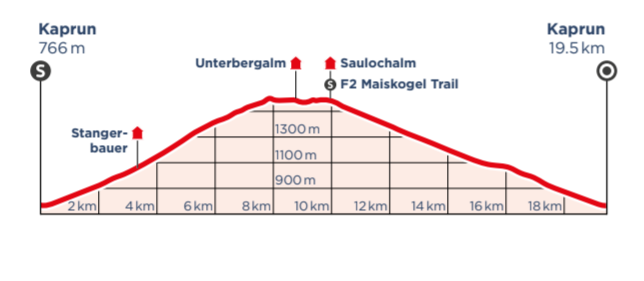
An eventful family tour on the Kesselfall Cycle Track along the Kapruner Ache with the highlights Sigmund Thun Gorge and the idyllic Klammsee reservoir.

KA4 Schneckenberg Tour
↔ 9.5 km | ⚡ 200 m | ⚡ 200 m

A shorter version of the Kesselfall Tour as a circular tour with a stopover at the Schneckenreith alpine inn, but also including the highlights Sigmund Thun Gorge and Klammsee Reservoir.

KA5 Maiskogel Tour
↔ 19.5 km | ⚡ 880 m | ⚡ 880 m

This idyllic path runs by quaint huts, blooming pastures and through mystic conifer forests.



KA6 3K K-connection Tour
↔ 10.4 km | ⚡ 732 m | ⚡ 325 m

After a leisurely ascent with the MK Maiskogelbahn, the tour starts at the top station and reaches the Langwiedboden after an elevation gain of 732 meters. In railway of the same name is the right choice.

KA7 Kitzsteinhorn Uphill
↔ 24.9 km | ⚡ 2,179 m | ⚡ 335 m

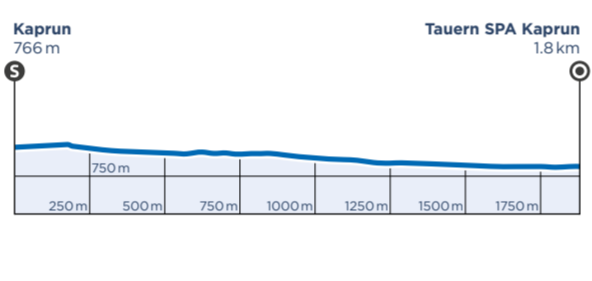
Particularly ambitious bikers start their uphill journey at the Kaprun Center and climb demanding 2,179 m on their way to the Gletscherjet 3/4 mid-station.

KA8 Salzach Panorama Tour
↔ 6.4 km | ⚡ 23 m | ⚡ 23 m

A family-friendly circular tour in tranquil scenery along the flat cycle track and the Salzach on largely asphalted ground.

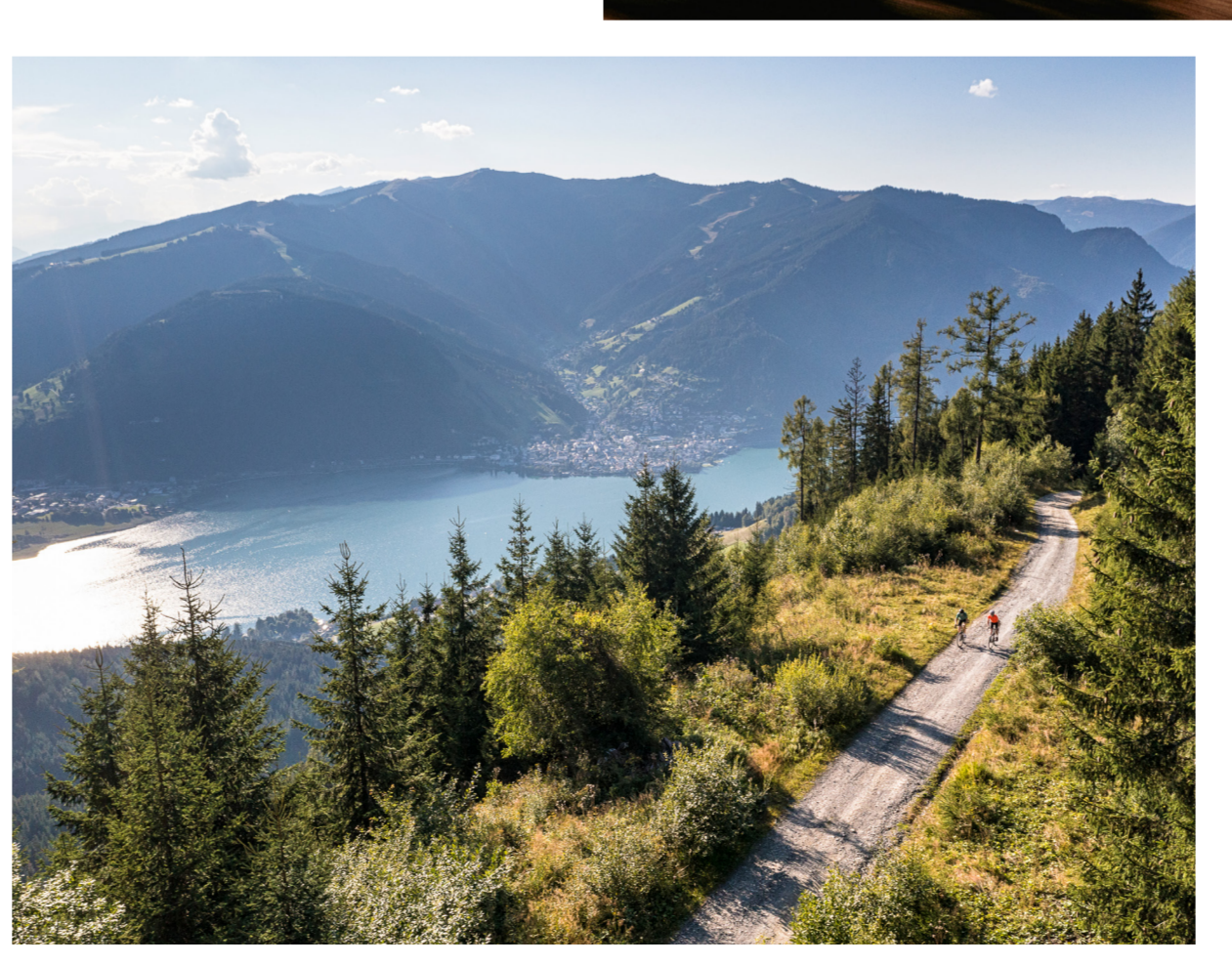
KA9 Tauern SPA Connection
↔ 1.8 km | ⚡ 2 m | ⚡ 15 m

The connection to the Tauern SPA is perfect for bikers who are looking for relaxation in the sauna or pools after their demanding MTB experience.



KA10 Bruckerberg Tour
↔ 15.3 km | ⚡ 417 m | ⚡ 417 m

A medium-long MTB round tour along the Salzach to Brugg, and via the Bruggerberg coming from the east back to Kaprun.



PeakPerformance

ZELL AM SEE

ZE1 Keilberg
↔ 2.4 km | ⚡ 230 m | ⚡ 0 m

This short tour leads along a continuously asphalted mountain road. Once arrived, a 25-minute hike to the reservoir on the Plettsaukopf is recommended.

ZE2 Schoberalm
↔ 5.4 km | ⚡ 281 m | ⚡ 12 m

A stunning view and many culinary delicacies from the region await bikers at the Schoberalm. The mountain road is fully asphalted.

ZE3 Sonnborg Tour
↔ 4.4 km | ⚡ 175 m | ⚡ 175 m

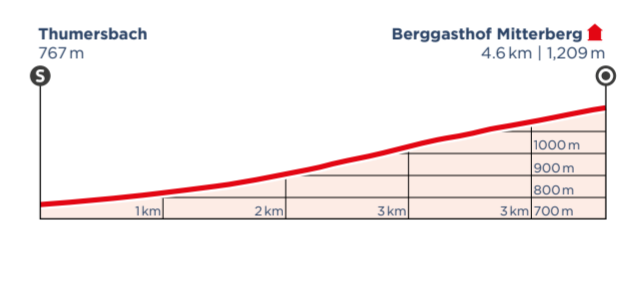
Moving in direction Sonnborg, you always have Zell am See firmly in view. The circular tour via Sonnborgstraße to the Sonnborg-Alpenlodges. Here the descent begins via Sonnborgweg, past the Aubauer farm (tip: farm shop), into Schmittenstrasse and back to the starting point.

ZE4 Pfefferbauer
↔ 2.8 km | ⚡ 140 m | ⚡ 18 m

The route to the Pfefferbauer runs along Lake Zell in a northerly direction. Before Einöd, the route meanders uphill along a continuously asphalted mountain road.

ZE5 Mitterberg
↔ 4.6 km | ⚡ 439 m | ⚡ 0 m

This wonderful panoramic tour is initially flat and takes you along Lake Zell to Thumersbach. From there it's always uphill on asphalt to the Mitterberghof.



ZE6 Erlhofplatten Tour
↔ 21.3 km | ⚡ 778 m | ⚡ 778 m

This medium-long MTB circular tour stands for variety, and leads past a beautiful photo point. Initially still along Lake Zell in direction of Bruck, the route continues over asphalt and forest tracks uphill to Erlhofplatte.

ZE7 Waldheim-Enzianhütte
↔ 13.3 km | ⚡ 532 m | ⚡ 532 m

This beautiful circular tour starts with a slight incline towards Thumersbach Valley. Turn right and then continue along a beautiful forest road uphill to the Enzianhütte. Enjoy the descent via Erlbergstraße with a view of Lake Zell.

ZE8 Thumersbach-Hundstein
↔ 14.3 km | ⚡ 1,352 m | ⚡ 8 m

The classic for all bikers is the challenging tour uphill to the Hundstein. The Stutzerhaus awaits with cool drinks and local delicacies at the finish. The descent is also possible to Maria Alm. From there via Saalfelden back to Zell am See.

SAFE AND FAIR BY BIKE

- 1. Healthy on the bike**
Mountain biking is an endurance sport. Just bike when you feel well, and don't overestimate yourself!
- 2. Plan carefully**
Prepare thoroughly (maps, books, internet, weather) and adapt your tour to the conditions!
- 3. Only use approved trails**
Only use approved roads or trails, and respect local closures!
- 4. Check dein Bike**
Check brakes, air pressure, wheels, suspension and gears before every tour. Have your bike checked by a specialist once a year!
- 5. Fully equipped**
Every rucksack should contain: Warm clothing, rainwear, repair kit, first aid kit, mobile phone, light, gloves, glasses and food & drink!
- 6. Always with helmet**
Uphill and downhill, always wear a helmet! Additional protectors can protect against injuries.
- 7. Pedestrians have priority**
Show consideration by giving fair warning early and reducing your speed! Avoid highly frequented hiking trails!
- 8. Check your speed**
Adapt your speed to the situation and be ready to brake!
- 9. Leave no trace**
Controlled braking prevents soil erosion and trail damage. Take your waste with you and avoid noise!
- 10. Consideration for animals**
Bike during daylight hours to avoid disturbing the animals! Approach at walking pace and close pasture fences after passing!

ZE9 Jaga-Alm
↔ 3.7 km | ⚡ 331 m | ⚡ 0 m

The tour to the Jaga-Alm runs exclusively on tarmac along the Schmittenstrasse past the valley station of the Schmittenhöhebahn and further along the Sonnalmweg to the finish!

MTB EXPERIENCES KAPRUN

MOUNTAIN BIKE TOURS

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- KA10 Bruckerberg Tour**
↔ 15.3km | ↗ 417m | ↘ 417m

MOUNTAIN BIKE TRAILS

- F2 Maiskogel Trail**
↔ 3.7km | ↗ 0m | ↘ 381m
- F3 Bachler Trail (Shared Trail)**
↔ 1.9km | ↗ 0m | ↘ 413m
- F4 Wüstlau Trail (Shared Trail)**
↔ 6.5km | ↗ 14m | ↘ 1,100m
- F5 Geissstein Trail**
↔ 3.4km | ↗ 17m | ↘ 492m



TOP OF SALZBURG

KITZSTEINHORN, 3.029m

Nationalpark Hohe Tauern

K-ONNECTION

Ultimate comfort and unique panoramic views from Kaprun via the Maiskogel to TOP OF SALZBURG on 3,029 m

EXPLORER TOUR

Travelling through four climate zones with a National Park ranger exploring the fascinating flora & fauna of the Hohe Tauern

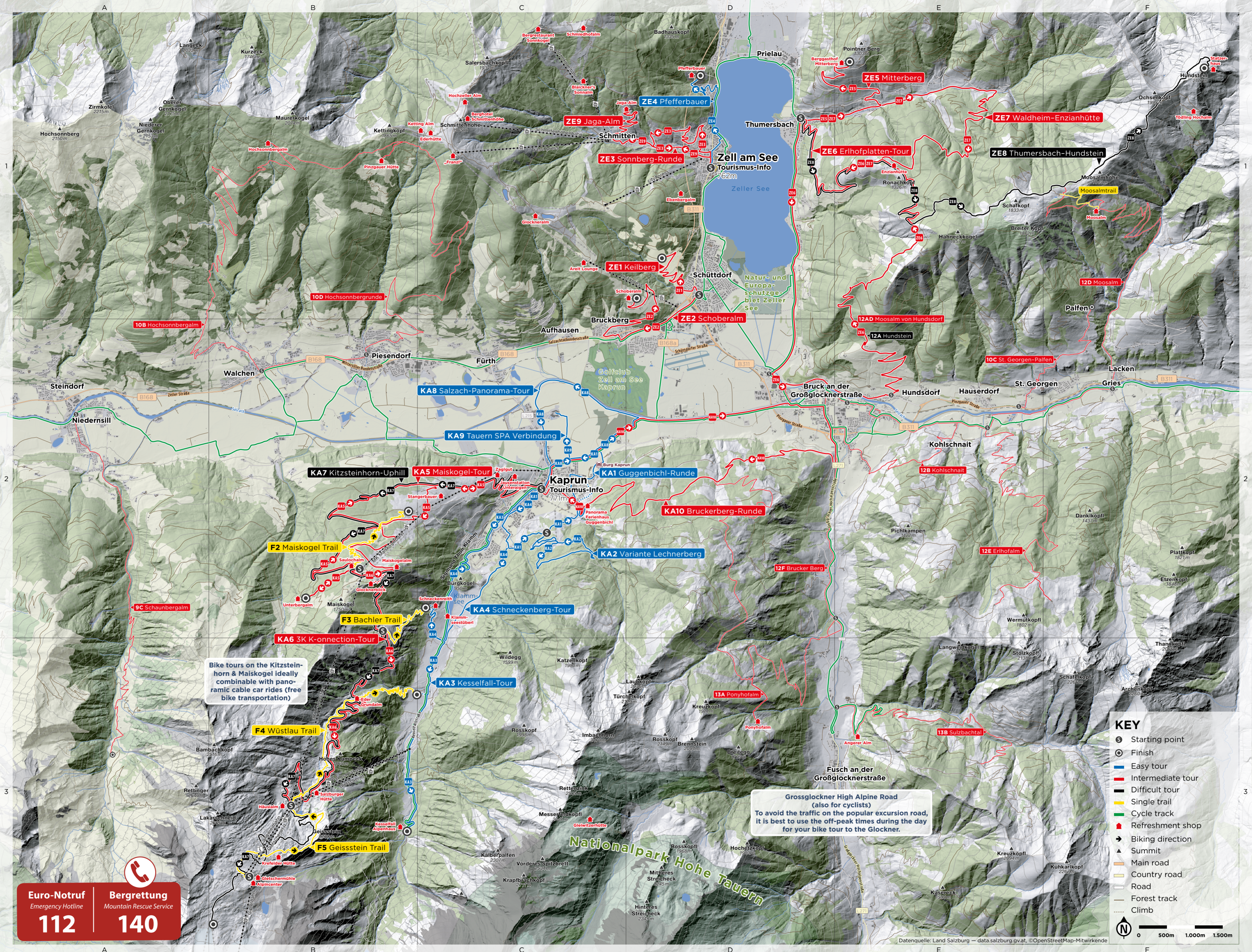
BIKE & LIFT

Picturesque bike tours and trails on the Kitzsteinhorn & Maiskogel – to be perfectly combined with cable car rides

Tip for beginners: Maiskogel Trail

Zell am See Kaprun InfoService +43 6547 9621

DER GLEITSCHIRL



Bike tours on the Kitzsteinhorn & Maiskogel ideally combinable with panoramic cable car rides (free bike transportation)

Grossglockner High Alpine Road (also for cyclists)
To avoid the traffic on the popular excursion road, it is best to use the off-peak times during the day for your bike tour to the Glockner.

KEY

- ⊙ Starting point
- ⊙ Finish
- Easy tour
- Intermediate tour
- Difficult tour
- Single trail
- Cycle track
- 🛒 Refreshment shop
- ➔ Biking direction
- ▲ Summit
- Main road
- Country road
- Road
- Forest track
- Climb

Euro-Notruf
Emergency Hotline
112

Bergrettung
Mountain Rescue Service
140

MTB EXPERIENCES ZELL AM SEE

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↔ 3.7km | ↗ 331m | ↘ 0m

GUIDANCE SYSTEMS

TOURS

- Level of difficulty
- Direction
- Number and name of tour

TRAILS

- Level of difficulty
- Direction
- Number and name of trail

- Tour easy
- Trail intermediate
- Trail difficult
- Tauerntour

Tauerntour

Kaprun 2.4 km
Zell am See 5.3 km



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