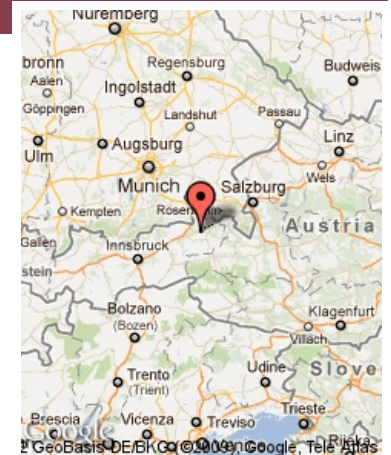


Mountain Biking in the Alps



Highlights

Spend your holiday mountain biking in the Austrian Alps! These tailor-made tours for solo riders or small groups are great for getting off the beaten track and discovering the Tyrol region of Austria. Comfy farm accommodation, great locally-sourced food, and a guide with a thorough knowledge of this area of Austria makes this mountain biking tour a must.

There's no better way to get out and explore the countryside than by jumping on a bike and pedalling off to see where the trails take you. And when mountain biking in the Alps, you can rest assured there's some terrific terrain to discover. Uphill slogs are rewarded with epic views of the Austrian mountains, downhill descents come with their own natural high and at the end of a day's mountain biking you'll return rosy-cheeked to the comfort of cosy rooms on a farm backed by the Alps. Beach holidays are just so passé.

Whether it's a week of gentle trail rides or two weeks of rewarding uphill climbs and exhilarating downhill descents, Keith can help create your perfect itinerary. The only limitation is your stamina! Take your pick from routes using uphill lifts so you get to cycle – mainly – downhill or if you're a glutton for punishment do the uphill slogs yourself. If you'd rather just take things easy the Alpine valley trails will suit you perfectly. Most people choose to opt for a week's mountain biking, but two weeks of adventure is fine, too. And obviously the itinerary depends on you – if you're new to mountain biking, you'll take it slowly and maybe tackle something harder at the end of your holiday. If you're a keen mountain biker, however, there are plenty of peaks and downhill runs in this region of Austria to keep you interested.

Is it for me?

Because the Up and Downhill team are all about flexibility, it doesn't matter whether you're a complete beginner or you fancy yourself as a champion mountain biker. When you book your trip you will receive a detailed questionnaire asking you about your previous biking experience. This information will be used to design an itinerary based around your ability and requirements for your holiday.

It doesn't matter whether you're holidaying in a group or you're on your own. Keith – the mountain bike guide – knows the area like the back of his hand – so if you're willing to get out and explore, and are happier on a bike than in a car, you'll probably never want this experience to end. You don't have to be the fittest person in the world to enjoy this holiday but you do need to be realistic about the sort of itinerary that will suit you.

Accommodation

You'll be staying at the Up and Downhill bed and breakfast farm – or for a little extra – in the holiday flat on the same site. The farm has seven en-suite double bedrooms – two of these have kitchens and separate sleeping areas. As for food, there'll be plenty of it – after all, you'll need it after all those bike rides.

A typical week-long menu will involve barbecues on the farm, meals at local restaurants and cooking over open fires while out on the trails. What's more, the food you'll be eating will all be homemade and locally sourced – so it's as carbon footprint-friendly as your bike.

Itinerary

Prices from

367 GBP (8 days) per person

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Below is a sample week. When you book your holiday you will be sent a detailed questionnaire, which will be used to design a personalised itinerary.

Day One: Ellmau

You will be picked up from your chosen airport and taken to the farm. On arrival, bags will be dropped in rooms and if you fancy, you can take an introductory ride of about an hour or so just to get you acclimatised. You will be shown the local village and the best places to get a bite to eat before trying a little bit of Austrian singletrack.

Day Two: Skiwelt

Today you'll be taking in the mountain range known as the Skiwelt. Here you can either speed up on one of four cable cars or you can take the funicular train that goes from bottom to top of the range in under five minutes. If you don't fancy the easy option then you can test your fitness and try one of the many quiet hairpin tracks to get to the top. Then downhill, you can take in the meadows, single track and forest drops over old twisted roots. It is not uncommon to clear over 15,000 feet in descents if you don't fancy stopping at the countless number of mountain huts for some beer and wiener schnitzel.

Day Three: Hintersteinersee

A great day trip. You will climb up through farmpaths, into the woods. After navigating through this playground you will come out by a picturesque mountain lake. After relaxing awhile you will head further up the Wilder Kaiser mountain range to a mountain hut where you can stop for lunch. Heartily recommended are the home made sausages and home brewed beer. From here it is a matter of choice. Either a steep technical descent or a relaxed coasting trail all the way to the back of the farm.

Day Four: Rest Day

Your legs might be feeling it a little bit by now, so today is the designated rest day. If you are still full of energy, either use your pass to explore the mountain range further or you can arrange one of the many outdoor activities in the area. These ranging from canyoning to paragliding, or if it has all been a bit too much, you can check in for a sauna and massage at the Kaiserbad complex.

Day Five: The Alm

You have the opportunity to stay at a mountain hut (alm) in the stunning location of Kitzbuehelhorn (dependant on weather). The day will have to start early as you have to climb (or take the cable cars) across two mountain ranges. If people fancy you can stop off in Kitzbuehel to see this picturesque town before hitting the tracks again. This time you can traverse the Kitzbuehelhorn to the alm where you'll be treated to some stunning views. Whilst you are all relaxing, the chef, will put together a barbecue Austrian style.

Day Six: The Alm

After all that hard work getting to the hut, you will set off along the best single track on offer all the way back into the villages in the valley. After finding somewhere for a bite to eat you'll head back over to the farm for a well earned rest.

Day Seven: Skiwelt

More playing in the Skiwelt, along little explored paths to keep you entertained. If you fancy trying something different, you can take a half hour ride to a specifically designed bike park. Here you can don your protective gear and pretend to race like Steve Peat to your heart's content.

Day Eight: Home

Alas it's time to go home, maybe one last chance to get out in the morning for a quick hour's hack, then you'll be dropped back at the airport with tired legs, a daft bikers sun tan and a few stories to tell your friends.

Details

Getting there

Your hosts can pick you up from Salzburg, Innsbruck and Munich airports.

Price includes

There are two options available – Choice – which includes bed and breakfast, and Choice Plus which includes bed, breakfast, evening meals with beer and wine, plus the hire of a Hardtail mountain bike. The use of secure lock-ups, a workshop and a bike wash area, plus transport to and from the airport, as well as linen and towels and local taxes are all included whatever plan you choose.

Price excludes lift passes - if you want these they cost €8 - €10 per day

Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

Experience required

A reasonable level of fitness and interest is all that is needed

Travellers should bring

Full kit list will be sent on confirmed bookings. Intense Full Suspension rental bikes available.

Reviews (4)

Reviews of this experience

“ We had a fantastic holiday and would rate it 5 out of 5, the experience booking through you and all your help also 5 out of 5 and the experience of being there 5 out of 5! ”

Allie reviewing Mountain Biking in the Alps

“ Really good holiday - lovely cycling, both from ski lifts and straight from the farm. Trails you'd never find without a guide, and tailored to suit your ability.

High quality food to match - def one to recommend. ”

Charlie reviewing Mountain Biking in the Alps

“ The best destination for an all round mountainbike experience. Trails are endless, terrain varied with something to suit every skill level. Hospitality and professionalism from Upanddownhill is something to be experienced. Location and scenery second to none. Accomodation excellent and food from this region irresistable. They really have a gem. ”

rossil46 reviewing Mountain Biking in the Alps

“ Excellent holiday! The accommodation on the family farm was warm and hospitable. Stunning setting amongst the mountains.

Keith was an excellent mountain bike guide - he had outstanding local knowledge, was extremely patient with our level of fitness and even had us 'catching air' by the end of the day!!

Unreservedly recommend the accommodation, the area and Keith as a guide. The only problem is that now we are back home we want to buy one of his high spec bikes - a pleasure to ride!!

Dave and Caz - West Yorkshire ”

detheri reviewing Mountain Biking in the Alps