

Bike programme

On this page, you'll find a description of the guided bike tours that take place as part of the weekly programme. The border triangle area around Nauders is absolutely amazing for cycling and mountain biking.

- BIKE HIRE
- We offer a free bike hire service for the guided bike tours listed here: Participants can select their own bike. Always by 5.30 pm the day before at the BIWAK outdoor centre.
 - A deposit of €50.00 or your ID card must be left as security.
 - Bike upgrade available for a fee.

- ROUTE CHANGES:
- these may happen as a result of poor weather or adverse conditions. You take part in the guided tours at your own risk.

- COSTS
- Cable car rides, museum entries, transfer costs, costs for refreshments at local huts etc. are paid separately by each individual person.



Registration: With the number CODE, you can use your smartphone to sign up for an adventure programme directly with the QR code!



FOR ADULTS



FOR FAMILIES

Guided bike tours
valid from 26.05. – 09.10.2022



Monday

Easy Bike Tour



Start the week with a relaxed bike tour suitable for everyone. To-day it's all about getting to know our region. Your bike guide will introduce you to our wonderful region and provide you with information about the different opportunities we have available.

Skill level: Easy
Fitness level: Easy
Duration: approx. 3 hours
Tour / distance: approx. 25-35 km
Climb: 300 - 500 m
Trail conditions: 80% tarmac, 20% gravel
Meeting point: 10 am at the BIWAK
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code
Number of participants: min. 3 people, max. 10 people
Please bring: Appropriate clothing for cycling, drinks
Cost: free of charge with a Summercard
Event code (registration): 1200



Tuesday

E-bike tour 'S'



An effortless uphill tour on our e-bikes. Choose your level of electrical assistance and ascend with ease.

Skill level: Easy
Fitness level: Easy
Duration: approx. 3–4 hours
Tour / distance: approx. 30-35 km
Climb: 400 - 800 m
Trail conditions: 50% tarmac, 50% gravel
Meeting point: 10 am at the BIWAK
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code, provider
Number of participants: min. 3 people, max. 8 people
Minimum age: 12 years old
Please bring: Appropriate clothing for cycling, drinks
Cost: €35.00 with a Summercard, instead of €55.00
Event code (registration): 1172



Wednesday

Beginners' Enduro Tour



Get an Enduro taster. On this tour, we'll ride through our beautiful landscape on specially designed trails. Some previous experience of mountain biking is needed for this tour, as up to 90% will be riding on unpaved roads. Depending on your physical condition and mood, the ascents can also be made comfortably by rail.

Skill level: Medium
Fitness level: Medium
Duration: approx. 4–6 hours
Tour / distance: approx. 20 km
Altitude: approx. 500 m
Trail conditions: trails
Meeting point: 10 am at the BIWAK
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code, provider
Number of participants: min. 3 max. 8 people
Please bring: Appropriate clothing for cycling, safety equipment (can also be hired), drinks
Cost: €40.00 with a Summercard, instead of €48.00, excl. lift pass and equipment
Event code (registration): 1306



Thursday

Bikes Without Frontiers



All our borders are open today. Crossing borders is the theme of today's tour. Our cross-border region offers boundless opportunities. Biking without limits.

Skill level: Medium
Fitness level: Medium
Duration: approx. 4–5 hours
Tour / distance: approx. 20-35 km
Climb: 800 - 1200 m
Trail conditions: 20% tarmac, 70% gravel, 10% trails
Meeting point: 10 am at the BIWAK
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code, provider
Number of participants: min. 3 people, max. 8 people
Please bring: appropriate clothing for cycling, safety gear
Cost: free with a Summercard
Event code (registration): 1201



Friday

E-bike tour 'XL'



Up and away, fully charged. Today's tour takes us far and wide on our e-bikes. We'll drain our batteries travelling far and climbing high, and all with little effort. To round off the week, we'll once again indulge our fascination for e-bikes.

Skill level: Good
Fitness level: Medium
Duration: approx. 4–5 hours
Tour / distance: approx. 40 km
Climb: approx. 1000 – 1200 m
Trail conditions: 30% tarmac, 70% gravel
Minimum age: 12 years old
Meeting point: 10 am at the BIWAK
Cost: €48.00 with a Summercard, instead of €58.00
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code, provider
Number of participants: min. 3 people, max. 8 people
Please bring: Appropriate clothing for cycling, drinks
Event code (registration): 1307

EN

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Tirol

Guided adventure hikes

Valid from 26.05. to 09.10.2022



Tuesday

Guided hikes
Bazahler Köpfe/Fluchtwand



The queen of the alpine flowers greets us at the Fluchtwand (Escape Wall), which got its name from the fleeing chamois, who find shelter in the steep walls! The hiking taxi will take you to Labaunalm, where you will climb to the Bazahler Köpfen, through the blooming mountain meadows and up to the Fluchtwand. We descend past the Laubaunalm and via the Parditschhof to Nauders.

Difficulty: red
Climb: Ascent approx. 350m, descent approx. 960 m
Number of participants: min. 3 people
Duration: approx. 5 hours
Meeting point: 9 am at the Nauders tourism office
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code
Rest stop: Labaunalm, Parditsch-Regnum Zegg
Cost: free with a Summercard (excl. shuttle)
Event code (registration): 1959



Tuesday & Thursday

Lama Trekking



Each week, you're invited to a relaxed llama trek in Nauders. On each trek, you'll guide the llama by the halter, discovering interesting facts about the origins and distinctive features of these animals.

Duration: approx. 3–4 hours
Meeting point: 9:00 am at the Norbertshöhe car park
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code
Number of participants: min. 3 people, max. 10 people
Cost: €7.00 for adults and €5.00 for children with a Summercard
Event code (registration): 1298



Tuesday & Thursday

Alpine shuttle to the Labaunalm



Upon arrival at the Labaunalm, on the 1,977 m high Kuhalm, amazing natural scenery awaits you. The Alm is a good starting point for many walks: Nauderer Höhenweg to Bergkastel no. 30, to the Fluchtwand, 2,328 m or Schmalzkopf no. 14. Alternatively, you can get off at Parditschhof and walk via Forstweg no. 14 towards Labaunalm. An additional highlight which can be found here is the Edelweiss Way, accessible via trail no. 16.

Meeting point: 10 am at the Nauders tourism office
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code
Number of participants: min. 4, max. 20 participants
Cost: €8.00 for adults and €6.00 for children with a Summercard
Event code (registration): 1156



Wednesday

Family day on the adventure course



First you'll learn how to use your safety equipment, and then we're off into the gorge, formed by water over thousands of years. You'll discover how to move over rope bridges, the Flying Fox, Sky Ladder and rock faces. A fun and unforgettable day.

Duration: approx. 3 hours
Meeting point: 9 am, Why Not Pfunds Outdoor Centre
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code
Number of participants: min. 3 people, max. 30 people
Minimum age: 10 years
Cost: € 5.00 with a Summercard, instead of €58.00
Event code (registration): 1065



Wednesday & Thursday

Discover nature



Wednesday – herbal trail
Discover the diverse world of herbs in and around Nauders am Reschenpass.

Duration: approx. 2 hours
Meeting point: 9 am at the Nauders tourism office
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code
Cost: free of charge with a Summercard

Thursday – Creating ointments
Come and learn how to mix herbs and create ointments on this journey of discovery through the home pharmacy.

Duration: approx. 3 hours
Meeting point: 9 am at the Nauders tourism office
Registration: by 5pm Wednesday at the tourism office in Nauders, with your host, QR code
Cost: €10.00 per person



Friday

Sunrise Tour and Alpine Breakfast



A sunrise mountain tour is an extraordinary experience. By the time the first rays of sun touch the impressive mountain tops, you'll realise that waking up this early was more than worth it. After experiencing this extraordinary spectacle of nature, you can indulge in an Alpine breakfast at the Reschner Alm.

Duration: approx. 6 hours
Climb: approx. 800 m
Meeting point: Reschen tourism office
Time: Depends on sunrise/will be announced when registering
How to get there: with your own car to Reschen to the Reschner tourism office
Registration: by 5 pm the day before at the tourism office in Nauders or Reschen, with your host, QR code
Number of participants: Max. 20 people
Minimum age: 6 years
Cost: €35.00 per person incl. Alm breakfast, €10.00 for children aged 6-14.
Valid from: Start of July to the end of September
Event code (registration): 1296



Friday

Imperial Infantry Tour



In search of the past. Starting at Nauders, you'll make your way to the Nauders Fortress. After an exciting tour of the fortress, we'll follow in the footsteps of the Kaiserschützen (the Imperial Infantry). There's lots to see and discover along the way about the history of the First World War and the Kaiserschützen. After climbing about 500 metres through the rocky woods, you'll reach ruins of military posts and accessible rock caverns on the Sellesköpfe.

Duration: approx. 6 hours
Climb: 500 m
Meeting point: 9 am at the Nauders tourism office
Registration: by 5 pm the day before at the tourism office in Nauders, with your host, QR code
Number of participants: min. 3 people, max. 12 people
Minimum age: 12 years old
Cost: Compulsory fee for entry to the fortress (€7.00 per person)
Event code (registration): 1297



Weekly guided walks

According to the weekly programme



Depending on availability, you can experience unforgettable moments on the summit as well as unique hikes with a certified hiking guide in and around Nauders.

Difficulty: blue/red walks
Information & booking: Nauders tourism office
Number of participants: Min. 3 people
Cost: free with a Summercard