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.

 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





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. Today 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





2022

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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

(can also be hired), drinks Cost: €40.00 with a Summercard, instead of €48.00, excl. lift pass

and equipment

Event code (registration): 1306

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



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





TVB Tiroler Oberland **Erlebnisraum Nauders**

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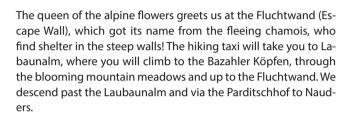
Guided adventure hikes Valid from 26.05. to 09.10.2022



Tuesday

Guided hikes

Bazahler Köpfe/Fluchtwand



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

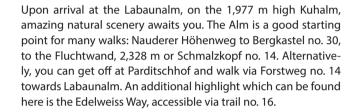
Number of participants: min. 3 people, max. 10 people **Cost:** €7.00 for adults and €5.00 for children with a Summercard

Event code (registration): 1298



Tuesday & **Thursday**

Alpine shuttle to the Labaunalm



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

Event code (registration): 1156



Family day on the adventure cours

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 experi ence 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