



TYROLEAN BIKING ADVENTURE

AUSTRIA: Self Led Bike Tour

Cyclewest Ireland

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TRIP OVERVIEW

Austria - Tyrolean Valleys – Self Led Tour

This is an 8 day, 7 nights centre based bike tip. Your accommodation is a 4* Spa Hotel accommodation based in Fügen, in the heart of the Zillertal Valley

When the spring sun arrives to melt the snow-capped peaks of the Zillertaler Alps it reveals the striking location for our new centre based cycling holiday. Following quiet cycle paths along the valley floor, weaving between the dramatic peaks of the surrounding mountains, this trips provides the ideal opportunity to explore this beautiful region of Austrian Tyrol.

The network of criss-crossing paths mean there is always the opportunity to tailor the days ride to suit you, making this trip ideal for families or those looking for a little extra time to relax. There's also the option of taking a break from your bike trip and relaxing in your 4 star hotel or enjoying one of the many hiking paths the area has to offer. The daily routes are designed to showcase the areas many highlights, Insbrook's well preserved old town, the silver mines of Shwatz and the imposing castles and fortresses which stand testament to the areas prosperous history.

Your well appointed hotel offers plenty of options for a break from your bike trip, with many of the leisure facilities being included with the trip. With tasty evening meals also included the only thing you will have to consider are the views.

In summer the Zillertal valley offers a vast network of hiking trails including 1,000 km, as well as some 850 km of bike trails. After an exhilarating outdoor day you might want to relax in the thermal baths of Fügen, the "Erlebnistherme Zillertal", offering not only the longest and most spectacular adventure slide of western Austria boasting a length of 133 m, but also bubbling grottos and much more. However, those who prefer experiencing the valley in a very comfortable way can do a ride with the Zillertal Railway running between Jenbach and Mayrhofen. There are also three stops in the municipal area of Fügen, which are Gagering, Fügen-Hart and Kapfing.

Itinerary

Day 1: Arrival in Fugen

Today you will arrive in Fugen. Take some time to settle in and relax after your journey. Why not arrive early and visit the new thermal spa; an exciting experience for all the family, with the longest and most spectacular water slide in Western Austria (133m), a tyre slide (134m), or visit the bubbling grottos and waterfalls. You will be greeted by a local representative and provided with a welcome drink and welcome meeting to discuss the next few day's cycling.

Day 2: Ziller Valley

Take your time as you cycle along the nearby Zillertal bicycle path. You then reach the end of the path in the valley of Mayrhofen. From here you can take the cable car up to Zillertal glacier world, or visit the activity centre 'Sennerei Zillertal' where you can discover the lifestyle of living with cattle on the alpine pastures. Then on old connecting roads you return (slightly downhill!) to your hotel ready to relax and enjoy your evening meal. *Approx 28 Miles / 45 Kms.*

Day 3: Lake Loop

Today you will cycle along the Green River Inn, following the cycle path on to Kramsach, and eventually on to the beautiful Lake Krummsee and Lake Reintalersee. Here you can take a visit to the Tyrol farm museum. Later you will arrive at the lovely historic town of Rattenberg, the smallest town in Austria, home to quaint cafes and local glass blowers. *Approx 31 Miles / 50 Kms*

Day 4: Innsbruck & Inntal Valley .

The cycle path today leads you to the charming old town of Innsbruck. On the way you can visit the Swarovsky-Crystal world in Wattens. There are many sites worth a visit in Innsbruck, with Hungerburg fortress, city tower, Helbing house, the Royal court and the Royal church being some of them. After a good wander around you catch the train back to your hotel in the Zillertal Valley.

We always do our best to stick to this itinerary but please be aware that we can't guarantee to follow this schedule exactly. Very occasionally events that are out of our control mean we have to make some changes, but we'll ensure you still have a great time! *34 Miles / 55 Kms Approx*

Day 5: Free day

Take the opportunity to relax at your hotel, and take advantage of the many activities on offer.

Day 6: Schwaz and Gorge Wolfsklamm

Well rested from your day off, you once again cycle within the amazing Inntal valley. This time the route is on different roads, heading towards the west. Passing through Schwaz, where there is an old silver mine which is open to the public. Then on through Stans, where you can visit the idyllic gorge Wolfsklamm. Then on the route back to the hotel you could stop at the classic Austrian castle of Tratzberg, where you could take an interesting audio-guided tour about the history of the castle.

Approx 34 Miles / 55 Kms

Day 7: Kufstein - Pearl of the Inntal Valley

Your last day is a treat as you cycle along the beautiful green waters of the river Inn, on your way to Kufstein, the 'pearl of the green river'. Here you can visit the mighty fortress, with its old organ and planetarium. Take a stroll through the classic old town, and visit the Kufstein Kundler Klamm gorge too. Return by catching the train to Jenbach, and cycle off the coffee and cakes with a short cycle back to the hotel along the Zillertal cycle path. *Approx 34 Miles / 55 Kms*

Day 8: Departure, Sadly today we bid you farewell.

Take your time having a leisurely breakfast at the hotel, and reminisce about your fantastic week, as today you unfortunately have to say goodbye to your gorgeous hotel and the Ziller valleys.

Start Days and Prices

Start any Saturday's between the start of June and the end October.

*Please note: between 02 July to 20 August the price will be Euro 895.00 per person sharing, land only price.

Contact us on (+353) 91 877323 or email tours@cyclewest.com to check availability for your specific date

Duration: 8 days

Land Only Price: *From 795.00 Euro per person sharing, bike not included. (Low season price) Euro 895.00 per person sharing, High Season price)*

Bike Hire: Euro 125.00

Single Room Option: Euro 200.00

**High Season
Surcharge:** 100.00

Tour Highlights

- Visit the Swarovsky-Crystal world in Wattens
- Idyllic gorge Wolfsklamm
- The classic Austrian castle of Tratzberg
- Kufstein, the 'pearl of the green river' with its mighty fortress and its old organ and planetarium
- Innsbruck, with its Hungerburg fortress, city tower, Helbing house, the Royal court and the Royal church
- The beautiful Lake Krummsee and Lake Reintalersee

TRIP INCLUDES:

7 nights accommodation in 4* Hotel accommodation (Shared twin or double rooms)
Buffet Breakfast and 5 course a la carte evening meals included
Optional daily transfer from town centre to hotel (hotel is located at the top of a hill)
Meet and Greet local representative
Route notes and maps provided
Emergency tool kit, pump, water bottles etc. (if hiring your bike).
Range of hotel facilities including spa, sauna, indoor pool, gym, table tennis and cinema
Self Led Tour
Minimum 2 people
From June 11 – October 11
Start any Saturday

TRAVEL NOTES

This trip is based in Fugen. If you choose to drive, then you can park your car at the hotel free of charge for the duration of your trip. If you choose to fly, the nearest airport is **Innsbruck**. Innsbruck is also well connected to several European cities via rail. You can catch the train to Innsbruck from London via Paris and Zurich. Details of this can be found on

www.raileurope.co.uk

From Innsbruck, you will need to catch the train to Fugen via Jenbach, this journey takes between 30 – 45 minutes.

Terrain

This easy to follow route is along sealed roads and cycle paths. The terrain is slightly undulating and the distances quite far on some days, so bearing this in mind it probably isn't suitable for the inexperienced cyclist or for younger children (we would recommend minimum 12 years and upwards for this trip).

What's Not Included

Personal clothing and equipment.
Travel insurance
Bar bills, telephone calls, souvenirs, etc.
Bike not included – you may bring your own or hire ours at additional cost (available if required).
Flights & charges for travelling with your bike (if applicable).
Single room option (available if required)
Transfers to / from the airport

Tour Grade : Grades 1 - 2

Grade 1

Easy – For the infrequent cyclist mainly on the flat with gentle slopes. Distances of between 15-25 miles / 25-40 kms per day.

Grade 2

Gentle – For the leisure cyclist who exercises regularly. Will include some steeper cheeky climbs. Distances of between 20-40 miles / 35-65 kms per day.

Grade 3

Moderate – For those who cycle regularly. Includes some steep climbs and distances of between 25-50 miles / 40-80 kms per day.

Grade 4

Challenging – For regular cyclists who are looking for longer distances of between 40 and 70 miles / 65-120kms per day.

We always do our best to stick to this itinerary but please be aware that we can't guarantee to follow this schedule exactly. Very occasionally events that are out of our control mean we have to make some changes, but we'll ensure you still have a great time!

Our Guides

Our Representative will:

- Welcome you on arrival.
- Talk you through your Route Guide for the trip.
- Provide you with information relating to events in the area during your holiday.
- Transfer your luggage.
- Be available should you have any problems during your trip.
- Meet you on your departure day to collect any hire bikes.

Accommodation

As with all of our trips we aim to use locally owned accommodation which showcases the style and hospitality of the area you are visiting. Your trip is centre-based and your hotel is a 4* hotel in Fugen, with a spa, sauna and indoor swimming pool as well as various leisure facilities, many of which are included in the price of the trip. Your comfortable room will have an en-suite, TV and hairdryer and most rooms will have a balcony.

Food

Breakfast and evening meals are included in the price of the trip. Breakfast will be buffet style and includes fresh croissants, muffins, pastries, fruit, fresh-pressed orange juice, a selection of breads and tea and coffee. Your evening meals will be a five-course dinner selection, and there are once-weekly Tyrolean buffets or a Mediterranean buffet.

Vehicle Support

There is no vehicle support on this tour, however your luggage will be transferred between your hotels.

Bike Hire

If you don't wish to travel with your own bike, we have bikes available to hire. These bikes are typically hybrid bikes with semi slick tyres and a relaxed riding position. If you do decide to hire we will include a helmet and all necessary spares for the trip. Please request helmets when making your booking.

Hire bikes also come with pannier racks and bags, emergency repair kit including spare inner tubes, map holders, bike pump and bike lock.

Travelling With Your Bike

The vast majority of airlines will charge you to transport your bike. This amount varies from carrier to carrier but we recommend always booking and paying for this in advance which will usually save you money compared to paying at the airport. Please contact your airline for specific details for your trip.

Most airlines will also require your bike to be properly packaged for transport. Most commonly this will be in a bike bag or box specifically designed for the job. There are a wealth of options when it comes to picking the right box or bag for your needs and we would be happy to discuss these with you. Please contact us if you require any help or advice.

Equipment

We provide everything except a bike (although you are able to hire these), personal equipment and clothing. If you are taking your own bike, it is imperative that it is in good mechanical order. If you are not mechanically minded, we advise you to take your bike to a local bicycle dealer for a service. Details of which spares you should take will be included in the Information Pack sent with your booking confirmation.

You will need to bring your own accessories including, helmet, gloves and hydration pack / bottles for drinking water. It is also a good idea to bring shoes suitable for walking along with your cycling shoes as well as a light but waterproof rain jacket and a fleece / sweater for mornings and evenings. If you are hiring a bike from us we are able to provide helmets and water bottles. Please request these when booking. Please contact us if you are unsure whether your bike or equipment will be suitable.

Your Destination

The Zillertal Alps, Karwendelgebirge, Kitzbühel Alps and the Nordkette; experiencing this imposing scenery by bike is as good as it gets. Surrounded by 3500m-high peaks, you will be able to enjoy a leisurely ride along flat paths through the valley of Tyrol. Numerous castles, palaces, the Crystal Worlds in Wattens, the silver mine in Schwaz and many other sights await you.

Personal Spending Money

The local currency is the Euro. You can find up to date exchange rates by visiting www.xe.com. We suggest taking approximately €10-€20 for lunches per day, and €20-€30 for evening meals (per person excluding drinks). Please refer to the daily itinerary to see which meals are included. Any personal expenditure for things such as souvenirs depends very much on the individual. Outside of larger towns opportunities to draw money from an ATM or to exchange cash maybe rare. Some places may accept card payments but it is better not to rely on this. Your banks may impose charges for using your card abroad and you should always warn your bank you will be travelling with your card prior to your trip.

Health and Vaccinations

We recommend you have a dental and medical check-up before the holiday. Travel Insurance is recommended. Also, check with your medical insurance prior to travel to confirm what services you may be entitled to when travelling, in the event of any emergency.

Baggage

Your allowable baggage is one main piece of luggage other than your bike. This bag which should be preferably either a backpack / rucksack or 'sports bag' so as to assist in transportation, and one small daypack. The daypack may be useful for carrying your additional outer-layer clothing and snacks while cycling. This will also be useful as your 'travel' bag for such items as cameras, MP3 Players etc.

Please note, if you are flying, the normal baggage allowance is between 15 and 20kgs and all excess baggage charges must be met by you. Some airlines may only include cabin baggage as standard and you will need to request hold baggage separately. Check with your airline if you have any questions about the allowance.

Preparation and Training

By choosing a holiday of the right grade and making sure you are prepared, the more you will enjoy your bike trip. The amount of preparation and training you need to do will depend on your own biking experience, your level of fitness and the type and grade of holiday you are going on.

Weather

Temperatures in this region can range from 10 to 25 degrees centigrade depending on when you travel. This region also receives a degree of precipitation during the year including during the summer months.

Passport and Visa

A full passport is required for visiting this destination. Please check with your travel agent for information about Visa Requirements for this trip.

Travel Insurance

We will require details of your travel insurance policy including policy name, number and 24hr medical emergency telephone number for your insurance provider, before the start of your trip.

How to Book

Terms and Conditions Apply. Before you book we recommend that you carefully read the trip notes, itinerary and our booking conditions. To book your place on this holiday we suggest contacting us to check availability on the specific date you are interested in.

On booking a non refundable deposit of Euro 250.00 is payable. If you book less than 56 days before departure full payment is due on booking.

How to Pay

An electronic invoice will be issued for your booking deposit online. Payments can be made by credit or debit card, by cheque or by bank transfer (contact us for details: tours@cyclewest.com) Your final balance can be paid directly by debit or credit card, or electronic transfer. Please note although there is no additional charge for using debit cards, there will be an additional 1.5% charge if paying by credit card.

Confirmation

On receipt of your booking, we will send you acknowledgement of your booking by email. Along with the confirmation, we will send Pre-departure Information about your holiday with CycleWest Ireland; including health and medical considerations, suggested reading, and also general information about the country, climate, people etc.

OUR GREEN FOOTPRINT

We have arrived at an incredible moment in the history of travel. This is a time for us to show stewardship and leadership by embracing a new, greener set of principles, and by extension, the growing number of customers who now follow us. We know that, increasingly, international travellers are looking for unique, authentic experiences that are sustainable. Consumers today care about the environment, local communities and locally-produced food when they travel.

We have been integrating sustainable practices into our business operation as well as into our trips. By incorporating change into the areas of heating, lighting, water usage, printing and paper usage we have incorporated a green strategy into our business practise.

When you travel with CycleWest Ireland you will be supporting local communities, local food producers and artisans, local business and by doing so, you creating your very own rewarding experience! At CycleWest Ireland, we celebrate the authenticity, the diversity and quality of our accommodations. Each location has been selected for its personal and charming qualities.

A wonderful breakfast made of home grown, organic or locally sourced produce is provided at the beginning of each day's cycling. At the end of each day, we have selected a variety of restaurants, many award winning, that are known for the finest ingredients: local seafood, freshwater fish, vegetables and farmhouse cheeses all featured, often from their own gardens, farms and rivers.

CycleWest offers cycling tours in Ireland and Europe that combine authenticity and ambiance by emphasizing small groups, a relaxed cycling pace and charming accommodation. In this way, we hope to deliver a unique biking experience with minimal impact upon the environment in which we travel. By travelling by bike we introduce a greater immersion into local communities and families on our trips. You get to meet and engage with local villagers and learn more about local culture. Our guided tours are designed for individuals from all walks of life and of varied interests and abilities. We usually limit the number of participants to a small group: 8 – 10 persons in each group. This way we can offer a uniquely personalized experience to each of our guests. We provide vehicle support and luggage transport. By travelling as a small group we can truly have a positive interaction and social exchange with the people we meet and visit.

Many places have special environmental and historical significance. We like to give you the opportunity to explore and learn about places you visit.

CycleWest Ireland is a member of the Ecotourism Ireland Network and we are currently preparing for Eco Tourism Certification. Ecotourism Ireland is among the first labels in Europe to be formally recognised by the Global Sustainable Tourism Council.