



Picture: Daniel Zangerl

# Segment 1: Nauders - Tösens

Nauders on Reschenpass, which is the border to Italy, is the official beginning of the Tirol Mountain Bike Safari: Ride the Bergkastelbahn Gondola to 2,200 meters with your bike to access the trailhead of this demanding segment with a total pedalled elevation gain of some 1,040 meters. You will need a good level of fitness and technical riding skills, and, of course, properly working bicycle brakes. The descent on a lightly-trafficked dirt road takes you down to the valley, from where you follow the paved Inn Cycle Path to Tösens, the destination end of this ride. The fantastic trails and the awesome views of Inn River will likely satiate your appetite for adventure.

## Tourdescription

Close to the Austria-Italy border, the Tirol Mountain Bike Safari starts with an effortless uphill ride on the Bergkastelbahn Gondola in Nauders. From the top terminal, which

sits 2,200 metres above sea level beneath Piengkopf Peak, the route soars down to Nauders on gravel trails. At the end of the village, small paths deposit you at the foot of the first climb atop Norbertshöhe, which heralds the start of a long stretch of technical and thrilling descending that takes you down to Martinsbruck/Martina on Swiss territory. Follow the federal road to Kajetansbrücke Bridge from where you continue riding along superb Inn Cycle Path. In Pfunds, take the fork where the trail climbs again, gaining another 400m of height on the eastern side of Inntal Valley. Eventually, the mountain bike route brings you to Tösens, the destination end of this segment.

## Details

- Distance: 41.7 km
- Start: Nauders
- Finish: Tösens
- Number of Lifts: 1

- Highest Elevation: 2,177 m
- Elevation Gain: 1,820 m
- Lift Assisted Elevation Gain: 780 m
- Elevation Gain by Bike: 1,040 m
- Difficulty: Expert

## Tourist Board(s)

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