



Mittenwald • Krün • Wallgau

Mountain bike and cycling tours



Get on your Bike!

Bayern

www.alpenwelt-karwendel.de/en



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Easy tour



Medium tour



Difficult tour

Each of these tours can be started from all three municipalities in Alpenwelt Karwendel.

me to

Alpenwelt Karwendel!

These two mountain bikers
have had a good laugh.
They are returning from a
break at Vereiner Alm.



In the deep south of Germany, at the border with Austria, a pleasant valley with undulating meadows, lakes and streams extends between rocky peaks, forested mountain flanks and hills. Alpenwelt Karwendel with the three Upper Bavarian municipalities of Mittenwald, Krün and Wallgau is surrounded by four mountain massifs: the Karwendel mountains and the Soiern group to the East, the Ester mountains to the North and the Wetterstein mountains to the South-West. Because of this, the region is the ideal starting point for all kinds of mountain bike and cycling tours. If you like to take it easy, you can linger in the valley between the flower meadows, lakes and the expansive river landscape of the Isar with its shingle and gravel banks. If you prefer the forested foothills, explore the Ester mountains and the Soiern group with their shady forest roads and single trails. The mountain bike and racing bike tours in the Karwendel and Wetterstein mountain ranges are physically demanding and peppered with alpine views. Here you can find more information about cycling and mountain biking, detailed information on individual trips and bike rentals and the local bike guides.



Mountain Bike Adventure Mountain



... nothing to hear
but the crunch of
lugged tires.



Every turn of the wheel

takes you higher up. There is nothing to be heard but the crunch of the lugged tires on fine gravel and the steady breathing of the three mountain bikers. After the gentle warm-up through the Ried and Karwendel valleys, you come to the entrance to Karwendelhaus on the right. Ascend evenly along broad turns as the forest road goes ever upwards. Not too steep and not too flat, just right, so you can still breathe comfortably but should probably not bother trying to chat. For some Karwendelhaus is the end of the trail and for others it is the beginning of the longer Karwendel loop. Anyone who would like to try this mountain bike classic should be in good condition. The reward is a day spent getting to know the most beautiful spots in these pristine mountains. Mountain bikers looking for something less demanding but with just as much variety can let off some steam on one of the many other tours in Alpenwelt Karwendel.

Mountain Biking is always an Option



At Ferchensee, cyclists can simply let their legs dangle.

Around Hoher Kranzberg

23 km | 350 m | 3 hours | easy

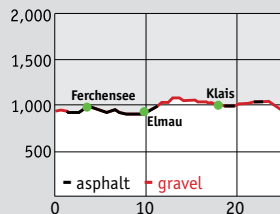


Purely based on appearances, the 1,391 metre high Kranzberg can hardly be compared to the mighty Karwendel. But size isn't everything. On this mountain bike loop, the Kranzberg with its two lakes, beautiful cycling trails and numerous opportunities to take a break will convince you.

Start: Mittenwald (913 m).

Best time: May to October.

Route: From the car park "Im Schwarzenfeld" (info pg. 34) you cycle through the city center to Innsbruckerstrasse and turn right in the direction to Leutasch. Follow the left-hand curve straight on to Lautersee and Ferchensee. Behind Ferchensee you can take a detour to the Kranzberg summit (ascent 45 min., 270 m, easy). You follow the forest road to Elmau and there you turn left onto the forest road toward Kranzbach. The road takes you almost as far as Klais. After the toll booth, you turn right and go behind the railway crossing through the undulating meadows in the direction of Goasalm. Further on, take a sharp left to the youth hostel. From here, the last 500 metres along Hauptstrasse back to Mittenwald.



This loop is also ideally suited for trekking bikes and e-bikes.

Alpenwelt Tip: Bring your bathing suit.



Pleasant forest roads, gentle undulating meadows, mixed forests and the Karwendel with its mighty rocky cliffs will leave cyclists wanting more.

Around Bletschertalkopf and Rindberg

21 km | 530 m | 2-3 hours | easy

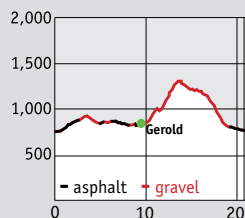


"I spy with my little eye something beginning with..." The Bletschertalkopf was made for this game. The small rock tooth above Gerold peeks out from a wooded ridge. If you look closely, you will recognise it by its summit cross.

Start: Krün (875 m). **Best time:** May to October.

Route: From the car park "Krottenkopfstrasse" (info pg. 34) go straight on and then turn left onto Finzbachstrasse. At the junction with Wettersteinstrasse, go straight onto Hauptstrasse and further on turn right in the direction of Quicken and Klais. After the railway crossing, go straight on along Römerweg toward Klais, follow the cycle path to Gerold and then onward in the direction of the Schweizer Alpe/Rindberg. At the next turn-off, stay to the right to get back to Krün.

Alpenwelt Tip: If you would like, you can extend the loop by approximately three kilometres via Finzalm. To do so, turn left at the turn off behind the Schweizer Alpe and stay right after the crossing of the Finzbach.



Mountain Bike Royal Tours



Better than television - the Karwendel mountains in the evening light.

Fischbachalm, 1,402 m

33 km | 908 m | 3 ½ - 4 hours | medium



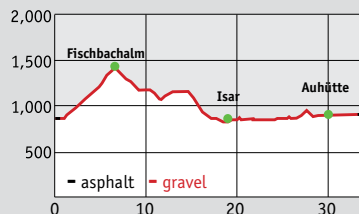
The steep approach to Fischbachalm is a bit of a challenge. The reward is a rest on the sun terrace of the new Fischbachalm and then a lovely single trail with a short pushing section on Soiernweg. Incidentally, King Ludwig II is said to have rowed by the full moon on the nearby Soierensee.

Start: Krün (875 m). **Best time:** End of May to the middle of October.

Route: From the car park "Im Gries" (info pg. 34), cross the Isar and turn left towards Fischbachalm.

At the crossroads turn right into the forest. After you have mastered the 550 metres climb, which is very steep in places, Fischbachalm comes at just the right moment. From here, you can almost free-wheel down the forest road. After about 1.3 km, take a sharp left back onto the small Soiernweg, which has some short pushing sections. Be careful! The turn-off is easy to miss. Later on you follow the forest road downhill to the wide river bed of the Rißbach and continue to the Isar by Vorderriß. Before the bridge, cyclists turn left onto the gravel path and follow its exciting rise and fall along the Isar back to Krün.

Alpenwelt Tip: After the strenuous part of the tour, the Isar can be very inviting with wild, romantic picnic areas.



Wettersteinalm and Schachenhaus, 1,866 m

31 km / 41 km | 874 m / 1,314 m | 3 hours / 4 - 5 hours | medium / difficult



The fairy-tale king is reliable. He only allowed his castles to be built in the most beautiful spots in the Alps. The same goes for the royal hunting lodge. It is enthroned upon the 1,866 metre high Schachenalpe with many wonderful views. The ascent by mountain bike is very challenging right up to the last section, but worth every drop of sweat. At the top, cyclists are greeted not only by a mountain panorama and valley views comparable to the Wetterstein, King Ludwig II's hunting castle is also there. The lower level is surprising in its simplicity. The Turkish Hall above welcomes visitors in a "King-like" manner with gold and splendour, a fountain and a chandelier.

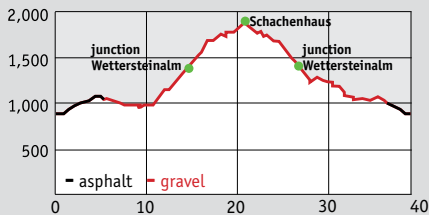
Start: Mittenwald (913 m). **Best time:** June to mid-October.

Route: From the car park "Im Schwarzenfeld" as with Tour Hoher Kranzberg (info pg. 6), you cycle to Elmau. Keep left and follow the forest road past the car park straight on in the direction of Wettersteinalm. At the fork, take the left turn-off and wind up the even ascent until shortly before Wettersteinalm (1,464 m); a quick detour to the alpine cabin will take 5 minutes. Now follow the small, roughly gravelled path to the right and head with great effort to Schachenhaus. On the way back you pass the turn-off for the Wettersteinalm again and then go right via Bannholzerweg to Ferchensee and along the route you came from to the exit back to Mittenwald.

Alpenwelt Tip: A quick detour to the alpine garden and royal house

(guided tours daily from June to mid-October at 11 am, 1 pm, 2 pm and 3 pm).

In the alpine garden just below Schachenhaus, alpine plants from all over the world are grown.



On the way back, mountain bikers top this royal tour off with a swim at Lautersee or Ferchensee: Don't forget your bathing suit.



With its friendly wooden façade, Schachenhaus (left) fits perfectly into the landscape.

Around the Ester Mountains

54 km | 1,247 m | 5 - 6 hours | medium



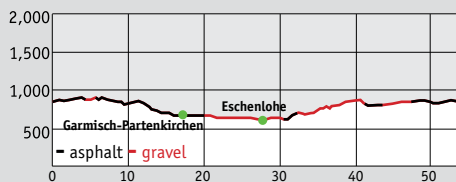
Technically easy routes along good cycle paths do not have to be boring, as this loop tour proves. The section through the idyllic Eschenlainetal with its views of the Gachentod and Asamklamm are particularly exciting.

Start: Wallgau (866 m).

Best time: Mid-May to the middle/end of October.

Route: From the car park "Haus des Gastes" (info pg. 34), you cross over Oterwanger Weg, passing through the Bärnbichl and Barmsee district, you go to Klais and then under the B2. After the railway tracks, turn right and follow the cycle path via Gerold, Kaltenbrunn, Schlattan and Alte Gstaigstrasse to Garmisch-Partenkirchen. Pass through the town via Alte Ludwigstrasse and follow the cycle path to Farchant. Through Föhrenheide to the Loisach bridge in Oberau and then right toward Eschenlohe. You cycle back to Alpenwelt through the Eschlainetal and along the cycle path via Obernach and Wallgau.

Alpenwelt Tip: This route can also be cycled in the opposite direction and by trekking bike (pushing section in Eschenlainetal). Passable even by E-bike.



Galgenwurfsattel-Simetsberg Loop

35 km | 1,100 m | 3 hours | medium

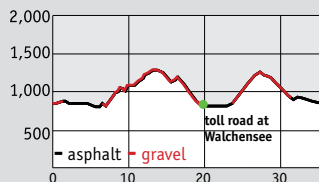


Numerous forest paths adorn the forest ridge to the south of the Walchensee. If you would like a solitary mountain bike tour off the beaten track, the Galgenwurfsattel-Simetsberg loop is just the thing.

Start: Wallgau (866 m).

Best time: May to mid-October.

Route: From the car park "Isarsteg" (info pg. 34), follow the golf course loop trail to the toll road (free for cyclists) and on to Vorderriß. Follow this to the right and turn left after 7.2 km onto a forest road. At the junction after 10.5 km, keep left and keep going straight on. Keep going left and after 13.2 km you will be going slightly uphill. After almost 15 km, turn right and down the hill. You then come to the toll road at Walchensee and follow it to the left as far as the state road. Here you turn left, then right over the river and continue in the direction of Eschenlainetal and Simetsberg back to Wallgau.



Successful Mountain Biking all around

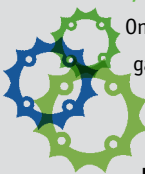


In Alpenwelt Karwendel
there are also
numerous isolated
mountain bike tours.

Mountain Bike Alpine Cabin Loops

Wallgauer Alm, 1,548 m and Finzalm, 1,040 m

24 km/29 km | 984 m | 3 - 4 hours | medium to difficult



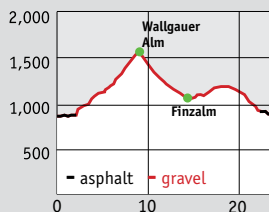
On this route, you can take two very pleasant breaks. First at Wallgauer Alm with its beautiful views, after a demanding ride, and then Finzalm, the ride to which is an absolute pleasure.

Start: Krün (875 m).

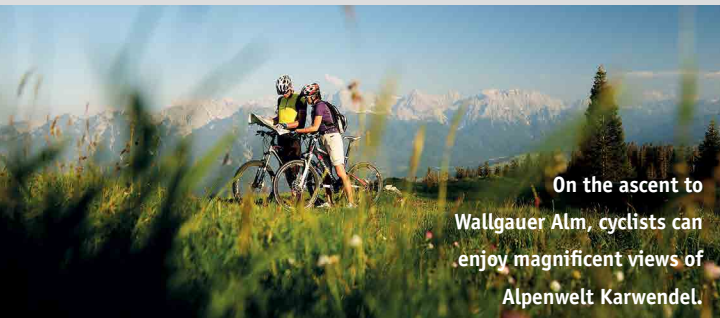
Best time: June to October.

Route: From the car park "Krottenkopfstrasse" (info pg. 34), follow Krottenkopfstrasse to the right and keep going straight ahead through the meadows. At the fork in the road go right toward Finzalm and straight ahead at the crossing in the direction of Wallgauer Alm. The climb is steadily uphill and very strenuous in places. At the junction for Wildbädermoos, you go right and come to the alpine cabin after some more steep sections. Freewheel back down to 1,100 m and follow the narrower path by the wooden bank to the right to Finzalm (signposted). After the alpine cabin, there is a single trail along the Finzbach stream. You cross the scree river bed of the Angerlgraben and then go left over a bridge. Then take a left on the forest road in the uphill direction, then cross the Bauerngraben and enjoy the long downhill ride to the left back to Krün.

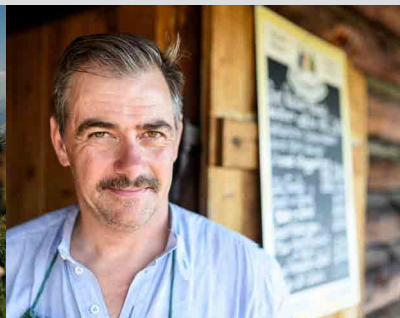
Alpenwelt Tip: Another point with wonderful views is Krüner Alm (1,621 m). On route 454, you can ascend to here from Wallgauer Alm in about 45 minutes.
Please note: Both cabins are only open on a part-time basis.



Short single trail inlay



On the ascent to Wallgauer Alm, cyclists can enjoy magnificent views of Alpenwelt Karwendel.



Esterbergalm, 1,264 m

39 km | 1,266 m | 6 hours | medium to difficult



The ascent on this loop is very challenging. First, you can warm up on the way to Finzalm. Then follow the ascent to Esterbergalm, which is steep in places, topped off by an even steeper descent.

If the pain becomes too much, most cyclists hop off their bikes and take a short break. But the effort is worth it: After each ascent, a pleasant alpine cabin awaits, where you can refuel with carbohydrates.

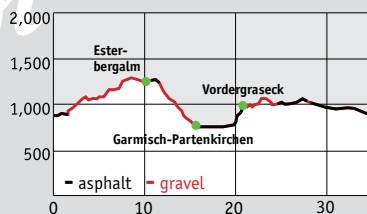
Start: Krün (875 m).

Best time: June to mid-October.

Route: From the car park "Krottenkopfstrasse" (info pg. 34) you first cycle in the direction of Finzalm and Wallgauer Alm. Leave the forest road and go straight ahead in the direction of Finzalm. Behind Finzalm, follow the signs straight ahead in the direction of Farchanter Alm, Esterbergalm and Partenkirchen. At Esterbergalm, go straight ahead in the direction of Partenkirchen. You will then come to a turn off for the Wank cable car valley station. Turn left onto Mittenwalder Strasse. Then go straight ahead in the direction of Hölzlweg in the direction of Mittenwald/Partenkirchen town centre. Where the path curves to the left, go straight ahead along the bicycle path and then turn right onto Sonnenbergstrasse. This brings you through to the historic Ludwigstrasse. Keep going straight and turn left at the traffic lights onto Hauptstrasse. After 50 m, turn right and then after 200 m turn left onto Dreitorspitzstrasse. In the direction of the Partnach gorge, you will pass the ski stadium. Further on turn left in the direction of Vordergraseck. Then continue via Hintergraseck and Forsthaus Graseck in the direction of Elmau and then back to Krün via Quicken.

behind Finzalm

Alpenwelt Tip: From Garmisch-Partenkirchen you can also take the asphalted cycle path on the B2 to Krün or take the train in the direction of Mittenwald. Then you cycle back to Krün.



There are many places to rest, look around and enjoy in Alpenwelt Karwendel.



Mountain Biking in Karwendel

The source of the Isar and Kastenalm, 1,220 m

42 km | 350 m | 3½-4 hours | easy to medium



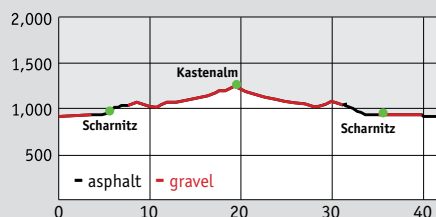
The source of the Isar river, the cozy Kastenalm and hiking opportunities to the Halleranger with its wonderful views are the highlights of this scenic tour into the heart of the Karwendel mountains.

Start: Mittenwald (913 m).

Best time: Middle/end of June to start/mid-October.

Route: From the car park "Im Ried" (info pg. 34) you cycle through the Riedboden to Scharnitz. Before the church, you follow the signs left in the direction of the Karwendel valley. You then keep going in the direction of Wiesenhof, Gleierscher Höhe, Hinterautal and Halleranger and cycle up the gentle slope along the Isar to the end of the good gravel track past a little wooden house. From here, it is only a few minutes straight on to Kastenalm (1,220 m). About one and a half kilometres from Kastenalm, you come to the source of the Isar on the left. On the return journey, from Scharnitz you follow the cycle path through Hoffeld to Mittenwald as described in Tour "Ried-Hoffeld Loop" (pg. 21).

Suitable for trekking bikes

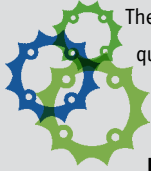


Alpenwelt Tip: From Kastenalm, in approximately one and a half hours you can ascend to Hallerangeralm and Hallerangerhaus (550 m, a very beautiful stretch of landscape).



Möslalm, 1,262 m and Pfeishütte, 1,922 m

Möslalm 40 km/56 km | Möslalm 480 m /1,150 m | Möslalm 4–5 hours/6–7 hours | medium/difficult



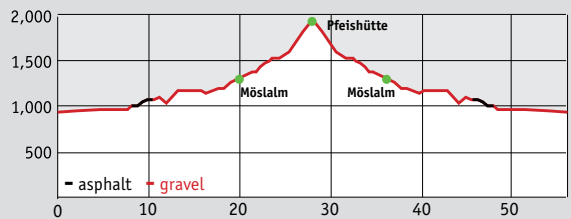
The last 300 metres in altitude in particular up to Pfeifshütte along the gravel track make this tour quite challenging. Because of this, the landlord had for some years been offering a crate of beer as an award for the first to pass by. Since then, some are said to have done it ...

Start: Mittenwald (913 m).

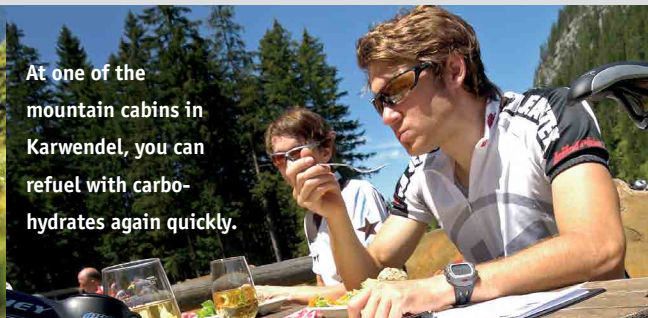
Best time: Middle/end of June to start/mid-October.

Route: From the car park "Im Ried" (info pg. 34) you cycle through the Riedboden to Scharnitz. Before the church, you follow the signs left in the direction of the Karwendel valleys. You then keep going in the direction of Wiesenhof, Gleierscher Höhe, Halleranger and Möslalm. At Gleierscher Höhe, follow the sign for Möslalm and Pfeishütte to the right, cycle down to the Isar and cross it. The gravel track then turns back 180 degrees and is somewhat steeper in parts as it branches off past Gasthaus Amtssäge and on to Möslalm. Over rough gravel that gets steeper and steeper, you come to a bicycle parking area. From here, it is about another 300 metres to the cabin. Cyclists in good condition with technical strength can also cycle up.

Alpenwelt Tip: Stay overnight at Pfeishütte and the next day go up one of the surrounding mountains on foot, for example Stempeljochspitze (2,523 m), Sonntagarspitze (2,575 m), Kaskarspitze (2,580 m), or Rumer Spitze (2,454 m).



At one of the mountain cabins in Karwendel, you can refuel with carbohydrates again quickly.



Mountain Bike Beautiful Views

Classic Karwendel Loop

68 km | 1,926 m | 6 - 7 hours | difficult



The classic Karwendel loop, according to the former biathlete Martina Beck from Mittenwald, is the most beautiful tour in the region. Anyone who has experienced the authentic cabins, lush valleys and enormous rock faces along this route will agree with her.

Start: Mittenwald (913 m).

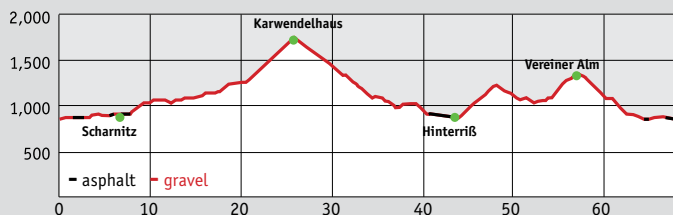
Best time: Middle/end of June to October.

Route: From the car park "Im Ried" (info pg. 34) you cycle through the Riedboden to Scharnitz. Before the church, you follow the signs to the left in the direction of the Karwendel valleys and further on turn left in the direction of Karwendeltaal. After the ascent to Karwendelhaus and Hochalmsattel, you go via Kleiner Ahornboden and Johannestal to Hinterriß (928 m). You follow the signposted mountain bike forest trail to the left in the direction of Vordersbachau (1,263 m), then cross the Bärnbach and wind along to Vereiner Alm (1,394 m). On the forest road, go as far as the shooting range and then turn left onto the cycle path back to Mittenwald.

Variation: If you would like more of a challenge, you can go from Kleiner Ahornboden via Ladizalm (1,573 m) to Falkenhütte (1,848 m) and then wind along Hohljoch (1,794 m) down into the Laliderer valley. After Hinterriß, you again follow the classic Karwendel loop (an additional 25 km, 530 m, approx. 1½ – 2 hours).

"This is my favourite tour."

MARTINA BECK, FORMER TOP BIATHLETE FROM MITTENWALD



Around the Wetterstein Mountains

88 km | 2,089 m | 9 hours | difficult

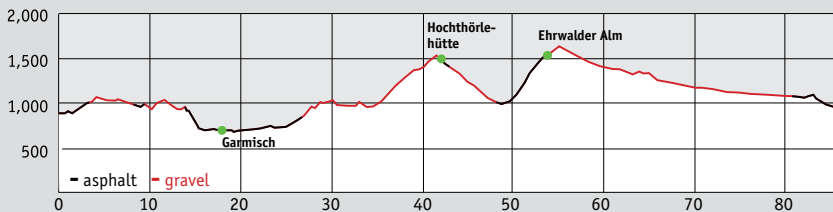


The Wetterstein mountains are full of superlatives. Along with the 2,963 metre high Zugspitze, which is the highest mountain in Germany, they also boast another ten peaks that are over 2,700 metres high, including the largest number of high mountains in one location in Germany. Furthermore, the Höllentalferner is the only active German glacier. With so many extraordinary facts, it is obvious that circumnavigating this limestone massif must be something very special. Pleasant forest roads, asphalt and gravel paths - uphill and downhill - and even a section of trail and a short pushing section are available. Furthermore, you are treated to comfortable huts, alpine cabins and unobtrusive views of the Wetterstein massif.

Start: Mittenwald (913 m). **Best time:** June to mid-October.

Route: From the car park "Im Schwarzenfeld" (info pg. 34) you cycle through the city center to Innsbruckerstrasse and turn right in the direction to Leutasch. Follow the left-hand curve straight on to Lautersee and Ferchensee, you go to Elmau. Then through Vordergraseck to Garmisch-Partenkirchen. The bike path past Hausberg goes on to Grainau and up to Eibsee via the forest road. This is followed by the technically and physically challenging section to Hochthörlehütte. Then you go through Ehrwald, where there is a second physically challenging ascent to Ehrwalder Alm, to get to the idyllic Gaistal. Then you freewheel to Leutasch via the cycle path to Burggraben. From here, you follow the road back to Mittenwald.

Alpenwelt Tip: The loop is easier, if you do not go via Eibsee and Hochthörlehütte (short pushing track) to Ehrwald from Grainau, but simply follow the cycle path along the Loisach via Griesen. This way, you can save yourself a climb of 500 metres in altitude and the short pushing section.



Trekking Bike Fun and Family





Peacefully and quietly, the lake lies half hidden behind a large field of rushes. Behind it the Karwendel rises in the soft afternoon light with the sky as its backdrop. The scenery is like a painting. The two cyclists have just cycled the asphalt trails through the open meadows between Wallgau and Krün, then along the broad gravel track through light forest , and now this view! After a swim in Barmsee, you wind along a narrow cycle path through dense spruce forest and after a brief interlude at Tennsee cycle up to the undulating meadows. Then past the little chapel of Maria Rast and freewheel with almost no effort back to Krün and Wallgau.

On the small lakes tour and the other bike routes in Alpenwelt Karwendel, cyclist are surprised with new views around every bend and after every ascent. No matter, whether you have been cycling for a short or a long time, going slowly or quickly.

On the ascent through the undulating meadows cyclists enjoy panoramic views.

Trekking Bike

Appetizer

Cyclists in Alpenwelt
 Karwendel meet the
 turquoise green Isar river
 again and again.



Particularly varied

Warm-up Loop

7.5 km | 50 m | ½-1 hour | very easy



Flower meadows, the turquoise Isar with its overgrown meadows and the wide gravel bed, in between two original Upper Bavarian towns: On this loop, all sorts of things are on offer - in the shortest possible time.

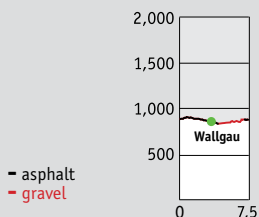
Start: Krün (875 m).

Best time: April to the end of October/middle of November.

Route: From the car park "Krottenkopfstrasse" (info pg. 34), go right onto Krottenkopfstrasse and turn right again at the junction in the meadow in the direction of Wallgau/Isar cycle path. In Wallgau, you come to the Hauptstrasse and follow it for 300 m, then turn right onto Flößerstrasse in the direction of the Isar cycle path. At the fork turn left onto Schöttlstrasse and then right onto Kalkbrennerstrasse as far as the T-junction. Here you turn left and when you get to the car park "Isarsteg", go across the bridge. Then follow the signs to Krün.

Alpenwelt Tip: In Wallgau, you can explore the "Geologischen Rundwanderweg" (geological loop trail) and in Krün there is the "Kieselstein-Lehrpfad" (pebble experience trail).

It doesn't always have to be so many kilometres long and metres in altitude to fill up the whole day. On the warm-up loop there are so many options to break up the trip, that it can easily be extended into a full-day tour.



Ried-Hofffeld Loop

11.5 km | 85 m | 1 hour | easy



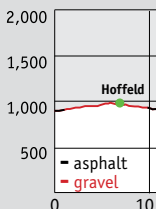
The turquoise Isar runs like a red thread through this tour. In between, the Ried region, where the cows graze in spring and autumn, and the Hofffeld flower meadows await.

Start: Mittenwald (913 m).

Best time: May to the end of October.

Route: From the car park "Im Ried" (info pg. 34), you follow the path upriver along the Isar and turn right at the end. Cross the main road and then turn left in the direction of Riedboden. In Ried, keep right at the fork and turn left into the woods after the picnic area. Then turn left and follow the cycle path through Hofffeld to Mittenwald (no. 200). Cross the Isar, the B2 and the railroad tracks and keep following route no. 200. Finally, you turn and go under the B2, right at the fork and right along the route you came to the car park.

So many different natural sights as can be seen on the Ried-Hofffeld loop are only very rarely seen in such a small area.



Alpenwelt Tip: Pack a picnic for on the go.

Small Lake Tour

17 km | 140 m | 1 ½ hour | easy



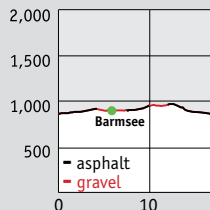
The highlights of this loop tour are the popular Barmsee and the small Tensee. You can also take a short detour to the warm Grubsee.

Start: Wallgau (866 m).

Best time: The end of April to the end of October.

Route: From the car park "Haus des Gastes" (info pg. 34), cycle in the direction of Krün. At the fork Otenwanger Kreuz in the path with the wooden banks go right to Barmsee. From there cycle back a little bit and turn right on the cycle path in the direction of Krün. Then go right in the direction of Barmsee and then left continuing in the direction of Tensee. Behind the camp site, go straight on and you will come to the railway line in a short while. Here you turn left toward Krün via the undulating meadows. After a somewhat longer ascent, turn left toward Wallgau. There turn right behind the bridge at the entrance to the town and along the Finzbach stream back to the car park.

Alpenwelt Tip: Pack your bathing suit. Lake Grubsee is only 8 metres deep, has clear water and heats up to 22 - 26° Celsius in summer.



Trekking Bike from the Water to the Mountains

Many of the cycle paths
 in Alpenwelt Karwendel
 lead directly to lakes
 such as Lautersee.



The Grand Lake Tour: Walchensee Loop

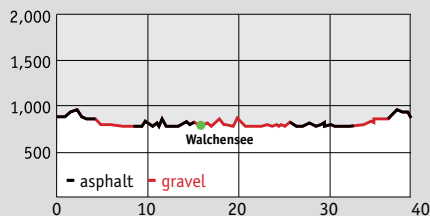
39 km | 357 m | 3-4 hours | difficult



On this bike tour you will feel as if you were in Canada. The turquoise-green Walchensee surrounded by wooded hills and depths of almost 200 metres is not only one of the deepest, but with an area of 16,40 square kilometres, is also one of the largest alpine lakes in Germany. At its southern shore there are numerous romantic bathing and picnic inlets.

Start: Wallgau (866 m). **Best time:** May to October.

Route: From the car park "Haus des Gastes" (info pg. 34) to the Mittenwalder Strasse. First you wind up the steep ascent through the town in the direction of Kochel. On the way out of the town, go along the forest road on the left of the B11 and then follow the forest trail to Einsiedl. Now you go along the shore toward Zwergern and Walchensee. Cycle for 4.5 km on the B11. In Urfeld you turn right on the shore trail toward Sachenbach and then on to Niedernach. On the toll road (free for cyclists) you come to the T-junction on the state road and go left back to Wallgau along the road you came.



Alpenwelt Tip: In the town of Walchensee you can visit the Flake Viking Film Village, where the film "Vicky the Viking" was filmed.

Mountains



In the evening sun
the lush green meadows
around Arnstock
are radiant.

Around the Arnstock

32 km | 350 m | 3 hours | medium to difficult



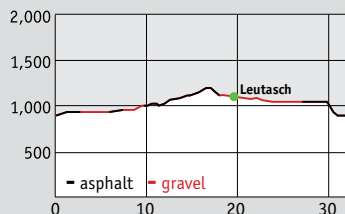
South of Mittenwald, between the Karwendel and Wetterstein mountains, a stately rock massif rises, which geographically belongs to the Wetterstein mountains but stands alone - the Arnstock. The huge Arnspitze with the idyllic Riedboden and Leutasch valleys at its feet almost dare you to complete a cycling tour.

Start: Mittenwald (913 m). **Best time:** April to the end of October.

Route: From the car park "Im Ried" (info pg. 34), you cycle through the Riedboden to Scharnitz. On the Seefeld-Leutasch cycle path you continue on in the direction of Gießenbach. Keep following the signs to Leutasch until you come to the road and then turn right in the uphill direction. After about 5 km, you come to a T-junction. Now turn right in the direction of Leutasch/Weidach. You finally come to Gasthof Mühle via Emmat and along Achweg. From here, you follow the road back to Mittenwald.

An idyllic loop.

Alpenwelt Tip: At "Klammkiosk" in the Leutasch valley, you can make a detour on foot to the so-called "Leutascher Geisterklamm" (Leutascher ghost gorge). Here the "Klammgeistweg" (Gorge Spirit Trail) invites you to explore.



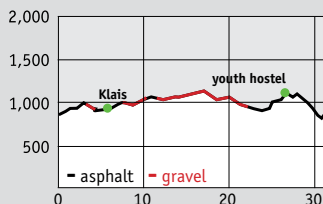
Elmau Loop

31 km | 400 m | 2 hours | medium

Shielded from the outside world, through rolling undulating meadows to the east and the wooded Wambergrücken to the north, a small high valley is hidden on the northern edge of the Wetterstein. The Elmau was farmed by a handful of families in the Middle Ages and at the beginning of the 20th century two exclusive hotels were added. There is not much more there today and so Elmau is still an isolated location where you can recharge your batteries and find peace in the beautiful natural surrounding without being disturbed.

Start: Krün (875 m). **Best time:** April to the end of October.

Route: From the car park "Krottenkopfstrasse" (info pg. 34) you start by going via Quicken to Klais. Then turn left onto the toll road in the direction to Elmau. Behind Kranzbach Castle, turn right off the second gravel road and cycle to Elmau. Keep left here and you will come to Mittenwald via Ferchensee and Lautersee. At the northern exit, follow the road and turn left toward Klais and after about 800 m turn right onto the route in the direction of the youth hostel. Now follow the signs for Krün.



Alpenwelt Tip: You could add a detour on foot to Elmauer Alm (1,201 m). North of Elmau you follow hiking trail no. 862 (200 m, about 30 minutes).

Alpenwelt Karwendel Tour

23 km | 250 m | 2 hours | medium

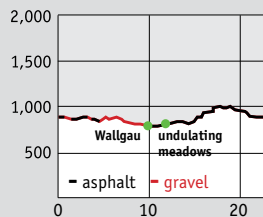
On this tour, cyclists not only get to know all three municipals in Alpenwelt Karwendel, they also experience two natural highlights of the region - the Isar and the undulating meadows (Buckelwiesen).

Start: Mittenwald (913 m).

Best time: April to November.

Route: From the car park "Im Schwarzenfeld" (info pg. 34), you follow the Isar cycle path to the Isarhorn, where you meet the B2. Take a sharp right slightly uphill in the direction of Krün and pass Seinsalm along the gravel path straight on to Krün. You pass the Isar Bridge coming from Krün and then freewheel gently downhill slightly to the left in the direction to Wallgau. If you reach the path along the banks of the Isar, you cross the Isarsteg (a little bridge over the river) and turn left again after the car park. Shortly afterwards turn right on the golf course loop trail. Then back to Mittenwald along the Isar cycle path via the undulating meadows.

Alpenwelt Tip: Between Seinsalm and Krün, you can get to Isarstausee through one of the gates in ten minutes. There are very nice picnic facilities there. So pack your blanket.



Trekking Bike over the gentle Rise and Fall

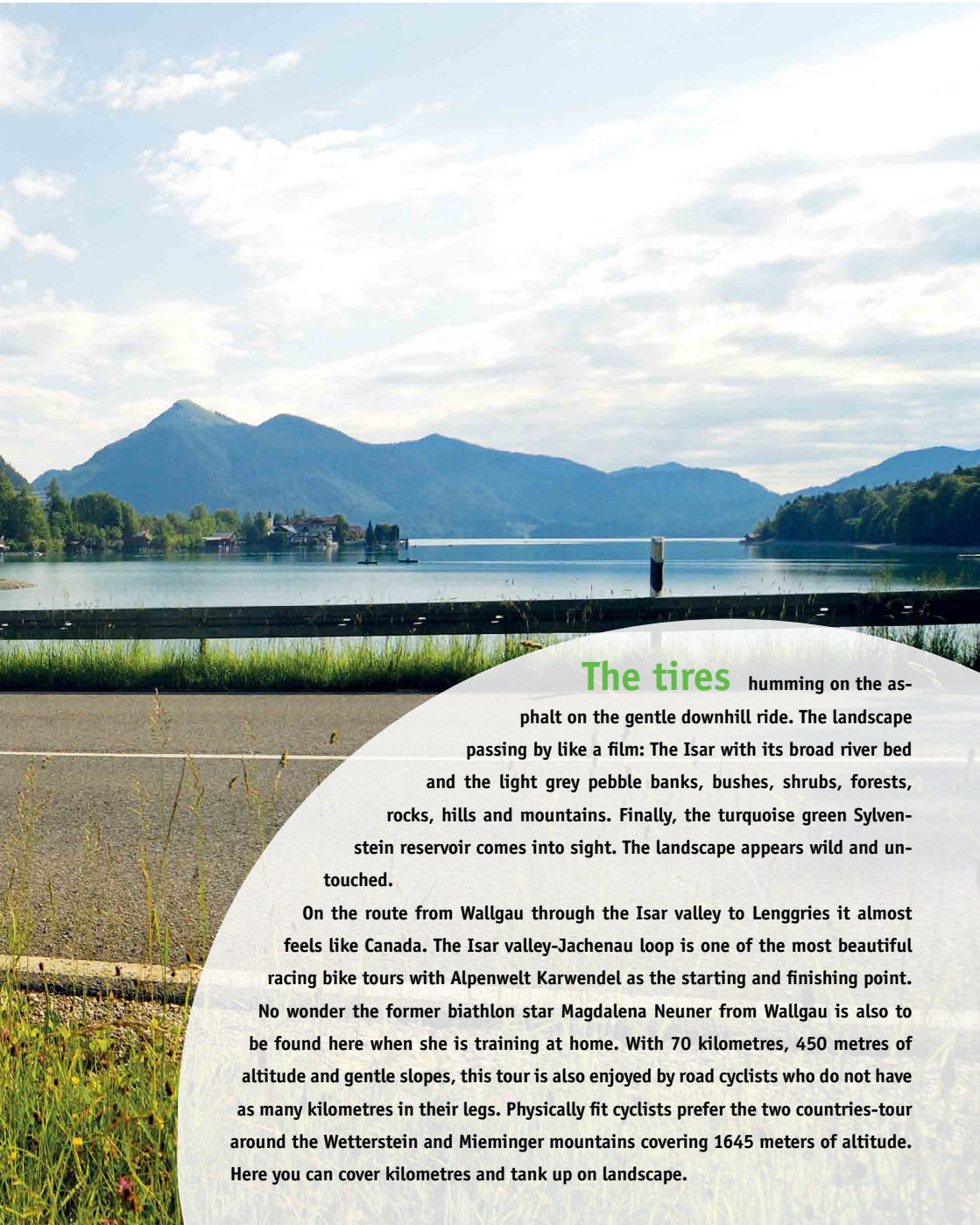


A gentle climb in front
of the magnificent
Wetterstein scenery:
This makes cycling fun.

Explore the Region on Racing Bikes

Magdalena Neuner also
rides a racing bike
in Alpenwelt Karwendel.





The tires

humming on the asphalt on the gentle downhill ride. The landscape passing by like a film: The Isar with its broad river bed and the light grey pebble banks, bushes, shrubs, forests, rocks, hills and mountains. Finally, the turquoise green Sylvenstein reservoir comes into sight. The landscape appears wild and untouched.

On the route from Wallgau through the Isar valley to Lenggries it almost feels like Canada. The Isar valley-Jachenau loop is one of the most beautiful racing bike tours with Alpenwelt Karwendel as the starting and finishing point. No wonder the former biathlon star Magdalena Neuner from Wallgau is also to be found here when she is training at home. With 70 kilometres, 450 metres of altitude and gentle slopes, this tour is also enjoyed by road cyclists who do not have as many kilometres in their legs. Physically fit cyclists prefer the two countries-tour around the Wetterstein and Mieminger mountains covering 1645 meters of altitude. Here you can cover kilometres and tank up on landscape.

Cycle a Racing Bike Route



Not Canada, but
 Alpenwelt:
 Magdalena Neuner
 at the bottle-green
 Walchensee

Isar valley and Jachenau

70 km | 450 m | medium | 4 hours



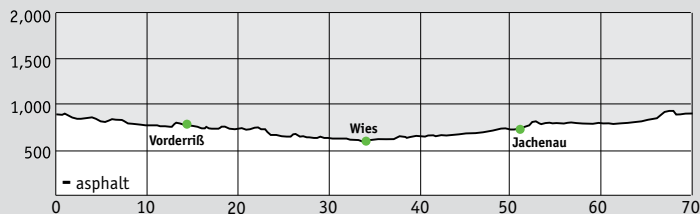
First you go through the idyllic Isar valley with the Soiern group cliffs and the Karwendel mountains to the right, then on to the Sylvenstein reservoir. The tour leads back through the picturesque Jachenau with large meadows, solitary farmhouses and little villages. And at the end the bottle-green Walchensee awaits: The landscape along this loop is hard to beat.

Start: Wallgau (866 m).

Best time: May to October.

Route: From Wallgau you can cycle along the private toll road (free for cyclists) through the Isar valley to Vorderriß. Then left along the B307 to Fall and Sylvenstein reservoir. At the crossroads turn left in the direction to Lenggries on the B13. In Wies, before Lenggries, turn left and then left again and follow the road in the direction to Jachenau. After a stretch of forest, you go through the open meadows past some hamlets into Jachenau. This is followed by another stretch of forest, before the toll road along the south bank of Walchensee begins. At the end of the toll road, go left along the B11 back to Wallgau.

Alpenwelt Tip: From Vorderriß you could make a detour to the beautiful Eng (25 km, 450 m).



Royal Tour to Plansee

130 km | 1,280 m | difficult | 8 hours



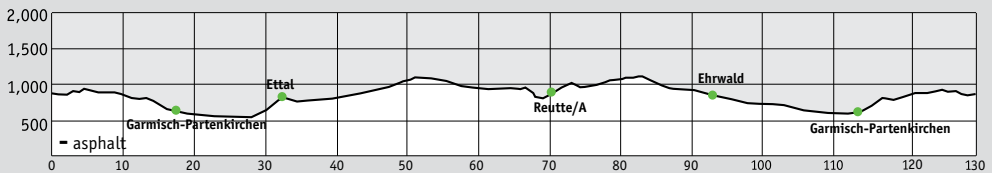
King Ludwig II of Bavaria had special plans for Försterhäuschen in the Graswang valley between Ettal and Plansee. Here he wanted to build a small Versailles. The plan failed because the valley was too narrow. Instead, the king built Linderhof Castle - with a fairy-tale park.

Start: Mittenwald (913 m). **Best time:** May to October.

Route: From Mittenwald take state road 2542 to Klais and along the B2 to Garmisch-Partenkirchen. From there, the route goes to Farchant and Oberau. Here you turn left toward Ettal. You can travel further on state road 2060 via Linderhof to Plansee. In Reutte, turn left onto the B179 toward the Fernpass.

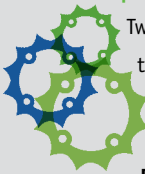
Before Lermoos, turn left through the town in the direction to Garmisch-Partenkirchen. Via Ehrwald and Griesen, you come to Garmisch-Partenkirchen and ride along the route you came back to Mittenwald.

Alpenwelt Tip: In Graswangtal, you can visit Linderhof Castle and King Ludwig II Castle Park. The Park is, among other things, famous for its 22 metre high water fountain, its three terrace garden, its Temple of Venus and the Neptune Fountain with a cascade of 30 steps.



Two countries and two mountain ranges

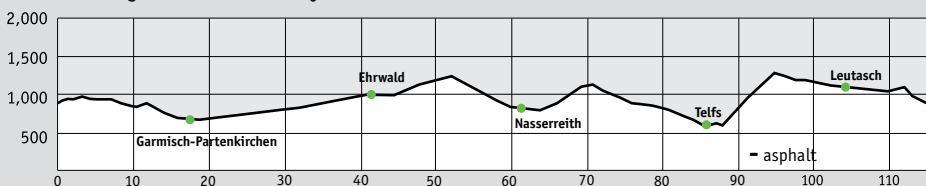
114 km | 1,645 m | difficult | 9 hours



Two countries and two mountain ranges in one day: The tour around the Wetterstein mountains and the Mieminger chain is both physically and technically challenging for racing cyclists. The reward is a successful mix of steep and flatter ascents and thrilling descents.

Start: Mittenwald (913 m). **Best time:** May to October.

Route: From Mittenwald to Garmisch-Partenkirchen, as the royal tour to Plansee. On the B23 continue on to Griesen and at the border continue along the B187 to Ehrwald. Here go left along the road to Biberwier and then along the B179 via Fernpass to Nasserreith. Go through the village and turn left on the B189 to the Mieminger Plateau and Telfs. Keep left in the direction of Seefeld, Leutasch and at the fork go left to Leutasch. Then on through the Leutasch valley to Mittenwald.




E-Bike

Cycling with a Tailwind

Feeling as if you were
being pushed
along from behind -
thanks to a small
electric motor.





Cycling just the way you like, pleasant ascents without too much effort, cycling long distances while exploring the landscape, without risking falling off the bike due to exhaustion at the end of the tour - this is cycling an E-bike. The emphasis is on cycling, because the small electric motor only turns on when the pedals are being pushed. Today's 6-8 ampere hour batteries are sufficient for distances of approximately 50 to over 100 km, they are centrally fitted or integrated into the frame and the battery does not add any significant weight. The bikes weigh between 19 and 27 kg and are available in men's, women's and mixed models, as trekking, touring, city and mountain bikes, with hub or chain gears with up to 27 gears: just like conventional bicycles.

There is only one difference. In the evening after the tour, it is no longer the cyclist but the bike that needs to recharge - from the socket outlet. So it is ready to go again the following day on the next tour.

Alpenwelt Karwendel is also a Movelo region. This has the advantage of providing you with a network of rental and battery exchange stations for E-bikes.

The Overview



direction to Munich

Oberau
659 m

Farchant
672 m

Garmisch-
Partenkirchen
708 m

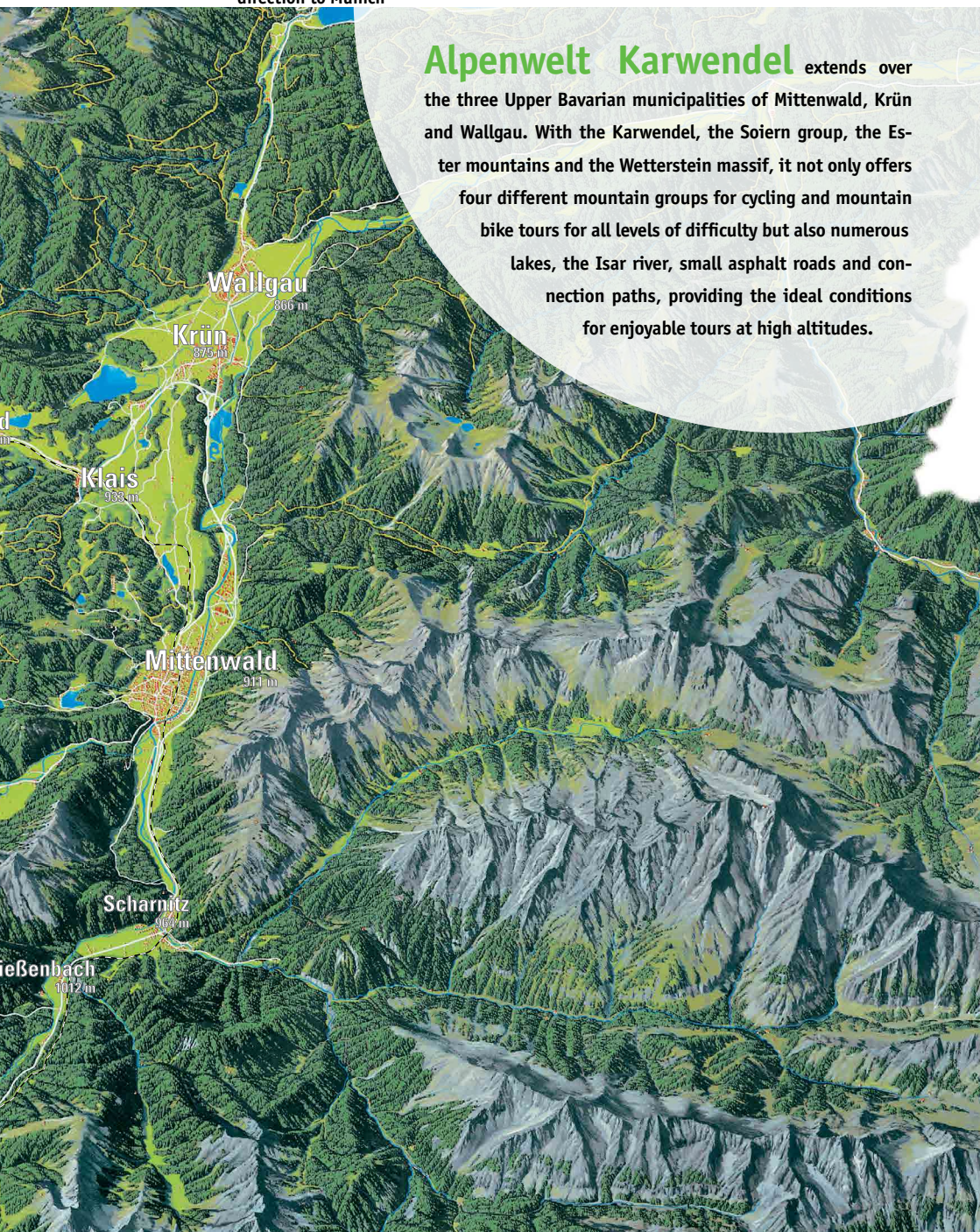
Kaltenbrunn
856 m

Gerold
920 m

Grainau
730 m

Eibsee
839 m

Alpenwelt Karwendel extends over the three Upper Bavarian municipalities of Mittenwald, Krün and Wallgau. With the Karwendel, the Soiern group, the Ester mountains and the Wetterstein massif, it not only offers four different mountain groups for cycling and mountain bike tours for all levels of difficulty but also numerous lakes, the Isar river, small asphalt roads and connection paths, providing the ideal conditions for enjoyable tours at high altitudes.



Arrival:

By car: From the north via Munich on the A95 and the B2 to Krün, Wallgau and Mittenwald. From the south via Innsbruck and the Inntal motorway to Zirl Ost, via Zirler Berg to Seefeld Zirler and on through Scharnitz to Alpenwelt Karwendel.

By train: From Munich via Garmisch to Klais and Mittenwald with the regional bus 9608 from Klais or Mittenwald to Krün and Wallgau.

Info:

Tourist-Information Mittenwald, Dammkarstrasse 3, 82481 Mittenwald, Tel.: +49 (0) 8823 – 33 981

Tourist-Information Krün, Rathausplatz 1, 82494 Krün, Tel.: +49 (0) 8825 – 10 94

Tourist-Information Wallgau, Mittenwalder Strasse 8, 82499 Wallgau, Tel.: +49 (0) 8825 – 92 50 50

info@alpenwelt-karwendel.de, www.alpenwelt-karwendel.de/en

Parking:

All tours presented here can be started from any municipality in Alpenwelt Karwendel.

Mittenwald: Car park "Im Schwarzenfeld". Leave the B2 at the exit for the centre of Mittenwald, follow the road downhill and turn right into "Im Schwarzenfeld". The parking area is on the left hand side.

Car park "Im Ried". Leave the B2 at the exit Mittenwald south, then turn left towards Riedboden.

Krün: Car park "Krottenkopfstrasse". If you are coming from the south, turn left after the pedestrian crossing and if you are coming from the north, turn right before it onto Krottenkopfstrasse. The car park is on the right hand side.

Car park "Im Grieß" from a southerly direction, turn right before the church, follow the road downhill and turn left into the "Im Grieß".

Wallgau: Car park "Isarsteg". About 300 metres behind the southern entrance to Wallgau turn right onto Isarstrasse and follow it to the car park at the very end.

Car park "Haus des Gastes". From the south towards the center, turn left into Wettersteinstrasse and after the bridge turn right into Zugspitzstrasse to the end of street.

Accommodation, huts and alpine cabins:

A detailed host directory is available at the tourist information offices or on the Internet at www.alpenwelt-karwendel.de/en. Huts and alpine cabins in the region are listed with telephone numbers, opening times, closing days and their websites (if available) on the Internet at www.alpenwelt-karwendel.de/en.

Bike shops and rental:

Mittenwald: Biker-Bahnhof-Mittenwald (sales, E-bikes and accessories, rental and test station, guided tours), Bahnhofplatz 10, Tel. +49 (0) 8823 - 27 64, www.bikerbahnhof.com;

Fahrrad Frank (sales, repairs, rental), Dammkarstrasse 39, Tel. +49 (0) 8823 - 12 93, www.fahrrad-frank.de;
Fahrräder Kittmann (rentals), In der Wasserwiese 1, Tel. +49 (0) 8823 - 14 49.

Krün: Bikepoint Karwendel (rental station), Karwendelstr. 4, Tel. +49 (0) 8823 - 92 18 80
or +49 (0) 172 - 51 46 232;

Haibike-Verleihstation Krün, Reisebüro Ferienglück, Schöttlkarspitzstrasse 7, Tel. +49 (0) 88 25 - 5 99;
Haibike rental station Klais, Cafe-Gästehaus Rusticana, An der Kirchleiten 11, Tel. +49 (0) 88 23 - 35 61.

Wallgau: Auto-Motorrad Holzer, Flößerstrasse 47, Tel. +49 (0) 88 25 - 21 41;

As a Movelo region, you can rent your bicycle at one participating rental station and return your bike to another in Alpenwelt Karwendel. You can charge your bike at various battery charging stations during the tour. For more information see www.alpenwelt-karwendel.de/en

Gpx-data & detailed tour descriptions:

A selection of bike and mountain bike tours with Gpx data is available for the routes mentioned along with detailed route descriptions at www.alpenwelt-karwendel.de/en

Maps:

Freytag & Berndt Sheet WK 323, Wetterstein, Karwendel, 1:50 000; Kompass Sheet 5, Wetterstein mountains, Zugspitz area, 1:30 000. At the tourist information offices, the overview map of Alpenwelt Karwendel "Cycling & Mountain Biking", 1:55 000, along with other bike tours, is available.

The right tour:

All tours state the degree of difficulty, which refers to mountain, trekking or road bikes. Kilometres, altitude and time information let you see at a glance whether the tour is suitable for you. In general, it can be assumed that the mountain bike tours, which are also suitable for trekking bikes, are generally to be categorised as difficult. All trekking level routes can also be cycled on mountain bikes. They are then classified as easy. The trekking tours are also perfect for E-bikes, as are many of the mountain bike tours. The latter should then be cycled on an E-mountain bike.

The cycle paths have different surfaces: Within the three towns, the cycle paths are mostly asphalted and outside of the towns they are mainly covered in gravel. The cycle paths and forest roads are also used by hikers and occasionally the forest roads are also used by vehicles belonging to the Bavarian State Forestry Service.

In Germany there is no obligation to wear a helmet, but wearing a helmet is recommended to ensure you get to your destination safely.

ALPENWELT
KARWENDEL

Mittenwald • Krün • Wallgau



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