



On your marks for unlimited cycling fun! Adventures on two wheels in Serfaus-Fiss-Ladis

From freeriding, to the Bikepark, to single trails, mountain bike tours, and e-bike tours – the Serfaus-Fiss-Ladis holiday region in the Upper Inntal valley in Tyrol is a paradise for bikers. With first-class infrastructure and its own Bikepark and bike school, the region promises unlimited cycling fun. And above all, two new single trails Bifitrail and Leithet trail. They offer not only athletic challenges, but also spectacular views that touch the soul. Here, in the home of cordiality and hospitality, bikers of all kinds will experience unforgettable moments full of warmth and emotion.

While Markus speeds down the thrilling *Frommest trail*, his sister Lara gracefully winds her way along the gentler *Alpkopf trail*. The sun shines over the majestic peaks of the Samnaun mountain range and both are enchanted by the breathtaking panorama. Here, where freedom and adventure go hand in hand, you can feel the magic of the Alps. Where in winter skiers cut loose high above the three enchanting mountain villages of Serfaus, Fiss, and Ladis, in summer the region turns into an Eldorado for bikers. Between 1,200 and 2,600 metres above sea level, numerous kilometres of trails and bike routes at all levels of difficulty invite you to explore the area. It's hard to find a better resort in Tyrol for MTB enthusiastic families. From adrenaline-charged descents in the *Bikepark Serfaus-Fiss-Ladis*, to challenging single trails, to varied MTB trails and relaxed e-bike tours – the variety is simply overwhelming. And best of all: the gondolas take bipeds and their loyal companions effortlessly to the summit, where spectacular views and unique descents await.

Whatever your level of experience, there's something for you

Markus is particularly excited that the *Frommest trail* is just one of eight single trail thrills. Getting up high and downhill fast is his motto. Preferably on narrow, rocky trails in alpine terrain. Over the next few days, he will also tackle the *Scheid trail* or the *Joch trail* (difficulty level red). The latter runs 5.8 kilometres from the Schönjochbahn top station at 2,436 metres above sea level to the Komperdellbahn top station 500 metres below. It features some sections left natural, north shore elements, and a tricky section with rock gardens. So fun is guaranteed!

Less experienced riders like Lara can choose the *Alpkopf trail* or the new *Bifit trail* (both difficulty level green). By the end of the holiday, she really wants to conquer the new *Leithet trail* and the *Hög trail* with Markus (both difficulty level blue). And of course, the legendary *Zirbent trail* (Swiss Pine Trail) on the North Side of Fiss, the longest single trail in the region at 9.1 kilometres. The pure fun of riding, varied challenges, and of course breathtaking views. This will turn out to be the perfect biking holiday in every respect for her as well.

The two of them take one tip in particular to heart: don't let the views distract you. The best way to enjoy these is from a sun terrace. Or with a legendary Bike-Burger at the entrance of the *Bikepark Serfaus-Fiss-Ladis* after a hard ride.

Fun and thrills for all generations

The *Bikepark Serfaus-Fiss-Ladis* will delight bikers of all kinds. Located right by the Waldbahn, the park offers ideal conditions for beginners and families with children to slowly get to grips with the sport. With a training area, kids area, pumptrack and slopestyle, there is something for all abilities. Five main routes with numerous branches offer great combination options. Lara is particularly pleased with the extensive range of courses offered by the *Serfaus-Fiss-Ladis Bike*



School. Here, she can refine her riding technique and learn new tricks, while Markus masters the tricky trails.

But what if you don't have your own bike? No problem! The well-equipped bike shop at the Waldbahn bottom station offers the right equipment for everyone.

Cycling with a little something extra

Although Markus and Lara have different cycling abilities, they share a common passion: both of them enjoy the good things in life. Each in their own way, but also together when they can. And this is exactly where the region around Serfaus-Fiss-Ladis plays to its strengths. Even for less skilled bikers, there are many opportunities to experience the breathtaking landscape with all your senses, especially if you rent an e-bike like Lara. Then, the climbs become child's play and she can tackle a tour or two with Markus. Interspersed with enjoyable breaks at the idyllic mountain huts, of course, where the innkeepers spoil them with regional delicacies. All over the region, cosy sun terraces with impressive views of the surrounding mountains offer inviting spots to linger. Lara's personal highlight is the quaint Schöngampalm by the Almbahn, filled with the wonderful scent of the local wood. After the many hairpin bends and flowing curves on the *Zirbenweg*, the hut is a true revelation for them. As at the other huts, the menu here mainly features traditional dishes. All high-quality and regional, without exception. These include "*Fisser Imperial Gerste*" barley, which is used in the *Barley Soup*, the bread, and the Tyrolean single malt whisky *Fissky Imperial*. Having refuelled, it's time for the two to head back to their accommodation happy and satisfied, ready for their next joint adventures in the beautiful natural surroundings. Tip: guided e-bike tours and numerous charging stations or electric hook-ups throughout the region ensure your bike experience runs smoothly.

Learning and experiencing new things: camps, workshops, and courses

How about a special treat? The *Early Rides*, where advanced bikers (aged 16 and over) explore the untouched mountains in the morning hours and start the day with a regional breakfast on the Frommes-Alp, are a popular option. But that's not all: numerous camps and workshops take place in the Serfaus-Fiss-Ladis holiday region throughout the season. Female bikers can look forward to the *Women's Workshops* with Alice Kühne, while future bikers aged 10 to 18 will be taking to the trails at the *PROPAIN Rookie Camp* in August. From 29 to 31 August 2025, the focus at the *Bikefestival* in the *Bikepark Serfaus-Fiss-Ladis* will be on fun, action, and adrenaline. One highlight is a downhill race as part of the Austria Gravity Series. In addition, there will be opportunities to try out a wide selection of bikes for free. During the same period, men can improve their cycling technique at the *Men's Camp*. If you are looking for an extraordinary mountain bike tour, you can take part in BIKE EVEREST TIROL individually from May to October. This tour requires climbing 8,848 metres of altitude, which corresponds exactly to the height of the highest mountain on earth. One of the seven stages across the Alps leads through the sunny Serfaus-Fiss-Ladis holiday region.

Starting the adventure well-prepared

To ensure that everything goes according to plan when they get there, Markus and Lara have already worked out their favourite tours online at home. A tour planner, a bike map, and a virtual trail map provide them with all the necessary information and they have directly downloaded the GPS data of the tours with the help of QR scanners. So nothing stands in the way of unforgettable adventures and countless moments of joy in a breathtaking natural setting.



Further press information and free photographic material is available on our press portal at www.serfaus-fiss-ladis.at/en/Service/Press.

About Serfaus-Fiss-Ladis

"Moments that last!" – under this motto, the Tyrolean holiday region of Serfaus-Fiss-Ladis invites you to enjoy a summer holiday at the highest level. Here, guests of all ages, whether alone, as a couple or with the whole family, can experience unforgettable moments and relax far away from everyday life. In Serfaus-Fiss-Ladis, it's not just adults who get their money's worth – even the little ones will find their own personal holiday happiness. The three charming mountain villages are located on a sunny high plateau above the Upper Inntal valley in Tyrol and are surrounded by the distinctive peaks of the Samnaun mountain range and the Ötztal Alps. Between 1,200 and 3,000 metres above sea level, the region offers everything that makes a mountain lover's heart beat faster: exciting experiences for the whole family, varied outdoor activities for sports enthusiasts, thrilling adventures for action fans, breath-taking panoramas for connoisseurs and culinary highlights for gourmets. You can find more information at www.serfaus-fiss-ladis.at/en.

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