

PRESS INFORMATION

5 reasons to choose a mountain biking holiday in Paznaun

Fancy some mountain biking in Paznaun? Of course! With its 754 km of well-signposted tours, offering beautiful views, Paznaun and its holiday villages of See, Kappl, Ischgl and Galtür is one of the biggest, highest altitude and varied biking regions in Europe. Whether classic mountain biking or e-biking: the offer ranges from easy beginner and family trips into the valley to extensive day tours, mountain marathons, freeriding tours and challenging single trails. 5 reasons which make Paznaun particularly attractive for mountain bikers:

Perfect infrastructure

Whether a well-signposted network of trails, varied valley and mountain tours of all lengths and difficulty ratings, sports stores with e-bike and mountain bike hire in all resorts, a Mountain Bike Academy for beginners and learners, bike-friendly accommodation, the Bike Guide with a tour map to take with you or online GPS data to download – mountain bikers will find the perfect infrastructure in Paznaun.

Endless trail fun

Up by train, down by bike. Paznaun's trail network has something to offer all mountain bikers. New from summer 2018 are the medium-difficult Flimjoch Trail covering 3 km and 435m depth and the medium-difficult Dias Trail in Kappl extending over 2.5 km and 443 depth. The 10.3 km long Velill Trail is ideal for experts. High-speed sections, drops, jumps and steep turns provide plenty of biking fun for die-hard downhill fans. And best of all: guests staying in Paznaun can use all lifts for free with the 'Silvretta Card all inclusive' and take their bike with them.

Measuring up against the mountain biking elite

Want to put your skills to the test against a professional? You can at the legendary Ischgl Ironbike, one of the hardest and most challenging mountain biking races in Europe. On 3 August 2019, fit amateurs come together with mountain biking professionals to conquer the ultimate distance of 75.8 km and 3,700m elevation gain. But before this, the 25th edition of the cult race from 31 July until 3 August 2019 provides a multi-day festival programme for mountain bikers with some exciting race formats and a colourful supporting programme.

Cross borders and enjoy duty-free shopping

Some of the trails in Paznaun run along the border between Switzerland and Austria, such as the Ischgl Smuggler Trail. A little detour to Samnaun is well worthwhile and offers a real paradise for bargain hunters: duty-free shopping in one of the country's only toll-free zones.

Leisure biking for families and foodies

Families and leisure bikers will find plenty to enjoy along the many varied, shorter easy to medium-difficult circular routes such as the 21 km long Galtür Valley Circuit with views of the glaciated peak of the Jamtal or the idyllic 12 km long Zeinissee Circuit. Good to know: in Paznaun, most lodges are within easy reach by mountain bike or e-bike and guests are treated to plenty of regional delights. A gourmet highlight: sampling tours by bike to the five participating lodges on the Culinary Way of St. James. What is there on offer here in summer? Each lodge serves up a different innovatively created hearty dish designed by top chefs and based on regional ingredients. Plus you can take the recipes away with you. Under the patronage of Eckart Witzigmann.

Information on the towns: www.ischgl.com, www.galtuer.com, www.kappl.com and www.see.at.

Information about biking in Paznaun: <https://www.ischgl.com/en/Active/Active-Summer/Biking>
Interactive tour map: <https://www.ischgl.com/en/Active/Active-Summer/Biking/Bike-tours/tours>.

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Direct image download here: [Mountainbike 2019](#)

Picture captions:

Mountainbike_2019_1: With its 754 km of well-signposted tours, offering beautiful views, Paznaun and its holiday villages of See, Kappl, Ischgl and Galtür is one of the biggest, highest altitude and varied biking regions in Europe (c) TVB Paznaun – Ischgl

Mountainbike_2019_2: Whether classic mountain biking or e-biking: the offer ranges from easy beginner and family trips into the valley to extensive day tours, mountain marathons, freeriding tours and challenging single trails (c) TVB Paznaun – Ischgl

Mountainbike_2019_3: New from summer 2018 are the medium-difficult Flimjoch Trail covering 3 km and 435m depth and the medium-difficult Dias Trail in Kappl extending over 2.5 km and 443 depth (c) TVB Paznaun – Ischgl

Mountainbike_2019_4: On 3 August 2019, fit amateurs come together with mountain biking professionals to conquer the ultimate distance of 75.8 km and 3,700m elevation gain (c) TVB Paznaun – Ischgl

Mountainbike_2019_5: In Paznaun, most lodges are within easy reach by mountain bike or e-bike and guests are treated to plenty of regional delights (c) TVB Paznaun – Ischgl

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