

A rookie camp that makes you want more and golden prospects for autumn



Serfaus-Fiss-Ladis, Austria – Mountain biking on the sunny Tyrolean plateau of Serfaus-Fiss-Ladis has made some big steps back to normal. Not only could the Propain Rookie Camp 2021 be the first major participant event to be held successfully, the sunny plateau high above the Tyrolean Upper Inntal valley also attracts with golden prospects for the autumn season. The “Golden Rides” will be back on the bike region’s programme in 2021 and make the hearts of mountain bike riders beat faster with the Trail Day Deluxe, Bike & Burger @ Bikepark as well as the Early Rides.

Very much to the delight of everyone involved, the [Rookie Camp 2021](#), which took place together with bike park partner Propain Bikes for the first time this year, was a complete success. But above all it brought back the long-awaited piece of normality to Alpkopf, Schönjoch and the like. The almost 30 rookies and next-gen shredders got their money's worth for five days and, in addition to the individual coaching, received plenty of valuable tips and tricks from the pro riders such as Angie Hohenwarter. Track walk, technique training or the morning yoga class to loosen the muscles were just as much a part of it as learning to ride walls, drops and jumps in theory and practice.

For coach and pro rider Angie Hohenwarter the camp is something very special: *"I am happy that the camp could take place this year as I am always stoked to be part of it. With our varied and sometimes challenging programme, we are able to provide these youngsters with something special for their future in mountain biking. That means this camp is not only a lot of fun, but it also secures the future of our sport."*

Watching the rookies ride, head of the bike school Daniel Newman also starts to rave: *"It's inspiring to watch the future of the sport shredding together."*

Bernhard 'Mr. Burns' Gunesch from Propain Bikes: *"The Propain Rookie Camp is a great asset for us. It is amazing to see how the future generation is growing up and how high the riding level of these kids is."*

"We are thrilled that we were able to host the Propain Rookie Camp this year. It shows that after a year off we haven't forgotten how to run great events and camps. We are already looking forward to next year", says bike park manager Christian Zangerl. The next Propain Rookie Camp is expected to take place from 15 to 19 August in the coming year. Immediately afterwards - from 19 to 21 August 2022 - the MTB-Festival Serfaus-Fiss-Ladis should finally return, too.

Until then, Serfaus-Fiss-Ladis will sweeten the autumn for its guests with a very special bike programme – the Golden Rides. Referencing to the low autumn sun that bathes the plateau high above the Tyrolean Upper Inntal valley in a picturesque, golden light, the autumn programme from 5 September to 17 October includes three weekly highlights. On Mondays, the *Trail Day Deluxe* takes the rider on a unique tour of all the single trails in Serfaus-Fiss-Ladis bike region. At *Bike & Burger @ Bikepark*, Wednesdays really get down to business: technical training and lots of action across all bike park tracks are only interrupted by the lunch break with the legendary bikepark burger. The absolute climax of each week is the [Early Rides](#) on Friday. Starting at 5:30 in the morning, a shuttle takes you up to the Schönjoch, which you have all to yourself this time of day, to enjoy first the Jochtrail and then the Frommestrail in the light of the rising sun.

All further information about the Golden Rides and the other offers can be found at: www.bike-sfl.at/en/bikeschool/golden-rides

Further information on biking in Serfaus-Fiss-Ladis is available at: www.bike-sfl.at/en. Details on the Serfaus-Fiss-Ladis holiday region, the precautions and measures relating to the current Covid situation as well as information on the possibilities to refund or postpone your stay can be found at www.serfaus-fiss-ladis.at/en.

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About the region Serfaus-Fiss-Ladis

Serfaus-Fiss-Ladis is the place to be for a family holiday. Regardless whether it is summer or winter, there is always something going on. In summer the cable cars and bus shuttles connect the mountainous region of Serfaus-Fiss-Ladis. Apart from many other attractions the Serfaus-Fiss-Ladis high plateau offers bike fun for the whole family. From gentle bike rides for young and old, to mountain bike tours in the middle of breath-taking mountain scenery, to action-packed descents on single trails or courses through Bikepark Serfaus-Fiss-Ladis. The Waldbahn takes riders and their bikes to the trails within the bike park, which have different levels of difficulty from blue (easy) and red (medium) to black (expert). There is also a kids park, slopestyle area with a landing bag, pumptrack, dirt line and training area at the bottom station, where beginners can try out and get used to their new equipment. Experts in the bike shop advise in bike and safety equipment matters and the bike school and rental office shop can also be found here. Beside the shop there is also a chill out area and a snack bar.