

# BIKE PROGRAMME 2026 BERGSPORT TOTAL BIKEN TOTAL

## **MONDAY – E-BIKE START INTO THE WEEK**

Our cyclists kick off the week on e-bikes.

Depending on the weather, we'll ride along forest tracks to the top bike spots in the Tiroler Zugspitz Arena!

Basic riding technique training, tips & tricks included! Basic MTB skills & MTB equipment required!

**Children aged 12 and over | Duration approx. 4–5 hours | Meeting point: 10 am | max. 8 people**

## **TUESDAY – “E-BIKE INTRO TOUR” – FREE WITH GUEST CARD!**

The bike guides from Bergsport Total present the highlights of the Tiroler Zugspitz Arena. On easy trails and forest roads around Ehrwald, you will gain valuable insider knowledge about tours, technique, and trails. (Refreshment stops available)

Basic MTB skills and MTB equipment required. (Safe riding on forest roads is required.)

**Children aged 12 and above | Duration approx. 4–5 hours | Meeting point: 10:00 AM | max. 8 participants**

## **WEDNESDAY TO FRIDAY**

From Wednesday to Friday, the program varies. Activities include, among others:

- Trail Experience
- Kids Training
- Classic Tours

## **BEGINNER TOURS, TECHNIQUE TRAINING, ENDURO**

From easy to difficult, we offer the right experience for all cycling enthusiasts.

For all our E-bike tours, an e-MTB (preferably a full-suspension bike), helmet, sunglasses, and at least 1 liter of water are required. A backpack, sun protection, cycling clothing, and rain gear are highly recommended.

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## TRAIL EXPERIENCE

On our e-bikes, we ride along the newly built trails in the Tiroler Zugspitz Arena. Safe handling of basic mountain bike techniques is required. MTB equipment, knee and elbow protectors, and swimwear are required.

**Fitness level: moderate | Riding technique: max. S2 | Children aged 12 and above | Duration approx. 4–5 hours | Meeting point: 10:00 AM | max. 8 participants**

## PRIVATE BIKE GUIDES

In addition to the weekly program, guests can also book private bike guides. We offer individual tours and training sessions for every level – from technique training and trail experiences to bike park checks, half-day or full-day tours, and guided e-bike adventures throughout the Tiroler Zugspitz Arena.

Together with our guides, guests can improve their riding skills, discover new trails, or simply enjoy a perfect day of biking – fully tailored to ability, fitness level, and personal wishes.

Whether beginner or experienced rider – we offer the right experience for all cycling enthusiasts.

**Please note! Programme subject to change. Current information available at: [www.skischuletotal.at/bergsport-total/biken](http://www.skischuletotal.at/bergsport-total/biken)**

## CONTACT

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