



AT-E-Bike Week

adventurous | varied | dream like

19.05.2024 - 26.05.2024



Life is a beautiful ride...

Together with our bike guides Lissi, Roman and Lukas, you will ride through picturesque landscapes to the most beautiful places in the Pustertal Valley – with the indescribable scenery of the Dolomites always in view.

To ensure your biking adventure is an unforgettable experience, we provide you with our powerful e-bikes free of charge. .

program of the 5th at – e bike week

sunday

AT 7.⁰⁰ PM

Presentation of the AT e-bike week at 7.00 pm in the hotel lobby.

Our bike guides Lissi, Roman and Lukas will introduce you to the varied program of the AT E-Bike Week while enjoying a glass of Prosecco or a cold beer.

Participants who register for the entire week will receive a pre-reservation for an e-bike to ensure that they can use the same bike for the entire period.

monday

AT 09.²⁰ AM

LISSI: Bikepark Olang | Brunstalm | Lake Braies

AT 09.⁴⁰ AM

LUKAS: Frondeigen to Toblach to the hut Silvesteralm via the mountain Innichberg back

AT 10.⁰⁰ AM

ROMAN: From Furkelpass to Enneberg & Mariasaalen on to Bruneck (transfer)

tuesday

AT 09.²⁰ AM

LISSI: The Hero Tour: Dolomiti Superbike Tour with a detour to the mount Strudelkopf

AT 09.⁴⁰ AM

AXL: Through the biotope to Lake Antholz and the biathlon stadium

AT 10.⁰⁰ AM

ROMAN: La dolce vita: the aperitivo tour via the "Witches' Place" to Bruneck

wednesday

AT 09.²⁰ AM

LISSI: Cappuccino Ride: Kreuzberg Pass to the huts Nemes & Klammbach (transfer)

AT 09.⁴⁰ AM

LUKAS: Ice cream tour: Via Niederdorf to Schluderbach trail via the Plätzwiese meadow

AT 10.⁰⁰ AM

ROMAN: To the Rienz spring and via the Haunold sledging trail to the Innichen wildlife spa

thursday

AT 09.²⁰ AM

LISSI: Bike & Hike at Gsies

AT 09.⁴⁰ AM

LUKAS: E-bike tour via Schluderbach to the RaStua hut and Lake Dürrensee

AT 10.⁰⁰ AM

ROMAN: Mountain hut tour: via the Brunnerwiesen hut to the Hofstatt hut

AT 09.⁰⁰ PM

BIKEGUIDES: Highlight: Full moon tour to the hut Taistner Alm with all three bike guides

friday

AT 09.²⁰ AM

LUKAS: Off to Austria to the Silianer hut and the Sunny Sport Store (transfer)

AT 09.⁴⁰ AM

LISSI: Bike & Fish: Over the Ratsberg to the "Salmane Dolomiti" salmon smokehouse

AT 10.⁰⁰ AM

ROMAN: To the Lachwiesen hut through the Silvestertal valley to Toblach

FROM 3.⁰⁰ PM TO 5.⁰⁰ PM

Final party with music on the hotel terrace



Monday

Bikepark Olang | Brunstalm | Lake Braies

The e-bike tour to Olang via the Brunstalm to the Braies Lake is a true paradise for all mountain bike enthusiasts. This tour offers everything a biker's heart desires: fast descents on asphalt, challenging climbs and entertaining trails. The breathtaking Lake Braies, which lies like a jewel in the middle of nature, awaits you as the grand finale. With its emerald green water and the surrounding imposing mountain peaks, Lake Braies is a sight you won't soon forget.

Start: 09.20 am | **Return:** ca. 3.00 pm | **Difficulty:** difficult
Distance: 40 km | **Altitude difference:** 1.450 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

Frondeigen to Toblach to the hut Silvesteralm via the mountain Innichberg back

We start on the cycle path into the Gsiesertal valley. The fresh mountain air and picturesque views accompany us on our way, and from there we continue via Frondeigen on the forest road to Toblach. After passing Toblach, the route takes us along the alpine path to the Silvesteralm. Once there, we enjoy the tranquillity of the mountains.

Our tour continues over the Innichberg, where we have breathtaking views of the surrounding landscape. The rolling hills and green valleys are a picturesque sight as we approach our destination in Toblach and finally return to the hotel via the cycle path.

Start: 09.40 am | **Return:** ca. 3.00 pm | **Difficulty:** moderate
Distance: 45 km | **Altitude difference:** 1000 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

From Furkelpass to Enneberg & Mariasaalen on to Bruneck

The shuttle takes us to the Furkel Pass, from where the descent to Enneberg begins. We take a mountain road with little traffic on the right side of the Gadertal valley to Maria Saal. From Maria Saal we take the cycle path to Bruneck and on to the hotel.

Start: 10.00 am | **Return:** ca. 15.00 pm | **Difficulty:** easy
Distance: 45 km | **Altitude difference:** 440 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet



Tuesday

The Hero Tour: Dolomiti Superbike Tour with a detour to the mount Strudelkopf

On the Dolomiti Superbike e-bike tour, we follow in the footsteps of the heroes. We cross the beautiful Höhlenstein Valley, where the majestic Dolomites rise up before us. We climb up to the Plätzwiese at 2000m, where a spectacular view awaits us. The clear mountain air and vast meadows allow us to forget everyday life and immerse ourselves in nature. After enjoying the mountain air, we continue with another highlight of the tour: the ascent to the Strudelkopf (when snow-free). This striking peak is a popular destination for mountain bikers and offers an exciting trail back down into the valley. The steep descents and technical passages challenge our skills as we experience the thrill of downhill riding.

Start: 09.20 am | **Return:** ca. 3.00 pm | **Difficulty:** difficult
Distance: 64 km | **Altitude difference:** 1.580 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

Through the biotope to Lake Antholz and the biathlon stadium

We start from the hotel in a westerly direction and cycle over the Goste to Niederrasen and along the Rieserferner cycle path to Antholz Mittertal. A slight ascent via Antholz Obertal to the biathlon center where we visit the construction work on the stadium for the 2026 Olympics. The route continues leisurely along the lake to the eastern end of the lake to the lake restaurant with a wonderful view of the lake and the Rieserferner peaks.

Start: 09.40 am | **Return:** ca. 3.00 pm | **Difficulty:** moderate
Distance: 40 km | **Altitude difference:** 1.000 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

La dolce vita: the aperitivo tour via the "Witches' Place" to Bruneck

We start from the hotel in the direction of Welsberg. Along the reservoir we reach Oberolang where we take the panoramic trail towards Geisselsberg. A forest path takes us to the so-called "Witches' Place" and on to Reischach. From Reischach we cycle to Bruneck and enjoy a well-deserved aperitivo on the town square.

We then cycle back to the hotel via the cycle path.

Start: 09.40 am | **Return:** ca. 3.00 pm | **Difficulty:** moderate
Distance: 45 km | **Altitude difference:** 1.200 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

Wednesday

Cappuccino Ride: Kreuzberg Pass to the huts Nemes & Klammbach

We explore the Sesto Valley together, the hotel shuttle takes us to our starting point. We cycle through the picturesque Sesto Valley and let ourselves be enchanted by its beauty. On our way, we pass the idyllic Nemesalm and make a stopover at the charming Klammbachalm. Once there on the sun terrace, we treat ourselves to a delicious cappuccino and enjoy the peace and quiet and the view of the surrounding mountain landscape. Invigorated and refreshed, we continue our tour as we ride along the varied road that takes us back to the hotel.

Start: 09.20 am | **Return:** ca. 3.00 pm | **Difficulty:** difficult
Distance: 50 km | **Altitude difference:** 1.200 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

Ice cream tour: Via Niederdorf to Schluderbach trail via the Plätzwiese meadow

The Ebike tour starts at Alpen Tesitin and takes us to Welsberg. From there, we follow a paved cycle path to Villabassa. We continue via Bad Maistadt to Toblach. After Toblach we cycle to the Toblacher lake where we then follow a root trail to Schluderbach. In Schluderbach, a beautiful gravel road awaits us, leading us to the fantastic Plätzwiese meadow. We then head down a trail into the Pragsertal valley and to Welsberg. Here we enjoy a delicious ice cream cup in the village café.

Start: 09.40 am | **Return:** ca. 3.00 pm | **Difficulty:** moderate
Distance: 60 km | **Altitude difference:** 1.000 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

To the Rienz spring and via the Haunold sledging trail to the Innichen wildlife spa

We start from the hotel in the direction of Welsberg. Now we follow the Pustertaler cycle path to Toblach. In Toblach we follow the Schiessstandweg past the source of the Rienz to Innichen. In Innichen we take the sledge run up to the Haunoldhütte and continue to the Wildbad Innichen where we can taste the different waters at the spring. From there we take the cycle path that leads to Sexten and then we turn off to Innichen and return to the hotel via the Pustertal cycle path.

Start: 10.00 am | **Return:** ca. 2.00 pm | **Difficulty:** easy
Distance: 45 km | **Altitude difference:** 600 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet



Thursday

Bike & Hike at Gsies

Tour into the enchanting and picturesque Gsiesertal valley. We will set off in the direction of Hörneckele and cycle as far as possible. We will cover the last few meters in altitude on foot while enjoying the peace and quiet of the mountains. The ascent rewards us with a breathtaking panoramic view of the surrounding valley and the majestic peaks of the Dolomites.

Start: 09.20 am | **Return:** approx. 3.00 pm | **Difficulty:** difficult
Distance: 59 km | **Altitude difference:** 1.550 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

E-bike tour via Schluderbach to the RaStua hut and Lake Dürrensee

We start our ride from the hotel to Welsberg. From there, we continue our tour on the cycle path that leads us to Toblach.

We then continue along the cycle path to Schluderbach as far as the Gemärk Pass. From there, we take a gravel path up to the Ra Stua Alm, where we can enjoy the impressive panorama. The descent is along the same route back to Schluderbach. From there we follow the cycle path past the Dürren See lake and the Toblacher See lake until we finally get back to the hotel.

Start: 09.40 am | **Return:** approx. 3.00 pm | **Difficulty:** medium
Distance: 50 km | **Altitude difference:** 850 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

Mountain hut tour: via the Brunnerwiesen hut to the Hofstatt hut

We start from the hotel in the direction of Mudler. Above Mudler at the parking lot we turn left towards Brunnerwiesen. Before Brunnerwiesen, we turn left along the forest path towards Langeggalm and Hofstattalm. From the Hofstattalm we cycle down into the Antholz Valley and through the biotope to Rasen. From Rasen we cycle over the Goste to the hotel.

Start: 10.00 am | **Return:** approx. 2.00 pm | **Difficulty:** easy
Distance: 31 km | **Altitude difference:** 990 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

Highlight: Full moon tour to the hut Taistner Alm

In the mystical atmosphere of a full moon, we set off on our e-bike tour to the Taistner Alm. The night shrouds the landscape in a mysterious light as we set off. The first stage takes us along an asphalt road that winds gently up the mountain and finally leads us to the parking lot behind the "Mudler" mountain inn.

The second section begins there on a well-maintained gravel road. Although the gradient is now gentler, this section still promises fascinating views of the surrounding landscape. The forest opens up again and again, revealing breathtaking views of the majestic Braies Dolomites, shimmering in the silvery light of the moon. Once we arrive at the Taistner Alm, a cozy campfire awaits us and together we toast to an eventful week of biking.

Start: 09.00 pm | **Return:** approx. midnight | **Difficulty:** easy
Distance: 15 km | **Altitude difference:** 900 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

Friday

Bike & Fish: Over the Ratsberg to the "Salmone Dolomiti" smokehouse

For our grand finale, we have planned a very special e-bike tour: the Bike and Fish Tour. First, the route takes us into the picturesque Gsiesertal valley to the Schuierhütte mountain hut, where we can enjoy a breathtaking view.

After enjoying the beauty of the Gsiesertal valley, we make our way to Niederdorf, where a special experience awaits us at the Salmone Dolomiti, Europe's highest salmon smokehouse. There we are welcomed with a delicious aperitif and learn more about the art of smoking salmon.

Start: 09.40 am | **Return:** approx. 3.00 pm | **Difficulty:** difficult
Distance: 48 km | **Altitude difference:** 1.700 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet



Off to Austria to the hut Silianerhütte and the Sunny Sport Store

From the hotel we go down to Welsberg, from Welsberg we take the cycle path to Silian and from Silian to the Leckfeld hut and then on to the Silianerhütte, where a fantastic mountain panorama awaits us. We head back down a steep gravel road to Silian, where we are picked up by the transfer.

On our exciting e-bike tour to Silian, we make a very special stop at the renowned sports store Sunny Sport. Sunny Sport is much more than just a store - it is an institution for sports and outdoor enthusiasts. With a wide selection of bikes, accessories and clothing, Sunny Sport offers everything to make every cyclist's heart beat faster. We have also been ordering our top e-bikes from Reinhard and his team for years

Start: 09.20 am | **Return:** ca. 3.00 pm | **Difficulty:** moderate
Distance: 50 km | **Altitude difference:** 1.300 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

To the Lachwiesen hut through the Silvestertal valley to Toblach

We start from the hotel in the direction of Welsberg. Now we follow the Val Pusteria cycle path to Toblach. In Toblach we follow the road with little traffic in the direction of mount Innichberg. Afterwards we continue in the direction of the Lachwiesenhütte. From the Lachwiesenhütte we continue uphill and enjoy the fantastic views as far as the Silvesteralm. From the Silvesteralm we head back towards Toblach. From there we take the cycle path back to the hotel.

Start: 10.00 am | **Return:** ca. 3.00 pm | **Difficulty:** easy
Distance: 40 km | **Altitude difference:** 1.100 hm | **Registration:** until 7 pm the previous day
Equipment: backpack, water bottle, snack, sun or rain protection, helmet

From 3.00 pm to 5.00 pm conclusion of the AT-E-bike week on the hotel terrace.

Lissi, Roman and Lukas are looking forward to a nice afternoon 😊



Bike Guide Lissi

I grew up here in beautiful Taisten, so I had a close relationship with nature and the mountains from a very early age. In my childhood I was mostly on foot in the mountains, I played ice hockey and went to riding school. It wasn't until I was about 18 that I discovered my passion for mountain biking. In the last 9 years, I have got to know our beautiful mountain world from a different perspective and the wonderful panorama never ceases to amaze me. In 2020, I finally completed my training as a guide and since then I have already been able to welcome numerous guests on our tours.



Bike Guide Roman

I am a country boy who grew up in Weitental in the Pfunterer Valley, in the middle of the Pfunterer mountains, where I spent a lot of time hiking and also mountain biking. In secondary school and later in the professional world, however, cycling was then completely forgotten. Only when I started 9 years ago in Alpen Tesitin and was entrusted with the maintenance of mountain bikes and e-bikes, the desire to ride a bike came back. In these 9 years I have made many tours and am always fascinated by the unspoiled nature. Last year I was allowed to accompany guests with the Ebike, it was a nice experience and enrichment for me, because I could inspire many guests for the beauty of nature.



Bike Guide Lukas

I grew up in Welsberg. Even as a young boy, I was fascinated by sport. In my youth I played a lot of tennis and at the age of 14 I started doing endurance sports. Mountain biking, mountain running and ski touring are my main sports, but mountain biking in particular. What fascinates me about cycling is that you can push yourself to your limits, and I also take part in many competitions in the beautiful South Tyrolean mountains. I am happy when I can introduce our guests to the beautiful Dolomites.

We wish you an adventurous & varied e-bike week.

Lissi, Roman and Lukas ❤️