

# MountainLakes e - trail tour 1

## 3 Salzkammergut regions in 4 days

breathtaking views at Fuschlsee and lake Wolfgang, enjoy a  
real nature experience

- ✓ **WITH LUGGAGE TRANSFER**
- ✓ **OVERNIGHT STAYS IN 3\* INNS / HOTELS**
- ✓ **ARRIVAL DAILY POSSIBLE**



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**In the Salzkammergut area also E-mountain bikers reach high up!**

The Salzkammergut is one of the most beautiful mountain biking regions in Austria. The unique and varying natural landscape with the spectacular views, extensive forests, clear mountain streams and lush meadows give you the necessary energy kick to manage this sporting challenge. Steep climbs are rewarded with magnificent views.

Take over the Salzkammergut region between mountain heights and crystal-clear lakes, spare no metres in altitude and reach your destination tired, but happy!

# Routing:

## 1. Day: Individual arrival in Bad Ischl

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In our service centre, located in Bad Ischl, you will get your travel documents (Monday – Friday: 2pm - 4pm, Saturday and Sunday: 5pm – 6pm).

Transfer to Ebenau.

Overnight stay in Ebenau

## 2. Day: Ebenau – Hintersee- Zwölferhorn St. Gilgen – Abersee / Strobl

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~57 km, altitude difference ascent 1542 / descent 1604 m; ~5 h

Today's tour leads you from Ebenau via Faistenau and Hintersee upwards to the Zwölferhorn in St. Gilgen. Enjoy the impressive view on the Wolfgangsee area with a delicious stop at the Saustalgalm. Continue via the Illingerbergalm and cycle downwards to Lake Wolfgangsee.

Overnight stay at Lake Wolfgangsee in Abersee or Strobl.

## 3. Day: Abersee / Strobl – Postalm – Abtenau – Gosau

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~67,9 km, altitude difference ascent 1851 / descent 1646 m; ~5,25 h

Today you follow the panorama-road in serpentines and bends up to Postalm. The Postalm is the second largest high plateau in Europe and offers an extensive pasture region with numerous huts. From the Postalm you decent to Abtenau. The tour leads you further on via Buchbergriedel and Hornspitz to Gosau.

Overnight stay in Gosau

## 4. Day: Gosau – Bad Goisern - Bad Aussee

~66,6km, altitude difference ascent 1390 / descent 1473 m; ~5,5 h

You cycle to Lake Gosausee, where you have an amazing view on mount Dachstein before you start your ascent to Löckenmoos, pass mount Plassen and descent to the World Heritage Site Hallstatt. You continue your tour along the Eastern lake shore of Lake Hallstättersee and arrive in Bad Goisern. From here the tour leads you along the Zlambach and the Leislingbach creek via Lupitsch to Bad Aussee. Train ride from Bad Aussee to Bad Ischl.

Possibility for a shortcut: Take the train from Bad Goisern to Bad Ischl, Saving ~19,5km, 455hm and 1,5h

Individual departure or additional nights



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## GENERAL INFORMATION:

**The carrying out of the tour is dependent on weather conditions!**

The E-MTB tours are demanding and therefore physical fitness and endurance are necessary.

To enjoy this trip also a proper cycle equipment like sneakers, rucksack, sun- and rain protection, comfortable sports cloths, jacket, jumper, gloves, helmet, first aid kit and enough beverages and food is mandatory. We strongly recommend taking an emergency repair kit with replacement hose and pump with you.

### **Battery management:**

Fully charge your battery every day.

We recommend a second battery. Pay attention to your driving if you do not have a second battery – you can probably charge it occasionally.

A low gear with high pedal frequency increases your range.

An ascent with more than 14km/h in the turbo mode reduces the range significantly. It is better to use a low gear in the E-MTB or sport mode with a speed lower than 10km/h.

# Arrangement

- 3x** overnight stay in \*\*\*inns / hotels with breakfast buffet
- 1x** welcome video with explanations and information that you need for the tour
- 1x** all stages in electronic form (gpx tracks)
- 1x** Mountain bike map Salzkammergut and further information material (1 x per room)
- 1x** Transfer from Bad Ischl to Ebenau incl. bike
- 1x** snack at a mountain hut
- 1x** train ride from Bad Aussee to Bad Ischl incl. bike
- 3x** luggage transfer - max. 2 pcs. / person and max. 25 kg / piece of luggage
- +** Only for rented bikes: repair kit with tube and bicycle pump
- +** Service hotline daily from 8 am – 6 pm (also on weekends)
- +** A tree for your booking – we plant a tree for your booking

## Rates per person for the arrangement in €:

	15.05. – 01.07.25 01.09. – 09.10.25	01.07. – 01.09.25
***hotels / inns in double room with breakfast	483,00	493,00
Supplement for half board (min. 2 course dinner)	109,00	109,00
Supplement for single room	134,00	134,00
Supplement for a solo traveler	77,00	77,00
Additional night double room with breakfast	72,00	72,00
Additional night supplement for half board	25,00	25,00
Additional night supplement for single room	22,00	22,00
Arrival day	Daily	Daily

### Accommodation:

Twin-bedded rooms in Austrian resorts are normally one large base with two mattresses/duvets. These are also known as 'Austrian Twins' and are regarded as two beds. Separate twin beds are rare and cannot be guaranteed as available.

### Information for arrivals by car:

The parking place does not always situate next to the accommodation but on a public parking place.

(Possible costs have to be paid on spot)

Due to environmental reasons we recommend to arrive and depart by public transportation.

## Bike rental

	Rates per bike for 3 days in €
E-mountain bike hard tail	141,00
E-mountain bike with full suspension	171,00
Helmet	9,00
Mobile phone holder	9,00

Please note: Price on request for extra-large bikes (body height [gt] 190 cm)

- We strongly recommend the use of helmets!
- E-Bike suitable for 12 yrs or older
- Loss of the bicycle key: charge of 20,00 €.
- The tenant is liable for damage or theft.

The standard terms and conditions of the Salzkammergut Touristik GmbH apply in the current version.

## Informations



### "A tree for your booking" – Cooperation project with Austrian Federal Forests

For every bike or hiking tour in the region booked with us, a tree is planted in the Weißenbach valley – near Bad Ischl. With this campaign we want to generate awareness for climate-friendly travel and take responsibility for a world worth living in.