

1. Bischofshofen – St. Martin am Tennengebirge

Length of Stage: ca. 59 km

Total Climbs: 2,020 m

In Bischofshofen, we will leave the Mohshammer Platz and follow the Gasteiner Straße south, turning left onto Pestalozzigasse and crossing the highway, before making a left through the railway underpass and crossing the bridge over the River Salzach. Once we reach the right bank, we will turn right and ride south on the Tauern Bike Path, passing a power station on the river and continuing as far as the Höller company. Here we will turn left, ride through the underpass beneath the Pinzgau highway, then follow a paved road to Urreiting. You'll know you are on the right track if you see signs for the No.4 MTB route (red-and-white). In Urreiting, we will make a right at the roadside altar. We now begin a winding climb – initially up a paved road – to the Obergründeck (elev. 1358 m, magnificent alpine views) and Hochgründeck – site of the Heinrich Kiener Haus (elev. 1792 m).

After the Schwaig farmsteads, we will make our way along a flat, recently gravel-topped forestry path to the Obergründeck (the blue-and-white signs now indicate we are in the Pongau MTB region) and as far as the Hochgründeck turn-off. Because of the many signs there, you can't miss it. It's now another 400 vertical meters to the Heinrich-Kiener-Haus; we return via the same route to our turn-off, where we will make a left and continue the next 18 km to Eben, staying pretty much parallel to the hillside at 1300 m above sea level. Only when we get to Höllerberg Forest do we encounter occasionally steep downhill segments on our way to Eben (elev. 862 m), where we pass beneath the autobahn and take the Badeseestraße to the railway station.

From the station in Eben, we make our way northwards and uphill to the main highway, which we will soon leave once again as we branch off to the right and cross the railway tracks. We ride northwards next to the rail line until we meet the main road (be careful, heavy traffic!). There now comes a quick downhill ride on this road, until we come to the bridge over the Fritzbach. Just beyond the bridge, we will branch off to the left and ride uphill, past houses Berg and Reit, finally coming to the Ellmauer. We will be able to constantly enjoy beautiful views out across the entire valley, all the way to the Hochkönig Massif.

At this point, an unpaved forestry road begins again, steadily climbing until we reach our highest point at around 1360 m. Only minimal up- and downhills are to follow, before we have to tackle a steeper downhill once more, dropping us down to the main highway which leads to St. Martin. We have to cross this road since the bike path we need is on the western side. If you wish, you can continue your ride into the town center of St. Martin.