

2. St. Martin – Golling

Length of Stage: ca. 57 km

Total Climbs: 800 m

After not even 500 m, and before reaching St. Martin, our tour leaves the bike path and takes us off to the right onto the Schwaigrotte. We will make another right in about 2 km, then ride up to the Harreith. After this, we'll have the toughest climbs beyond us. The highest point, elev. 1160 m, will soon be reached and, without too much effort, we will find ourselves in the Lammertal Valley. The paved road begins 500 m above the Lämmerhof, from where we can enjoy a carefree cruise all the way to Lungötz. There we will branch off to the left and, after a short stretch during which we head north, we will leave the main highway, turning right into Neubachtal Valley. The climb up to the Neuhauser is nothing to complain about. Only then do we turn left onto a gravel road. We will ride past a cross and, after barely 500 m, there is a spring where we will have an opportunity to refill our water bottles. The forestry road continues its ascent, until we come to the Unterdürrhoos farm. The views are impressive. To our right, the Gosaukamm and Bischofsmütze tower skywards, while the Lammertal lies there at our feet. As we glide along the paved supply road down into the valley, we won't have to pedal at all – we'll merely have to tug on our brakes every now and then. Passing a resort village, we will come to the main road (leading to the Salzburger Dolomitenhof), continuing downhill, past the valley terminal of the chair lift and on to Haslau and the highway.

Turning right, we will now ride on a bike path alongside a highway that takes us towards the mouth of the valley. After about 3 km, we will come to a sign for a car dealership, where we will make a right (can't be missed since there are also many signs here for MTB routes) and follow the road alongside the River Lammer, past the Rupertushof and riding stables. After the Schwaighof bridge, we will cross the highway and continue our travels to the left, along the banks of the Lammer once more. We will initially stay on the right, then for about 1.3 km on the left of the Lammer. Before the bridge, we will turn left towards some farms, though we will then need to make another left straight away, which will take us down a steep gravel path. When we reach the paved road, we will turn left and make our way up a series of switchbacks. Once things have flattened out (beautiful views including the Dachstein), we will follow the Schmerau supply road. The Erlmoos supply road now takes us back down to Abtenau. Before we come to the first houses in Abtenau, we will turn left at a road sign for the town center and bike down to the highway, onto which we will make a right and head for the town center. Prior to the Raiffeisenbank, we will take the road uphill to the left. At the end of the houses, we need to keep left, riding down through the forest to the main road, where we will make yet another left. At the Aumühle, we will cross the Schwarzerbach and continue our ride towards the valley head and Unterberg. Once there, we will make a left and ride along a forestry path up through a narrow fosse until we come to the Grubberg watershed (810 m). Once at the top, the forest recedes and allows us to see precipitous rock faces and mountainsides. Initially relatively flat, we will pass a stone pillar (formerly a border marker) and continue down the Klausgraben. From the Roidenbauer farm, a paved road affords us beautiful views of the Lammertal as it takes us down a series of steep switchbacks to Schwarzenbach bridge. After crossing the Lammer, we will head to

our left along a newly constructed bike path, past Scheffau and following the Lammer towards the mouth of the valley.

Before the Lammertal highway separates from the Lammer itself, we will cross it and ride the bike path alongside the highway to Golling. 150 m after the turn-off for the autobahn onramp, we will keep to the right (because of the one-way system), making our way uphill past the church and cemetery; at the next intersection, we will not continue into the picturesque town center, but rather make a left and ride downhill to the railway crossing (always keep left).