

## 5. Maria Alm – Bischofshofen

Length of Stage: ca. 59 km

Total Climbs: 1,900 m

Right at the entrance to Maria Alm, our route crosses the Grießbach and continues in the direction of Krallerwinkl. After about 2.5 km, our path branches off to the right. The paved road ends after the last farm. The forestry road that follows emerges from the forest again after about 2 km, where you will be able to view game deer at a feeding station. Right after this, we will have reached our first unofficial checkpoint, Gasthof Jufen (1100 m). Just above this inn is a crossroads for numerous hiking paths and trekking trail 01A. This is the actual car park for the inn and also where the paved road begins once more. Unfortunately, we will now have to drop 100 vertical meters back to the valley and then ride on the highway (watch out for traffic!) up to Hinterthal.

Once there, we will pedal through town as far as the church, where we will head uphill to the right and then, at the edge of town, make another right. This is the start of an undeveloped trail, first downhill to a stream, followed by a relatively significant uphill. Trail conditions are not the best. At the last switchback before the Filzensattel, we will reach the highway (elev. 1200 m). We have no choice but to tackle the last 90 vertical meters on this heavily traveled highway. 50 m before the Filzensattel (elev. 1290 m), we will branch off to the right and once again leave the main road. But we have yet to reach the highest point of this stage. Our path now takes us up a broad forestry road, as we climb another 100 vertical meters. But with this behind us, we now only have to deal with minor climbs and descents, while the end of this particular stage, Dienten am Hochkönig, keeps appearing before us. At the turn-off prior to the Grüneggbach, we will ride through a number of switchbacks down to the Grünegg cafe. We'd recommend taking a break for refreshments here, before continuing our tour along a paved road, underneath the gondola line and down to the highway, at which point we are just a short distance from town.

We will ride through Dienten and up towards the Hochkönig highway. After the last house, a narrow paved road heads off to the right and over a bridge. Once at the highway, the craggy sight of the Hochkönig Massif stands before us. We will now turn right onto the highway, but we will leave it again after about 300 m, making a right onto a road that leads up towards the Bürglalm. This forestry path crosses below the lift lines and winds its way up to the Bürglalm, spanning some 500 vertical meters in the process. The broad path leading to the Wastlhöhe is then somewhat flatter. We will ride to the left of the Wastlhöhe and the summit cross, until we reach the summit terminal of the Zachkofel lift. Just behind the terminal, we will ride down the narrow gravel footpath (please watch out for hikers!) and continue to the Sunn-Hütte (Sunnhüttl), which features a rather large photovoltaic system. We will ride behind this hut and uphill to a reservoir, where we will make our way to the right to the summit terminal of the Dachegg lift, then making yet another right along a steep path covered in coarse gravel down to the Tiergartenalm. We have one more steep drop ahead of us, this time down to the Hochkönig highway. We will take a right onto the highway, following it for 4 km until we reach the village of Elmau. With this behind us, we will make a left into the forest (the path is chained off from traffic, there's also a cul-de-sac and no vehicle entry sign). We now continue on a flat stretch to the

Schrammbach (also way-marked with light-green signs that say “Mountainbike Radwanderweg”). We’ll keep on this path and head upstream until we come to a power station, before continuing uphill for about 350 meters along the path on the far side of the stream, then heading up the hill to the left. After about 800 m, we will climb some wooden steps leading to a paved road that we will turn right on, continuing our ride to the Höchkönig sports arena and the Mandlwandstraße. Taking a left on this last road (which leads to the Arthurhaus), we will first ride uphill for about 300 m, before turning right onto a forestry path. Now we can enjoy a 10-km ride to the Gainfeldbach and Gainfeld, relatively parallel to the hillside at first, then dropping more steeply down to the Gainfeldbach. After crossing this stream, we will keep to the right. When we come to the Mayerlehengut, there’s first a fence and then we’ll be on the paved road again that will lead us back down to Bischofshofen. Now via the Hochköniggasse and Alte Bundesstraße, we will finally find ourselves back in the center of Bischofshofen once more.