# BIKE 50U

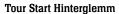
## **GUIDED TOURS & SKILLS SESSIONS**

Summer 2022 (preliminary)



	MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
ALL MOUNTAIN SPORT (1)	HENNERLEITER TOUR	LEOGANG VIA LOCHALM 900m climbing		FORSTHOFALM TOUR (following Skills Session)	T	MOUNTAIN LAKE LOOP 1,200m climbing		WADLBEISSER TOUR	
(Tour 1)	1,000m climbing Fitness: MEDIUM - HARD Skill Level: INTERMEDIATE 10:00 - approx. 16:00	Fitness: HARD Skill Level: MITTEL 09:00 - approx. 16:00	S	550m climbing Fitness: MEDIUM Skill Level: INTERMEDIATE	TT	Fitness: MEDIUM Skill Level: INTERMEDIATE 10:00 - approx. 16:00	S	Fitness: HARD Skill Level: INTERMEDIATE 10:00 - approx. 16:00	
	- постанувания и пос - постанувания и постанувания		Н	10:00 - approx. 16:00	H	10:10 from Saalbach	П	10:00 - approx. 10:00  10:00 from Saalbach	
ALL MOUNTAIN SOUL (1)	TALSCHLUSS TOUR (following Skills Session)	SEEKAR TOUR		LEOGANG TOUR VIA FIEBERBR 500m climbing Fitness: EASY - MEDIUM	UNN	WESTGIPFEL 8		PANORAMA- & MONTI TRAIL (following Skills Session)	WETTERKREUZ TOUR 400m climbing Fitness: EASY
(Tour 2)	500m climbing Fitness: EASY	700m climbing Fitness: MEDIUM		Skill Level: BEGINNER/ INTERMEDIATE	S	700m climbing Fitness: MEDIUM		300m climbing Fitness: EASY	Skill Level: BEGINNER/ INTERMEDIATE
(mm)	Skill Level: BEGINNER 10:00 - approx. 16:00	Skill Level: INTERMEDIATE 10:00 - approx. 16:00	H	10:00 - approx. 16:00 10:10 from Saalbach	Н	Skill Level: INTERMEDIATE 10:00 - approx. 16:00	H	Skill Level: BEGINNER 10:00 - approx. 16:00	10:00 - approx. 16:00 10:10 from Saalbach
EISURE BIKERS (1) (Tour 3)		TALSCHLUSS TOUR				BERNKOGEL TOUR (following Skills Session)	T		HACKLBERGER ALM
		500m climbing Fitness: EASY Skill Level: NOVICE 10:30 - approx. 15:00	Н			500m climbing Fitness: EASY Skill Level: NOVICE 10:00 - approx. 15:30	Н		700m climbing Fitness: EASY Skill Level: NOVICE 10:30am - approx. 15:00
SKILLS SESSIONS (1)	RIDING SKILLS FOR BEGINNERS		T	RIDING SKILLS FOR INTERMEDIATE RIDERS	T	SAFETY SKILLS FOR LEISURE RIDERS	T	RIDING SKILLS FOR BEGINNERS	TPP
T	Skill Level: BEGINNER 10:00 - 12:30	Skill Level: BEGINNER 13:30 - 16:00	Н	Skill Level: INTERMEDIATE 10:00 - 12:30	Н	Skill Level: NOVICE 10:00 - 12:30	Н	Skill Level: BEGINNER 10:00 - 12:30	
ENDURO,	FREERIDE TOUR SHRED'N ROLL	FREERIDE TRAINING BLUE	<b>T</b>	FREERIDE TOUR BIG 5 CLASSIC		FREERIDE TRAINING RED	<b>T</b>	FREERIDE TRAINING RED PLUS	FREERIDE TOUR MAGIC 4
FREERIDE & DOWNHILL (1)	approx. 180m climbing approx. 2,500m - 3,100m descer Skill Level: BEGINNER/INTERMEDIA Fitness: EASY 10:00 - approx. 16:00 10:10 from Saalbach	nt e.g. Monti Trail,	S	approx. 500m climbing approx. 5,000m descent Fitness: MEDIUM - HARD Skill Level: INTERMEDIATE 09:00 - approx. 16:30 <b>09:10 from Saalbach</b>	S	e.g. Buchegg Trail, Hacklberg Trail Skill Level: INTERMEDIATE 10:00 - approx. 12:30	Н	e.g. Z-Line, Blue Line, Pro Line, Skill Level: INTERMEDIATE/ADVANCED 10:00 - approx. 12:30	approx. 500m climbing approx. 4,200m descent Fitness: MEDIUM - HARD Skill Level: INTERMEDIATE 09:00 - approx. 16:30 09:10 from Saalbach
TINIS & KIDS <sup>(2)</sup> tarting 05.07.2021	FREERIDE KIDS NOVICES	FREERIDE MINIS NOVICES	<b>T</b>	FREERIDE KIDS NOVICES	<b>T</b>	FREERIDE MINIS NOVICES	<b>T</b>	FREERIDE KIDS NOVICES	
to 11.09.2021	(8 - 11 years) 10:00 - 12:30	(5 - 7 years) 10:00 - 12:30	S	(8 - 11 years) 10:00 - 12:30	S	(5 - 7 years) 10:00 - 12:30	S	(8 - 11 years) 10:00 - 12:30	
TEENS (2)	FREERIDE TEENS BEGINNER - INTERMEDIATE	_		FREERIDE TEENS BEGINNER - INTERMEDIATE	T	FREERIDE TEENS BEGINNER - INTERMEDIATE	<b>T</b>	FREERIDE TEENS BEGINNER - INTERMEDIATE	
arting 05.07.2021 to 11.09.2021	(12 - 15 years) 13:30 - approx. 16:00	(12 - 15 years) 13:30 - approx. 16:00	Н	(12 - 15 years) 13:30 - approx. 16:00	H	(12 - 15 years) 13:30 - approx. 16:00	Н	(12 - 15 years) 13:30 - approx. 16:00	



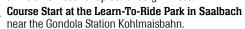


at the bike'n soul shop Reiterkogel.



Tour Start Saalbach

at the bike'n soul Shop Schattberg X-Press.





#### Skills Session (Allmountain / Tour)

These take place on our purpose-built training grounds. Following the session we'll practice what we've learned on a short ride.



#### Skills Session (Freeride)

Learn while you get to enjoy the best our bike park trails have to offer.

- (1) Participation from the age of 16. Under the age of 16 only after consultation with our guides and a declaration of consent from a parent or guardian.
  - <sup>(2)</sup> Participation only with the consent of a guardian.

Consent declaration forms are available at the bike'n soul info centre, any bike'n soul shop or at one of our bike'n soul hotels.

We reserve the right to change times and schedules; not depending on weather.

## BIKE 50UL

## **INFORMATION & PRICES**

Summer 2022 (preliminary)















E-bikers are welcome to join **all** our tours!

### **TOUR PACK LIST**

What to bring for a safe day out on the trails

- ✓ Fully operational mountain bike
- ✓ Important: helmets and gloves are mandatory on all tours, additionally:
  - ✓ knee and elbow pads if you're riding the bike park tracks on a bike with 120-160mm suspension travel
  - ✓ plus a full face helmet and back and chest protectors for all bike park tracks on a bike with 160-200 mm suspension travel
- ✓ Jokercard or lift pass
- ✓ Spare inner tube
- ✓ Suitable clothing for the weather
- ✓ Sun protection and sunglasses depending on the weather
- ✓ Water bottle
- ✓ Snacks, energy bars etc.

You're welcome to bring additional items e.g. a multi tool, pump etc. although our guides will be carrying these. We're happy to answer any further questions you might have. Visit us at our info center or call +43 (0) 676/843 645 307.

## **TOUR TYPES**



**ALL MOUNTAIN SPORT** (Tour I) > For ambitious bikers, who like to conquer 1,000m of altitude or more without lift assistance.



**ALL MOUNTAIN SOUL** (Tour 2) > For all bikers who like to work hard to gain some altitude, but from time to time also enjoy taking a gondola to get to the summit.



**ENDURO, FREERIDE & DOWNHILL** > For those who want to focus on our bike park trails. We use the gondola whenever possible and ride bikes with 140mm or more travel.



**LEISURE BIKERS** (Tour 3) > The perfect way to enjoy the beauty of nature. Nothing too technical or strenuous so no riding experience is needed.



**SKILLS SESSIONS** > Develop your riding skills on our custom-built training grounds whether you're a novice or advanced rider (all levels catered for).



**Minis & Kids** > The perfect start for little bikers. Playfully learn the basics of freeriding at the Learn to Ride Park.



**Teens** > We start with a short skills session before shredding the Bike Park Trails!

## BIKE SCHOOL & TOURS

PREIS PER I	PERSON AND TOUR / SES	SIUN
All mountai	n & Leisure Biker Tour	35,00 €
All mountai	n & Leisure Biker Skills Session	on 39,00€
All mountai	n & Leisure Biker	
Skills Sessi	on incl. Tour	49,00 €
Enduro & F	reeride Tour	35,00 €
Enduro & F	reeride Tour Magic 4	39,00 €
Enduro, Fre	eride & Downhill Session	39,00 €
Freeride Ki	ds & Minis	30,00€
Freeride Te	ens	35,00 €

## PRIVATE GUIDING & PRIVATE SKILL SESSIONS

#### HALF DAY

10:00 - 12:30	139,00 €
13:30 - 16:00	139,00 €
Each additional person	30,00€
FULL DAY	
10:00 - 16:00	239,00 €
Each additional person	35,00 €
LARGE GROUPS	price on request

#### **BIKE'N SOUL SHOP REITERKOGELBAHN**

5754 Hinterglemm | Austria

+43 (0) 676 / 843 645 304 | Mail: shop@bike-n-soul.at

Monday to Sunday 08:45 - 17:45

#### **BIKE'N SOUL SHOP SCHATTBERG X-PRESS**

5753 Saalbach | Austria

+43 (0) 676 / 843 645 306 | Mail: shop@bike-n-soul.at

Monday to Sunday 08:45 - 17:00

### **BIKE'N SOUL INFO CENTRE HINTERGLEMM**

Dorfstrasse 205 (pedestrian zone Hinterglemm) 5754 Hinterglemm | Austria

+43 (0) 676 / 843 645 307 | Mail: infocenter@bike-n-soul.at

Monday to Saturday 08:30 - 11:30 and 15:00 - 18:00