



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



Tour Start Hintertglemm
at the bike'n soul shop Reiterkogel.



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



Course Start at the Learn-To-Ride Park in Saalbach
near the Gondola Station Kohlmaisbahn.



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 of 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.

⁽²⁾ 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'n SOUL

INFORMATION & PRICES

Summer 2022 (preliminary)



KIDS & TEENS FREERIDE



ALL MOUNTAIN SKILLS SESSIONS



ALL MOUNTAIN TOUR



ENDURO, FREERIDE & DOWNHILL



LEISURE BIKER TOUR



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 1) > 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 PERSON AND TOUR / SESSION

All mountain & Leisure Biker Tour	35,00 €
All mountain & Leisure Biker Skills Session	39,00 €
All mountain & Leisure Biker Skills Session incl. Tour	49,00 €
Enduro & Freeride Tour	35,00 €
Enduro & Freeride Tour Magic 4	39,00 €
Enduro, Freeride & Downhill Session	39,00 €
Freeride Kids & Minis	30,00 €
Freeride Teens	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 SCHATTEBERG 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



**E-BIKERS
WELCOME**

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