

SUMMER
2024

Idre Fjäll

Biking map

Trail pass

Trail pass is mandatory and should be placed visibly. You can purchase the trail pass at idrefjall.se or by scanning the QR code below. Please pick up your pass at the reception in the central building, at Sportuthyrningen Torget, Sportuthyrningen Väst, or at Café Navet by the Skills Area. Trail descriptions can be found at idrefjall.se.

With a trail pass, you will receive:

- Access to all biking trails at Idre Fjäll
- Use of our Skills Area
- Biking on our asphalt Pump track
- Tips and advice from our biking hosts
- Use of our bike wash facilities, including detergent
- Access to bike repair equipment at our bike maintenance stations
- Free rides on the Fjälltåget (mountain train)

Trail and lift pass

For lift-assisted biking using Väst 6 or Syd-gondolen, you can purchase our combined lift and trail pass. The lift pass can be obtained from one of our pick-up boxes or at the reception. You can keep the lift card in your pocket, while the trail pass should be securely attached to the handlebars. During the daily inspection, please ensure that you have the trail pass, lift card, and payment ready for presentation. Idre Fjäll is a foundation, and we reinvest all the revenue into our operations. Every year, we make significant investments in maintaining the biking trails and developing even more amazing biking experiences for you.



Trailpass

Scan the code or visit idrefjall.se to buy your Trailpass

Five tips for a great biking experience

Welcome to Idre Fjäll Bikeland! We are delighted to have you with us and want to ensure that you have the best possible experience on our mountain. Therefore, we have compiled some points that we hope will provide you with a safer and more enjoyable time in the saddle.

- 1** A well-functioning bike is crucial for optimizing your experience. This means ensuring that it is properly adjusted and set up for you, with functioning brakes and gears. Don't forget to bring an extra hose, pump, and tools in case you encounter any issues on the mountain and need to make repairs.
- 2** Dress appropriately with proper biking attire, including a safe helmet, shoes with good grip, gloves, and functional upper body clothing. For the ultimate experience, we highly recommend investing in genuine biking pants! Whether you choose to cycle with fixed bicycle pedals, where your feet are secured, is entirely up to you.
- 3** Plan for reasonably long rides if you are new to biking. If you are biking with children, remember to take short breaks to allow for recovery and replenishment of fluids and energy.
- 4** If you are embarking on your first ride with a new bike, we suggest starting calmly and gradually in the Skills Area. This will allow you to familiarize yourself with the bike before venturing out on longer rides.
- 5** Enhance your biking skills and ensure a safe and enjoyable experience by booking a course with an instructor. Our website offers several different courses to choose from, catering to those who wish to refine their biking technique.

→ [Book at idrefjall.se](https://idrefjall.se)

If you are biking with children, don't forget to take short breaks for recovery where fluids and energy are replenished.

Biking paradise on Idre fjäll

Idre Fjäll Bikeland is the new name that encompasses all of Idre Fjäll's biking products.

- Our goal is to become the Nordic region's premier destination and meeting place for biking.
- We will invest equally in muscle-powered biking, lift-assisted biking, and electric-assisted biking.
- Our focus is to offer a wide variety of mountain biking experiences, primarily ranging from green to red trails.

IDRE FJÄLL
bikeland

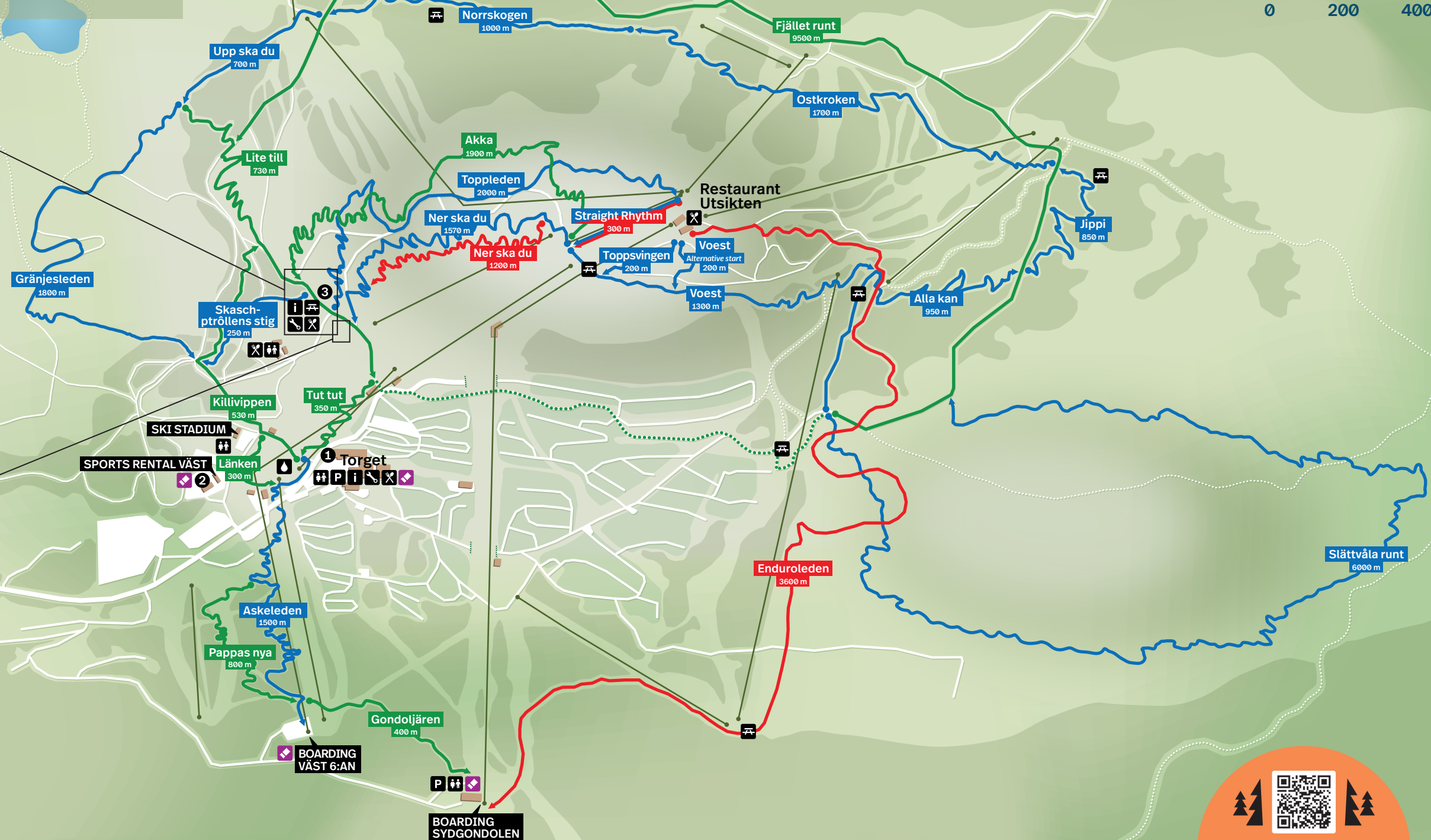
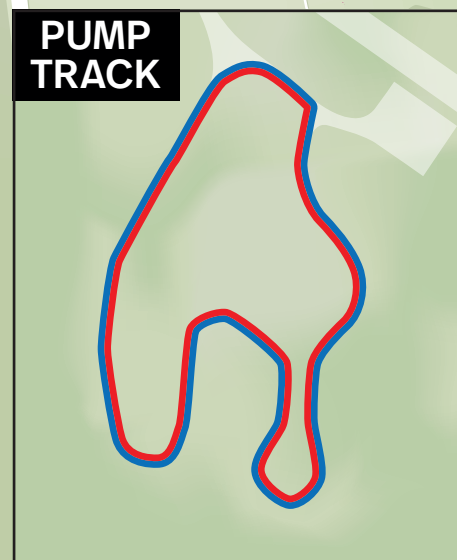
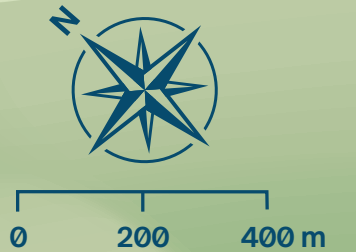


Bike rental

Pre-booked bicycles are picked up and left at Sportuthyrning Väst. At Sportuthyrning Torget we have drop-in rentals.



bikeland IDRE FJÄLL



FIND THE RIGHT CROSS-COUNTRY TRAIL FOR YOU

VERY EASY	Easy to bike on mostly flat terrain on gravel and forest path. Obstacles up to 10 centimetres may occur.
EASY	Trail on gravel and forest path with occasionally high elevation differences. Obstacles up to 20 centimetres may occur.
MEDIUM	Technical trail with greater elevation differences. Obstacles up to 40 centimetres may occur.

SYMBOLS

P Parking	Bike repair station	1 Torget (Bike rental and repair shop, Mountain Sports, ICA, Reception)
i Information	Café/restaurang	2 Delivery of pre-booked rental bikes
Toilet	Resting place	3 Café Navet
Bike wash station	Buy/pick up lift pass	

OTHER

- Biking is undertaken at your own risk
 - Wear a helmet, ride according to your own ability, and have fun!
 - In the event of acute injury, call 112
 - Important information about lift-based biking is available in "SLAOs lilla gröna", www.slao.se/en
- Contact Idre Fjäll: tel. +46 253 41253



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