

# Mountain bikers and cyclists

## Cycling and biking

Over 500 km of sign-posted [mountain bike tours](#) make Lungau a paradise for the nature-loving bikers.

[Enjoyable bike tours](#) through fields and forests, in which hidden spots and rewarding destinations are just waiting to be discovered, experiences that are especially suited for families. And last but not least, the Lungau Family Cycling Day and the Bike Rally for Everyone take place here each year.

Athletically ambitious cyclists, who are physically up to tackling the mountains, will love the challenges of crossing a few of our region's mountain passes including the Tauernpass, Nockalmstraße, Katschberg, or the Sölkpass, which are also part of the SAMSONMAN Bike Marathon.

Bike rentals are available in all of Lungau's main towns, which means, nothing stands in the way of your total biking enjoyment.

Prefer to explore the Lungau countryside in a more leisurely way?

Then we have just the right thing for you, an [e-bike](#). Rent out an e-bike, and of course, you'll find plenty of recharging stations throughout Lungau, so you'll have no issues making it back home safely and easily.