



## Save the date!

June 28, 2026

**GIRO****DAYS**

Registration for the  
Dreiländergiro 2026 starts on  
October 1, 2025

## Dreiländergiro Magazine

The legendary classic since 1989  
1ST ISSUE, JUNE '25

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- [Route & Safety](#)
- [Important information for participants](#)



[www.dreilaendergiro.at](http://www.dreilaendergiro.at)  
[www.nauders.com](http://www.nauders.com)

**Nauders**  
am Reschenpass



# 365 days full of anticipation!

The first Dreiländergiro magazine

**For us, the Dreiländergiro is much more than a cycling marathon – it's a celebration of passion, team spirit, and an annual reunion with the larger cycling community. For us as a team, behind every meter of elevation, every curve, and every finish line lies a deep conviction: sport connects people, and what we do moves people – physically, emotionally, and sometimes for life. We create moments that last.**

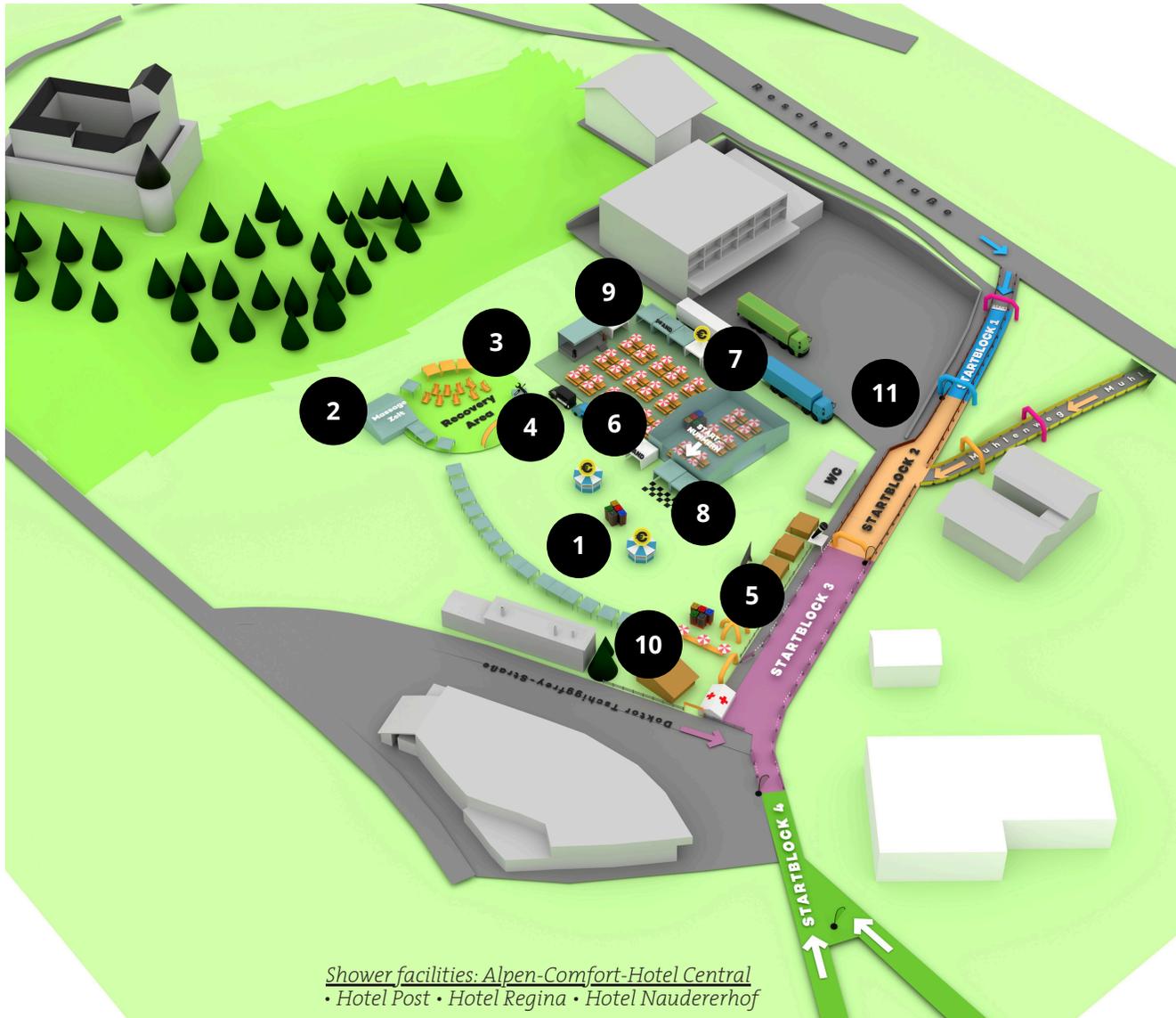
What drives us? It's that unique feeling when the start line comes to life early in the morning. When people from all over Europe come to Nauders to ride together across borders – geographical, athletic, and sometimes personal. It's the energy that arises when helpers, partners, and rallies form a community for an entire weekend. It's hard to put into words how it feels when our abstract ideas and considerations take shape. When suddenly 3,000 real people, with all their stories and their beaming faces, stand before us and an idea turns into a day that means so much to you. We love what we do. There's nothing more beautiful for us than shaping the Dreiländergiro with you.

Every time we organize the Dreiländergiro, we celebrate exactly that: the enthusiasm for cycling and the mountains. The nature that surrounds us. The people who make this event possible. For us, the Dreiländergiro is not a task – it's our passion. And that's precisely why we look forward to sharing this special event with you every year.

Your Dreiländergiro team

# Our event area

in the festival tent meadow



*Shower facilities: Alpen-Comfort-Hotel Central  
• Hotel Post • Hotel Regina • Hotel Naudererhof*

1. Expo Area (Saturday from 9:00, Sunday from 10:00)
2. Massage by BASEFIVE (Saturday, 9:30 to 19:00 & Sunday, 12:00 to 17:00)
3. Recovery Area
4. Bike Service (Saturday, mechanic stand from 9:30, tire change workshop 12:00)
5. Finish refreshment station
6. Food truck, ice cream & coffee (Saturday, 11:00 to 18:30, Sunday, 11:00 to 18:00)
7. Pasta party & festival tent delicacies by Naked Kitchen (Saturday, 11:00 to 18:30, Pasta party on Saturday! Sunday, 11:00 to 18:00)
8. Start number distribution (Saturday, 9:00 to 19:00 Sunday, 5:00 to 6:00) Jersey collection: Sunday, from 11:00 to 17:30
9. Stage (Opening ceremony, Saturday 5:00 PM, award ceremony, Sunday 5:30 PM)
10. Cycling Marathon Office (Sat, 9:00 to 19:00) can be reached by phone (+43 660 949 25 70 = Event Serviceline), Sunday 12:00 to 17:00 on site
11. No parking (parking is not allowed here)

# Enjoyment & Recovery:

Everything for your Giro experience!

**Food truck, culinary delights & pasta party powered by Naked Kitchen: Hot food and cold beer await you in our festival meadow! For dessert, the Nauderer farmers' wives will spoil you with freshly baked cakes on Saturday (kitchen open on Saturday from 11:00 a.m. to 6:30 p.m., on Sunday from 11:00 a.m. to 6:00 p.m.). Your voucher for the pasta party is redeemable only on Saturday (from 11:00 a.m.). There are three different pasta dishes for you to choose from!**

**Massages:** This year, our masseuses and physiotherapists will once again offer professional massages on both days of the event. When & where? Saturday, 9:30 a.m. to 7:00 p.m. and Sunday, 12:00 p.m. to 5:00 p.m. in the massage tent in the recovery zone of our festival grounds.

**Recovery Area:** In addition to traditional massage services, our recovery area offers the best possible services to relax and rejuvenate after your Dreiländergiro experience. You can look forward to Powerbar recovery shakes, curing shots, Black Roll equipment, ice baths, sports physiotherapy, and comfortable seating!

**Sportograf:** Good experiences call for lasting memories. Of course, the Sportograf is on the road again this year for you and Brilliant shots of you on the track. You can find the link to your photos next to your result in our results list or directly at: [www.sportograf.com/event/13551](http://www.sportograf.com/event/13551)

**Course Service:** This year, we will once again offer replacement tubes at the refreshment stations (limited quantities). Additionally, a multi-tool A bicycle pump is available at each station. You can pay for your spare tube when you pick up your finisher's jersey.

**Finisher's jersey:** You will receive your finisher's jersey after your participation when you return your start number. The jersey collection point is open on Sunday from 11:00 a.m. to 5:30 p.m. You will find it at the same location as the start number pick-up.

'25  
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GIRO



# Our program

## Your Dreiländergiro weekend



### Friday, June 27, 2025:

11:00 a.m. Presentation of Race Across the Alps participants

1:00 p.m. Start of the Race Across the Alps

The BALDISO Test Days start at 1:30 p.m. Test the unique BALDISO road bikes right at the event site!

7:00 p.m Start of the Night Race in the center of Nauders

from 8:00 p.m. Kids Race of the kids from the BikeClub Nauders

### Saturday, June 28, 2025:

from 09:00 a.m. finish line of the Race Across the Alps finishers

09:00 – 19:00 Start number collection at the festival grounds

9:00 – 19:00 Expo Area: our exhibitors are waiting for you!

9:30 a.m. – 7:00 p.m. Recovery area & massages by the BASEFIVE physio team!

from 11:00 a.m. Festzelt Schmankerl & Foodtruck by Naked Kitchen!

from 2 p.m. Sundowner with DJ Julien

from 4:15 p.m. award ceremony of the Race Across The Alps

**from 5:00 p.m. THE BIG COUNTDOWN with opening ceremony, national parade (BikeClub Kids Nauders) and safety briefing**

Attendance at the opening ceremony is mandatory: To ensure you're safe and fully informed on your route, we'll be monitoring key points, hazards, and detours until the last minute. Therefore, this update is mandatory!

### Sunday, June 29, 2025:

05:00 – 06:00 Last chance: start number collection

6:30 a.m. START of the 32nd DREILÄNDERGIRO!

09:15 a.m. Performance by the Stillebacher traditional costume group

10:00 – 18:00 Expo Area!

From around 10:00 a.m. arrivals – we celebrate our finishers!

from 11:00 a.m. Festzelt Schmankerl & Foodtruck by Naked Kitchen

11:00 – 17:30 Jersey pickup at the festival grounds

12:00 – 17:00 Massages by the BASEFIVE physio team!

5:00 p.m. Arrival & big ceremony for the last finisher

5:15 p.m. Performance by the Stillebacher traditional costume group

5:30 p.m. Award ceremony of the 32nd Dreiländergiro

Stay up to date & scan the code for the most important information!



Show your participation card at the festival grounds to use the shower facilities after the Dreiländergiro: This year, our participants can use the shower facilities in the following hotels:

Hotel Central, Hotel Post, Hotel Naudererhof, Hotel Regina.

# Our Girodays

The side events just for you.



## Tuesday, June 24, 2025

19:30 – Online workshop: “Mental training for cyclists” with the certified sports mental trainer Madeleine Johansson

## Wednesday, June 25, 2025

16:00 – Departure: Girodays kick-off 1.5h with SPORTCoach Daniel Rubisoier, get-together & welcome gift

19:30 – Online Workshop: Nutrition for Cyclists with Powerbar nutrition expert Simon Barr, Q&A

## Thursday, June 26, 2025

10:00 – Departure: Girodays 3h round with sports coach Daniel Rubisoier (Nauders – Reschensee – Prad – Nauders)

16:30 – Lactose measurements: with sports coach Daniel Rubisoier (1.5–3h), Cost: 29 EUR (min. 5 TN)

7:30 p.m. – Online Workshop: Tactics instead of chance with SPORTCOACH Daniel Rubisoier: Your route. Your plan. Your Giro.

With "GIRODAYS," we've offered a week of cycling for the past few years, celebrating cycling together with athletes from all over the world! In the online workshops, you'll receive exciting input, particularly on topics like (mental) training and nutrition. Of course, there will also be plenty of time for your specific questions. Your on-site program includes group rides and lactate measurements.

## Friday, June 27, 2025

09:00 – Lactose measurements: with sports coach Daniel Rubisoier (1.5–3h), Cost: 29 EUR (min. 5 TN)

From 1:30 p.m. – Start of the BALDISO Test Days: test the BALDISO racing bikes on site! From 2:30 p.m. – Women Only Coffee Ride with Marion Anwander from BALDISO: Social Pace Ride & Coffee Stop (approx. 2 hours)

3:00 p.m. – Cappuccino Round: 1.5h rest day ride (40 km) with coffee stop & training tips from sports coach Daniel Rubisoier and special guest Daniel Federspiel!

## Saturday, June 28, 2025

10:00 – Competition preparation: the final spin with sprints & supercompensation (1.5–2 hours) with sports coach Daniel Rubisoier!

12:00 – Breakdown assistance in a nutshell: Tube replacement workshop at the festival grounds for the Dreiländergiro by our team of mechanics!

Not registered yet?  
Then it's about time!



# Starting blocks

## Access to the start

According to your registration, you will be assigned to one of four starting blocks. Your starting block is indicated on your start number. The starting blocks are also assigned according to start numbers, so changing starting blocks is no longer possible. To ensure an orderly process, we ask you to arrive at your starting block on time. Starting line-up is possible from 5:30 a.m. The starting gun will fire at 6:30 a.m. To ensure you can easily find your starting block early on Sunday morning, we recommend that you walk/drive from your accommodation to the correct entrance on Saturday.

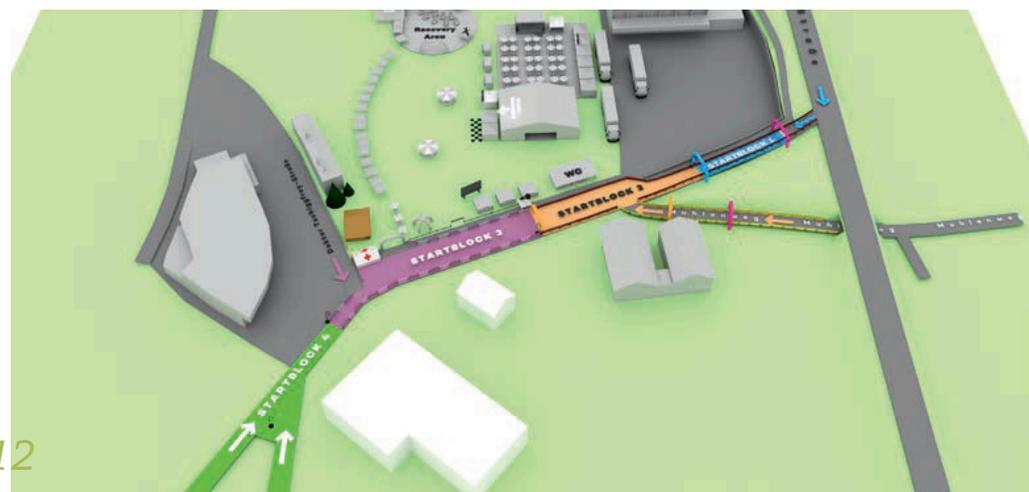
### Access to the starting blocks (see illustration):

Starting block 1: Access from Reschenstraße B180 (blue arrows)

Starting block 2: Access from Reschenstraße B180 & Mühlenweg (orange arrows)

Starting block 3: Access from Dr. Tschiggfrey Straße (purple arrows)

Starting block 4: Access from the town centre via Unterdorfweg or the Dr. Tschiggfrey Street (green arrows)



# Start number assembly

## Your official Dreiländergiro document

Make sure that your start number is clearly visible and correctly attached – this is the only way to guarantee:

- ✓ Your participation & timekeeping
- ✓ Control-free crossing of borders
- ✓ Help from our track staff
- ✓ Photo service from Sportograf

Important: The start numbers must not be folded or rolled. Incorrectly mounted or damaged = disqualification (official requirement!).



Timekeeping is done via the transponder in your seatpost number. Only if the sticker is correctly attached can your time be recorded and you will be included in the rankings.



**Therefore, please attach the seat post sticker exactly as shown in the instructions.**

# Timing & Live-Timing

## An overview

### Live timing during your ride:

There are also some live intermediate times along the route so that your companion can follow you online:

- ✓ Prad/Stilfserbrücke
- ✓ Stelvio
- ✓ Santa Maria

### Depending on the route:

- ✓ St.Valentin
- ✓ Zernez
- ✓ Finish
- ✓ Martina
- ✓ Finish

You can see the intermediate times on the "Timing Check-Point" sign.

### Information for your companions:

If you have provided a telephone number for your companion when registering, they will be informed by SMS at the last timing point shortly before you reach the finish line.

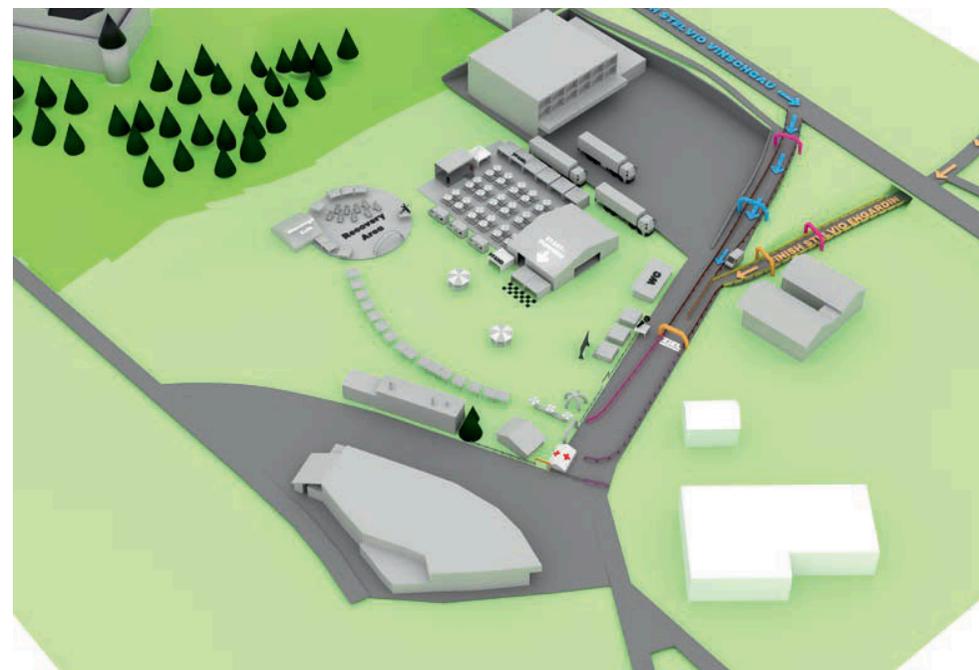
On the Stelvio Vinschgau route, your time will be measured in Resia – 6 km from the finish. On the Stelvio Engadin route, the last timing point is in Martina – 7.7 km from the finish.

Your finish time can be viewed online immediately after you cross the finish line.



# Finish line

## At a glance



Stelvio Vinschgau route: You return to the finish line via the B 180 Reschenstraße. You'll now roll into the finish line at the exact same intersection where you crossed the start line at 6:30 a.m. "Rolling" is a literal term – slow down!  
Stelvio Vinschgau finish: **blue arrows!**

Stelvio Engadin route: You return from Norbertshöhe via Martinsbrucker Straße B 185 to Nauders. Our marshals and barriers make it almost impossible to miss the turn onto Mühlenweg. And now you're just a few meters from the finish line. Sprints to the finish line are strictly prohibited!  
Stelvio Engadin finish: **orange arrows!**

Be sure to slow down and approach the finish line slowly. Please leave the finish area promptly after crossing the finish line.

# RATA? Just went for it!

How I accidentally won the Race Across The Alps.

When Rubi looks back on his first Race Across The Alps today, he can't help but smile. Because, truth be told, he never planned on riding it himself — at least not at first. Two road cyclists had asked him if he could help them prepare for the RATA. Sounded like an exciting project, Rubi thought.

He had heard about the toughest one-day race in the Alps — but only vaguely. Up until then, his real passion had been mountain biking. As for road cycling? Big events like the Dreiländergiro were more his thing. “So I started digging into it,” he says. “Sounded pretty insane — but also pretty awesome. I brought it up at home, and instead of resistance, I got: ‘Sounds great, let’s do it!’” Rubi laughs. “I was pumped. My mind? Ready. My butt? No idea what was coming.”

Shortly after, he actually found himself on the start line — at the next RATA. 14,000 vertical meters, 525 kilometers, three countries, one goal: just make it to the finish. Quitting? Not an option. “I didn’t know the route or any strategy. The winning time was somewhere over 20 hours — that’s about all I knew. The rest? I learned on the go. Literally.”

It was brutal. Absolutely brutal. The night, the sleep deprivation, the climbs — everything took its toll. But something else grew with every pedal stroke: pure passion for racing.

“And then there was this moment at the Reschen Pass — selfies, a cola break, good vibes... and suddenly we were half an hour from the finish line.” What happened next caught even Rubi off guard:

He won. Not planned, not calculated — just went for it. “We didn’t even know the exact winning time. We were just... well, casually chaotic.” And it didn’t stop there. Three more wins followed. Still, Rubi admits: “It got tougher every time — or maybe I was just getting older.”

And yet: the fascination remains. The deep respect for what the body and mind can do. And the thrill of adventure — which often starts exactly when you least expect it. Ride on, Rubi.





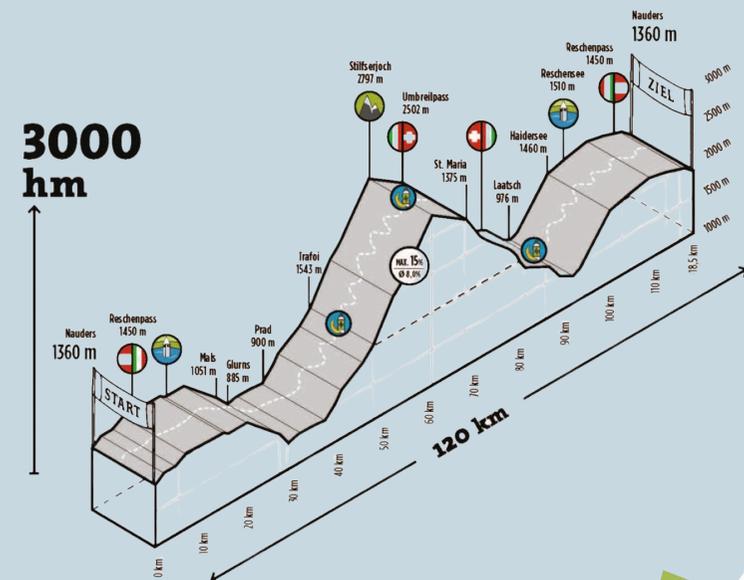
# Stelvio Vinschgau

120 km & 3,000 meters of elevation gain

From Austria to Italy, the Stelvio Vinschgau route takes you over the Reschen Pass to Prato, before you tackle the 48 hairpin bends of the impressive Stilfserjoch. Once at the top, you'll be rewarded with a unique view and the unique feeling of having climbed the legendary mountain peak at 2,797 meters above sea level. From here, you'll cross the breathtaking Umbrail Pass into the Swiss Val Müstair. You'll leave this valley towards Laatsch – this is where the final major stage of your Dreiländergiro experience begins. The final stretch takes you back to the Reschen Pass. But this time, the route follows the cycle path of the legendary Via Claudia Augusta – nestled in nature, with views of imposing mountain peaks and the deep waters of Lake Haider and Lake Reschen.

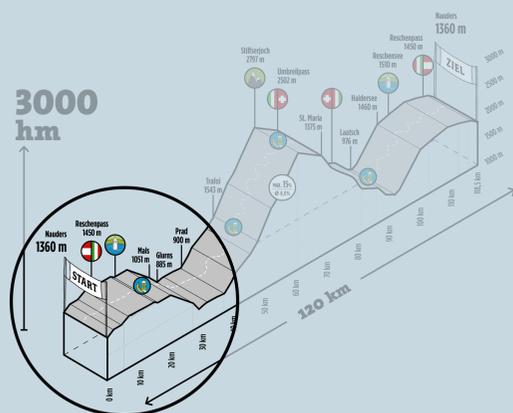
Along the route you will be provided with refreshments at 4 refreshment stations:

- Catering: Trafoi
- Catering: Stelvio
- Catering: Laatsch
- Catering: St. Valentin
- Finish line catering



# Route highlights

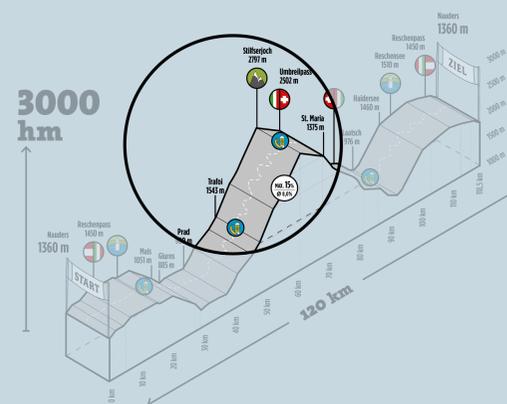
First section (Stelvio Vinschgau)



- 📍 Start in Nauders, next to Naudersberg Castle, a 700-year-old medieval fortress
- 📍 Crossing from Austria to Italy
- 📍 Passing the historic Reschensee with its sunken church tower
- 📍 Historic places along the route, such as Glurns, the smallest town in South Tyrol
- 📍 Panoramic views of three-thousand-meter peaks and diverse landscapes
- ⚠️ Long descent in large groups
- ⚠️ Concentrated and careful riding Pay attention to direction arrows Pay attention to instructions from the track staff
- 📍 Official toilet stop: in Prad

# Route highlights

Second section (Stelvio Vinschgau)

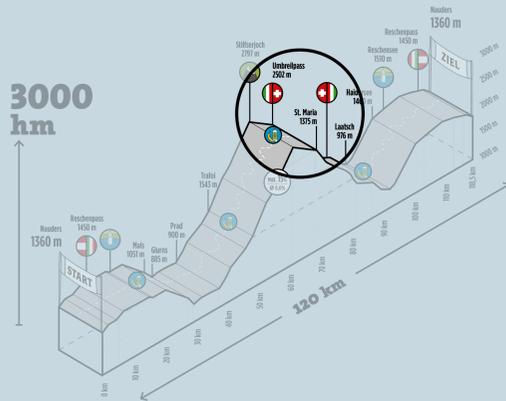


- 📍 STELVIO à the king of the Alpine passes
- 📍 48 hairpin bends to the pass summit at 2757m
- 📍 Historically significant crossing since Roman times Stelvio
- 📍 National Park: one of the largest nature reserves in Europe
- ⚠️ Stay hydrated
- ⚠️ Cut-off Time Stelvio
- 📍 12:00 Average gradient 7% | max. gradient 15%
- 📍 Refreshment stations:
  - Trafoi | including toilet (only 1 toilet = emergency toilet)
  - shortly after the Stelvio (no toilet)

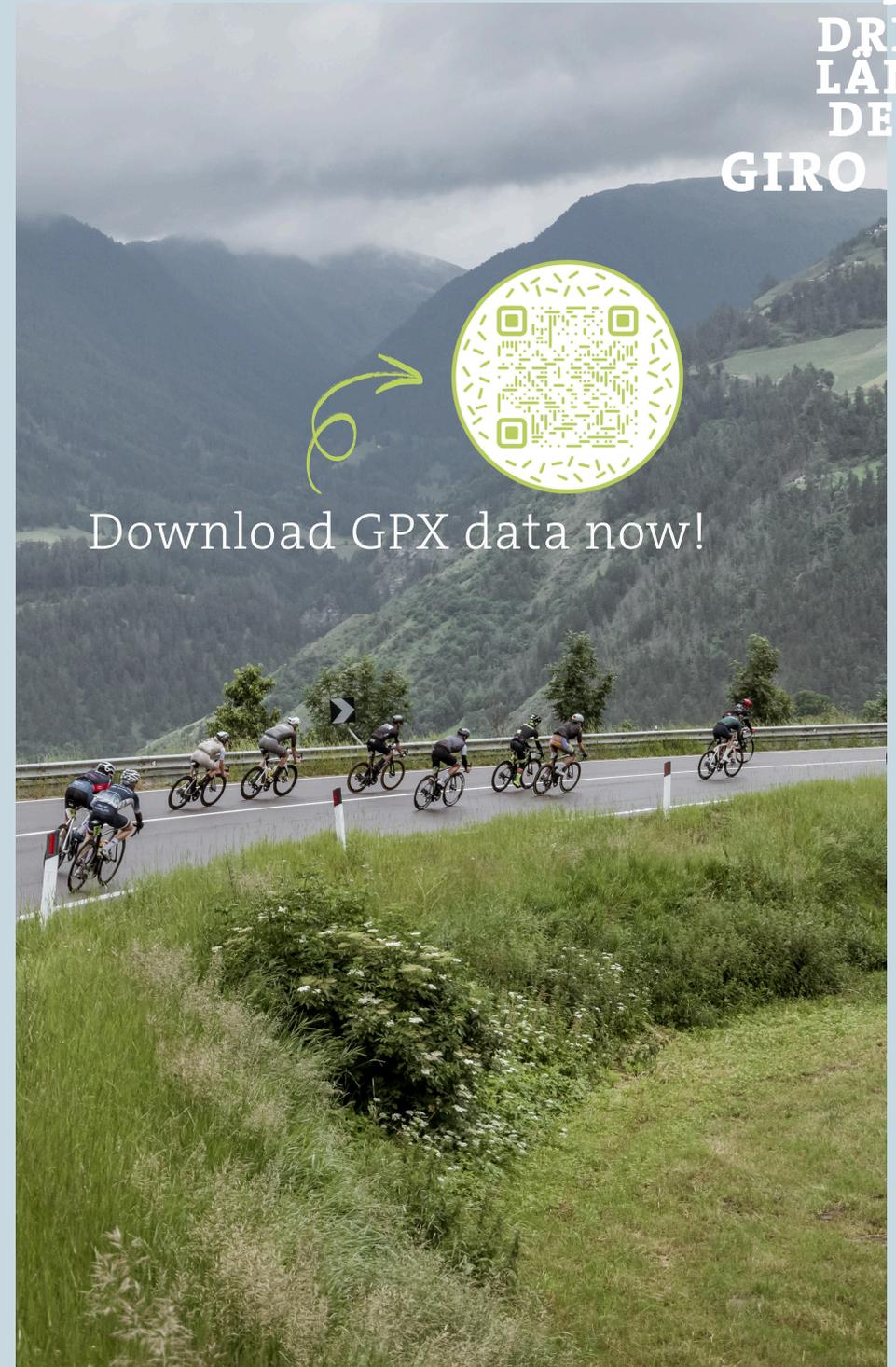
Official toilet stop: Franzeshöhe

# Route highlights

Third section (Stelvio Vinschgau)



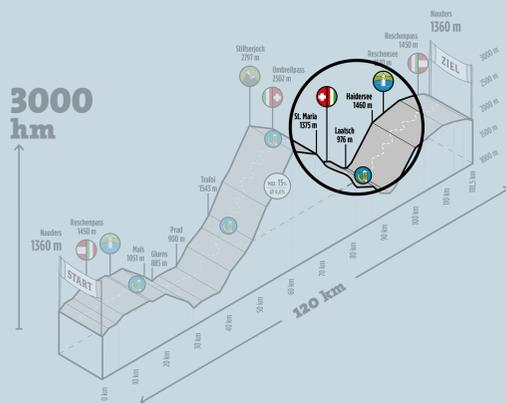
- 📍 Crossing the border: Welcome to Switzerland!
- 📍 Umbrail Pass: Long and winding descent; 33 hairpin bends down to Santa Maria.
- 📍 Historically significant crossing since Roman times.
- 📍 Drive through the idyllic Münstertal Follow the signs >> Turn RIGHT
- ⚠️ onto the Umbrail Pass
- ⚠️ Fingers get cold
- ⚠️ Brakes get hot
- ⚠️ Route separation in Sta. Maria – reduce speed



Download GPX data now!

# Route highlights

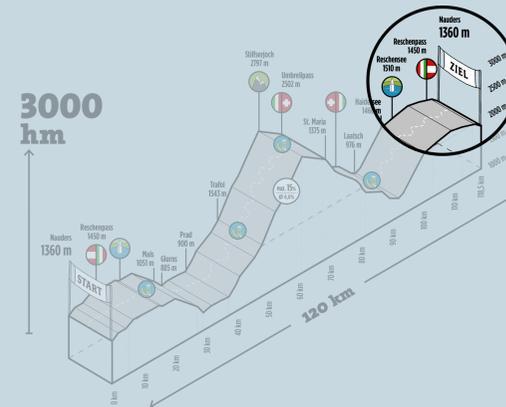
Fourth section (Stelvio Vinschgau)



- 📍 Crossing the border: Welcome back to Italy!
- 📍 Ride through the idyllic Upper Vinschgau, past the natural lake Haidersee.
- ⚠️ Pay attention to the direction arrows. Pay attention to the instructions of the route poses.
- 📍 Refreshment station: Laatsch | incl. WC

# Route highlights

Last section (Stelvio Vinschgau)



- 📍 Last stretch! Your finish is within reach!
- 📍 Pass the historic Reschensee with its sunken church tower. Pay attention to the direction arrows. Follow the instructions from the course posers. No sprints to the finish! Reduce your speed significantly when crossing the finish line.
- 📍 Last refreshment station before the finish: St. Valentin | incl. WC



## Code of Honor

Where Fairness Leads, Unity Follows.

**Sportsmanship:** To participate in the Dreiländergiro, you need not only a minimum level of athleticism, but also a sportsmanlike demeanor. This means you should not only be fit, but also a true sportsman or woman. Avoid all tricks to be faster, whether it's drafting or using supplies from support vehicles, or other performance-enhancing measures. What counts here is pure competition and the joy of the sport.

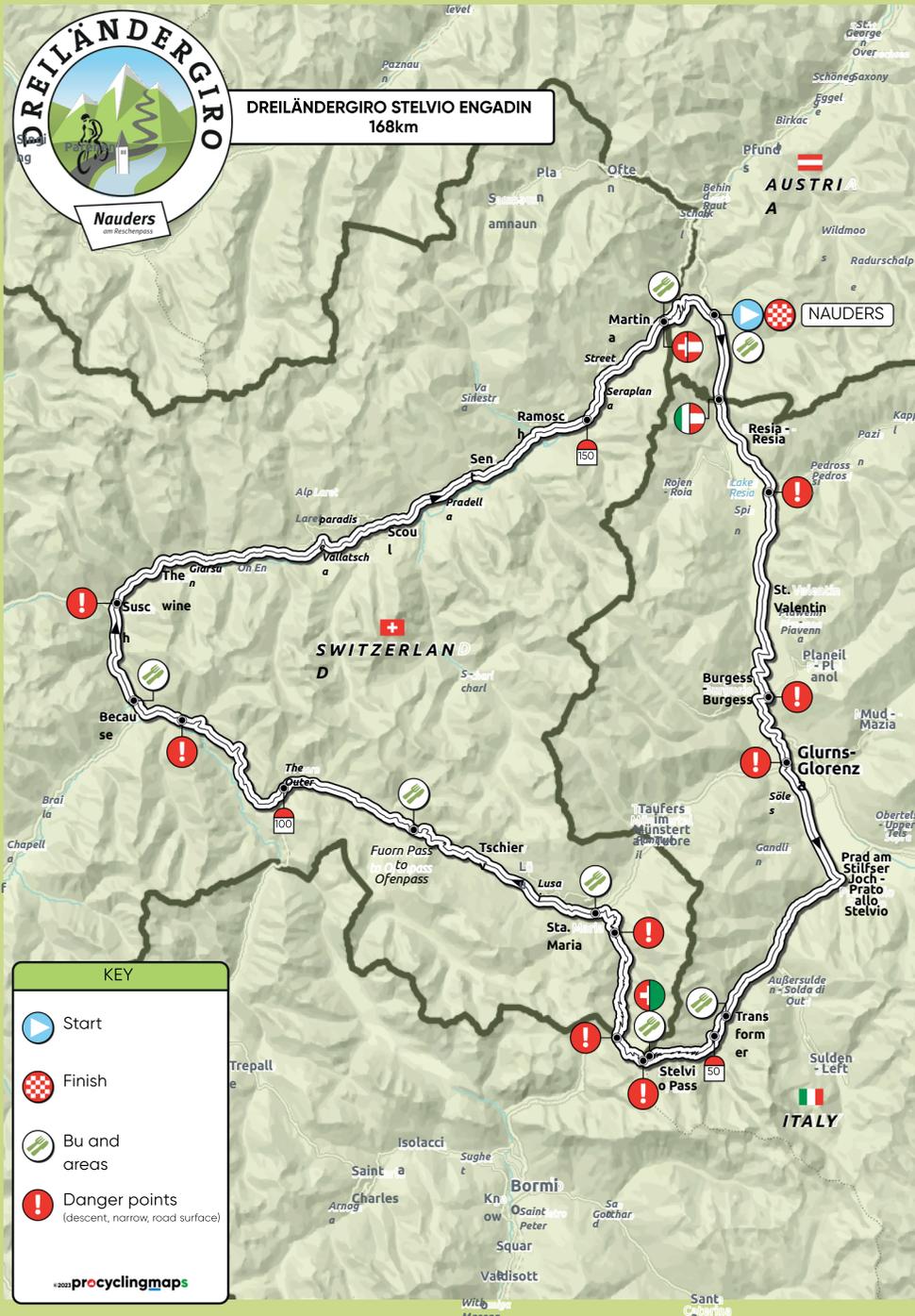
**One for all, all for one:** The moment you start the Dreiländergiro, you're no longer a lone fighter, but a member of the 3,000-strong Dreiländergiro family. For us, solidarity and good experiences come before time and the fight for victory. If a participant needs help, we need to stop and support them. Conversely, you will also receive help if you need it. Together we achieve more! Don't view the event as a competition, but as a shared experience.

**Respect:** Treat all participants with respect and recognition, regardless of their performance, background, or gender. Respect the rules, the organizers, and everyone involved in the Dreiländergiro. Please also show respect and appreciation to the numerous volunteers for their support.

**Responsibility:** Take responsibility for your own actions and decisions during the Dreiländergiro. Consider your safety and the well-being of other participants. Make informed decisions to ensure a positive and safe experience for everyone.

**Environmental awareness:** The unique routes of the Dreiländergiro are characterized above all by their beautiful landscapes and nature reserves. Therefore, please be especially mindful and respectful of nature and the environment. Avoid unnecessary waste, use reusable products, and strive to minimize your impact on the environment. Act sustainably by saving energy and water, try to travel as greenly as possible (public transport or carpooling), and thus contribute to environmental protection.

**Safety first:** Safety is our top priority. Follow traffic rules, wear appropriate protective equipment and pay attention to your own safety and the safety of other participants. Follow the organizers' instructions and do everything necessary to avoid accidents.



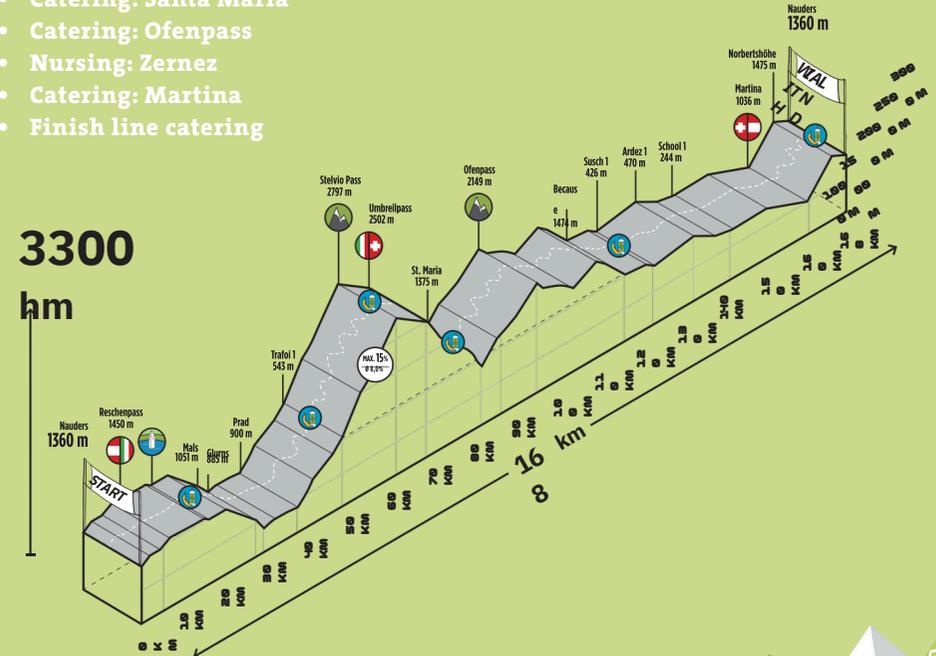
# Stelvio Engadin

168 km & 3,300 meters of elevation gain

From Austria, the “Stelvio Engadin” route takes you further into Italy via the Reschen Pass to Prad, before you reach the impressive Stilfserjoch. As you climb the 1,840 meters of elevation gain over the 48 hairpin bends, not only will a spectacular view await you at the top, but also the indescribable feeling of having made it all the way to the top. The descent continues over the Umbrail Pass, which takes you into the Swiss Münstertal Valley. Afterward, the expanse of the Ofen Pass will challenge you to another peak performance. From there, you can enjoy the Engadin landscapes and views for another 70 kilometers until things get serious one last time at the Austrian border, at the foot of the Norbertshöhe: The final hairpin bends await. Just a few more meters of elevation gain, and you've made it.

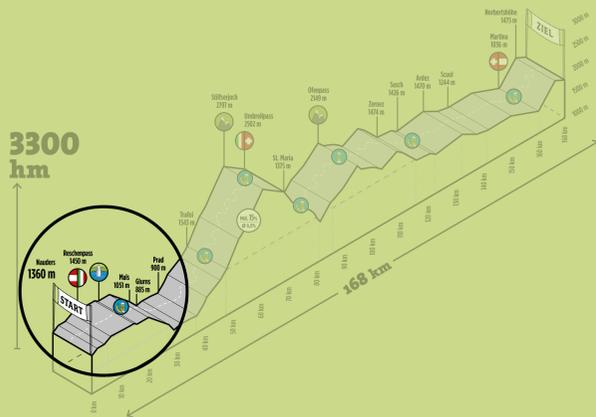
Along the route you will be provided with refreshments at 6 refreshment stations:

- Catering: Trafoi
- Catering: Stelvio
- Catering: Santa Maria
- Catering: Ofenpass
- Nursing: Zernez
- Catering: Martina
- Finish line catering



# Route highlights

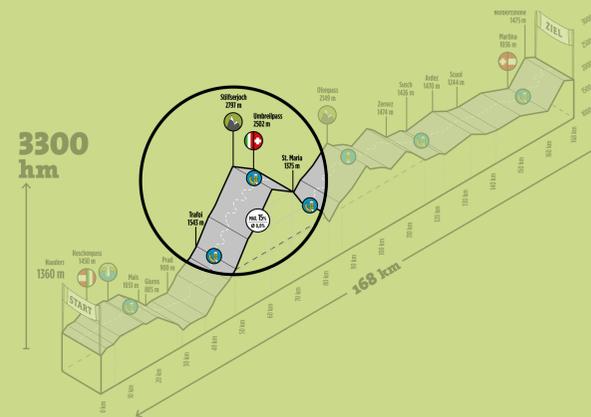
First section (Stelvio Engadin)



- 📍 Start in Nauders, next to Naudersberg Castle, a 700-year-old medieval fortress
- 📍 Crossing from Austria to Italy
- 📍 Passing the historic Reschensee with its sunken church tower
- 📍 Historic places along the route, such as Glurns, the smallest town in South Tyrol
- 📍 Panoramic views of three-thousand-meter peaks & landscapes
- ⚠️ Long descent in a large group
- ⚠️ Concentrated and careful riding
- ⚠️ Pay attention to direction arrows. Pay attention to instructions from the track staff
- 📍 Official toilet stop: in Prad

# Route highlights

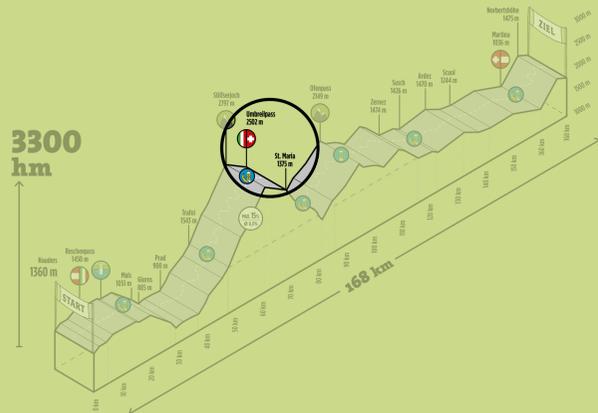
Second section (Stelvio Engadin)



- 📍 STELVIO à the king of the Alpine passes
- 📍 48 hairpin bends to the pass summit at 2757m
- 📍 Historically significant crossing since Roman times Stelvio
- 📍 National Park: one of the largest nature reserves in Europe
- ⚠️ Stay hydrated
- ⚠️ Cut-off Time Stelvio 12:00
- 📍 Average gradient 7% | max. gradient 15% Refreshment stations:
  - 📍 – Trafoi | including toilet (only 1 toilet = emergency toilet)
  - 📍 – shortly after the Stelvio (no toilet) Official
- 📍 toilet stop: Franzenshöhe

# Route highlights

Third section (Stelvio Engadin)



-  Crossing the border: Welcome to Switzerland!
-  Umbrail Pass: Long and winding descent; 33 hairpin bends down to Santa Maria.
-  Historically significant crossing since Roman times.
-  Drive through the idyllic Münstertal Follow the signs >>
-  Turn RIGHT onto the Umbrail Pass
-  Fingers get cold
-  Brakes get hot
-  Route separation in Sta. Maria – reduce speed



Download GPX data now!

# Route highlights

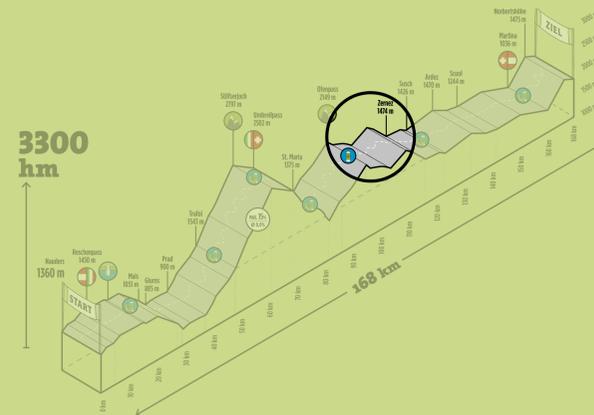
Fourth section (Stelvio Engadin)



-  Drive through the picturesque Münstertal
-  Passing the UNESCO World Heritage Site of the Benedictine Monastery of St. Johann Müstair
-  Pass over the Ofenpass (Fuorn Pass) at 2149m
-  Drink enough water for the ascent of the Ofenpass
-  Ride exclusively on the right side of the road
-  Average gradient: 5.7%
-  Refreshment station: Ofenpass | incl. WC
-  Cut-off Time Ofenpass: 14:00

# Route highlights

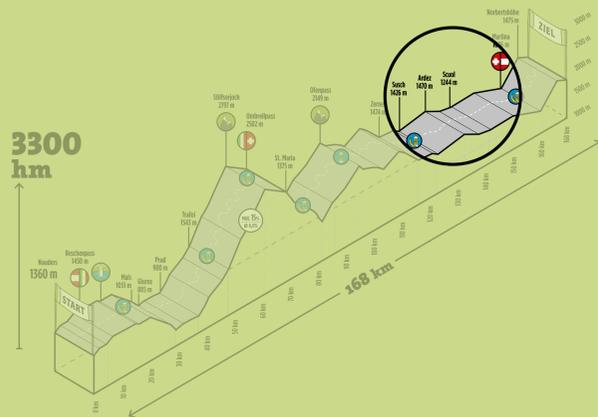
Fifth section (Stelvio Engadin)



-  Descent from the Ofenpass to Zernez
-  Drive along the Swiss National Park
-  Long and winding descent to Zernez
-  Strong light/shadow changes in tunnels and galleries
-  reduce speed
-  Always ride in the right lane – no cornering
-  Refreshment station: Zernez | incl. WC

# Route highlights

Sixth section (Stelvio Engadin)

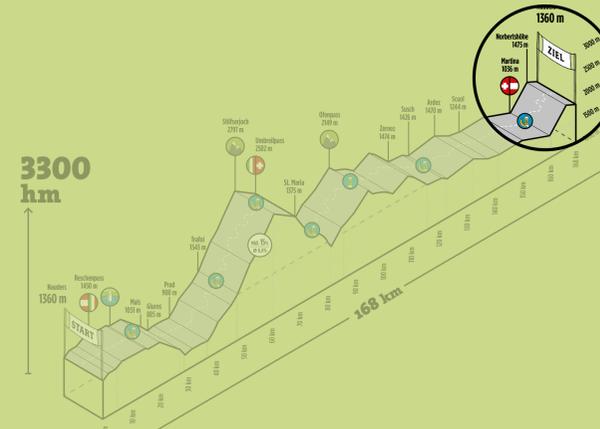


- 📍 Drive through the picturesque Engadin, accompanied for miles by the green Inn River.
- 📍 Cross traditional Engadin villages such as Susch and Lavin.
- 📍 Panoramic views of majestic peaks.
- 📍 View of the over 1000 year old Tarasp Castle.
- ⚠️ Narrow passage in Susch.

*\* If you'd like to explore this section by mountain bike, we have an event tip for you! The "National Park Bike Marathon" also covers this section.*

# Route highlights

Last section (Stelvio Engadin)



- 📍 Last section of the route!
- 📍 Your finish is within reach!  
11 hairpin bends to Nauders.
- 📍 Caution on the descent from Norbertshöhe – adjust your speed.
- ⚠️ No sprints to the finish! Reduce your speed significantly when crossing the finish line.
- 📍 Average gradient: 6.4%
- 📍 Last refreshment station before the finish
- 📍 Cut-off Time Destination: 17:00



## Our mayor.

### Helmut Spöttl on the Dreiländergiro

**As Helmut walks through Nauders early this morning and the first tents, barriers, and banners are being set up for the Dreiländergiro, he sometimes stops for a moment. Takes a deep breath. And smiles. Because for him, this moment is something very special every year.**

Helmut isn't just the mayor of Nauders—he's also a member of the Dreiländergiro heroes. "I used to be a helper all the time—safeguarding the course, providing food, wherever someone was needed," he says with a grin. "I never would have thought it possible that the event would one day achieve this size and appeal."

Today, thousands of road cyclists from all over Europe come to Nauders every year to conquer the legendary route over the Stelvio Pass, Umbrail Pass, and Reschen Pass. 3,000 to 3,300 meters of elevation gain – for Helmut, an achievement that commands his utmost respect every time: "What the participants achieve is simply impressive. I see it up close – how early they get up, how they prepare, how they hug each other at the finish line after the race. It's pure emotion."

For the mayor, the Dreiländergiro is not only a major sporting event, but also a strong symbol for the region. "The Giro connects countries, people, generations. And it shows how much is possible when a village sticks together and shares an idea."

Although he's now a front-row member of the community, Helmut insists on being there himself during the Giro weekend. "Once a Dreiländergiro, always a Dreiländergiro," he says with a wink. And anyone who sees him walking through Nauders these days quickly realizes: This isn't just a mayor. This is a fan. A fellow supporter. A core part of this special race.

What many people don't realize is that the Dreiländergiro is an impressive collaboration," emphasizes Helmut. "Three regions – Tyrol, South Tyrol, and Switzerland – pull together every year. Without this cooperation, such an event wouldn't be possible. Hopefully, I'll still be there for the 50th anniversary – I'd definitely be up for it.

# Food & Beverage Stations

an overview

Along the route, we'll provide you with refreshments at four (Stelvio Vinschgau) or six (Stelvio Engadin) refreshment stations. Our "Green Rules" also apply along the route: Reusable cups are available at each station. You can either leave them directly at the refreshment station or, if you're in a hurry, throw them at the side of the road exclusively in the litter zone. The same applies to any garbage.

Nature is important to us, so we're strict here: Anyone who disposes of trash or cups outside the litter zone risks disqualification. You can recognize the litter zones by our beach flags.



Fair Use Principle: The Fair Use Principle applies to all aid stations. Eat well and treat yourself to a break now and then, but also leave some leftovers for your fellow Dreiländergiro competitors. If, for example, you're exclusively fueling yourself with gels and bars during the Dreiländergiro, please plan ahead and bring some gels/bars with you. Taking multiple bars or gels at each station is not permitted.

# Your Refreshments

Food & Beverage stations

Which products at which refreshment station  
You can find out more about what to expect in our FAQs.



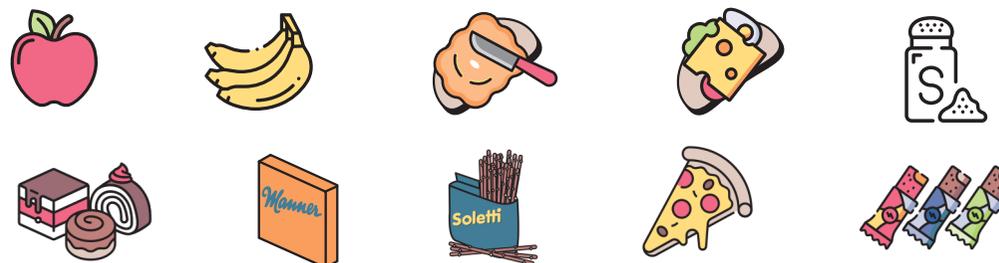
## Drinks:



## Powerbar products:



## Other meals:



# Dreiländergiro

## Impact Report



Approximately 80 kg of paper was saved by eliminating flyers and reducing the amount of print media. Furthermore, all print materials for the Dreiländergiro are printed on recycled paper.



With our jerseys we have saved a lot of greenhouse gases, energy and water: more precisely 3,778 kg CO<sub>2</sub>, 13,921 kWh energy and 17,463 liters of water.



All textiles used at the Dreiländergiro, including our team clothing, are Oeko-Tex STANDARD 100 certified. Even our goodie bags are also certified: You can reuse them as bread bags over and over again. Take them with you the next time you pick up bread from the bakery or from the bakery box!



By using reusable tableware, cutlery, and cups, we save over 20,000 cups and avoid over 1,000 kg of plastic waste. Of course, we also pay attention to plastic when purchasing our products. and to avoid waste. For example, we only use reusable bottles in bulk containers for serving.



Regional and fair-trade products are once again our focus for our catering this year. Our baker in Nauders creates the bread and cakes using (organic) free-range eggs from two local farms. The pizza slices on the Stelvio come from a pizzeria in the neighboring town of Reschen with organic mozzarella.



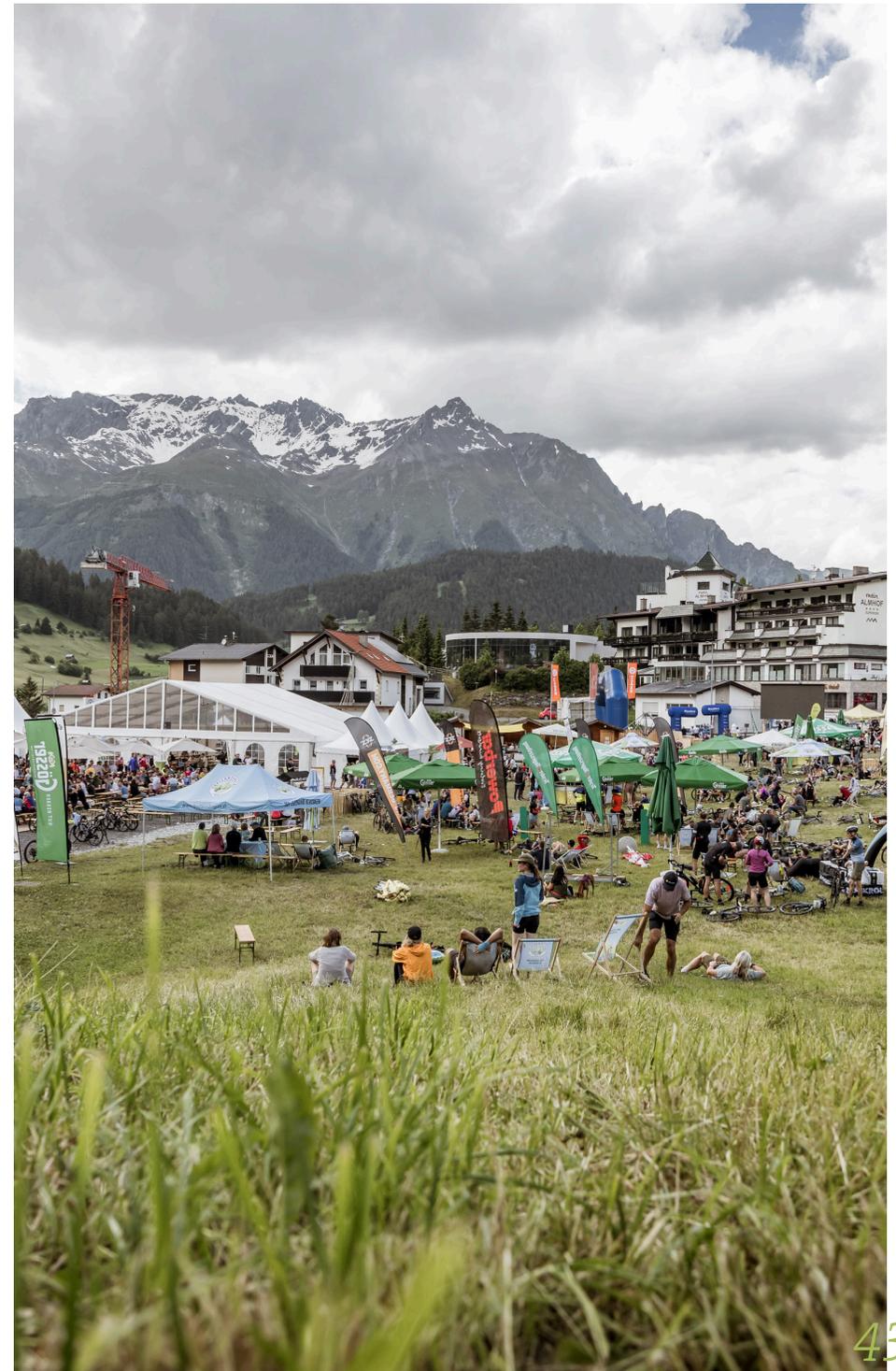
Recycling: All new branding materials, from parasols and deckchairs to advertising banners, are made from recycled materials. For beverage containers, etc., we only use Reusable containers and pay particular attention to recycling when it comes to waste.



All wooden items, such as our trophies, signage, trash can covers, and much more, are made from local wood and manufactured in Nauders.



This year, we have once again made sure to bring green partners on board!





## The BikeClub as a Companion

From her first trail ride to youth coordinator.

When Julia cycles through Nauders today past the trails she knows like the back of her hand, there's often a quiet smile on her face. Because it was right here, on these very paths where everything began:

Her personal bike story. It's been ten years. A hardtail bike, a bit of adventure in her heart – and the Dreiländer Trail. "I pushed more than I rode," she laughs today, "but that's where it hit me. From that moment, I was hooked."

What started as a small challenge quickly became a passion – and then a family journey. Her husband, and her two sons Felix and Manuel all joined in. Soon enough, Julia was only seeing the three of them from behind on the trails. But that's exactly what it was all about: being outside together, riding together, growing together. "I wanted to ride all the routes in a single season – over 4,000 kilometers. I didn't quite make it," she says with a smile. But what stayed was the enthusiasm and a solid place in the Nauders bike community. Because when Julia takes on something, she does it with heart. Her boys got involved with the BikeClub Nauders early on – along with over 70 kids from the region.

And Julia? She simply took over the kids' training. Seven training groups, from May to September, every level, every age. "It's not just a schedule – it's something I care deeply about." Whether at the kids' race, the 3-Country Enduro, or the legendary Father & Son Days – you can feel the excitement. It's contagious – in every corner, every trail, every burst of children's laughter. And of course, the family has long been a firm part of the Dreiländergiro. Packing goodie bags, manning the grill, helping with cleanup – Julia, Felix and Manuel are always in the middle of it all.

"What makes the Giro so special? Easy: the togetherness. The community. That feeling of being part of something bigger." Her personal goosebump moment? Sunday morning, 6:30 a.m. Countdown to the start.

"I'm standing there with my boys in the early morning light, hearing the music, feeling the tension – and thinking: This is our moment."

And who knows – maybe one day, a BikeClub kid will be standing right next to them. Ready to write a new story.

# Live video insights on Sunday

Dreiländergiro also online

**This year we are bringing the emotions of the Dreiländergiro even closer to you: For the first time there will be live entries directly from the route – exciting, authentic and in real time.**

Selected Dreiländergiro moments on Sunday will be broadcast on [www.dreilaendergiro.at](http://www.dreilaendergiro.at) and our social media channels. Video walls at the start and finish area provide a live, on-site experience. Whether you're actively riding or watching, experience the 2025 Dreiländergiro up close.

Max Mustermann  
DREILÄNDERGIRO HERO



2:30:01  
DURATION



# Safety at the Dreiländergiro

Rules & Guidelines

**Dear participants! On these pages, we would like to share some thoughts on your safety and any last-minute changes.**

**With our cycling marathon, we want to offer you a unique experience in a beautiful region. To achieve this, we need a few rules and guidelines.**

We've been working on our legendary weekend for 365 days! Unfortunately, last-minute changes like sudden changes in the weather, damage to the track, car accidents, etc., can't be planned for. Therefore, we will be continuously updating the "Participant Info" page throughout the weekend and addressing any current issues. We ask you to check the page while you're there. This will also reduce the pressure on our service phone and allow us to focus on emergencies. We will also communicate any last-minute changes on our social media channels. Follow us now to stay up to date!

Health and safety are our top priority! We want all participants of the Dreiländergiro to stay healthy and safe.

Therefore, we strongly recommend that you discontinue your participation in the cycling marathon if you have any health concerns or problems.

If you have to abandon the cycling marathon, you will find information on what to do on the next page of the magazine.

Please also remember that the cycling marathon is a demanding physical challenge. Make sure you are well prepared and that your physical condition matches the challenge level.

If you feel unwell or have doubts about your health, we advise you to refrain from participating and instead cheer on the Dreiländergiro community in the marquee or on the grounds.



Facebook



Instagram

# Safety at the Dreiländergiro

## Rules & Guidelines

Dear participant, here you will find important information and tips for preparing for the Dreiländergiro – for a safe and unforgettable experience in our unique mountain world.

1. Wearing a helmet is mandatory for all participants.
2. Your bicycle must be roadworthy, comply with the regulations of the respective country (AUT, ITA, CH) and also have two independent brakes and a bright rear light.
3. Traffic regulations must be observed without exception. Violations will result in exclusion from the event and appropriate administrative action.
4. It is your duty to provide first aid in the event of an accident. Failure to provide assistance is a criminal offense under the Criminal Code. Observe the correct  
Procedure: Secure the accident site – ensure your own safety – contact the injured – alert the rescue chain – provide first aid.
5. Drive with foresight when descending.
6. Always repair defects outside of the roadway.
7. In case of bad weather, every participant must equip themselves accordingly – we are in high alpine terrain – this includes a windbreaker, rain gear, (neoprene) gloves, overshoes, leg warmers or knee warmers.
8. Taking shortcuts is prohibited.
9. Unannounced route changes are not permitted.
10. The instructions of the event team, the security personnel and the accompanying vehicles must be followed without exception.
11. Private support vehicles hinder the smooth running of the cycling marathon and are therefore strictly prohibited.
12. Waste may only be disposed of in designated litter zones.
13. Overtaking is only permitted on the left side.
14. If headphones are worn (e.g. in-ear headphones), ambient noise must still be audible.
15. There is a strict ban on alcohol when participating in the Dreiländergiro.
16. E-bikes and all motorized vehicles or bicycles are strictly prohibited – except for handbikers after prior arrangement.
17. The use of triathlon overlays is not permitted.
18. The aero position "Super Tuck" is strictly prohibited and can lead to disqualification.





## Dreiländergiro Service Line

Save this number in your phone:

+43 660 949 25 70

**Marshals:** The cycling course will be secured by numerous marshals. Please note that there is NO complete road closure; you may encounter traffic anywhere. If you see marshals with a yellow flag, please alert you to a dangerous area. Reduce your speed and drive with extreme caution. If you see a marshal holding a red flag, slow down and speak to him or her. The marshal will provide you with important safety information.

**Signage:** The route is signposted with arrows throughout. Stelvio Vinschgau participants should follow the green arrows up to Sta. Maria; from Sta. Maria to the finish, follow the blue arrows. Participants on the Stelvio Engadin route should follow the green arrows throughout.

**What to do in case of mechanical problems:** All aid stations are equipped with mechanical equipment, including bicycle pumps, tubes, and small tools. There is also a mobile mechanic service team on the course, which can provide support to participants on the course, depending on availability.

**Behavior in case of early termination of the cycling marathon:** A support vehicle follows behind the last participants. Participants who abandon the Dreiländergiro early on the course can be taken back to the finish in Nauders in the support vehicle. It is possible, that the support vehicle will already be full. In this case, participants should contact the Dreiländergiro Service Hotline.

**Behavior in case of medical incidents (emergencies):** Immediately call the Dreiländergiro Service Line Call and give precise information about the current operation: WHERE am I (town, KM); WHAT happened; WHO is calling (name, start number, phone number).

**Service Line:** The Service Line is a telephone number that connects you directly to the ECC – Event Control Center. All incoming messages are collected there. The Service Line should only be used in situations in which you need help. It could be an emergency, a major technical effect, or if you simply can't go any further.

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DREI  
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GIRO



# Our partners

make the Dreiländergiro great!



Media partners:



# Our exhibitors

On the festival tent meadow

Baldiso > Exclusive Road Bikes Curing Shots > Turmeric Ginger Shots Ennoble > Balance Bikes Blacksheep Eyewear > Sports Sunglasses & Helmets Powerbar > Sports Nutrition BASEFIVE > Training & Physio Blackroll > Fascia Rolls & more Quäldich > Guided Road Bike Tours Keego > Your squeezable titanium drinking bottle eleven sportswear > Cycling Clothing ekoi > Various sports equipment for cyclists NOM Coaching > Training & Sports Food POP EYES > Sports Glasses & Accessories



Added value for our community in our digital exhibitor meadow. Secure Get your bonus on selected items from our partners!

# Our Partner-Hotels

make the Dreiländergiro great!



Mein Almhof



Arabella Retreat & Spa

# Our Partner-Hotels

make the Dreiländergiro great!



Hotel Erika



Gasthaus Martha



Alpen-Comfort Hotel Central



Naudererhof



Beauty & Wellness Hotel Tirolerhof



Aparthotel Hochland



Gasthof Löwen



Hotel Post



Hotel Regina



# Packing list for the weekend

Everything at a glance

**In addition to your toothbrush, underwear, and other essentials, your travel bag should also contain the right functional clothing. We've compiled the most important items for you:**

- ✓ Arm warmers
- ✓ Wind jacket or vest (the latter in good weather)
- ✓ Gloves

Please don't underestimate the temperatures at over 2500 meters. Riding down the Umbrail Pass without a windbreaker is painful, even in good weather. Gloves are a must to keep your fingers from getting stiff from the cold and to ensure you can enjoy the descent safely and brake-ready. Your jacket, arm warmers, and gloves fit easily into the back pockets of your jersey.

For bad weather forecasts:

- ✓ Rain jacket >> Caution: It's worth paying attention to the quality and water proof rating! Rain at 2757m is painfully cold.
- ✓ Neoprene gloves
- ✓ Overshoes
- ✓ Leg warmers or knee warmers

And of course, don't forget the basics like cycling shorts and a jersey. The best cycling jersey to wear is the Dreiländergiro jersey from last year. You should also bring two water bottles to ensure you have enough fluids and isotonic drinks between aid stations.

