

GARMIN[®]

TACX[®] ALPINE

**Owner's
Manual**

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Getting Started

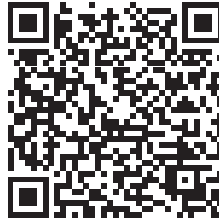
⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

The Tacx® Alpine gradient simulator is compatible with the Tacx NEO 3M and Tacx NEO 2T trainers after you update the trainer to the latest software.

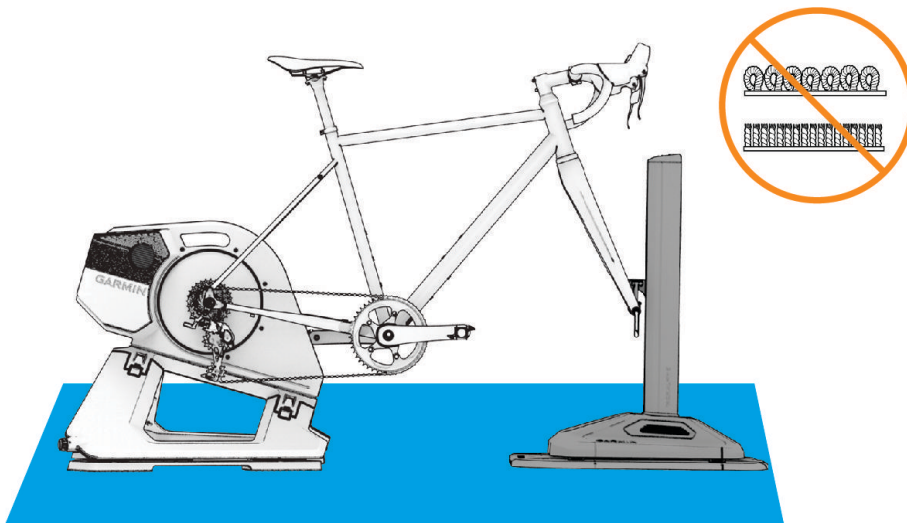
- Read the instructions before you attach your bike to the Tacx Alpine.
- Scan the QR code with the camera on your phone, and follow the Tacx Training app instructions.



TIP: The Tacx Training app includes device setup, videos, and software updates (*Pairing the Tacx® Alpine with Your Trainer and the App, page 14*).

You should keep the software for your Tacx device up to date. Software updates provide changes and improvements to privacy, security, and features.

- For the best experience, use the Tacx Alpine only while it is plugged in.
- For best results, use the Tacx Alpine with a firm mat or low pile carpet. Avoid soft and high pile carpet.



A bike with a wheelbase of 1,165 mm or greater may not fit on a standard Tacx training mat.

- Go to support.garmin.com for help and information, such as product manuals, frequently asked questions, videos, and customer support.

Tacx® Alpine Assembly Instructions

Installation Kits

The Tacx® Alpine includes two separate installation kits, labeled **A** and **B**.

Your Trainer	Installation Kit	Thru Axle Sizes	Quick Release Axle Sizes
Tacx NEO 3M Trainer See Installing the Tacx® Alpine, page 6 .	A Tacx Alpine installation kit	142 or 148 mm thru axle	130 or 135 mm quick release axle
Tacx NEO 2T Trainer Assembly requires both installation kits.	A Tacx Alpine installation kit B Tacx NEO 2T installation kit	142 or 148 mm thru axle	130 or 135 mm quick release axle

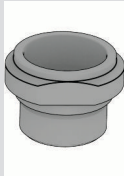
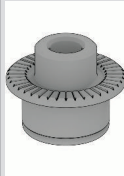
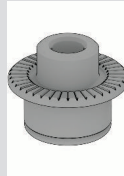
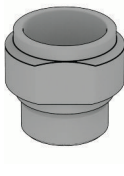
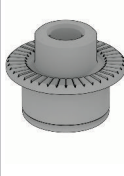
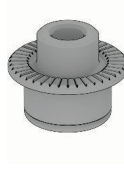
Installing the Rotatable End Caps for the Tacx® NEO 2T Trainer

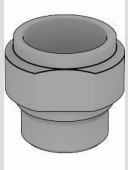
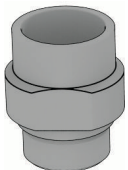
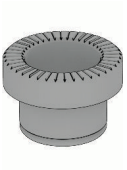
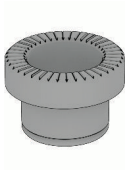
NOTICE

The Tacx Alpine is compatible with the Tacx NEO 2T trainer, but you must install the new, rotatable end caps on both sides of the trainer. The old end caps and spacer (for disc brakes) are not compatible. Using the old parts could lead to property damage.

If you have a Tacx NEO 3M trainer, see [Installing the Tacx® Alpine, page 6](#).

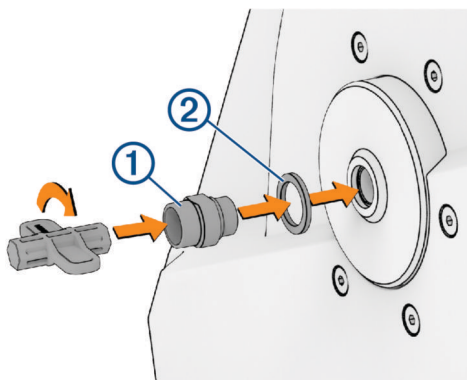
- 1 Remove your bike from the Tacx NEO 2T trainer.
- 2 Select an option:
 - If you have a quick release axle, use a 5 mm hex key to remove both end caps.
 - If you have a thru axle, use a 17 mm wrench to remove both end caps.
Some wrenches may not fit, and you may need to remove the cassette.
- 3 Open installation kit **B**, and take out the blue tool, spacer, and **Driveside 5-6Nm** locknut.
- 4 Use the table to choose the correct parts for your axle type.

Axle	End Cap Support	Rotatable End Caps (2)	
130 mm quick release axle	 QR 130	 QR	 QR
135 mm quick release axle	 QR 135 Thru-Axle 142	 QR	 QR

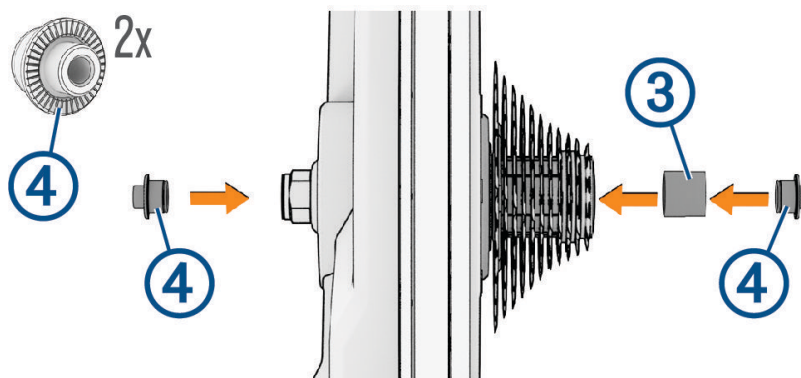
Axle	End Cap Support	Rotatable End Caps (2)	
142 mm thru axle	 QR 135 Thru-Axle 142	 Thru-Axle 12mm	 Thru-Axle 12mm
148 mm thru axle	 Thru-Axle 148	 Thru-Axle 12mm	 Thru-Axle 12mm

- 5 On the non-drive side of the trainer, use the blue tool to install the end cap support ①.

NOTE: If you have disc brakes, you must install the new spacer ② to provide clearance between the trainer and the brake caliper.



- 6 On the drive side of the trainer, use the blue tool to install the Driveside 5-6Nm locknut ③.



You can hand tighten the locknut using the blue tool. When using a torque wrench, Garmin® recommends a maximum torque of 6 N-m (4.4 lbf-ft.) for the locknut.

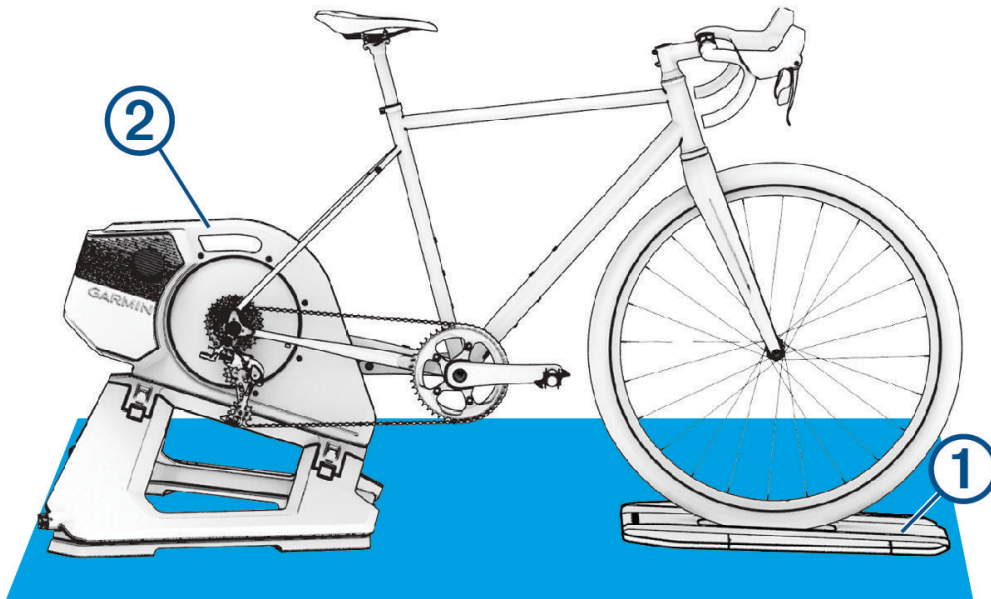
- 7 Install both rotatable end caps ④.
 8 Install your bike on the Tacx NEO 2T trainer according to the owner's manual.
 9 Sit on the trainer, and pedal a few times.

TIP: The new rotatable end caps can stay on the Tacx NEO 2T trainer even when riding without the Tacx Alpine.

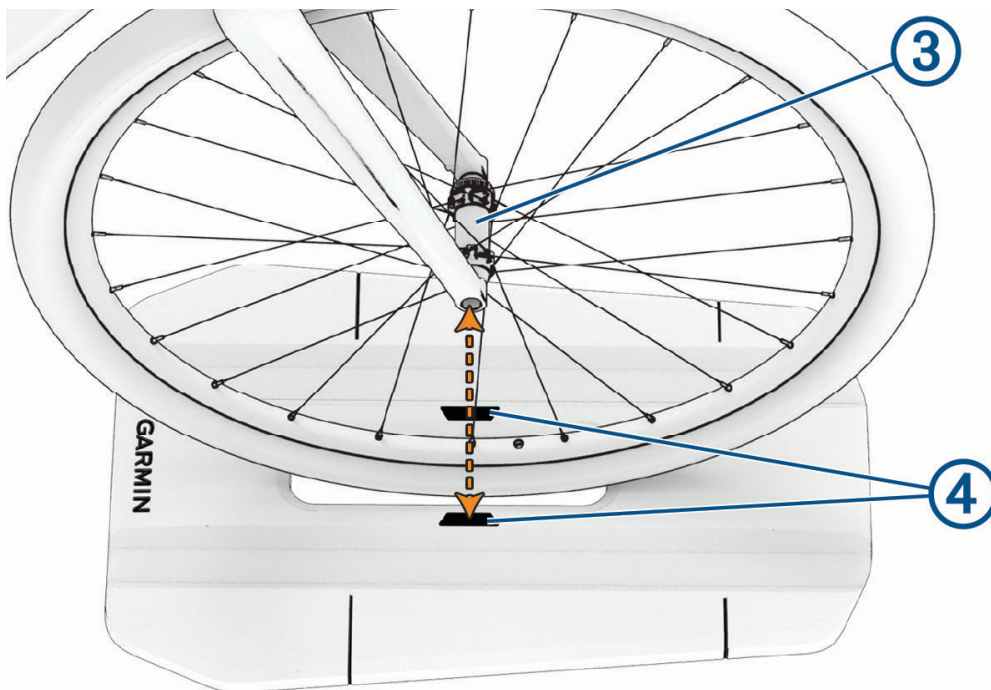
Installing the Tacx® Alpine

Positioning the Motion Base

Before you can position the motion base ①, you must have your bike installed on a compatible trainer such as the Tacx® NEO 3M ②.



- 1 Remove the front wheel support.
- 2 Place the motion base under the front wheel.
- 3 Bring the Tacx Alpine near the front of your bike so you can easily roll it onto the motion base.
- 4 Align the motion base with the hub of the front wheel ③ above the alignment zone ④, ideally near the center.



- 5 If you are using a training mat, adjust the bike and trainer so the front of the motion base aligns with the front of your training mat (optional).

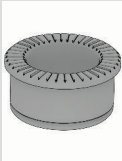
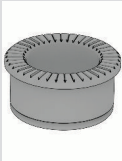
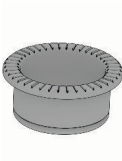
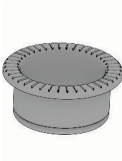
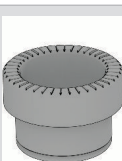
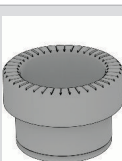
Attaching Your Thru Axle Bike

If you have a quick release axle, see [Attaching Your Quick Release Axle Bike](#), page 8.

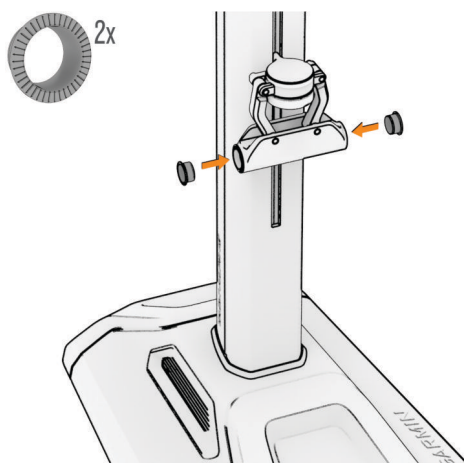
- 1 Open installation kit ①, and select the compatibility gauge.

The Tacx® Alpine is compatible with a bike that uses a 12 or 15 mm thru axle ([What size is my thru axle?](#), [page 16](#)).

- 2 Choose the correct rotatable end caps for your axle type.

Axle	Rotatable End Caps (2)	
Thru-Axle 12x100		
Thru-Axle 15x100		
Thru-Axle 15x110		

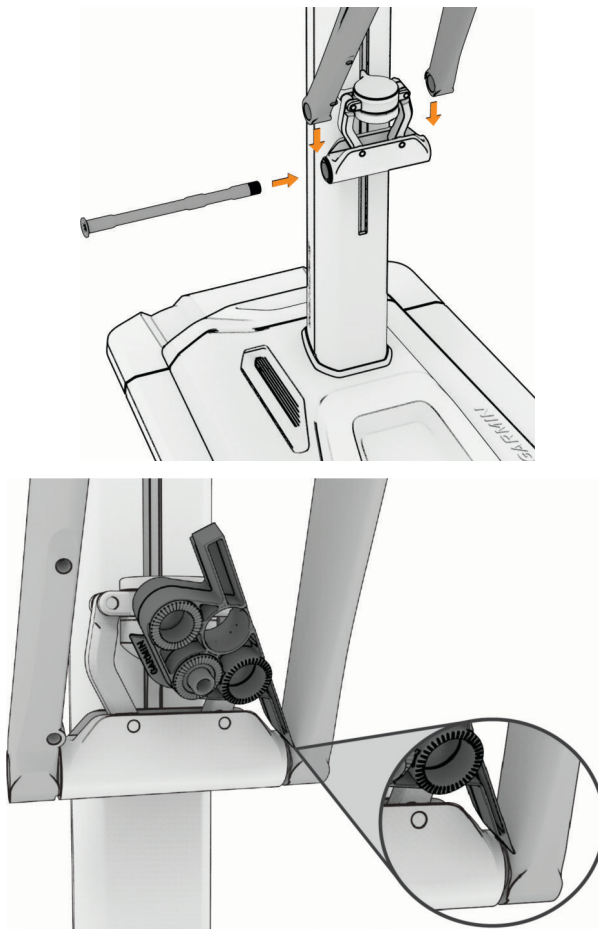
- 3 Snap the rotatable end caps into the Tacx Alpine.



- 4 Remove the front wheel from your bike, and hold the frame.
- 5 Roll the Tacx Alpine onto the motion base, and align the bike fork with the rotatable end caps.
- 6 Insert the axle, and check for interference.

NOTICE

The tip of the compatibility gauge must fit between the inside of the bike fork and end caps. Interference could result in possible property damage.



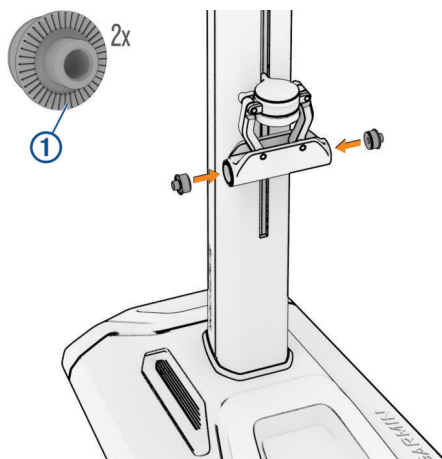
- 7 Hand tighten the axle.
- 8 Tighten the axle to the torque specification indicated on the axle or in your bike owner's manual.

Attaching Your Quick Release Axle Bike

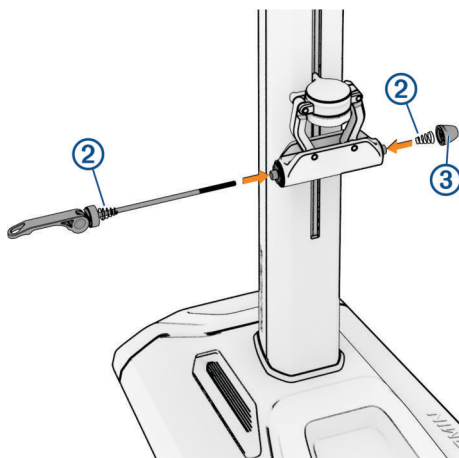
⚠ WARNING

Failure to tighten and firmly close the quick release handle may result in injury or property damage.

- 1 Open installation kit **A**, and select the compatibility gauge, **QR** rotatable end caps, and quick release axle.
- 2 Snap the rotatable end caps **1** into the Tacx® Alpine.



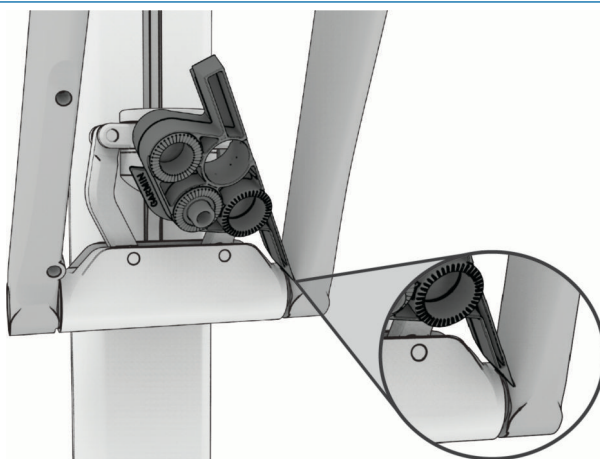
- 3 Install the quick release skewer, conical springs on each side **2**, and cap **3**.



- 4 Hand tighten the cap, leaving enough room for the bike fork.
- 5 Remove the front wheel from your bike, and hold the frame.
- 6 Roll the Tacx Alpine onto the motion base, and place the bike fork on the axle.
- 7 Check for interference.

NOTICE

The tip of the compatibility gauge must fit between the inside of the bike fork and end caps. Interference could result in possible property damage.



- 8 Tighten the cap, and close the quick release handle.

Connecting the Power Cable and Calibrating the Tacx® Alpine

⚠ CAUTION

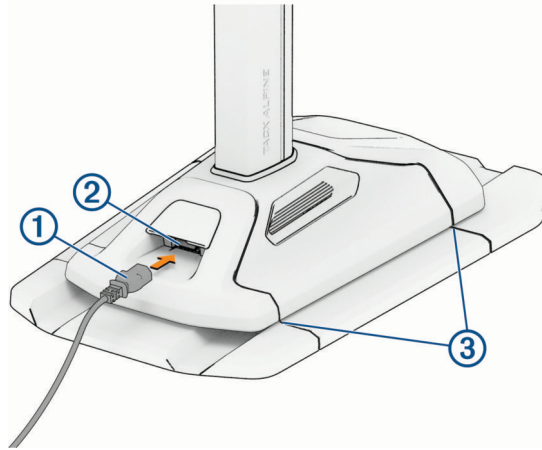
The power cable is in the product box. Do not attempt to use a third-party power cable or adapter with the Tacx Alpine, because this could lead to personal injury or damage to the trainer.

NOTICE

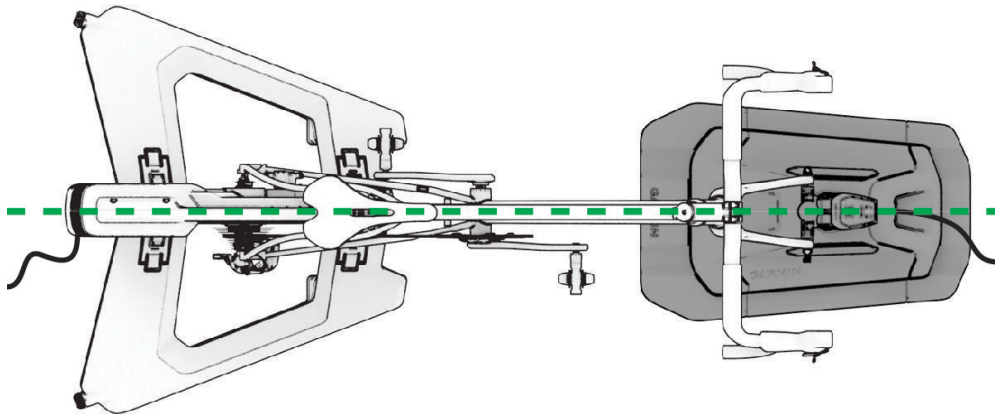
Do not attempt to sit on the bike during calibration, because this could lead to possible property damage.

The first time you plug in the Tacx Alpine, the **AUTO** LED flashes slowly and calibration is required.

- 1 Plug the power cable ① into the port ②.



- 2 Plug the power cable into a standard wall outlet.
The power cable should have enough slack to freely move with the Tacx Alpine.
- 3 Align the Tacx Alpine lines with the lines ③ on the motion base.
- 4 Align the trainer, bike frame, handlebar, and Tacx Alpine.



- 5 Hold ▲ and ▼ at the same time, for 6 seconds.
- 6 When all three of the LEDs flash, release the buttons to start the calibration.
All of the LEDs flash slowly during calibration. The Tacx Alpine goes up and back to level. When the LEDs stop flashing, calibration is complete.

Checking for Clearance

NOTICE

Failure to perform one or more of the following actions could result in possible property damage.

When attaching the thru axle or quick release axle, you must check for clearance using the compatibility gauge (installation kit [A](#)). Interference between the bike and the Tacx® Alpine could result in possible property damage ([Installing the Tacx® Alpine, page 6](#)).

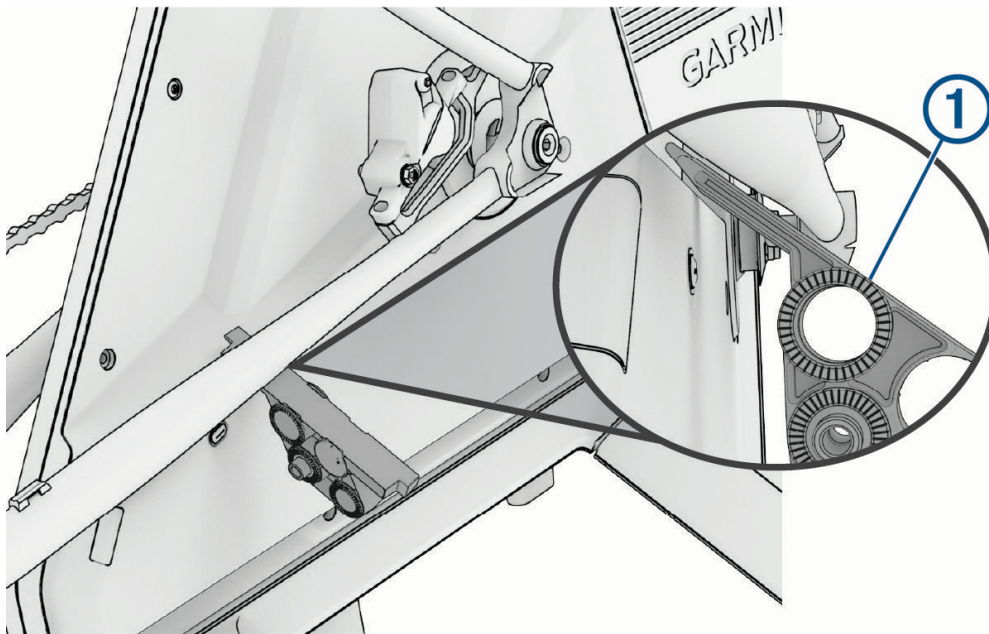
- Ensure no objects obstruct the power cables.
- Route the power cables so that they will not interfere with the trainer or the Tacx Alpine during use.
- Check for clearance around the bike chain stay and bike fork in all height positions and while turning the handlebars.
- Get on the bike, and ride in manual mode ([Going for a Ride, page 14](#)).
The **AUTO** LED is off.
- Ensure there is adequate ceiling height while riding.
- If necessary, go to the Tacx Training app, and set grade limits.

Checking the Chain Stay Clearance

Before you perform this clearance check, you must set the correct bike wheelbase and trainer in the Tacx® Training app.

TIP: You can use the measuring tape included in the installation kit [A](#).

- 1 Press   at the same time to return the Tacx Alpine to 0% grade.
- 2 Observe the smallest distance between the trainer and chain stay.
- 3 Open installation kit [A](#), and select the compatibility gauge [1](#).
You should be able to fit the gauge between the trainer and the chain stay.

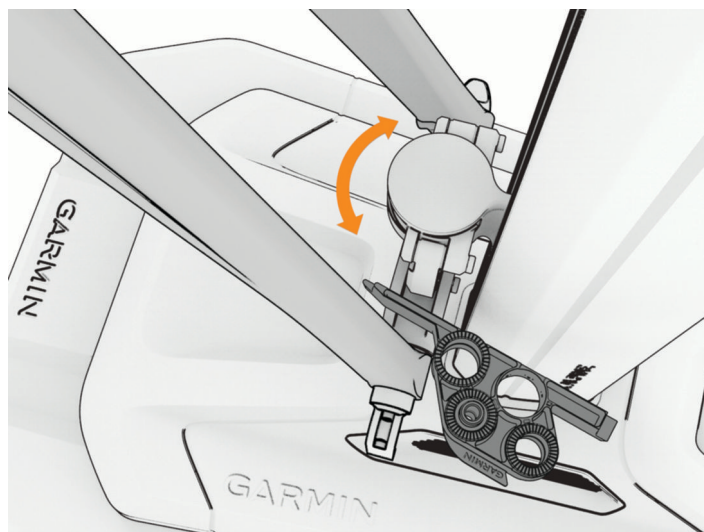


- 4 Press , checking the clearance each time you press the button.
You can also control the grade manually using the Tacx Training app in the device settings.
- 5 Repeat step 4 while monitoring the clearance between the trainer and chain stay:
 - If at any time the gauge cannot fit between the two parts, go to step 6.
 - If the two parts are clear from 0% to -10% grade, go to the next clearance task ([Checking the Bike Fork Clearance, page 11](#)).
- 6 Press , and note the grade.
TIP: The Tacx Training app displays the grade.
- 7 In the Tacx Training app, go to the Tacx Alpine settings.
- 8 Select **Grade > Grade Range**.
- 9 Use the slider to set the minimum grade.

Checking the Bike Fork Clearance

You will need the compatibility gauge from installation kit [A](#).

- 1 Press  until the Tacx® Alpine is in the lowest position.
The minimum grade is either -10% or a custom value ([Checking the Chain Stay Clearance, page 11](#)).
- 2 Rotate the handlebar as far as possible (in both directions and on both sides), and insert the gauge between the fork and the Tacx Alpine.

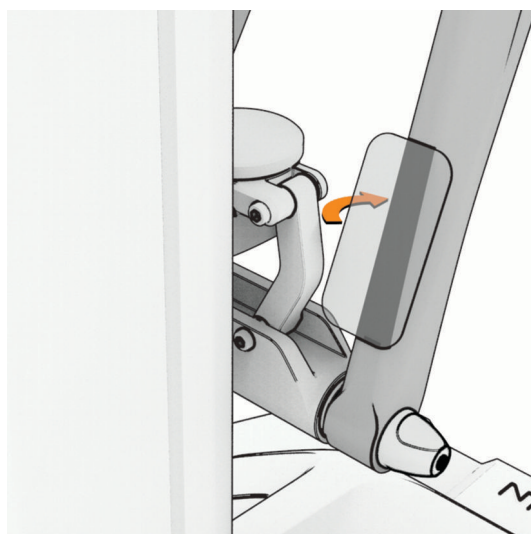


If the gauge fits between the two parts, in both directions, no further action is required. If the clearance check fails, continue to step 3.

- 3 Open installation kit [A](#), and select the protective strips.

TIP: Garmin® recommends cleaning your bike fork before placing the protective strips.

- 4 Place the protective strips on your bike fork where the bike fork is closest to the Tacx Alpine.



Training

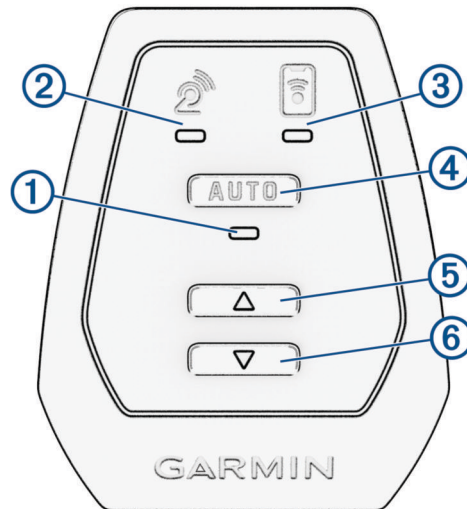
Tacx® Training App

You can download the Tacx Training app to your compatible phone, tablet, or computer.



- Ride exciting courses without leaving your home.
- Create your own rides, workouts, and more.
- Manage your training, customize the default settings, and diagnose issues.
- Sync your indoor training data with your Garmin Connect™ account.
- Update your device software ([Updating the Tacx® Alpine Software, page 16](#)).

Status LEDs and Buttons



① Training mode LED	Automatic training mode (LED is on) means that the Tacx® Alpine automatically follows the grade of the course. Manual training mode (LED is off) means that you must use ▲ and ▼ to control the slope. Slowly flashing LED means that the Tacx Alpine requires calibration (When should I calibrate the Tacx® Alpine?, page 16).
② Trainer connection LED	Solid LED means that the Tacx Alpine is connected to the trainer. Flashing LED means that the Tacx Alpine is searching for the trainer.
③ Mobile device connection LED	Solid LED means that the Tacx Alpine is connected to the app. Flashing LED means that the Tacx Alpine is searching for the app.
④ AUTO	Press to switch between automatic and manual training modes. Hold for 3 seconds to put the device into pairing mode. Hold for 10 to 15 seconds to perform a factory reset (The Tacx Alpine is not responding, page 16).
⑤ ▲	Press to manually increase the slope.

	Press to manually decrease the slope. TIP: To return the Tacx Alpine to 0% grade, you can press   at the same time.
Troubleshooting	For more information, see Troubleshooting, page 16 .

Going for a Ride

Your first ride with the Tacx® Alpine should be a short, manual training ride. You should get comfortable with the operation of the controls and riding positions.

- 1 If you have a Tacx NEO 3M trainer, unlock the motion plates.

TIP: You must rotate each knob toward , until it clicks.

- 2 On the Tacx Alpine, press **AUTO** to turn off the LED and enable manual training mode.

- 3 Start pedaling slowly.

- 4 Press  or  to raise and lower the front of your bike.

TIP: To return the Tacx Alpine to 0% grade, you can press   at the same time.

- 5 Rotate the handlebars to the right and left.

Tips for Riding and Training

- For the best experience, use the Tacx® Alpine only while it is plugged in.
- Use the Tacx Training app to set your correct wheelbase, type of trainer, and other training preferences.

TIP: You can use the measuring tape included in the installation kit .

- Avoid sprinting when the motion plates are enabled. You can sprint when the motion plates are locked.
- If you are using the Tacx NEO 2T trainer without motion plates, you will notice a slight positive offset to the slope.

You can change this in the device settings of the Tacx Training app.

- If you feel motion sickness while riding, try these options:
 - Focus your vision on a point in front of your bike.
 - Watch a training video while riding.
 - Drink plenty of water before and during your ride.
 - Stop riding until you feel better, and try again.

Pairing the Tacx® Alpine with Your Trainer and the App

For optimal performance and training features, Garmin® recommends pairing the Tacx Alpine with your compatible trainer and the Tacx Training app.

- 1 Connect your compatible Tacx trainer to external power.
- 2 Pair your compatible Tacx trainer with the Tacx Training app.
- 3 Update the trainer software, if there is an update available.
- 4 From the Tacx Training app, select **Settings > Device Manager**.
- 5 Wake up the trainer, and put it in pairing mode.
- 6 On the Tacx Alpine, hold **AUTO** for 3 seconds.

After you release the button, all of the LEDs flash quickly, and then the  and  LEDs flash while the Tacx Alpine searches for the trainer and the app. When connected, the  and  LEDs are solid.

- 7 On the Tacx Training app, tap on the Tacx Alpine to pair, and wait for the connected device to turn green.
- 8 On the Tacx Alpine, press **AUTO** so the LED is solid.
Automatic training mode means that the Tacx Alpine automatically follows the grade of the course.
- 9 Select a course.
- 10 Start pedaling.

Device Information

Standby Mode

After 10 minutes of inactivity, the Tacx® Alpine goes into standby mode, and Bluetooth® connections are stopped. You can wake up the device by pressing a button or turning the handlebar ([Status LEDs and Buttons](#), page 13).

Device Care and Storage

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

- Unplug the device when it is not in use.
- If your trainer has motion plates, check the alignment, and lock the motion plates when the trainer is not in use.
- Wipe off the device after every use.
- Clean the device before storing it.

Specifications

Power supply	Use the included power cable. From 100 to 240 V, 50/60 Hz
Standby power consumption	<0.5 W After 10 min. of inactivity, the device goes into standby mode.
Operating temperature range	From -10° to 40°C (from 14° to 104°F)
Storage temperature range	From -20° to 60°C (from -4° to 140°F)
Wireless frequency and transmit power	2.4 GHz @ 8.32 dBm
Maximum rider weight	120 kg (264 lb.)

物質宣言

部件名称	有毒有害物质或元素									
	铅	汞	镉	六价铬	多溴联苯	多溴二苯醚	邻苯二甲酸二(2-乙基己)酯	邻苯二甲酸丁苄酯	邻苯二甲酸二丁酯	邻苯二甲酸二异丁酯
印刷电路板组件	×	○	○	○	○	○	○	○	○	○
金属零件	×	○	○	○	○	○	○	○	○	○
电缆 电缆组件 连接器	×	○	○	○	○	○	○	○	○	○
塑料和橡胶零件	○	○	○	○	○	○	○	○	○	○

本表格依据 SJ/T11364 的规定编制。

○: 代表此种部件的所有均质材料中所含的该种有害物质均低于 (GB/T26572) 规定的限量

×: 代表此种部件所用的均质材料中, 至少有一类材料其所含的有害物质高于 (GB/T26572) 规定的限量

* 该产品说明书应提供在环保使用期限和特殊标记的部分详细讲解产品的担保使用条件。



Troubleshooting

Updating the Tacx® Alpine Software

Before you can update the device software, you must pair your Tacx Alpine with the latest version of the Tacx Training app ([Pairing the Tacx® Alpine with Your Trainer and the App, page 14](#)).

1 Plug the power cable into a standard wall outlet ([Connecting the Power Cable and Calibrating the Tacx® Alpine, page 9](#)).

2 Open the Tacx Training app on your phone or tablet.

TIP: You should check the battery level of your phone or tablet.

3 Select **Settings > Device Manager**.

4 Select your Tacx Alpine.

5 Select **Firmware Update > Update**.

On the Tacx Alpine, all LEDs glow in sequence, clockwise, during a software update.

6 Wait while the software update finishes.

TIP: Do not unplug the device or switch between apps while the software is updating.

This can take a couple of minutes. The software update can cause a reset of the pairing connection with your compatible trainer.

When should I calibrate the Tacx® Alpine?

If the device has been stored for several months, or if you install a new bike or trainer, you should calibrate the Tacx Alpine ([Connecting the Power Cable and Calibrating the Tacx® Alpine, page 9](#)).

Before you ride, complete these actions:

- On the Tacx Alpine, check the **AUTO** LED. A slowly flashing LED means that the device needs calibration.
- On the Tacx Training app, check for a calibration message.

The Tacx Alpine is not responding

If the Tacx® Alpine stops responding, you can reset the device to the factory settings.

1 Hold **AUTO** for 15 seconds.

2 When all the LEDs flash quickly, release the button.

3 Wait for the device to reset.

All LEDs glow in sequence, counter clockwise, during a factory reset.

After the factory reset is complete, you must calibrate the Tacx Alpine ([Connecting the Power Cable and Calibrating the Tacx® Alpine, page 9](#)).

You must also pair the Tacx Alpine with your compatible trainer and the Tacx Training app ([Pairing the Tacx® Alpine with Your Trainer and the App, page 14](#)).

Why are all the LEDs flashing?

When all the Tacx® Alpine LEDs are slowly flashing at the same time, a hardware error is present.

1 Stop riding, and get off the bike.

2 Open the Tacx Training app for details.

How do I mount my tablet?

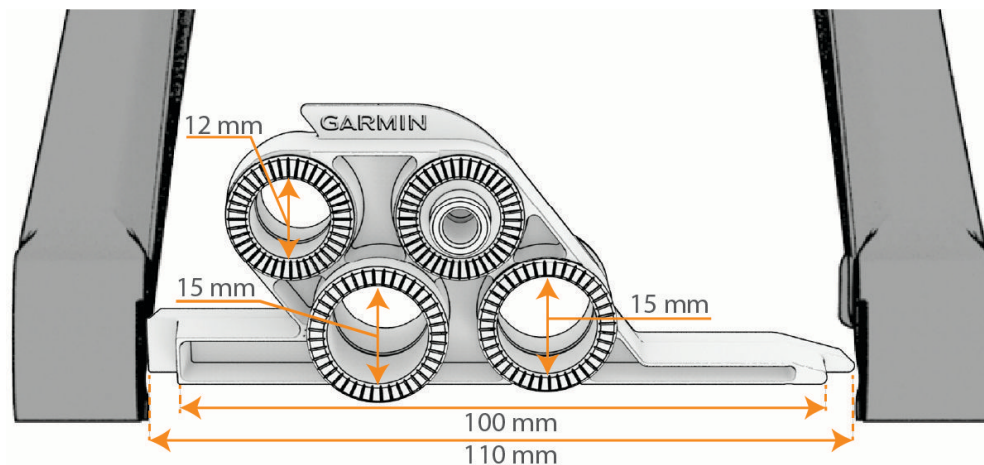
NOTICE

The Tacx® tablet stand (T2098) can interfere with the Tacx Alpine leading to possible product damage.

- If you have the Tacx tablet stand (T2098), move the stand away from all Tacx Alpine parts and check for clearance.
- Use the Tacx bracket for tablets (T2092).
- Go to buy.garmin.com for compatible accessories.

What size is my thru axle?

Most axles have the size printed or etched on the axle. The most common sizes are 12 x 100 mm, 15 x 100 mm, and 15 x 110 mm. To determine the diameter, you can insert the axle into the endcaps. To determine the length, you can hold the compatibility gauge between the bike fork.



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This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

M/N: A04820

智慧互動式坡度模擬器

爬坡模擬器

IC: 1792A-04820