



**Altitude profile**



## The most important at a glance

distance  
4 km

altitude meters uphill  
60 m

altitude meters downhill  
340 m

highest point  
1000 m

difficulty  
easy

circuit  
no

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Take the bus to the bus stop "Lienz Hochstein/Schloss Bruck" and then take the gondola to the Moosalm.

parking:

starting point: Car park Schlossbergbahn valley station

destination point: Moosalm

best season: Schrankenanlage Stadtweg

MAY, JUN, JUL, AUG, SEP

## arrival

Parking spot

Car park Klammbrückl

## Gpx file

## Interactive map

[download>](#)

[open>](#)

## Description

The Flow Family Trail starts at the Moosalm at approx. 1000 m above sea level. From there the newly created trail of 4 kilometres length winds through the shady forest towards Bruck Castle and on to the valley station. About 340 metres of difference in altitude are to be mastered. The trail was laid out with chicken lines so that less experienced trail riders can bypass dashes and bumps. The Hochstein thus provides a new route that also allows beginners to curve down the trails into the valley. Please note: from the Bruck Castle area, the road traffic regulations apply!