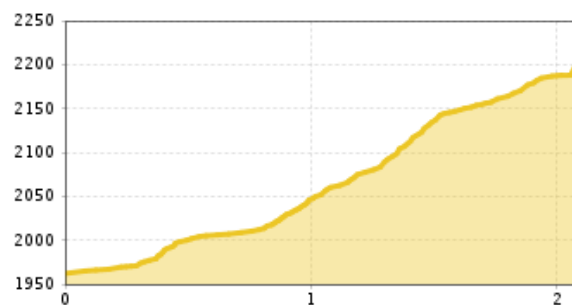


### Altitude profile



## The most important at a glance

<b>distance</b> 1.8 km	<b>altitude meters uphill</b> 232 m	<b>highest point</b> 2200 m	<b>difficulty</b> average	<b>circuit</b> no
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**fitness:**



**technique:**



**public transport:**

Kals a.G. Großdorf

**parking:**

Parkplatz Großdorf  
Mittelstation der Gondelbahn (Gornermulde)  
Bergstation der Gondelbahn Kals  
**best season:** JUN, JUL, AUG, SEP

**Gpx file**

[download>](#)

**Interactive map**

[open>](#)

## Description

The Mountainbikeroute (Nr. 140) is the extension to the Mountainbikeroute (Nr. 116) from Großdorf to the middle station of the cable car up to the high-alpine area in 2.400 meters. The route passes the Gornermulde via chapel Holy Maria along serpentine up to the alp hut Kals-Matreier Törl and via Mountainbikeroute Nr. 146 to the Adler Lounge. The gradient of the route is up to 20 % therefore a good level of athletic stamina will be needed. It is a shared trail, the width is 1,2 meters, hikers and considerably slow-moving bikers find easily space next to each other. Mainly the route is exclusively driven uphill. The descent can be made starting at the Adler Lounge on the Eagle Trail (singletrack difficulty level blue or S1).