



**Altitude profile**



## The most important at a glance

distance  
9.3 km

altitude meters uphill  
460 m

altitude meters downhill  
460 m

highest point  
1850 m

difficulty  
average

circuit  
no

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

St. Jakob i.D. Gemeindeamt

parking:

Parplatz Neue Mittelschule St. Jakob  
Eingang Trojer Tal

starting point:

Almgebiet Tögischer Bachl

best season:

MAY, JUN, JUL, AUG, SEP, OCT

## arrival

**Stop**

St. Jakob in Deferegggen Gemeindeamt

**Parking spot**

Car park Trojeralmtal

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

This moderately difficult MTB route starts at the entrance to Trojer Tal to the north of the centre of St. Jakob in Deferegggen. From here the tarmac road proceeds the uppermost farm, "Tögisch". From there continue via a gravel road to the Alpine area, "Tögischer Bachl". A wide cirque opens up here, inviting you to enjoy some lovely hikes. There is a total of 450 metres altitude to tackle.