



Altitude profile



The most important at a glance

distance 7.7 km	altitude meters uphill 400 m	altitude meters downhill 400 m	highest point 1810 m
difficulty average	circuit no		

fitness:

* * * * *

technique:

* * * * *

public transport:

St. Jakob i.D. Brunnalmbahn

parking:

starting point: Parkplatz Brunnalmbahn
destination point: Talstation Brunnalm Bergbahnen
best season: Brugger Alm Jausenstation
MAY, JUN, JUL, AUG, SEP

arrival

Stop

St. Jakob in Deferegggen Brunnalmbahn

Parking spot

Car park Brunnalm

Gpx file

Interactive map

[_download>](#)

[_open>](#)

Description

The moderately difficult MTB route starts at the valley station of the Skizentrum St. Jakob i. D. cable cars and proceeds via a gravel trail to the Bruggeralm. The gradient is on average 10%, with 400 metres altitude to tackle.