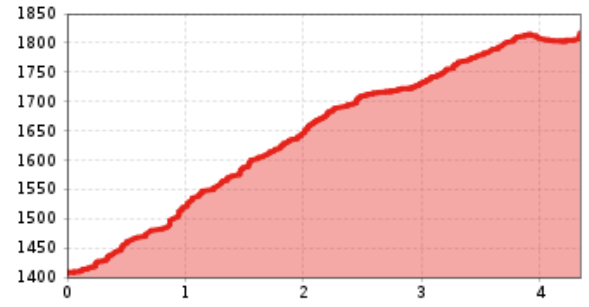


### Altitude profile



## The most important at a glance

distance  
4.5 km

altitude meters uphill  
431 m

altitude meters downhill  
22 m

highest point  
1850 m

difficulty  
average

circuit  
no

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

St. Jakob i.D. Gemeindeamt

parking:

starting point: Parplatz Neue Mittelschule St. Jakob  
destination point: Eingang Trojer Tal  
best season: Almgebiet Tögischer Bachl  
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.