



## 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**

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## 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.