

# 2031 | Sonnenrast Trail

A highlight for beginners and for warming up!

distance 1,7 km

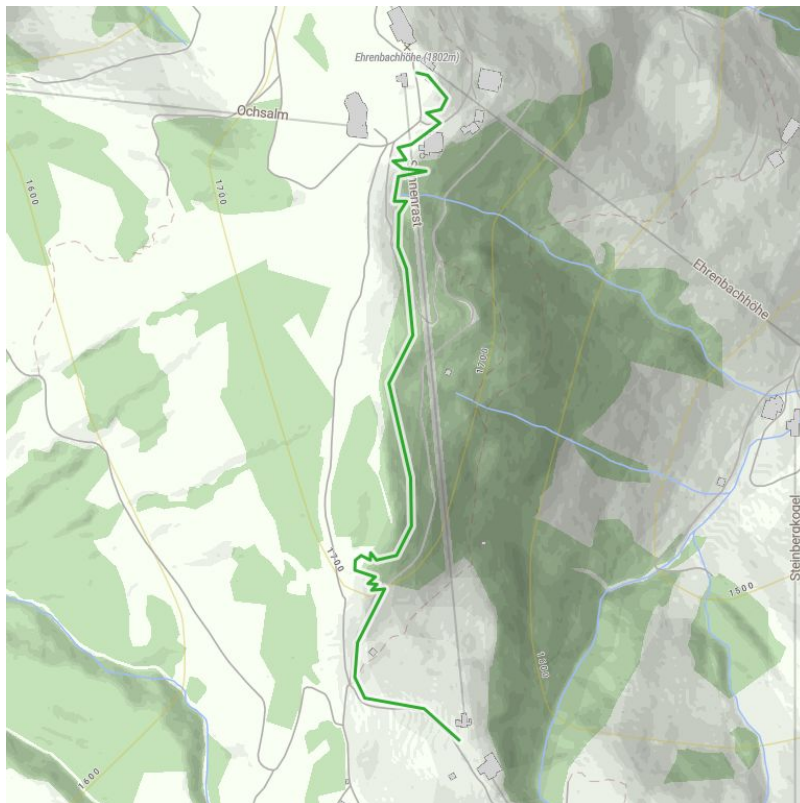
altitude meters downhill 130 m

highest point 1794 m

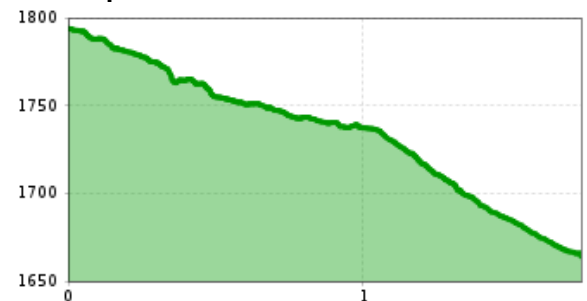
starting point: Bergstation Sonnenrastbahn

destination point: Talstation Sonnenrastbahn

best season: JUN, JUL, AUG, SEP, OCT



Altitude profile



## Description

With a length of 1.8 km and a total elevation gain of 133 metres, the Sonnenrast Trail winds its way towards the Sonnenrast valley station with a magnificent panorama. An ideal trail for beginners and families, but also suitable for advanced riders with spectacular elements such as the 8-metre-high wooden snail and wooden sections through steeper terrain. Well-built berms and optional jumpable rollers complete the offer for advanced bikers as a precursor to the Hahnenkamm and Fleckalm Trail.

Tip: The MTB Family Area Streiteck is located at the bottom of the Sonnenrast lift, with a 100-metre-long conveyor belt and several kids' trails. This is the ideal meeting point for MTB families and active riders: for practising, warming up, swapping bikes, bike camps and chilling out. Please note: Rental bikes must be hired in the valley.

## downloads

[GPX FILE](#)

[INTERACTIVE MAP](#)

