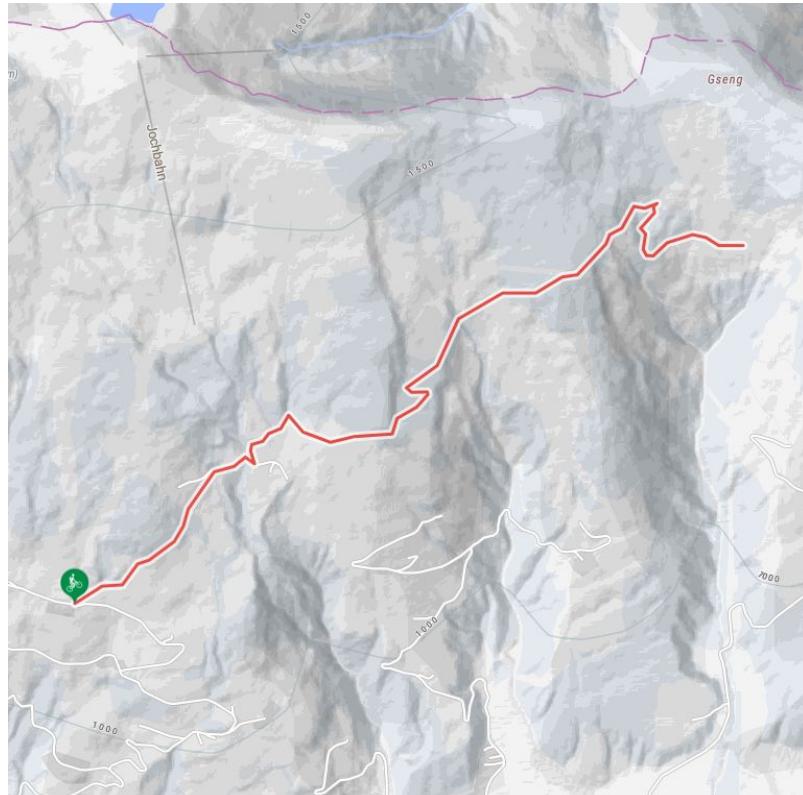
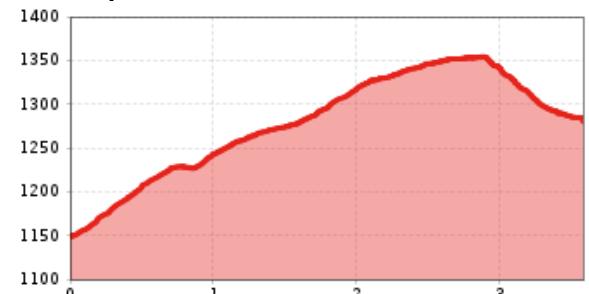


299 | Gseng - Verbindung Sun Trail

distance	3,6 km	difficulty	average
altitude meters uphill	230 m	altitude meters downhill	100 m
starting point:	Abzw. MTB 265, Gasthaus Nieding		
destination point:	Obinger Alm		
best season:	MAY, JUN, JUL, AUG, SEP, OCT		

**Altitude profile**

Description

The route starts at the junction of MTB route 265 at the Nieding inn. Follow the asphalt "Oberer Sonnbergweg" to Buchau on the right. Here the route branches off to the left into the gravelled Gsengweg and winds its way uphill through sparse forest and meadowland. After approx. 2.4 km and 200 m difference in altitude, you reach the entrance to the single trail "SunTrail" (MTB 296). After a short descent, the Hasner Niederalm appears on the continuing forest path. From here, a short pushing section (approx. 250 m) leads over the ditch and on to the Obinger Alm. The way back can be chosen either via the moderately difficult MTB route 288 to Brixen i. Th. or further towards Rauhen Kopf and via Kirchberg.

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