

299 | Gseng - Verbindung Sun Trail

distance3,6 kmdifficultyaveragealtitude meters uphill230 maltitude meters downhill100 m

starting point: Abzw. MTB 265, Gasthaus Nieding

destination point: Obinger Alm

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



Altitude profile 1400 1350 1300 1250 1200 1150 1100

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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GPX FILE INTERACTIVE MAP

02.12.2025





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