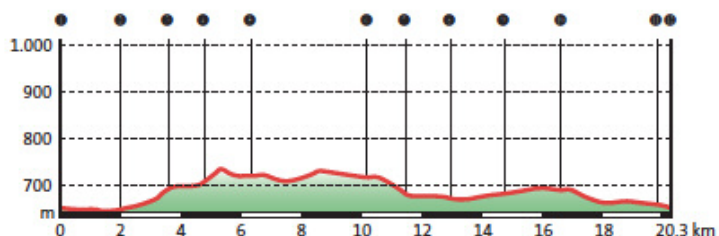


Around the Valley



Taubensee Lake at the base of the Rauschberg

- » Distance (Round trip): 20,3 kilometres
- » Altitude gain (Round trip): 227
- » Difficulty: short and easy inclines
- » Starting point: Eggli Bridge
- » Activities along the route: Bowhunting Chiemgau, Marble quarry with its climbing wall, children's amusement park, paragliding school and flight center, 18-hole golf course



- Eggbrücke ● Bibelöd ● Oberschwendt ● Maierschwendt ● Haßberg ● Freizeitpark ● Gstatt
- Fuchsau ● Fitz am Sand ● Taubensee ● St. Valentin ● Eggbrücke

- ➡ From the starting point at the Eggli Bridge, cross Zeller Street and ride past InterTennis school. Follow the bike path along the River Traun on your left downstream through the wooded area towards Bibelöd.
- ➡ Towards Bibelöd. Exit the path and take the underpass under the train tracks. Stay on the right and pass through the residential area Bibelöd.
- ➡ Now turn onto Westenberg Street and continue until you cross the Hauptstraße (Main Street) and turn right onto Maierschwendt Street.
- ➡ After a few hundred metres, follow the road towards Oberschwendt. This path will lead you past picturesque farms and provides fantastic views of the Ruhpolding valley.
- ➡ Towards Maierschwendt. After you cross the small bridge, turn left and then a few hundred metres later, turn right again onto Maierschwendt Street.
- ➡ Once you pass the archery range, keep right onto the gravel path past the marble quarry and the climbing wall. When you reach the asphalt road, continue on past the historic cowbell smithy to the Staudigel Hütte and the barbecue area.
- ➡ Here the path divides. Follow the gravel hiking and biking path upstream along the Urschlauer Achen brook towards Brand.
- ➡ Towards Brand. After about one kilometre, cross the first bridge that crosses the brook and turn right onto Brander Street.
- ➡ At the Miesenbacher clubhouse, take the fork to the left after the large residential house. You will pass the children's amusement park (which is worth a day-trip with kids) and arrive at the paragliding school in Bämg-schwendt.
- ➡ Turn off after the historic farmstead and follow the road along the Guglberg towards Gstatt.
- ➡ In Gstatt, first turn left, then, after a few metres take a right towards Wasen past the "Flight Center Ruhpolding". Follow the narrow asphalted road through idyllic meadows and pastures. Then cross Seehauser Street.
- ➡ From the Traun River, turn onto the bike path and remain on it even after crossing the highway until you reach the part of town called Fritz am Sand.
- ➡ After riding across the old train bridge, take a sharp turn to head towards Taubensee Lake (a lovely place for a snapshot).
- ➡ Towards Ort. After leaving the forested area, turn left onto the highway. Take a right onto Grashof Street and pass the camping site.
- ➡ Then turn onto the next street; pass Hutzenau via the 18-hole golf course.
- ➡ Head towards Zell, turn left and follow the road towards St. Valentin, the part of town named after the gothic church located there.
- ➡ Keep right at the next fork in the road and continue on to your starting point, the Eggli Bridge.

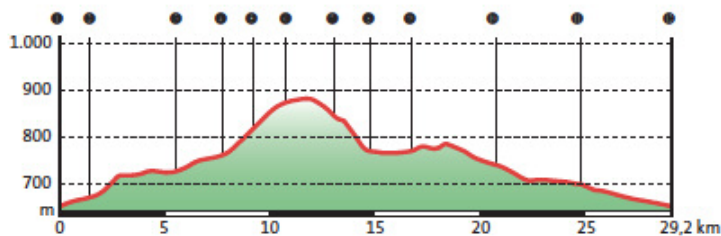
Röthelmoos Circuit



The log-diving sluice on the Röthelmoos high plateau

suitable for
e-bikes

- » Distance (Round trip): 29,2 kilometres
- » Altitude gain (Round trip): 479
- » Difficulty: easy to mid-level inclines
- » Starting point: Eggli Bridge
- » Activities along the route: Children's amusement park, Enchanted Forest (Märchenwald), Röthelmoos mountain pasture huts, the Three Lakes area, Chiemgau Arena, Lumberjack Museum



- Egglibrücke ● Wasen ● Brand ● Urschlag ● Klausbrücke ● Röthelmoosalm ● Wappachtal ● Weitsee ● Mittersee ● Seehaus ● Laubau ● Egglibrücke

- ➔ Begin at the Eggli Bridge and ride upstream on the right side of the Traun to the "Ortszusammenschluss" (village unification) memorial. Take a right and follow the signs for the "Sagenweg" (you will cross Seehauser Street along the way) until you reach the Mühlbauern Chaple near Wasen. At that point cross the street and follow the gravel road towards Gstatt.
- ➔ As soon as you reach the next asphalt road, take a right and follow it to the second turn off, ...
- ➔ ...take a left, then a right ride along the base of the Guglberg to the base station of the Unternberg ski-lift (only in service in winter).
- ➔ At the historical farmstead, follow the road until it joins Brander Street again. You will bike past the Children's amusement park in that forested area.
- ➔ Towards Brand. The enchanted fairy-tale-forest is located right behind the Brand Gasthof Restaurant. Continue along Brander Street until you reach after Urschlag the fork in the road at the "Klaus Bridge."
- ➔ From here keep left on the gravel paths. Follow the path uphill until you reach the Röthelmoos high plateau beneath the Hömdlwand, where the mountain huts serve refreshments from May to October. At the entrance to the pasture area, there is a sluice that was formerly used for log drives. At the first branch in the road, continue on straight ahead towards the three-lakes area.
- ➔ Bike towards the Wappbach valley when you reach the fork in the road with many branch-offs. This romantic path is right along the lively Wapp brook all the way to the three lakes.
- ➔ At the highway, ride towards Ruhpolding and after a few hundred metres, turn right over a small plank bridge leading to the Weitsee lake. A swim in the lake can be a wonderful refreshment. Once past the Weitsee, keep left and bike through the forest.
- ➔ As soon as you reach the fork in the road take a left. The gravel road that runs parallel to the highway leads you past the Mittersee and Lödensee lakes, then past the Förchensee lake at the Seehaus where you bike through the underpass and continue on the Chiemgau Arena. Bike under the underpass here as well and keep on the path towards the Lumberjack Museum (Holzknechtmuseum).
- ➔ When you reach the "Fuchswiese" clearing take a right and then a left. Cross bridge over the usually dry riverbed of the Fischbach brook.
- ➔ Next take a left to the bike path and bike past the Allinger Stube. This path runs parallel to the Traun River and leads back to the Eggli Bridge.
- » For another variation on this route, take a right at the Klaus Bridge and then bike to the Röthelmoos Alms via the Längualm and Eschelmoos. (39.1 km/ 784 m altitude differential).

Staubfall Waterfall Smuggler's tour – Hike & Bike

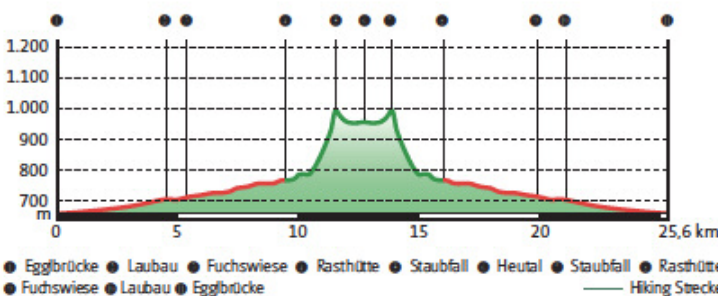


The Staubfall waterfall's impressive cascade

- » Distance (one-way): 25,6 kilometres
- » Altitude gain (one-way): 400
- » Difficulty Level Biking: Level path with continuous gentle inclines
- » Difficulty Level Hiking: Initial mid-level incline, then level path, not suitable for those with fear of heights
- » Starting point: Eggli Bridge
- » Highlights: The Staubfall waterfall offers lovely relief on warm days, provided there is enough water.



- ➔ From the beginning point at the Eggli bridge, ride along the Dr. Degener Promenade (downstream, right of the Traun), cross the Federal Highway once on the way to Laubau and the Allinger Stube.
- ➔ Laubau. Take a right and cross the bridge to the other side of the Fischbach brook. Here, the Lumberjack Museum is nearby.
- ➔ To go to the Staubfall, however, continue on and take the first left continuing on the slightly inclining forestry road for a few kilometres.
- ➔ Keep left at all forks in the road until you reach a small wayside hut. Park your bike here and put on your hiking shoes because the rest of the way is by foot.
- ➔ Now cross the small bridge and hike along the narrow path (No. 34). This path used to be the smuggler's path to Austria past the Staubfall. It's fun to walk under the waterfall and feel the spray from the Staubfall waterfall in your face! If you look closely, you will spy the foundation of the old tollhouse. Leave nature's theater, to follow the level path towards the Heutal valley (here there are restaurants and a 3D bow and arrow range). Return to your bikes and then to your starting point along the same route.

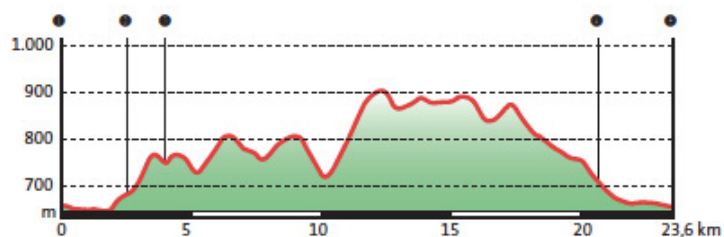


The Zinnkopf Circuit



A lovely view from Vordermiesenbach

- » Distance (Round trip): 23,6 kilometres
- » Altitude gain (Round trip): 866
- » Difficulty: some long inclines / descents
- » Starting point: Eggf Bridge
- » Highlights: This lovely tour through the forested area around the Zinnkopf is ideal on hot days when the forest offers pleasant shade.



● Eggfbrücke ● Vordermiesenbach ● Zwickling ● Infang ● Eggfbrücke

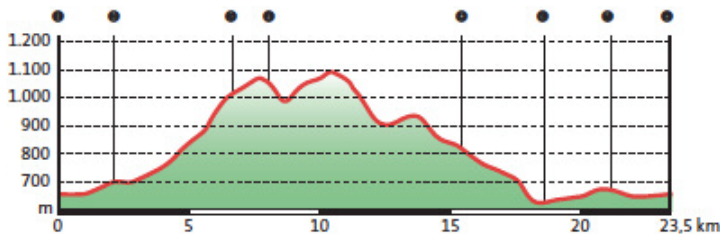
- ➡ Follow the path downstream/right along the Traun River towards Bibelöd.
- ➡ Turn onto the narrow gravel street behind the electrical generator shed leading to Vordermiesenbach via a steep incline. Keep to the right until you reach Vordermiesenbach.
- ➡ Vordermiesenbach. Once you reach the housing area, turn onto the asphalt street.
- ➡ After a few hundred metres, take the fork in the road towards Zwickling. This path, which includes a lengthy incline, offers a beautiful view of the Westenberg and surrounding area. Follow the street through Zwickling and Gschwendt, until you finally reach Hörgering close to Siegsdorf.
- ➡ Towards Siegsdorf. Now take the sharp right and follow the signs for the "Salinenrundweg" to bike around Zinnkopf Mountain. This forested area provided a significant supply of wood for the salt works in Traunstein. After you reach the intersection, bike straight ahead downhill towards Hammer.
- ➡ At the next fork in the road, follow the signs for "Hammer über Meisau." At the following junction, again follow this sign and continue along the straight road.
- ➡ As soon as you reach the next fork in the road, take the right fork (the left fork will take you towards Hammer) onto the forestry road and ride towards Froschsee/Aschenau. You can see the neighbouring village of Inzell through the trees.
- ➡ Continue straight on until you branch off onto Maximiliansweg. The rest of the way is downhill to the Infang valley.
- ➡ Now ride to the district road in Zell and take a left.
- ➡ A few metres further on, branch off to the right.
- ➡ Cross the small bridge over the Windbach brook and ride through Ruhpolding's 18-hole-golf course. This path will lead you across the Traun River via the Bäckersteg path.
- ➡ Next take a right onto the bike path, the Dr. Degener Promenade, and continue on until you reach your starting point at the Eggf Bridge.

The Monastery Route



suitable for
e-bikes

- » Distance (Round trip): 23,5 kilometres
- » Altitude gain (Round trip): 893
- » Difficulty level: mid-level incline
- » Starting point: Eggli Bridge
- » Activities along the route: Minigolf at the Kurpark, Pilgrimage church Maria Eck



- Egglibrücke ● Buchschachen ● Gasthof Steinberg ● Hochfellnbahn ● Maria Eck ● Eisenärzt ● Vordermiesenbach ● Egglibrücke

- ➡ At the Eggli Bridge parking lot, cross the Zeller Street and head towards the InterTennis School. Turn into the parking lot and turn onto Parkweg. Follow the road to the traffic light intersection.
- ➡ Turn right onto the main street and then left after crossing the bridge onto the gravel road that runs parallel to the Urschlauer Achen brook, past the minigolf course.
- ➡ Take the next turn to the right.
- ➡ Once you reach Kurhaus Street, turn left and follow the steeply inclining path, bearing right towards the church until you reach Brandstätter Street.
- ➡ Here you turn left and then right at the Hotel Bellevue onto Von-Hertling Street. Bike up the incline along Von-Hertling Street, past the picturesque farmyards (some of them historical) until you reach the part of town called Buchschachen and the path begins to decline.
- ➡ **Towards Blicken.** When you reach Maiergschwendt Street, turn right, and, after a few metres turn left onto the asphalted street. Continue up the steep incline for several kilometres, past the Blickner Alm, the Steinberg Alm (enjoy the great views from the patio) and the Hoherb Alm until you reach a fork in the road. Enjoy refreshments at nearby Bründling Alm and Bachschmidkaser.
- ➡ Take a sharp right and continue on towards Maria Eck. Keep right again at the next fork in the road.
- ➡ Follow this path along the base of Scheichenberg Mountain. Keep right again at the next fork in the road a few kilometres further along. The forestry road ends at the pilgrimage church Maria Eck with its monastery and restaurant. The declining road leads to Eisenärzt via Scharam. Cross the train tracks.
- ➡ **Towards Eisenärzt.** Ride towards Eisenärzt and turn onto the Salinenweg (Saline path) shortly before the old Traun River bridge and follow this path to cross the new Traun bridge.
- ➡ After crossing the bridge, turn right onto the highway and follow it to the maypole.
- ➡ Now keep left onto Bergstraße and then take the right path at the next fork in the road. Now continue straight on...
- ➡ ... until you have a steep incline ahead of you. Go around it to the left and keep right at the next turn in the road. The descent leads you to Vordermiesenbach.
- ➡ At the junction just before the meadow, turn right and pass the two farmyards.
- ➡ Right before the last house in this residential area, turn right onto the gravel road and follow the path towards the Traun. Ride upstream to the left of the Traun back to your starting point at the Eggli Bridge.

Rauschberg Circuit

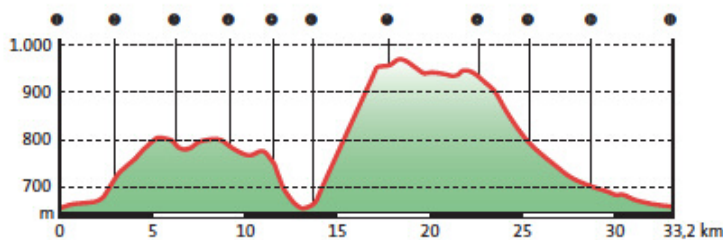


Schwarzachen Mountain huts

- » Distance (Round trip): 33.2 kilometres
- » Altitude gain (Round trip): 950
- » Difficulty: some longer, mid-level inclines
- » Starting point: Eggli Bridge
- » Activities along the route: 18-hole golf course, glacier rock garden, Weißbach, Lumberjack Museum



- ➔ Follow the Traun River upstream along the Dr. Degener Promenade from the Eggli Bridge.
- ➔ Now cross the Bäckersteg (the first bridge), turn right and bike along the Windbach brook, past the 18-hole golf course, until you reach the district road.
- ➔ Take a left here, and then a right a few metres later into the Infang valley. Follow the asphalted street, labeled as the "Chiemgau Radweg" to the Froschsee/Oberhausen district.
- ➔ **Towards Froschsee.** After you pass through the "Hinteroberhauser" farmyard, turn right and follow the path to Highway B305. The Froschsee Lake will be to your left.
- ➔ Once you reach the B305, turn off and bike along the other side of the lake to Schmelz in the Inzell district.
- ➔ Keep left towards the Gasthof Schmelz.
- ➔ Now bike through the hiker's parking lot and follow the romantic gravel road along Inzell's Kienbergl to the Zwing district. There once was a small Biathlon center along this route.
- ➔ As you bike towards Weißbach, turn onto the highway at the Gasthof Zwing and follow the gently sloping road to Weißbach along the alpine highway (in Berchtesgaden County). There is an Alpine rock garden on the left side of the road as well as the world's oldest pipeline (the saline pipeline that lead from the mountains to Traunstein between about 1619 to 1969).
- ➔ Turn right onto the Reiterweg in Weißbach which leads towards Mautnerfeld. Follow this level path around the Maisenberg Mountain. From here, the path goes uphill steeply.
- ➔ Hold to the left at the fork in the road. After that, follow the signs for "Chiemgau MTB Marathon" until you reach the Reiter Alm (which serves refreshments from June to October).
- ➔ Further along the "Chiemgau MTB Marathon" path you pass the Hiental Ranger's Hut and finally reach the district of Ruhpolding again at the Keitl Alm. From here the path is downhill along the Schwarzachen brook, and you can let your bike do the work. You will pass the Schwarzachen Alm (where you can enjoy refreshments from May to October), on your way to the Allinger Stube near the Lumber Jack Museum.
- ➔ Keep to the right here, and follow the narrower gravel path parallel to the Traun River past the Laubau, Fritz am Sand and Fuchsau areas. You will cross the highway once. Continuing downstream, you will reach your starting point at the Eggli Bridge.



- Eggbitücke ● Infang ● Oberhausen ● Gasthof Schmelz ● Gasthof Zwing ● Weißbach ● Reiter Alm
- Keitlalm ● Schwarzachenalm ● Laubau ● Eggbitücke

Stoisser Circuit (Berchtesgaden County)

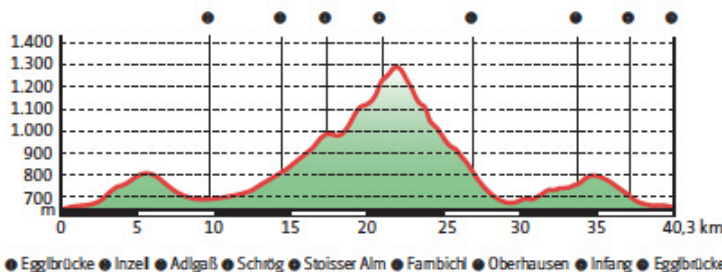


Stoisser Mountain Hut

- » Distance (Round trip): 40,3 kilometres
- » Altitude gain (Round trip): 1188
- » Difficulty: A long strenuous incline
- » Starting point: Eggf Bridge
- » Highlights: The Stoisser Alm is considered the absolute insider tip for ambitious mountain bikers. The amazing views make this relatively challenging tour worth the effort.



- ➔ Start the tour at the Dr. Degener Promenade to the right of the river Traun and travel upstream.
- ➔ Cross the very first bridge – the Bäckersteg – and follow the trail along the Windbach brook through the golf course.
- ➔ The county road crosses the trail. Turn left here, and a few yards later take a right into the Infang Valley. Follow the trail and keep to the right at every fork along the road heading towards Froschsee/Oberhausen.
- ➔ When you reach the picturesque farmhouses at the Froschsee, turn left and follow the road to the center of Inzell.
- ➔ Pass city hall and turn right onto the highway. A few metres later, turn onto Adlgaßer Street. Continue uphill until you reach the Forsthaus Adlgaß.
- ➔ Here, and at the following more prominent forks in the road, keep to the left. Now follow the signs to the “Stoisser Alm” – today’s destination – which you will reach after a few more kilometres. Here, you can enjoy the marvelous panoramic views of the lower Alps and Salzburg. Enjoy a well-deserved rest before starting your descent. Take the forestry road between the hut and the chapel.
- ➔ Take the first possible turn after the hut. Initially the narrow trail descends gently.
- ➔ As soon as you reach the first intersection, take a sharp right and follow the serpentine to the former pub “Fambicht!” From here, the view towards Inzell is impressive. Now follow the asphalted trail to the highway...
- ➔ ... and take a left. At the next turn, take a right and follow the trail to the next fork in the road...
- ➔ ... where you keep left and ride through the forested area along Fantenberg Street. After a short incline you reach the “Salinerweg” – the saline pipeline pathway.
- ➔ After passing “Wallnerbauer” farm, follow the trail through the woods until you reach the Kessel lift. From here on you may recognize the route because you are retracing your path.
- ➔ Follow the asphalted road to the right, which will take you to the Oberhausen part of town. Continue on back to the starting point at the Eggf Bridge.

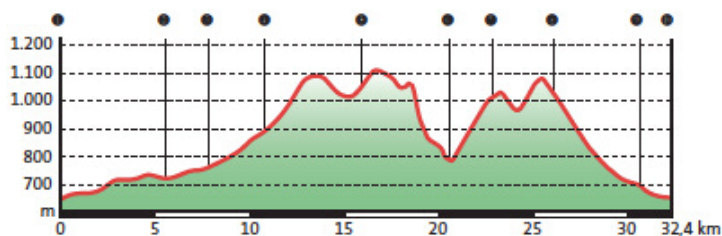


Hochfelln Circuit



Pilgrimage chapel Maria Schnee

- » Distance (Round trip): 32,4 kilometres
- » Altitude gain (Round trip): 1231
- » Difficulty level: partially difficult uphill passages
- » Starting point: Eggf Bridge
- » Highlights: Flight school Luftikus/Freiraum, children's amusement park



- Eggfbrücke ● Brand ● Urschläu ● Röhelmoos ● Eschmoos ● Kohlstatt ● Gleichenbergalm ● Steinbergalm
- Buchschachen ● Eggfbrücke

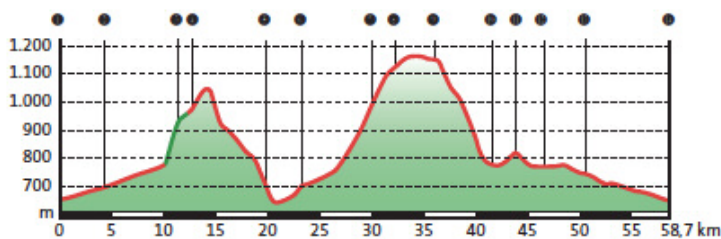
- ➔ Begin at the Eggf Bridge and ride upstream on the right side of the Traun to the "Ortszusammenschluss" memorial.
- ➔ Take a right and follow the "Sagenweg" (you will cross Seehauser Street along the way) until you reach the Mühlbauern Chapel. At that point cross the street and follow the path towards Gstatt.
- ➔ **Towards Gstatt.** At the next fork in the road, keep right.
- ➔ After a few hundred metres, turn left and continue uphill to the right to the idyllic Guglberg area. After a short asphalted stretch, the road becomes a farm road.
- ➔ Continue along this path until you reach Bängschwendt area where the flight school is located. Join the path and continue on following the right curve to Brander Street. You will bike past the children's amusement park in a forested area.
- ➔ Turn left and bike upstream along the Urschläuer Achen brook, past the Maria Schnee Chapel in Urschläu and on to the sluice bridge. The path now leads towards the Röhelmoos Alm keeping left at the sluice bridge.
- ➔ Follow the path uphill until you reach the high plateau where the mountain huts serve refreshments from May to October. At the entrance to the pasture area, there is a sluice which was formerly used for log drives.
- ➔ At the first branch in the road, take the right path and ride several kilometres along the choppy forestry road (Chiemgau MTB Marathon) to the Eschmoos Alm.
- ➔ Turn left at the crossing and follow the path towards Kohlstatt partially around the Hochfelln.
- ➔ Just before you reach Kohlstatt, ride towards the Gleichenberg Alm (which serves refreshments from May to October). After passing the alm, keep right at the next two branches in the road.
- ➔ At the third branch, take a left towards Hoherb-/Steinberg Alm (with a restaurant). Take the windy road back into the valley.
- ➔ **Blicken.** When you reach the part of town called "Blicken" turn right on Maiergschwendt Street and then left a few metres further on. The path leads past Buchschachen not far from the parish church St. Georg.
- ➔ When the road evens out, turn onto Brandstätter Street and continue through the residential area.
- ➔ Take a sharp turn to cross the small bridge and enter the Toni-Stengel-Weg. Continue on to the intersection at the traffic light.
- ➔ At the traffic light, cross the main street and turn left and then right onto Parkweg. Here you pass the InterTennis school again and reach the starting point.

Heutal – Winklmoos Circuit



A lovely stop at the inn in the Heutal Valley

- » Distance (Round trip): 58.7 kilometres
- » Altitude gain (Round trip): 1426
- » Difficulty level: Two long difficult inclines
- » Starting point: Eggli Bridge
- » Highlights: A short trip to Austria



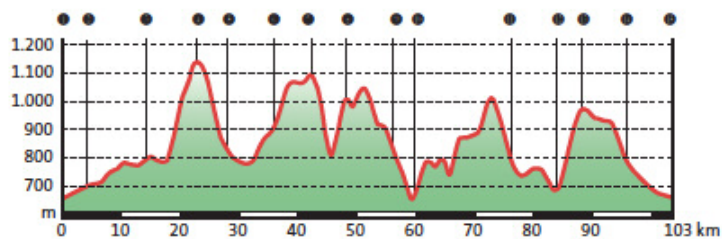
- Eggbrücke ● Laubau ● Staubfall ● Heutal ● Vordergöll ● Eibklamm ● Ruedersbach Stube ● Muckklaus
 - Winklmoos ● Seegatterl ● Dürfeldkreuz ● Mittersee ● Seehaus ● Eggbrücke
- Schiebbestecke

- ➔ From the Eggli Bridge ride upstream to the right of the Traun River towards Laubau. This route, which runs along the base of the Rauschberg, crosses the highway once.
 - ➔ At the Allinger Stube take a right to cross the bridge...
 - ➔ ...and take the left fork in the road toward the Fuchswiese.
 - ➔ There take a left and follow the Fischbach stream upstream on a slightly inclining forestry road until you reach a small shelter on your left. From here on, you have to push your bike for a while.
 - ➔ Once you cross a small bridge, the trail is quite steep up to the beautiful Staubfall waterfall. After the waterfall and a few steep steps you can mount your bike again and follow the trail to Heutal in Austria. There are several inns and restaurants in this valley.
 - ➔ **Towards Heutal.** As soon as you reach the asphalt road, turn left and follow the road to the Alpengasthof Heutal.
 - ➔ Turn right across from this restaurant. The trail leads through Hintergöll/Moarlack. Enjoy the scenery as you pedal up the steep grade past the beautifully situated houses in this area.
 - ➔ After the intersection, ride left along the Eibklamm straight in the direction of Vordergöll until you reach the village road in Unken.
 - ➔ Take this road to the right...
 - ➔ ... and after a few hundred metres take the next trail to the right towards the Friedwirt Inn. Now you have a beautiful straight road along the "Route der Klammern" – "the ravine route" to the Winklmoos Alm. Once there, descend to Seegatterl along the gravel road, which is designated as a cross country ski trail in winter.
 - ➔ From there, take the bike trail along the highway past the three lakes. A dip in one of the lakes is very refreshing! Continue along the Traun River until you arrive at the starting point.
- » For a shorter variation on this route, go right at the Heutal directly to the Winklmoos Alm (44km / 749 metre altitude differential).

Chiemgau Marathon



- » Distance (roundtrip): 104 kilometres
- » Altitude gain (Round-trip): 3551
- » Difficulty level: Many long, steep inclines requiring a high level of physical fitness
- » Starting point: Egl Bridge
- » Highlight: With 104 km distance and nearly 3551 metres altitude differential, this tour is very demanding even for highly trained cyclists. The tour can be shorted at any point along the way.



- Eggbrücke ● Laubau ● Weitsee ● Winklmoosalm ● Seegatterl ● Röthelmoos ● Eschelmoos ● Gleichenberg Alm ● Maria Eck ● Eisenärzt ● Oberhausen ● Weißbach ● Reiter Alm ● Schwarzachenalm ● Eggbrücke

- ➔ Ride along the right side of the river Traun to the Allinger Stube, Laubau area.
- ➔ Cross the bridge and follow the signs to the Chiemgau Arena. Continue along the gravel trail past the three lakes and past the Dürfeldkreuz to Seegatterl.
- ➔ Head towards the Winklmoos Alm where there are many inns and mountain huts. Take the gravel road marked as an uphill ski trail (Aufstiegsloipe) for winter touring, to where the meadows lighten.
- ➔ Now travel on the downhill gravel ski trail at the base of the Sonderberg mountain to Seegatterl.
- ➔ In Seegatterl, take a right onto the highway and after two kilometres take the gravel trail on your left. This trail leads to the bucolic Röthelmoos Alm which offers refreshments from May to October. At the intersection in the mountain pasture area, continue straight ahead...
- ➔ ...and then take the next turn toward the Eschmoos mountain hut. As soon as you reach the intersection at this alm, take a left to head towards Kohlstatt.
- ➔ Prior to reaching Kohlstatt, take a right to the Gleichenberg Alm, in the Hochfelln area. Once past the Gleichenberg Alm, continue on the straight trail to the monastery Maria Eck. The trail now leads downhill through Scharam to Eisenärzt. Cross the railroad tracks and turn right onto a small asphalt trail just before the bridge.
- ➔ Cross the first bridge and turn right onto the highway.
- ➔ Eisenärzt's maypole is a short distance further along. Here, take the narrow but steep trail to Högering.
- ➔ Turn right onto the Zinnkopfweg and follow it to the forest. Now follow the signs for the "Salinenrundweg" (Saline pathway) along the foot of the Zinnkopf und continue towards "Hammer über Meisau."
- ➔ Take a right towards Inzell at the intersection which leads to Hammer on the left.
- ➔ In the hamlet of Oberhausen by the Froschsee Lake, take the asphalt trail to the left, and follow it to Schmelzer Street.
- ➔ Take a right there and pass through the Schmelz area along the base of the Kienberg Mountain.
- ➔ When you reach hamlet of Zwing, travel along the highway. The road descends gently until you reach Weißbach along the Alpenstraße (Alpine highway).
- ➔ Weißbach. Bike towards Mautnerfeld and follow the signs to the Reiter Alm which serves refreshments from June to October.
- ➔ From there, take the narrow path which later turns into a wider forestry road. This trail leads to the Keitl Alm and then to the Schwarzachen Alm...
- ➔ ... and eventually to the Allinger Stube in the Laubau area. Ride downstream to the right of the Traun River to Ruhpolding and your starting point.