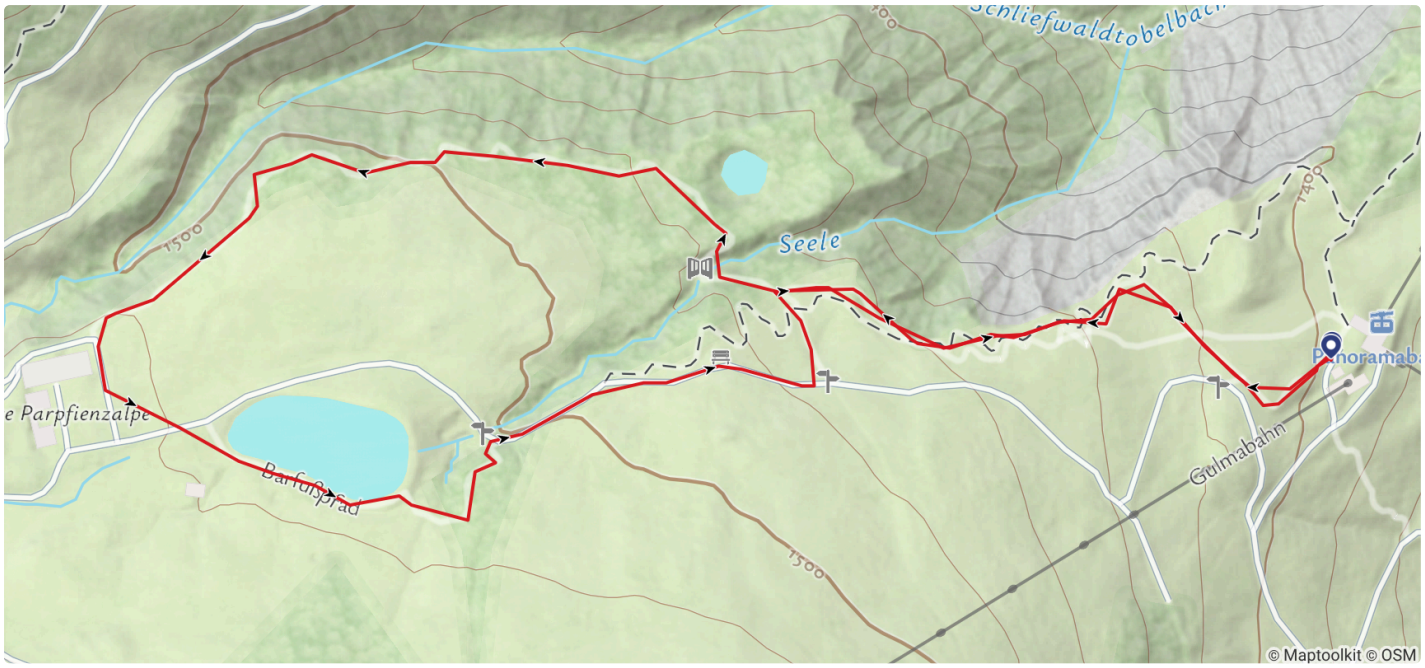
Barefoot Trail | Brand

EASY | REFRESHMENTS | PANORAMIC | FAMILY-FRIENDLY | CABLE CAR ASCENT/DESCENT | ROUND TRIP



Tour description

Have you always wanted to know what forest floor, moor, meadows, stones and spring water feel like on the bare soles of your feet? Then you have the opportunity to do so on the barefoot trail - it is a real experience for the senses!

With the **Dorfbahn** cable car you are at the starting point in a few minutes. From the mountain station, hike (still wearing shoes) up towards the **Innere Parpfienzalpe**.

After the first, steep part, it becomes a bit flatter and shortly after a pasture fence, a hiking sign points to the **barefoot path**. 150 meters after this turnoff you will come across benches by a stream - here you can take off your shoes! If you can't wait any longer, you can already stimulate your circulation in the clear water of the mountain stream.

To the right of the "stroller lane" you can get started on the **sandy path** - you are also welcome to test out the **forest floor** next to it. After just a few meters, a bench with a view of a small mountain lake invites you to rest while the children explore the forest. Continue on **tree trunk discs** and then transition back to **forest floor**. Up a steep switchback is the next rest area. Here the children can have a good romp on a fallen giant tree. The **pine cone station** follows shortly after. Can you feel the tickle on the soles of your feet?

At the next station, you can feel **wooden roundels** before the forest opens up to the **alpine meadow**. The meadow floor is followed by a station with **pine cone flour**, which is pleasantly soft to the touch. On the way to the alpine pasture, you continue hiking over **fir branches** and **smoothly polished river stones** from the nearby mountain stream.

At the **Innere Parpfienzalpe**, the "forest section" of the trail comes to an end - opportunity for a rest with delicious alpine products. Down the valley, the 2nd section begins with the path to the right away from the lake. After a few meters, a staircase leads into the stream - there you will find a wide variety of surfaces to massage or soak your feet and then rinse them clean again. From the creek you also repeatedly reach the **wet meadow** of the nearby **high moor**.

If the route is too short for you, you can also do several laps and experience the different temperatures and elements entirely in the spirit of Kneipp. At the end of the mountain stream comes a fountain where, after a short lap through the marshy ground, you can relax on provided tree trunks and enjoy the wonderful view. With the new experience of feeling yourself and nature on the soles of your bare feet, you then head back downhill (with shoes) towards the Dorfbahn mountain station.

Directions

Dorfbahn valley station - ascent with the Dorfbahn - Dorfbahn mountain station - Tannleger - barefoot trail access - Waldteich - Alpwiese Parpfienz - Innere Parfpienzalpe - high moor - reservoir pond - barefoot trail access - Dorfbahn mountain station

01:00 h duration	**2,55 km** Length
1523 m Highest point	**1397 m** Lowest point
127 m Ascent	**127 m** Descent

Start	Dorfbahn Brandnertal
Finish	Dorfbahn Brandnertal
Tour type	Thematic trail
Difficulty	Easy

Elevation profile

Condition	
Technique	
Difficulty	
Result	
Landscape	

Best time of year

JAN	FEB	MAR	APR	MAY	JUN
					✓
JUL	**AUG**	**SEP**	**OCT**	**NOV**	**DEC**
✓	✓	✓	✓		

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Equipment

Strong footwear, warm clothing, rain and sun protection and hiking poles are recommended. Cell phone for emergencies.

Public transport

Bus L580, stop Dorfbahn
Timetable check online at www.vmobil.at

Parking

Car park at the Dorfbahn valley station in Brand

Safety instructions

EMERGENCY CALL
140 Alpine emergencies Austria-wide
144 Alpine emergencies Vorarlberg
112 Euro-emergency call (works with any mobile phone/network)
www.alpenregion-vorarlberg.com/sicherheitstipps-wandern

Safety in the mountains

EN NOTRUF:

EN 140 - Alpine Notfälle österreichweit

EN 144 - Alpine Notfälle Vorarlberg

EN 112 - Euro-Notruf (funktioniert mit jedem Handy/Netz)

further information