

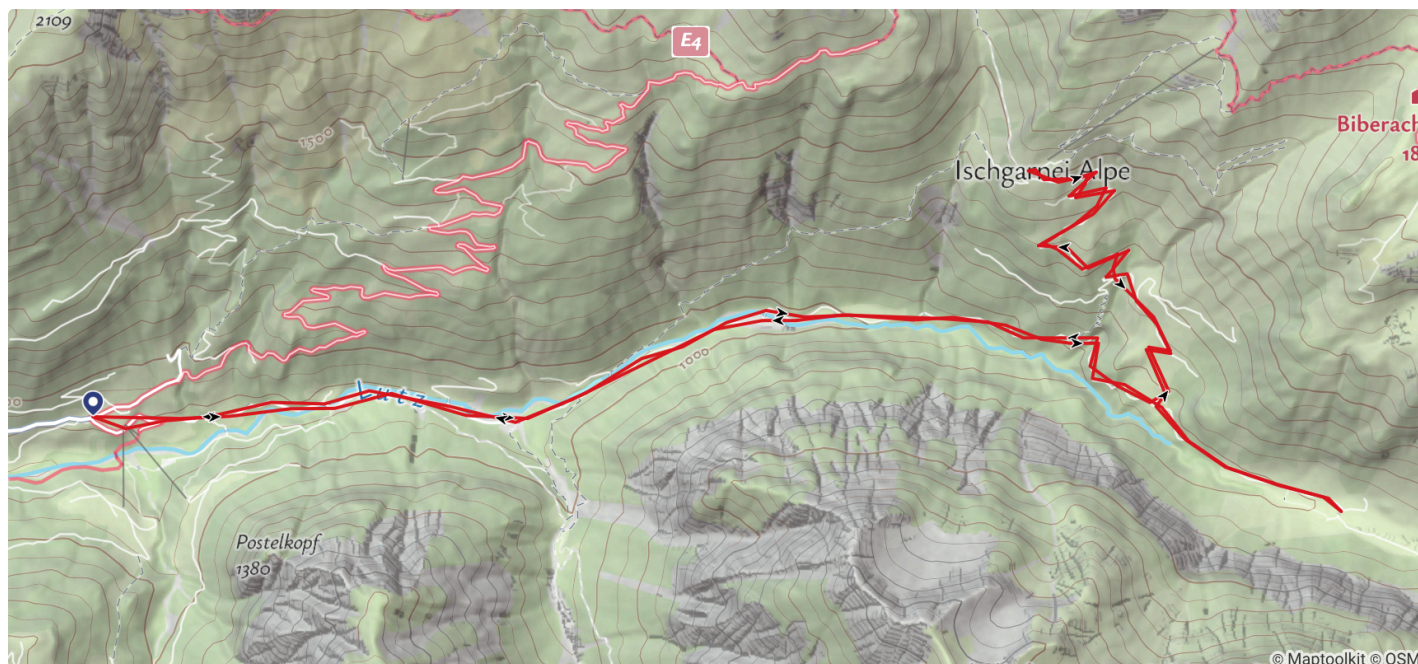
To the Alpe Ischkarnei | Sonntag-Buchboden

MODERATE

REFRESHMENTS

PANORAMIC

THERE AND BACK



Tour description

Great MTB tour with two types of refreshment stop on the alps "Metzgertobel" and "Ischkarnei".

This tour takes you from Sonntag-Buchboden to two alps. Start directly in Buchboden at the church. From here, the route leads you briefly downhill and then along the Lutz into the valley, past the Bärenmäisäß and the Vorder- and Hintergurga parcels. Always continue to follow the course of the trail in the direction of Metzgerobel Alpe. At Metzgerobel Alpe, return along the same route for a short distance before the trail branches off in the direction of Alpe Ischkarnei. From the Alpe Ischkarnei, the return route is the same as the outward route.



03:00 h
duration



18,6 km
Length



1516 m
Highest point



880 m
Lowest point



670 m
Ascent



670 m
Descent

Public transport

www.vmobil.at

Parking

Public parking in Sonntag-Buchboden

Directions

Sonntag-Buchboden - Bärenmäisäß - Vordergurga - Hintergurga - Heimenwald - Metzgerobel Alpe - Heimenwald - Alpe Ischkarnei - same route back

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

Start

Bushaltestelle - Buchboden
Kirche

Finish

Bushaltestelle - Buchboden
Kirche

Tour type

Mountain bike

Difficulty

● Moderate

Elevation profile



Condition



Difficulty



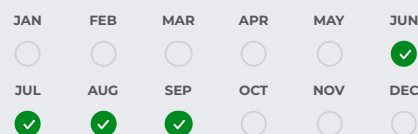
Result



Landscape



Best time of year



Equipment

Mountain bike, helmet, rain or sun protection, small snacks and sufficient water. Mobile phone in case of emergency.

Tips

A stop is worthwhile at the Metzger Tobel Alpe or also at the Alpe Ischkarnei.

Sicherheitstipps für Mountainbike in Vorarlberg

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

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

[further information](#)
