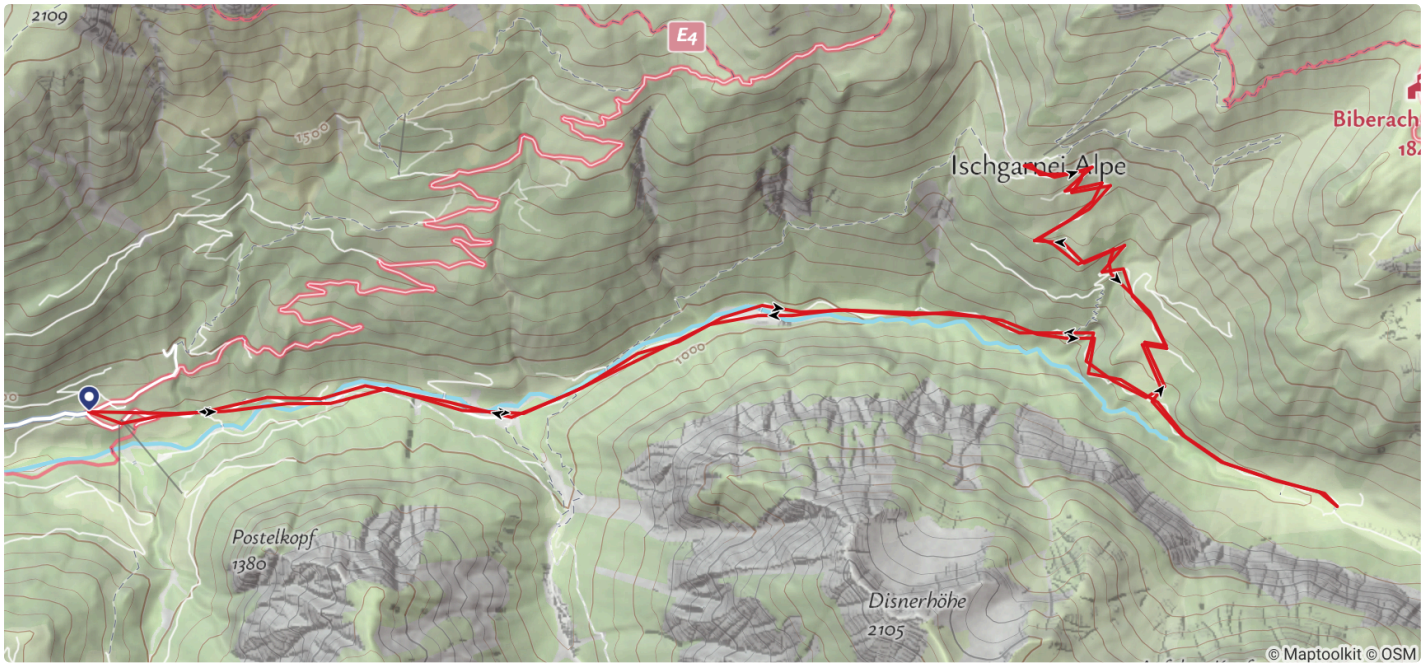
To the Alpe Ischkarnei | Sonntag-Buchboden

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 Metzgertobel Alpe. At Metzgertobel 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.

Public transport

www.vmobil.at

Parking

Public parking in Sonntag-Buchboden

Directions

Sonntag-Buchboden - Bärenmaisäß - Vordergurga - Hintergurga - Heimenwald - Metzgertobel 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

03:00 h duration	**18,6 km** Length
1516 m Highest point	**880 m** Lowest point
670 m Ascent	**670 m** Descent

Start	Bushaltestelle - Buchboden Kirche
Finish	Bushaltestelle - Buchboden Kirche
Tour type	Mountain bike
Difficulty	Moderate

Elevation profile



Condition	
Difficulty	
Result	
Landscape	

Best time of year

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

Großes Walsertal Tourismus
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Equipment

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

Tips

A stopis worthwhile at the Metzgertobel 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