

MTB 3 Kampenwand Umrundung StAlm

TOUR

The long tour around the famous Kampenwand with a lot of altitude difference is a great tour for enduring and experienced bikers and E-MTBers.

*Starting point*

**Tourist Info**


 *distance:*  
**36.7** kilometres

 *maximum altitude:*  
**1202** meters

 *altitude difference:*  
**1650** ascending

*Location*

**Aschau im Chiemgau**

 *duration:*  
**05:30** hours

 *minimum altitude:*  
**587** meters

 *altitude difference:*  
**1650** descending

**Route** : Aschau - Maiswand - Maurer-Alm (1011 m) - Vordere Rottauer-Alm - Staffn-Alm (1050m) - Marquartstein (590 m) - Kaiserblick (696 m) - near Mühlau - Dalsen-Almen (946 m) - Hainbach (662 m) – Schwarzenstein – Aschau

For many mountain bike fans, circumnavigating a prominent mountain is the **supreme discipline**, as you get to know your “personality” from all directions (and at all times of the day). The Kampenwand is such a VIP (“very important peak”) and is known far beyond the Chiemgau. The best way to start the day-long tour around the 1,664 meter high **Chiemsee** watchman is at the **Kampenwandbahn** car park or at the Tourist Information in Aschau. Let's go clockwise along the Maiswand. You crank around the northern flank of the Kampenwand via the Maurer-Alm and the Vordere Rottauer-Alm to the Staffn-Alm, which is right next to the mountain station of the **Hochplattenbahn**. On a wide but sometimes very steep road (trail tolerance!) you brake carefully down to the valley station. We continue on quiet paths high above the Achenal in the direction of Schleching - and to the refreshment stop at the Dalsen Alm (see also tour no. 22). You now circle downhill through the Klausgraben to Hainbach. The following applies here: Trail tolerance - then it works wonderfully between hikers and bikers! Along the main road it goes briefly to Schwarzenstein, before it goes under the wire ropes back to Aschau, where the long circle around the **Kampenwand** closes after a long day of touring.

**Highlights** : the Kampenwand from all perspectives, challenging ascents and descents, nice places to stop for refreshments, Chiemsee panorama

