

MTB 74 Röthelmoos Runde

TOUR

This round is perfect for everyone who loves long tours with few meters in altitude. As an encore, there is pure nature in the R thelmoos - and a cool down in the three lakes area.

*Starting point*

**Tourist Info Ruhpolding**


 *distance:*  
**32.5** kilometres

 *maximum altitude:*  
**880** meters

 *altitude difference:*  
**370** ascending

*Location*

**Ruhpolding**

 *duration:*  
**03:15** hours

 *minimum altitude:*  
**650** meters

 *altitude difference:*  
**370** descending

**Route:** Ruhpolding (662 m) - Urschlau - R thelmoosklamm - Langerbauer Alm (874 m) - R thelmoos Alm (880 m) - Three Lakes Region (753 m) - Seehaus - Chiemgau Arena - Taubensee - Ruhpolding

The start of this long but low altitude round is the parking lot at the Egglbr cke in Ruhpolding. Head southwest on the finest gravel – past B rnngschwendt and the fairy tale theme park – into the valley of the Urschlauer Achen. The little road along the stream to Urschlau is paved. From here it's on gravel, but still with only moderate gradients to the R thelmoosklamm with a great vantage point at the sharp left turn. After a few hundred meters, the forest suddenly opens up and you drive through the fantastic alpine pastures of the R thelmoos Alm. Tip: lock up the bike and explore the extensive nature reserve on foot! Later you cycle further south. The wide driveway turns into a nice trail that leads along the Wappbach through the forest down to the Three Lakes area. Please be considerate of hikers! At the bottom, the bathing area lures tired mountain bikers to a full-body refreshment. In the north of the lakes, you then head east to Seehaus and the Chiemgau Arena before rolling back along the Wei en Traun to the starting point at the Egglbr cke.

PS: You can also start this tour at the following car parks: B rnngschwendt, Brand, Urschlau, Weitsee/R thelmoos, Mittersee, L densee, Seehaus and Chiemgau-Arena

**Highlights:** deep views of the R thelmoosklamm, walks on the high moor pasture, easy trail to the three-lake area (Weitsee, Mittersee, L densee) with swimming opportunities

**Bike & Swim:** swimming in Mittersee, L densee and Weitsee

**Information:** Tourist Info Ruhpolding, Bahnhofstra e 8, Tel. 0 86 63/8 80 60, [www.ruhpolding.de](http://www.ruhpolding.de)

## Arrival by car

By car to the Tourist Info in Ruhpolding. Parking at the train station or at the Eglbrücke (next to Penny Markt, Zellerstr. 26)

Alternatively, this tour can also start at the following car parks: Bärngschwendt, Brand, Urschlau, Weitsee/Röthelmoos, Mittersee, Lödensee, Seehaus and Chiemgau-Arena

## Arrival by public transport

With the regional train from Traunstein to Ruhpolding.

In Ruhpolding with the Dorfline or the RVO bus (Regionalverkehr Oberbayern).

