

Adelholzener Radrunde

CYCLING TOUR

Healing springs, mountain views and lots of nature


*Starting point*  
**tourist information**

 *distance:*  
**36.0** kilometres

 *maximum altitude:*  
**674** meters

 *altitude difference:*  
**299** ascending

*Location*  
**mountains**

 *duration:*  
**02:15** hours

 *minimum altitude:*  
**520** meters

 *altitude difference:*  
**299** descending

**Traunstein - Erlstätt - Grabenstätt - Bergen - Siegsdorf**

From Traunstein in the direction of Grabenstätt, the nature reserve "Grabenstätter Moos" and the Hirschauer and Hagenauer bays of Lake Chiemsee extend before the town sign. Here is the estuary of the Tiroler Achen, also called the Achendelta, the largest natural **inland delta** with a huge **world of birds**. The **nature observation tower** in **Hirschau Bay** offers an ideal view of Lake Chiemsee and the sandbanks in the Achen delta. The tourist information and the tourist office offer guided bird watching as well as plant and nature hikes.

Meanwhile, the Adelholzener tour continues towards the Karlsperg vantage point. Here the **Hochfelln** (1,674) builds up in front of you and specifies the next destination, the town of **Bergen**. You can cool off in the **Kneipp facility** in the spa park or in the outdoor pool before heading to Bad Adelholzen - uphill! Here is the **Primusquelle**, a **state-recognized healing spring** and the resulting Adelholzener Alpenquellen GmbH. You can visit the Adelholzener water world (open 8:00 a.m. - 4:00 p.m., with a guided tour) and fill up your water bottles at the Primus spring.

From Siegsdorf it's always along the **Traun** back to the starting point of the tour in Traunstein. On the outskirts, between the viaduct and Empfing, there is - inconspicuously in a bush - the **eye chapel with a healing spring**, the water of which is said to have a healing effect on the eyes.

If you've had enough of water, treat yourself to a **tour of the brewery** in the **Hofbräuhaus Traunstein** and then a tasty **beer**. This is brewed here with the best Chiemgau water and according to the Bavarian Purity Law.

