

Teisenberg-Runde

CYCLING TOUR

Once around the Teisenberg...

*Starting point*  
**tourist info**

↔ *distance:*  
**46.0** kilometres

 *maximum altitude:*  
**997** meters

 *altitude difference:*  
**602** ascending

*Location*  
**inzell**

 *duration:*  
**04:00** hours

 *minimum altitude:*  
**492** meters

 *altitude difference:*  
**702** descending

**Inzell - Hammer - Siegsdorf - Neukirchen - Freidling - Teisendorf - Anger - Adlgaß - Inzell**

It starts in the center of the climatic health resort of Inzell. There are parking spaces at the swimming pool or at the Max Aicher Arena . The **largest speed skating hall in Europe** can be seen from afar with the striking architecture - a transparent glass facade and the roof that hovers over the ice rink like a cloud. The cycle route leads past the **Frauenkirche in Niederachen** and the **Inzell moorland and adventure trail** . Here is a stop. The 5.3 kilometer trail takes young and old nature lovers on a journey into the past.

Via Hammer and Unterheutau it goes through the valley of the Rote Traun in the direction of Siegsdorf. You follow the brine pipeline from the 17th century, one of the first pipelines in the world. Shortly before Siegsdorf you turn off to Neukirchen. There you are now on the north side of the Teisenberg and on comfortable cycle paths. If you are not afraid of a short climb, take a look at the **Church of St. Johann** . At the **Mesnerwirt** , right next to it, you can quickly strengthen yourself and enjoy a wonderful all-round panorama. Through the Ramsau and the " **bird sanctuary Oberes Surtal und Urstromtal Höglwörth** " it goes on a sandy road to Höglwörth with the former monastery and the lake of the same name. The former **Augustinian monastery of Höglwörth** with its rococo church on a peninsula in the lake is one of the most beautiful ensembles in eastern Upper Bavaria. The **Klosterwirt** with its beer garden is a popular destination.

Through the village of Anger you continue cycling along the Stoißer Ache through the **Berchtesgadener Land biosphere reserve** . After the Kohlhäusl district, the path turns into a forest road and the sportiest part of the tour begins. At 964 m you reach the highest point on the pass between Anger and Inzell. Made! From here it's all downhill. The **Forsthaus Adlgaß** is right on the way and attracts with a large guest garden and slow food-certified delicacies. Adlgaß is the starting point for many mountain and alpine hikes. For example, the **mountain forest adventure trail** takes you up to the

**Frillensee** , one of the coldest lakes in Central Europe. It often has a stable ice cover as early as November. Back in Inzell, a detour to Einsiedl is worthwhile.

