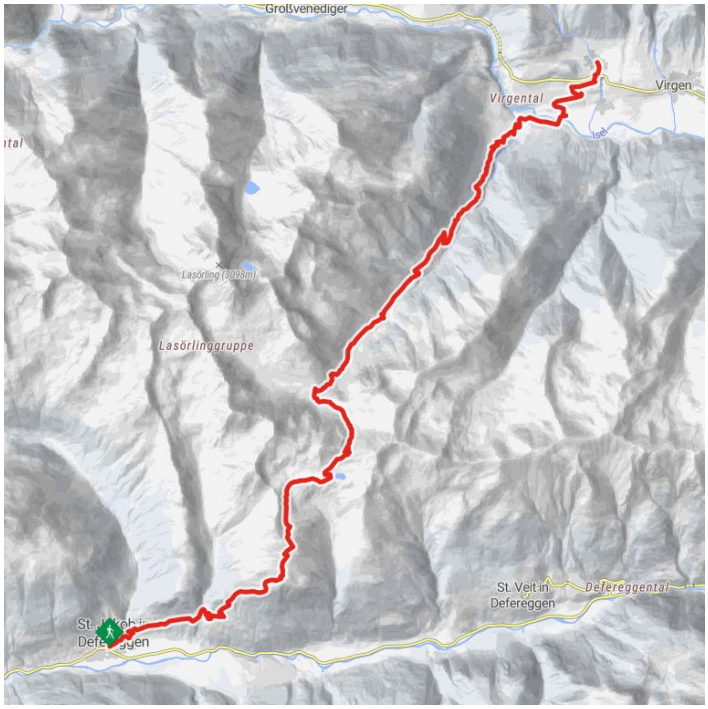
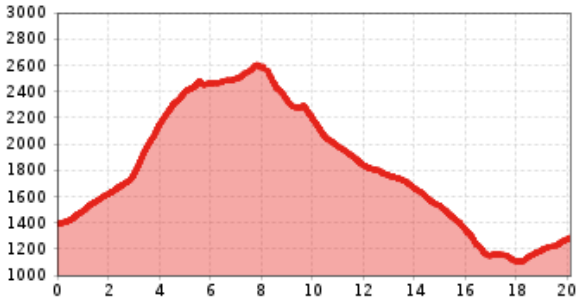
Alpine pilgrim trail "Hoch und Heilig" - Stage 7: St. Jakob i. D. - Obermauern

St. Jakob i. D. - Tögisch - Virger Törl - Lasörlinghütte - Gries - Obermauern



Altitude profile



The most important at a glance

distance	altitude meters uphill	altitude meters downhill
20.13 km	1522 m	1622 m

total walking time	highest point	difficulty
10 h	2628 m	average

fitness:

★ ★ ★ ★ ★

technique:

★ ★ ★ ★ ★

starting point: St. Jakob i. D.
destination point: Obermauern
best season: JUN, JUL, AUG, SEP

Gpx file

download>

Interactive map

open>

Alpine pilgrim trail "Hoch und Heilig" - Stage 7: St. Jakob i. D. - Obermauern

Description

Starting at the church in St. Jakob i. D., we take trails no. 314 and 315 up to the remote hamlet of Tögisch and continue up to Tögischer Berg. The trail crosses the extensive, flower-filled alpine meadows that the Deferegger farmers used to cultivate as mountain pastures. The trail winds ever higher, passing the Gasser Hörndle to reach the high alpine zone and finally the idyllic Gritzer mountain lakes, which are perfect for swimming on warm summer days.

The highest point is finally reached at Virgertörl and, after a short break, the descent to the Lasörlinghütte begins, where you can rest and enjoy some refreshments. We are on historic ground. Even in pre-Christian times, people came up here in search of ore and income. The descent continues along trail no. 315 into the climatically favourable Virgental valley, past the Stadleralm to the car park at the valley exit. We cross the Isel river at Gries and master a final short ascent along trail no. 47 to Obermauern and the Maria Schnee pilgrimage church, our destination for this stage.