

Escape from the daily grind and into the heart of adventure – your route into nature



## Altitude profile



## The most important at a glance

distance 17.5 km	altitude meters uphill 1300 m	altitude meters downhill 1300 m	walking time uphill 3:30 h
walking time downhill 3 h	total walking time 6:30 h	highest point 2739 m	difficulty difficult

**fitness:**

\* \* \* \* \*

**technique:**

\* \* \* \* \*

**public transport:**

Bushaltestelle St. Jakob i. D. Mariahilf Dorf

**parking:**

**starting point:** Beim kleinen Kirchlein in Maria Hilf  
**destination point:** Kapelle Maria Hilf  
**best season:** Hochkreuz  
JUN, JUL, AUG, SEP

## arrival

**Stop**

St. Jakob in Deferegggen Mariahilf Dorf

## Gpx file

## Interactive map

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## Description

The starting point for this tour is Maria Hilf. From here proceed to **Alpe Stalle** and continue via the trail down into the valley to **Hintere Stalle**, where the trail ends. From here via a steep path, ascending slightly to the head of the valley. Then the right side of the slope proceeds via hilly Alpine meadows up to a small altitude plateau on the **Pfoisattel**, then bears right up to the highest point.