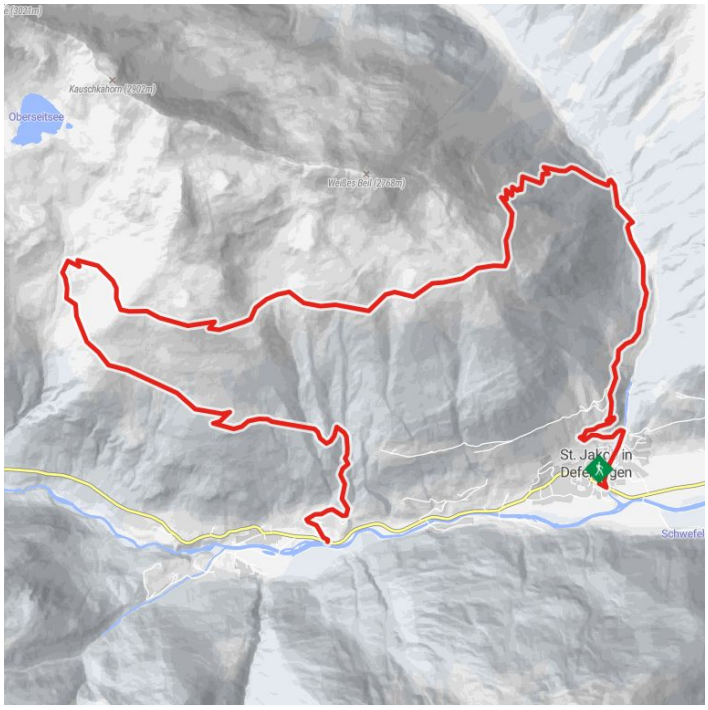
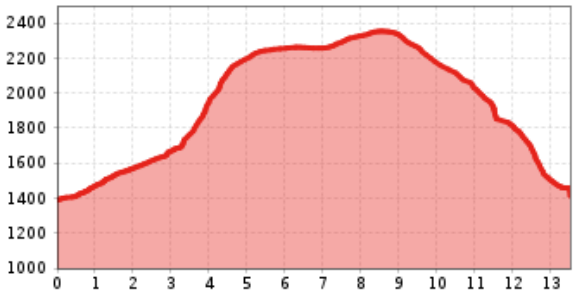
2TälerTrail - Stage 3: From St. Jacob to Maria Hilf

From St. Jacob to Maria Hilf - "The flower splendour of the mountain meadows"



Altitude profile



2TälerTrail - Stage 3: From St. Jacob to Maria Hilf

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	total walking time
14.8 km	1100 m	1100 m	7 h

highest point	difficulty
2400 m	average

fitness: * * * * *

technique: * * * * *

public transport: Bushaltestelle St. Jakob i. D. Gemeindeamt

parking: Von Huben bis in den Ortskern von St. Jakob in Defereggen
im Ortskern von St. Jakob in Defereggen

starting point: St. Jakob in Defereggen - Dorf

destination point: St. Jakob in Defereggen - Maria Hilf

best season: JUN, JUL, AUG, SEP, OCT

Gpx file

download>

Interactive map

open>

Description

From the centre of St. Jakob you take the asphalt road in Trojeralm valley until you reach the first farms on the Außerberg mountain. At the fork in the path, turn right and follow the signposting "Alpenblumen Panoramaweg" (Alpine flowers panorama path) slightly uphill. A short stretch of the path leads along the Trojer Almbach brook into the valley to the beginning of Blumenweg. After you have crossed the wooden bridge, the road climbs moderately in serpentines through the forest. Once above the timberline, follow the slightly ascending path over the extensive mountain meadows of the upper side to the Oberseitalm mountain pasture, which is no longer farmed.

In gentle ups and downs you cross lush, colourful alpine meadows and reach the rustic Reggnalm mountain pasture. After this you have a short ascent to the avalanche barriers; from there you descend to the Seespitzhütte, a small cosy private lodge built in 1990. It is also the starting point to one of the easiest 3000m peaks: the Seespitze, one of the most beautiful panoramic mountains in East Tyrol. Hiking trail no. 12 leads down via the Gasser Kofel in the direction of Trogach. Continue along trail nr. 12A to the hamlet of Ronach until you reach the end of the stage at Maria Hilf. Here the path also leads past the Haus des Wassers (house of water), an institution and contact point of the Hohe Tauern National Park, where the water wealth of the region is displayed to be experienced in various ways.