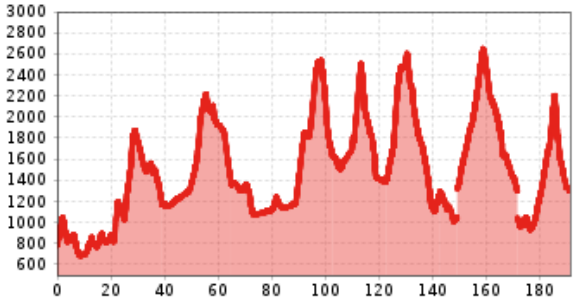
Alpine pilgrim trail "Hoch und Heilig"

190 kilometers – nine daily stages – 10,500 meters of elevation gain

Altitude profile



Alpine pilgrim trail "Hoch und Heilig"

The most important at a glance

distance	altitude meters uphill	altitude meters downhill
191.6 km	10475 m	9957 m

total walking time	highest point	difficulty
77:45 h	2207 m	average

fitness:

* * * * *

technique:

* * * * *

public transport:

Mit dem Bus bis zur Bushaltestelle "Lavant Ort".

parking:

Mit dem Auto von Lienz übe Tristach bis nach Lavant.
Parkplatz Gemeindeamt Lavant

starting point: Lavant
destination point: Heiligenblut
best season: JUN, JUL, AUG, SEP

Gpx file

download>

Interactive map

open>

Description

“Hoch & Heilig.” The name says it all for the mountain pilgrimage route through Osttirol and the border-near pilgrimage sites in Carinthia and South Tyrol. The route connects centuries-old pilgrimage sites, pilgrimage churches, and chapels across nine stages. It largely follows original pilgrimage routes and is thus on the trail of spiritual, historical, and cultural treasures
.

The “High” stands for the ascents and for the uplifting experience on this pilgrimage route. The nine stages cover 10,475 meters of elevation gain and loss through the high-alpine mountain landscape of Osttirol, South Tyrol, and Carinthia. High-alpine hiking experience as well as excellent endurance and fitness are required. The “Holy” stands for the search for salvation, healing, and the encounter with the sacred. For centuries, people have carried their sorrows and suffering, their pleas and thanks, to pilgrimage churches and before God.