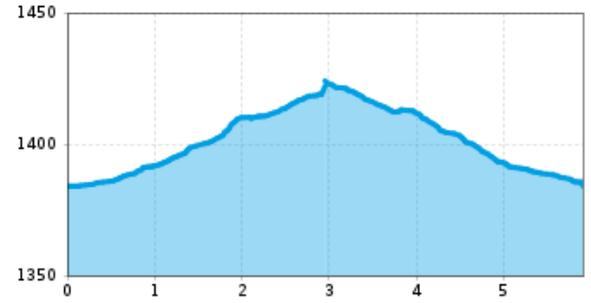




Altitude profile



The most important at a glance

distance 6.1 km	snowed no	difficulty easy	start altitude 1389 m	destination altitude 1389 m
altitude meters uphill 55 m	highest point 1427 m	special accommodation for cross country skier no		
barrier-free no	biathlon no	cross country seal of quality yes		

fitness:



technique:



best season:

JAN, FEB, MAR, DEC

Gpx file

Interactive map

[download>](#)

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Description

A not especially difficult slope through a scenic area into the valley, with two easy climbs at Bad Grünmoos and before the Forstmeile. Directly from the St. Jakob secondary school, first through a short stretch of forest, then across pastureland into the valley, after crossing Sander bridge follow the slope to the right, pass Bad Grünmoos and head for Forstmeile. Always keep right at Schwarzach and main section in the forest, continue to get to the turning point at Kirchl Maria Hilf. Proceed back on the same slope.

Please note: oncoming traffic and in parts also on the hiking trail from Bad Grünmoos to Kirchl Maria Hilf.