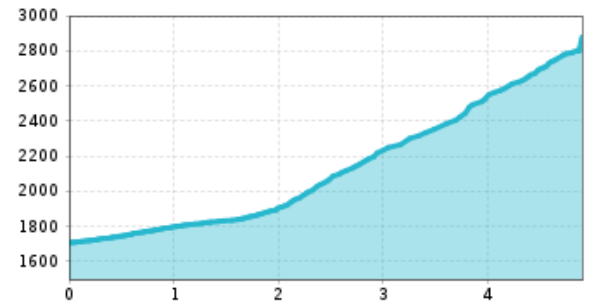


## Altitude profile



## The most important at a glance

**altitude meters uphill**  
1170 m

**highest point**  
2900 m

**walking time uphill**  
3:30 h

**distance**  
4.9 km

**difficulty**  
average

**starting point:** St. Jakob i. Def. / Staller Sattel  
**destination point:** Kauschkahorn (2.903 m)  
**best season:** JAN, FEB, MAR, DEC

## arrival

### Stop

St. Jakob i. D. Gemeindeamt

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

The three-thousand metre mountains of the Panargenkamm are wild, rugged and particularly isolated. The southern, more ski-friendly foothills of this mountain chain are formed of the Kauschkahorn (2903 m) and Weißes Beil (2767 m) above St. Jakob in Defereggental. Rudolf Kauschka was in the twenties among the developers of this impressive landscape. At the Höfen von Innerberg (1712 m, guesthouse) is where our tour starts. We get here via a narrow mountain road which branches off to the right just after the entrance area to the town of St. Jakob (Intersport) and proceeds north. To start with we follow the forest trail briefly, until the yellow route signposts (Seespitzhütte) lead us into the forest. The wide loop of the forest road may however also be shortened with a few hairpin bends in the light tree stock so that you do not necessarily have to use the narrow forest path. You soon come to open pastureland terrain at the end of the forest road and the track now stops at the eastern end of the avalanche barriers which can be seen from quite a distance. Please note – do not proceed further to the Seespitzhütte! After a good hour we catch sight of the Regg Alm alpine lodges, which we pass somewhat above on a ridge. Via truncated terrain we now head for a distinctive elevation which bears the name 'Schober' in maps and which is avoided by heading east. We now cross the superb Hochkar beneath our tour destination. Via the following, somewhat steeper southern ridges we reach the highest point (3 ½ hours by car). Descent along the ascent track.

Additional ski tour tips can be obtained in the ski tour guides by Thomas Mariacher. These are available here:  
<http://www.grafikzloeb.at/verlag/buecher/>