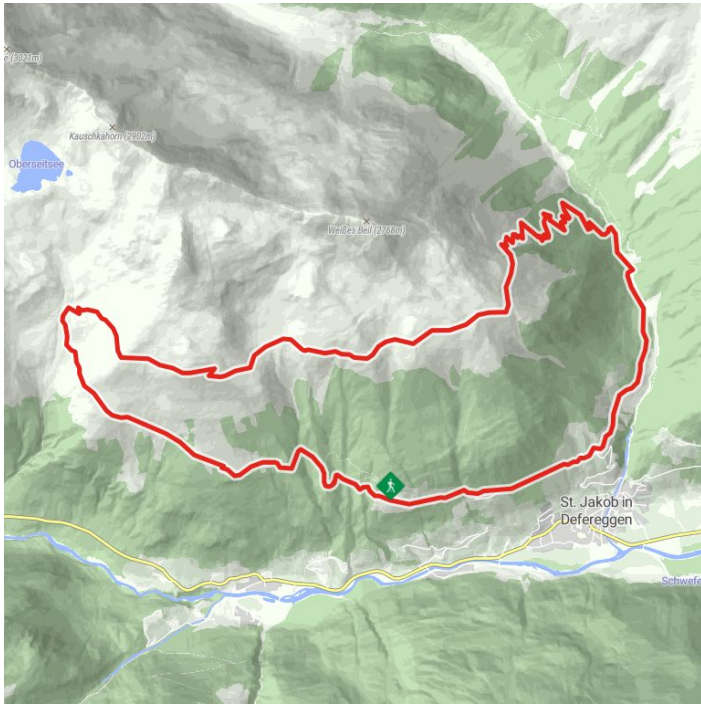
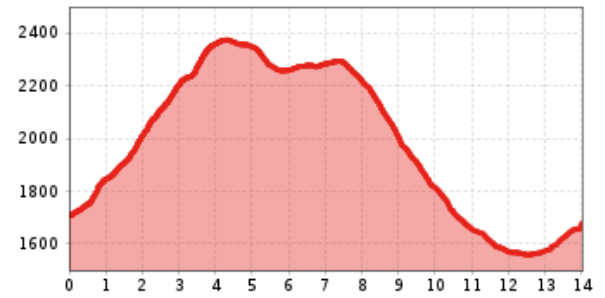


# Themed Path “Alpine Flower Trail Oberseite”



## Altitude profile



## The most important at a glance

distance  
14.1 km

altitude meters uphill  
834 m

altitude meters downhill  
862 m

total walking time  
6 h

highest point  
2367 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Bushaltestelle St. Jakob i. D. Gemeindeamt

parking:

starting point: Parkplatz Trogach  
destination point: St. Jakob/Trogach  
Seespitzhütte  
best season: MAY, JUN, JUL, AUG, SEP  
route type: circuit

Gpx file

Interactive map

[download>](#)

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## Description

The themed path “Alpine Flower Trail Upper Side” provides good insight into the colourful diversity of the alpine plants and their living conditions in the high mountains. The starting point of the hike is Trogach (car park). A forest road and hiking trail lead to the actual starting point of the Alpine Flower Trail, the “Gasser Kofel”. From there, a moderately ascending hiking trail leads to the Seespitzhütte. From there, a high route runs eastwards (Reggnalm) and then descends into the Trojeralp Valley. The same-titled Natural History Guide published by the Austrian Alpine Association offers interesting facts about flora and fauna and the healing properties of some Alpine plants at all stops. (Please note: extensive day trip)