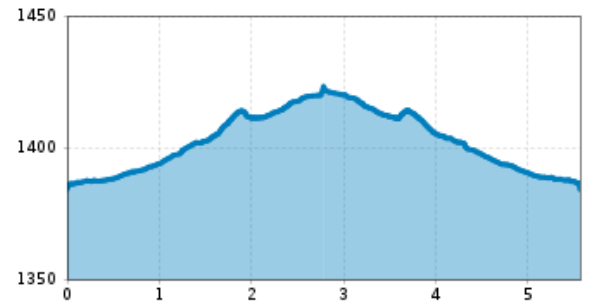


Cross-country ski run "St. Jakob - Maria Hilf"



Altitude profile



The most important at a glance

| | | | | |
|--------------------|--------------|--------------------|--------------------------|--------------------------------|
| distance 5.6 km | snowed no | difficulty easy | start altitude 1389 m | destination altitude 1389 m |
|--------------------|--------------|--------------------|--------------------------|--------------------------------|

| | | |
|--------------------------------|-------------------------|--|
| altitude meters uphill 31 m | highest point 1423 m | special accommodation for cross country skier yes |
|--------------------------------|-------------------------|--|

| | | |
|--------------------|----------------|-------------------------------------|
| barrier-free no | biathlon no | cross country seal of quality no |
|--------------------|----------------|-------------------------------------|

best season: JAN, FEB, MAR, DEC
state: closed

arrival

Stop

St. Jakob in Deferegggen Mittelschule

Parking spot

Car park Trojeralmtal

Gpx file

[download>](#)

Interactive map

[open>](#)

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.