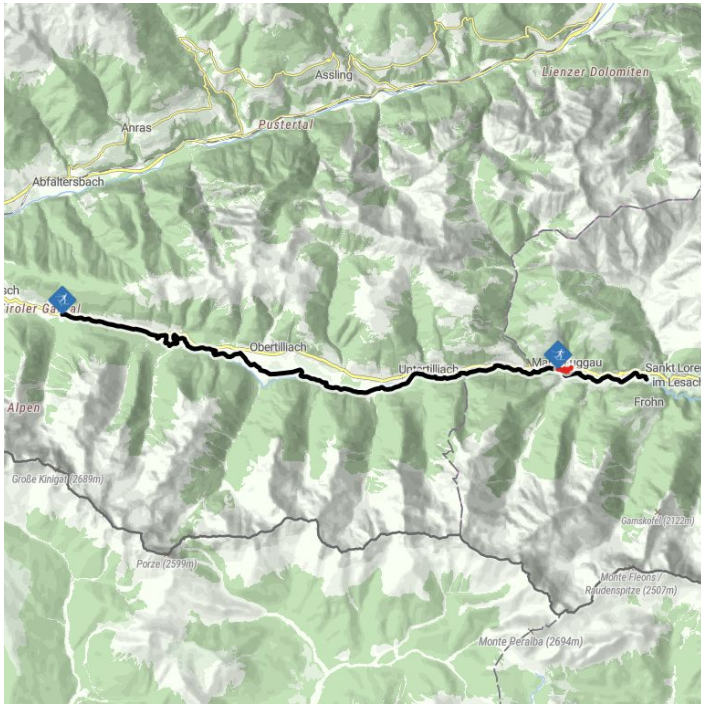
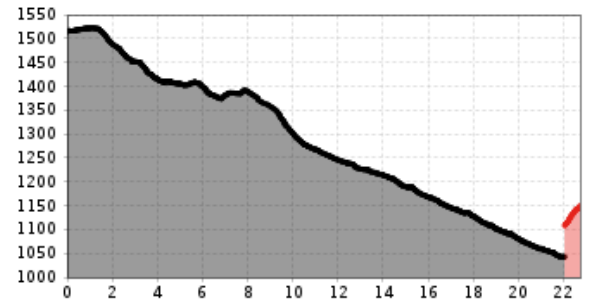


Vorerst nur zwischen Kartitsch und Obertilliach präpariert!



Altitude profile



The most important at a glance

distance 23 km	snowed no	difficulty difficult	start altitude 1300 m	destination altitude 1039 m
-------------------	--------------	-------------------------	--------------------------	--------------------------------

altitude meters uphill 239 m	highest point 1523 m	special accommodation for cross country skier yes
---------------------------------	-------------------------	--

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

fitness:

* * * * *

technique:

* * * * *

best season:

JAN, FEB, MAR, DEC

state: closed

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

The Grenzlandloipe takes its name from its location on the nearby border to Italy, Carinthia and South Tyrol and is considered one of the most beautiful and varied trails in Tyrol. It connects the villages of Kartitsch, Obertilliach, Untertilliach, Maria Luggau and St. Lorenzen/Wiese and runs mostly on the valley floor next to the Gail. Starting in the west (Cafe Erbhof), the unique panoramic trail leads to Kartitsch and from there continues uphill to the Kartitscher Sattel (1525 m). Here you reach the highest point of the romantic Grenzlandloipe. Sloping gently across open meadows and snow-covered forests, past Schöntal and Leitnertal, to Obertilliach. Here it is up to the runner to decide whether to take a break in the village of Obertilliach on a slight uphill slope or to continue on a slight downhill slope, first across open meadows and then in the narrowing valley, to Untertilliach. The trail has several turnaround options in the sections, so that the duration and length can be chosen individually according to the ability of the individual runner. The route shown on the map corresponds to the standard route, but it may be subject to change depending on snow conditions and weather. The most difficult section is between Kartitsch and Rauchenbach/Klammerwirt.