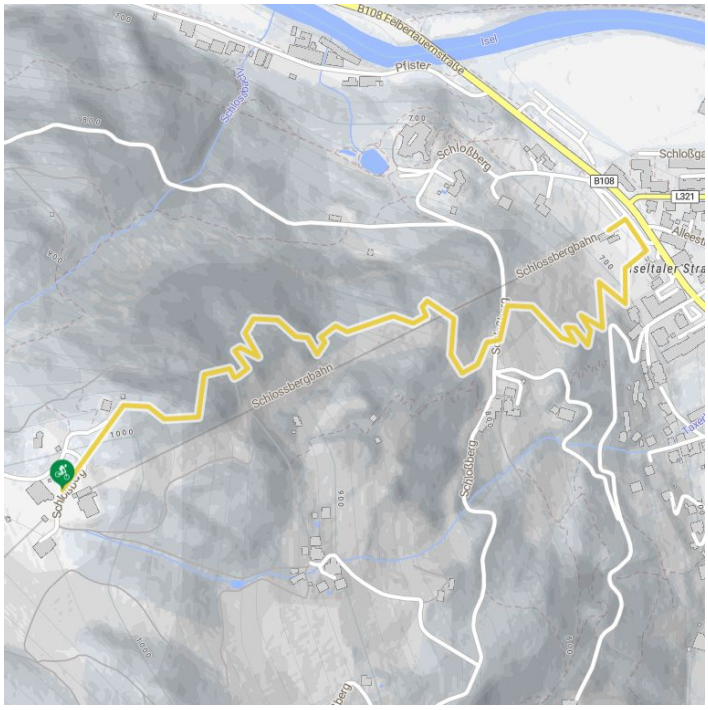
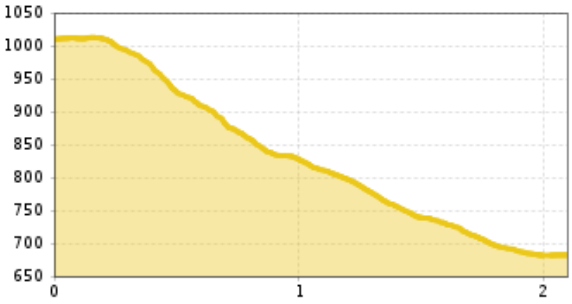
Alban Lakata Trail No. 142



Altitude profile



Alban Lakata Trail No. 142

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	highest point
2 km	10 m	355 m	1020 m

difficulty	circuit
average	no

fitness:

* * * * *

technique:

* * * * *

public transport:

Mit dem Bus bis zur Bushaltestelle "Lienz Hochstein/Schloss Bruck" und dann mit der Gondel bis zur Moosalm und dann weiter bis zur Sternalm.

parking:

Mit dem Auto Richtung Iseltal, auf der linken Seite befindet sich die Schlossbergbahn.
Parkplatz Schlossbergbahn Talstation

starting point: Moosalm Lienz
destination point: Hochstein Lienz
best season: MAY, JUN, JUL, AUG, SEP

arrival

Parking spot

Parking lot Hochstein valley station

Gpx file

download>

Interactive map

open>

Alban Lakata Trail No. 142

Description

The start is right at the Moosalm. The 2.2 kilometre route winds past the Venedigerwarte, through

forested sections and via the World Cup ski piste to the valley station. The route is impressive – along with several ski jumps, one is right after the start, three wooden bridges and jumps with wave combinations provide plenty of changes in direction and challenging sections. ‘The wave combinations present a fantastic challenge to pros and beginners alike.

There is something for everyone here’, says Lakata. Cycle sport and mountain biking in particular is booming. ‘The fact is, the Lienz Dolomites region has the potential to become one of the leading cycling destinations in the Alpine area in a few years. The ‘Lakata’ trail and the parks in Kals are just the beginning. Even more spectacular bike parks will emerge in East Tyrol’, states tourist board representative Franz Theurl about their commitment in this sector.

Incidentally, tickets are available at the cash desk at Hochstein valley station. Free car parking is available directly at Hochstein valley station.