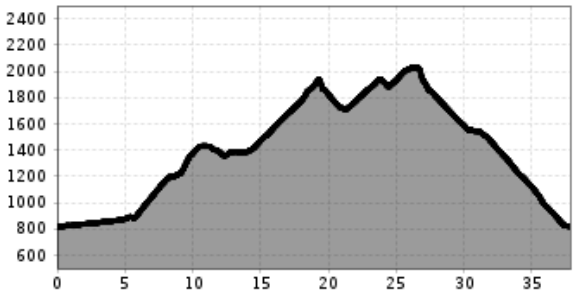
Long Compedal circuit No. 119

Intensive mountain bike tour to the former Compedal ski hut

Altitude profile



Long Compedal circuit No. 119

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	highest point
38 km	1530 m	1560 m	2030 m

difficulty	circuit
difficult	yes

fitness:

★ ★ ★ ★ ★

technique:

★ ★ ★ ★ ★

public transport:

Bushaltestelle "Thal Ort"

parking:

Mit dem Auto von Lienz Richtung Sillian, bis nach Thal und vor dem Vitalpinum geht es links hinein bis zum Parkplatz "Schwimmbad Thal".
Parkplatz Schwimmbad Thal

starting point: Assling-Dorfplatz (1125m)
destination point: Assling - Dorfplatz (1125m)
best season: MAY, JUN, JUL, AUG, SEP

arrival

Parking spot

Parkplatz Schwimmbad Thal

Gpx file

download>

Interactive map

open>

Description

From the sports centre in Thal the route proceeds via the Drau cycle trail to Mittewald. From there to Herolerhöfen and Unterkosten, continuing along the Pustertal altitude road to Kristeinertal with an ascent of some 400 m to Schönkosten. From Schönkost towards the ski hut there is a short, very steep part until you come back to the forest path. Heading out of the valley there to the ski lodge (access to the Short Compedal circuit), continuing to Kontrinerkaser and Soldererkaser and downhill via the Alpine path to the valley trail. There is a steep climbing path between the Tschiker Kaser and the old Sodra Kaser. There is a short sliding passage / carrying passage! Continue heading out of the valley to Assling and from there via the old route to St. Korbinian church and back to the sports centre again.