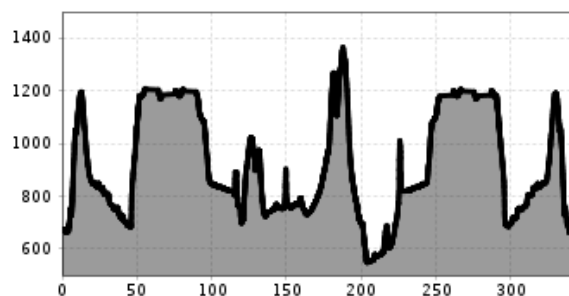


Altitude profile



The most important at a glance

distance
342 km

altitude meters uphill
5170 m

altitude meters downhill
5170 m

highest point
1370 m

difficulty

circuit
yes

starting point: Lienz 680m
destination point: Lienz 680m
best season: MAY, JUN, JUL, AUG, SEP

Gpx file

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Interactive map

[open>](#)

Description

This route starts in Zell am See, which can be reached from Osttirol either via the Felbertauern Road or the Grossglockner High Alpine Road. With the road twists and turns around the 1,342 m high Dientner Sattel, the motorbike tourer discovers the world of curves of the Dientener Mountains, a main group of the Slate Alps in Salzburg Land. Even in the Pongau, there is no shortage of beautiful Alpine panoramas. The old centre of St. Johann, with its numerous shops and inviting restaurants, is a particularly good place to stop for a break. Finally, at Lend, you enter the Gastein Valley to cruise in the direction of the Tauernschleuse. There, the 8-kilometre-long Tauern Tunnel is crossed by train in 12 minutes. The trains run at hourly intervals - motorbikes are lashed and secured by the train attendant. Arrival at the loading point 20 minutes before departure is recommended. After arriving in Mallnitz, the Mölltal valley invites you to finish the tour in the direction of Osttirol. Worth seeing mountain villages and idyllic landscapes round off an eventful day of touring.