



**Altitude profile**



## The most important at a glance

distance  
12.8 km

altitude meters uphill  
800 m

altitude meters downhill  
780 m

walking time uphill  
2:30 h

walking time downhill  
2:30 h

total walking time  
5 h

highest point  
2124 m

difficulty  
easy

**fitness:**

\* \* \* \* \*

**technique:**

\* \* \* \* \*

**public transport:**

Mit dem Bus bis zur Haltestelle "Panzendorf Gemeindeamt Heinfels"

**parking:**

**starting point:** Parkplatz Gemeindeamt Heinfels  
**destination point:** Heinfels / Tessenberg  
**best season:** Tessenberger See  
MAY, JUN, JUL, AUG, SEP  
**route typ:** family tour

## Gpx file

## Interactive map

[download>](#)

[open>](#)

## Description

The starting point is Tessenberg. From there bear left on forest trail 1a or proceed risk-free through the forest, pastureland and via Alpine floor areas up to the Tessenberger Alm at 1900 m altitude. There is a superb view to Obere Pustertal. Starting from Tessenberger Alm on a signposted, easy hiking trail in 30 minutes you get to Tessenberger Almsee, which is particularly appreciated by children. From here you get to enjoy a superb panoramic view to the Lienz and Sexten Dolomites and to the Villgrater mountains.