

# Themed path "Kneipp hiking trail"



## Altitude profile



## The most important at a glance

<b>distance</b> 9.5 km	<b>altitude meters uphill</b> 180 m	<b>altitude meters downhill</b> 95 m	<b>walking time uphill</b> 2 h
<b>walking time downhill</b> 2 h	<b>total walking time</b> 2 h	<b>highest point</b> 831 m	<b>difficulty</b> easy

### public transport:

Mit dem Bus bis zur Bushaltestelle "Gaimberg Zetttersfeldbahn".

### parking:

Parkplatz Talstation Zetttersfeldbahn

### starting point:

Zetttersfeld Talstation

### destination point:

Oberlienz/Lesendorf

### best season:

MAY, JUN, JUL, AUG, SEP

### route typ:

buggy-friendly tour

## arrival

### Parking spot

Car park Zetttersfeldstraße

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

Priest Sebastian Kneipp can be described as being the pioneer of the wellness movement of today - his theses, which, above all else, served as preventative health care, are revealed on this themed trail. A stone labyrinth is a symbol for your route into your core, a healing herb garden, an arm bath and water treading facility as well as hiking bring visitors to this route closer to the 5 keystones of Priest Kneipp.