



### Altitude profile



### The most important at a glance

**distance**  
10.5 km

**altitude meters uphill**  
180 m

**total walking time**  
3 h

**highest point**  
1861 m

**difficulty**  
average

**fitness:**



**technique:**



**starting point:**  
**destination point:**

Parkplatz Lüfter  
Oberstalleralm

**Gpx file**

**Interactive map**

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