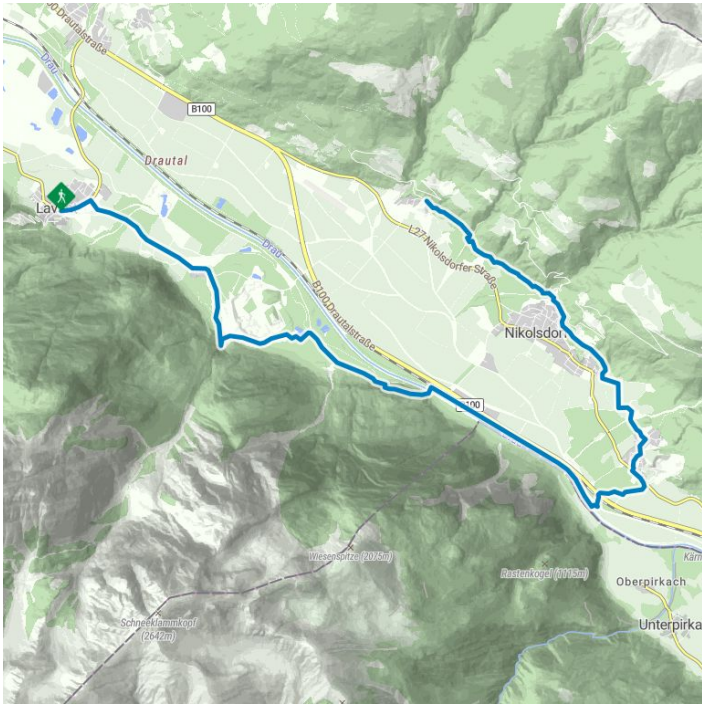


# Walter Mair Trail Lienzer Talboden - Stage 2



## Altitude profile



## The most important at a glance

distance  
12.6 km

altitude meters uphill  
272 m

altitude meters downhill  
273 m

total walking time  
4 h

highest point  
721 m

difficulty  
easy

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

**starting point:** Talstation Hochsteinbahn  
**destination point:** Talstation Hochsteinbahn  
**best season:** APR, MAY, JUN, JUL, AUG, SEP, OCT  
**route typ:** circuit

## arrival

### Stop

Nikolsdorf Lengberg  
Lienz (Tirol) Hochstein/Schloss Bruck  
Lavant (Osttirol) Ort

### Parking spot

Car park Klammbrückl

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

The Lavant forest nature trail and the two-stage Frauenbach waterfall are must-sees. Accompanying the river Drau, which changes from grey to green, and the moor-dark Auenlaue, you are in the quietest corner of the Lienzer Talboden. Nikolsdorf with Nörsach, or Chrysanthen, is the easternmost municipality in Tirol.