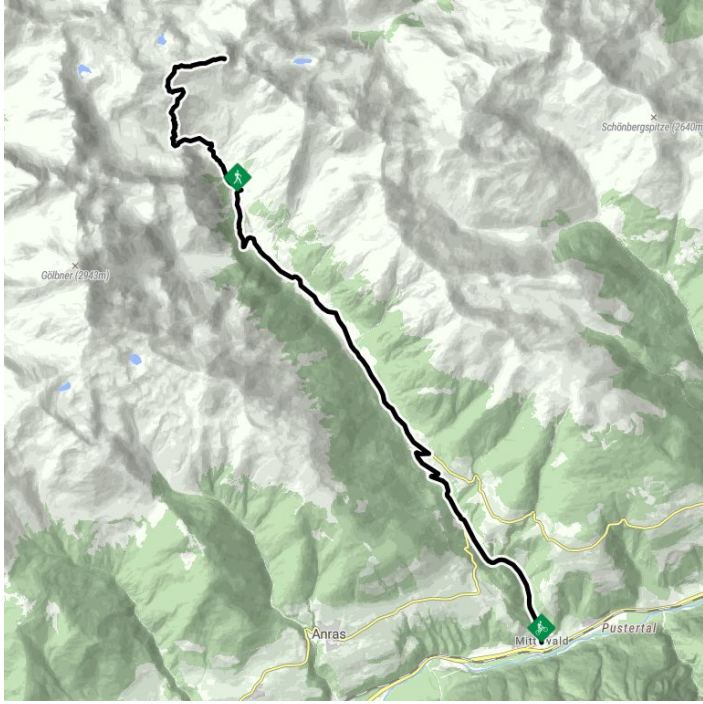
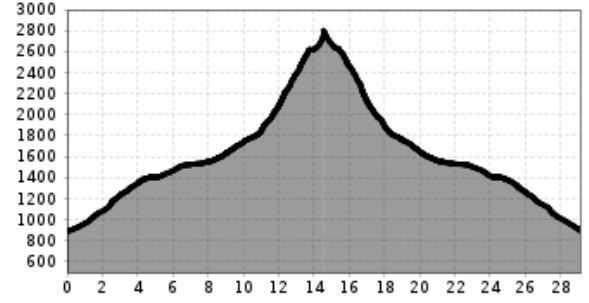


Challenging bike & hike tour to the Bockstein



### Altitude profile



## The most important at a glance

difficulty

bike  
difficult

hike  
difficult

distance (in KM)

total distance  
29092 km

bike  
20160 km

hike  
8932 km

altitude meters uphill

total altitude  
1930 m

bike  
860 m

hike  
1074 m

total tour time

total tour time  
10.5 h

bike  
3.5 h

hike  
7 h

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

starting point:

Kristeinerntal

destination point:

Bockstein

best season:

Juni - September

best season:

MAY, JUN, JUL, AUG, SEP

**Gpx file**

**Interactive map**

[download>](#)

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## Description

From Mittewald, continue straight on along the tarmac road towards St. Justina. This road is over 14 per cent steep in places! Once you reach St. Justina (1209m), continue straight on at the prominent junction. Now it gets extremely steep again, with gradients of well over 20 per cent in places! Fortunately, this extremely steep section is only about 500 metres long, but even after that the path doesn't get much flatter. Finally you reach the crossroads (1385m), where you continue left into the Kristeinerntal valley. This is where the gravel road begins, which takes you past beautiful mountain pastures almost to the end of the valley. The marked trail begins at the pasture gate there and leads up a pleasant incline over a terrain step to "Aleit" (2000m). There you follow the signpost "Bockstein" and hike northwards up a fairly steep grassy slope on the right, past a small lake and later a bivouac hut, to the Bocksteinscharte (2630m). From the Bocksteinscharte, first descend a few metres to the east into a saddle and from there continue directly towards the summit of the Bockstein. Now the terrain becomes increasingly rocky and you have to overcome large boulders in places. The last few metres lead quite steeply over scree up to the summit of the Bockstein (2805m).

