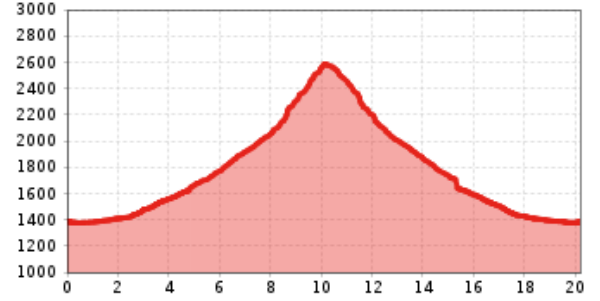


More challenging bike & hike tour to the Kreuzspitze



Altitude profile



The most important at a glance

state: open
difficulty

bike
average

hike
average

distance (in KM)

total distance
20.1 km

bike
4.8 km

hike
10.5 km

altitude meters uphill

total altitude
1242 m

bike
260 m

hike
979 m

total tour time

total tour time
6.5 h

bike
2 h

hike
4.5 h

fitness:

* * * * *

technique:

* * * * *

starting point: Innervillgraten
destination point: Kreuzspitze
best season: Juni - September
best season: JUN, JUL, AUG, SEP

arrival

Parking spot

Car park Innervillgraten Center

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

Follow the riverside path along the country road for approx. 2 km until you reach the Alpengasthof Bad Kalkstein, turning left at the last crossroads. The path continues along the Schmugglersteig trail up to the Bad'l Alm alpine restaurant in Kalkstein.

From there, the trail first heads into the valley to the huts of the Alfenalm. Shortly below, a path leads slightly uphill in a north-westerly direction into the Roßtal valley (signpost towards Kreuzspitze/Roßtal). Continue via the Lipperalm, first in a northerly, then in a north-easterly direction up to the ridge of the Kreuzspitze. You finally reach the summit via the ridge.