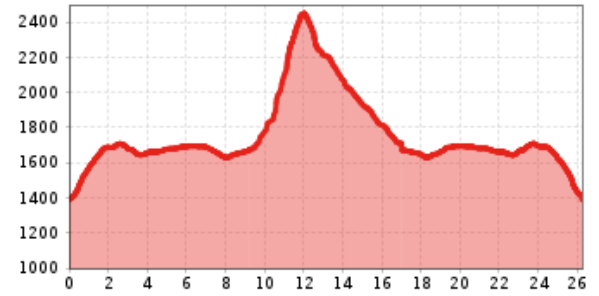


If you want to cycle in peace and quiet in a naturally preserved mountain valley, the Villgratental is the perfect place for you on the "Innervillgraten Mountain Cycle Trail". Wide alpine pastures and a magnificent, unspoilt mountain world make the valley a real paradise



### Altitude profile



## The most important at a glance

difficulty

bike  
average

hike  
average

distance (in KM)

total distance  
282840 km

bike  
9307 km

hike  
5113 km

altitude meters uphill

total altitude  
1380 m

bike  
570 m

hike  
812 m

total tour time

total tour time  
6.5 h

bike  
2.5 h

hike  
2.5 h

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

starting point:

Innervillgraten

destination point:

Schwarzsee

best season:

Juni - September

best season:

JUN, JUL, AUG, SEP

## arrival

**Parking spot**

Car park Innervillgraten Center

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

Starting directly in the village at 1,402 m, the cycle path initially heads north towards Taletalm. Far before this, the forest path branches off to the left to the Berglet Höfe at 1,700 metres. From here, take the little-used road from Hochberg to the Unterstalleralm snack station. From the Unterstalleralm, trail no. 15 leads along the high valley floor over the Arntal stream on a partly stony path up to the so-called Restlangarten at 2,241 metres. The rocky, alpine ascent continues over slabs and boulders to the mysterious, dark Schwarzsee lake (follow the markings!). Descend along the same path to the Restlangarten, then turn left onto path 15a, which first leads to one of the most beautiful alpine villages in East Tyrol, the Oberstalleralm, and on to the Unterstalleralm.