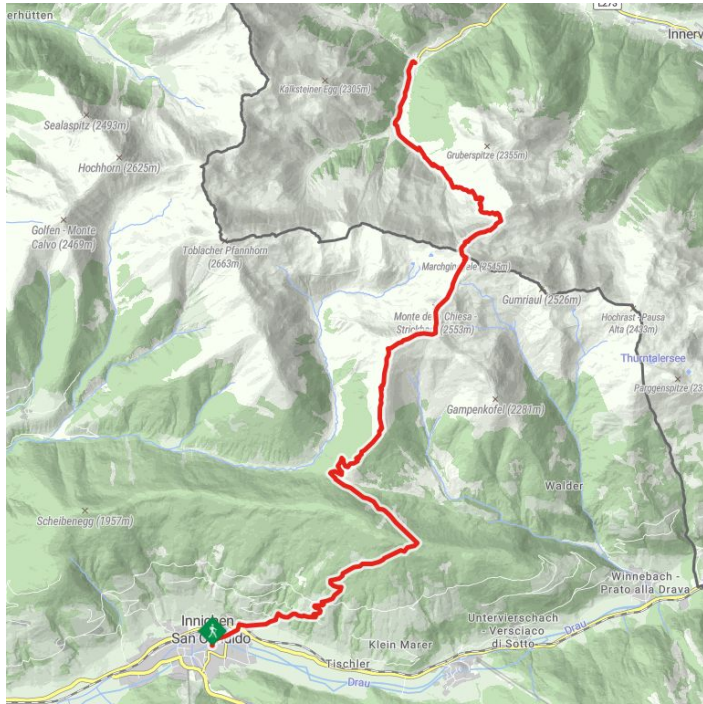
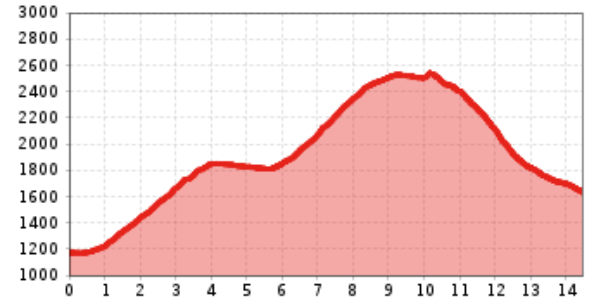


Alpine pilgrim trail "Hoch und Heilig" - Stage 5: Innichen - Kalkstein



Altitude profile



The most important at a glance

distance 14.45 km	altitude meters uphill 1414 m	altitude meters downhill 945 m
total walking time 8 h	highest point 2540 m	difficulty average

fitness:



technique:



starting point:

Innichen

destination point:

Kalkstein

best season:

JUN, JUL, AUG, SEP

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

Setting off from the collegiate church in San Candido, we leave the village heading north-east towards the Innichberg, pass under the railway line and the road, and take the mountain road towards Gadenhof/Raner, from which we turn off onto hiking trail no. 3 / Stauderhof at the very first hairpin bend. Shortly before the Stauderhof, you reach the tarmac Innichbergstraße, turn left and follow it to the Mehlhof, which also offers a wonderful view of the Three Peaks. At the Mehlhof, the route climbs steeply up path no. 3 to the Bodeneck and down into the Silvestertal, where we take a break at the Silvesterkapelle with its beautiful frescoes.

For the rest of the ascent, we take trail no. 3, 14 towards Strickberg, which repeatedly crosses an old military road running parallel to it. A magnificent panoramic view rewards the effort of the climb to the Marchkinkele, at 2,545 metres the highest point of the stage. On clear days, the view stretches as far as the Tyrolean Gailtal, the Dolomites, the Spitzkofel, Kronplatz and the Zillertal Alps. Overnight accommodation is available at the Marchhütte. On the descent, we follow trails 5 and 5A towards the Alfenalm and on to our destination for the day, the Church of Our Lady of the Snows in Kalkstein.