



## Altitude profile



## The most important at a glance

distance  
10.5 km

altitude meters uphill  
980 m

altitude meters downhill  
960 m

walking time uphill  
2:30 h

walking time downhill  
2 h

total walking time  
4:30 h

highest point  
2591 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Mit dem Bus bis zur Haltestelle "Innervillgraten Kalkstein"

parking:

starting point:  
destination point:

Parkplatz bei der Bad'l Alm  
Innervillgraten, Kalkstein  
Kreuzspitze

best season:

JUN, JUL, AUG, SEP

## arrival

Parking spot

Car park Kalkstein 1.640m

## Gpx file

## Interactive map

[download>](#)

[open>](#)

## Description

From Kalkstein head into the valley initially to the first Alpine lodges of the Alfenalm. Just below this the route climbs slightly in a north-westerly direction into Roßtal (signposts for Kreuzspitze/Roßtal). Continue via Lipperalm initially in a northerly direction, then in a north-easterly direction up to the wind gap of the Kreuzspitze. You finally get to the summit via the ridge.