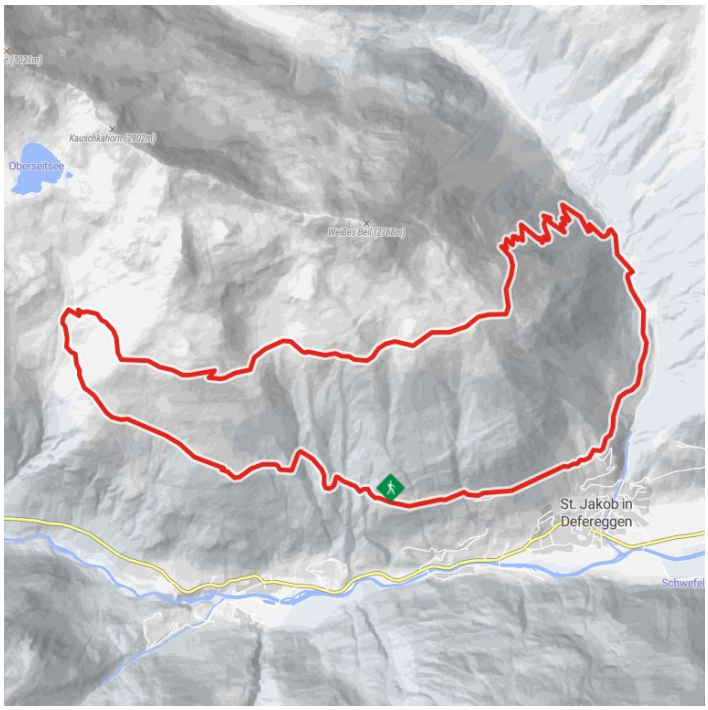
Themed Path “Alpenblumenweg Oberseite"

Discover nature at its most beautiful



Altitude profile



Themed Path “Alpenblumenweg Oberseite"

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	total walking time
14.1 km	834 m	862 m	6 h

highest point	difficulty
2367 m	average

fitness:

* * * * *

technique:

* * * * *

public transport:

Bushaltestellte St. Jakob i. D. Gemeindeamt

parking:

Von St. Jakob in Defereggen über die Serpentinenstraße in den Ortsteil Außerberg und weiter nach Innerberg zum Parkplatz Trogach.
Parkplatz Trogach

starting point: St. Jakob/Trogach
destination point: Seespitzhütte
best season: MAY, JUN, JUL, AUG, SEP
route typ: circuit

arrival

Stop

St. Jakob in Defereggen Lärchenhof

Parking spot

Car park Trogach 1.700m

Gpx file

download>

Interactive map

open>

Description

The themed path “**Alpenblumenweg Oberseite**” provides good insight into the colourful diversity of the alpine plants and their living conditions in the high mountains. The starting point of the hike is **Trogach** (car park). A forest road and hiking trail lead to the actual starting point of the trail, the “**Gasser Kofel**”. From there, a moderately ascending hiking trail leads to the **Seespitzhütte**. From there, a high route runs eastwards (**Reggnalm**) and then descends into the **Trojeralmtal**. The same-titled Natural History Guide published by the Austrian Alpine Association offers interesting facts about flora and fauna and the healing properties of some Alpine plants at all stops. (Please note: extensive day trip)