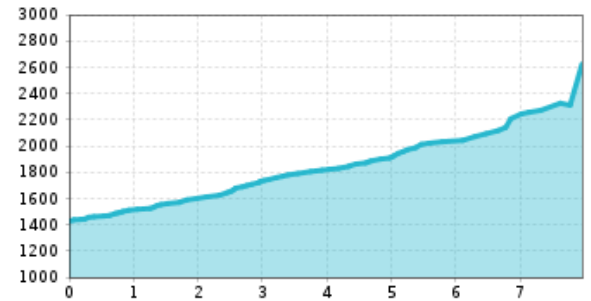


A ski touring experience in a dreamlike setting



## Altitude profile



## The most important at a glance

altitude meters uphill  
1190 m

highest point  
2730 m

walking time uphill  
4 h

distance  
8 km

difficulty  
average

**starting point:** St. Jakob i. Def. / Maria Hilf, Rinderschinken (1420 m)  
**destination point:** Hochkreuz  
**best season:** JAN, FEB, MAR, APR

## arrival

### Stop

St. Jakob in Defereggen Mariahilf Dorf

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

And once again a 'high cross' will at first glance get attentive readers thinking about the route. A certain trend for tours of this name is, if anything, only pure coincidence. Scaling the **Hochkreuz** – called the '**Gsieser Hochkreuz**' by our neighbours – is characterised by a superb, encompassing view into the

**Sextner Dolomites** and into the wide lowlands of **Gsieser Tal**.

Starting point is the little parish of Maria Hilf in Defereggental, around 3 km to St. Jakob i. D.. In the town of Rinderschinken we follow the wide toboggan route to the **Alpe Stalle** snack station (green route signposts, 1896 m). We now stick to the forest trail, heading into the valley, ignoring the cut-offs via the summer trail. After a good hour you come to a fork in the routes. While the left trail heads to **Ragötzlenke**, we continue south, to the Stalle Alm lodges. A large basin now opens up in front of us which ascends, with an increasing gradient, to the **Pfoisattel**. We follow the extensive slopes up to some 2300 m. The ski track now takes us in a loop heading right over moderately steep terrain in a westerly direction. Looking for the most favourable route we come to a ridge to the north west of the **Pfoisattel**. We follow the attractive ridge terrain, proceeding uphill and down, and via a wide trough we then come the destination of our tour. Proceeding through this and in a few hairpin bends to the wooden cross, which can be seen from quite a distance. Descent along the ascent route.

Additional ski tour tips can be obtained in the ski tour guides by Thomas Mariacher. These are available here:  
<http://www.grafikzloebel.at/verlag/buecher/>