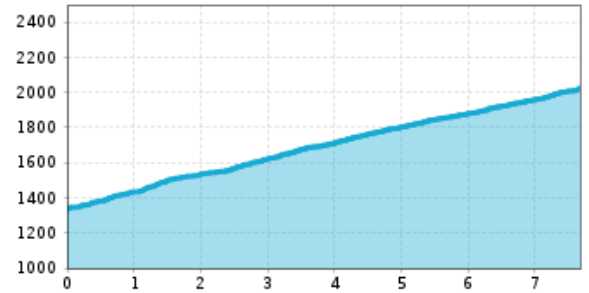


**Altitude profile**



**The most important at a glance**

<b>distance</b> 7.6 km	<b>altitude meters uphill</b> 800 m	<b>walking time uphill</b> 2 h	<b>highest point</b> 2034 m
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**difficulty**  
average

**fitness:**



**technique:**



**starting point:** Ortsteil Fronstadel  
**destination point:** Fronstadler Alm  
**best season:** JAN, FEB, MAR, DEC

**Gpx file**

**Interactive map**

[download>](#)

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### Description

The entire Tessenberger Alm and Fronstadler Alm area is a high plateau and is very popular as a hiking area in its own right. Follow the woodland trail from Fronstadel near Strassen via several bends to Fronstadler Alm (not open).