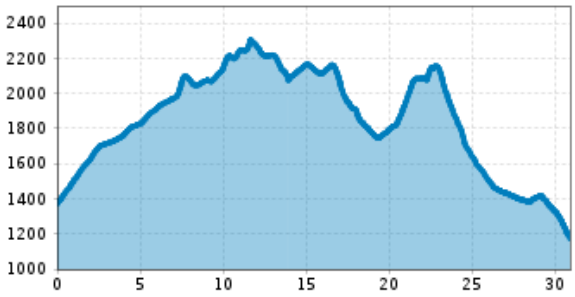
# The Gailtal altitude trail - stages of Osttirol




## Altitude profile



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## The most important at a glance

| distance | altitude meters uphill | altitude meters downhill |
|---|---|---|
| 30.92 km | 1738 m | 1931 m |

| total walking time | highest point | difficulty |
|---|---|---|
| 13:30 h | 2179 m | average |

**fitness:**

★ ★ ★ ★ ★

**technique:**

★ ★ ★ ★ ★

**parking:**

Mit dem Auto bis nach St. Oswald
Parkplatz beim Dorfberglift in St. Oswald

**starting point:** St. Oswald bei Kartitsch
**destination point:** Untertilliach - Gasthof Wacht
**best season:** JUN, JUL, AUG, SEP

## arrival

**Parking spot**

Car park St. Oswald

## Gpx file

download>

## Interactive map

open>

## Description

In the south of the Lienz Dolomites and in the west wings of the Gailtal Alps, the Gailtal altitude trail proceeds through impressive natural landscapes in the Gailtal and Lesachtal. Bounded in the north by the Pustertal and in the south by Tirol‘s Gailtal and Lesachtal, the Gailtal altitude trail is a gentle complement to the Peace trail (Carnic altitude trail 403) on the Carnic ridge. The entire route of the Gailtal altitude trail is not difficult.

The route begins in St. Oswald near Kartitsch and proceeds via the Dorfberg up to the Golzentipp. Continue – after an overnight stay in the "Connyalm" above Obertilliach – via the Kofelspitz to the Gontrunsattel. You have a choice here, either proceed in the valley to the Ochsengartenalm and up again to Gumpedall, or opt for the somewhat steeper climb to the Tamerlanhöhe and from there cross a few steeper gravel gullies to get there. Another trail proceeds at the base of the Eggekofel massif, which has two distinct gravel gullies, across to Hals above the Kircher Almen and from there down to Lotteralm. Emergency accommodation is available here, should it be too late for another stage to Tuffbad via the Guggenberger Sattel.

Up to the Gailbergsattel (above Kötschach and Oberdrauburg) there are unfortunately no other overnight stay options! So it is recommended that you choose a day tour so that you may still descend again into one of the villages in Lesachtal to spend the night.