



Altitude profile



The most important at a glance

distance
10.5 km

altitude meters uphill
180 m

total walking time
3 h

highest point
1861 m

difficulty
average

fitness:



technique:



starting point:
destination point:

Parkplatz Lüfter
Oberstalleralm

Gpx file

Interactive map

[download>](#)

[open>](#)