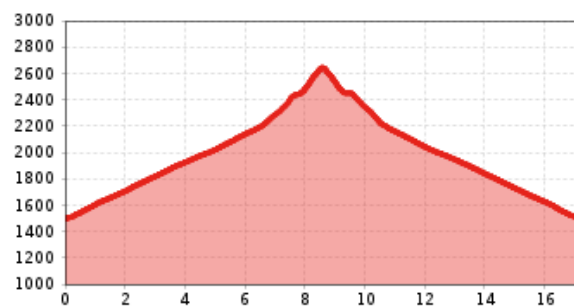


## Altitude profile



## The most important at a glance

distance  
17 km

altitude meters uphill  
1190 m

altitude meters downhill  
1180 m

walking time uphill  
3:30 h

walking time downhill  
2:30 h

total walking time  
6 h

highest point  
2653 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Bushaltestelle St. Veit in Deferegggen Dorf

parking:

starting point: Parkplatz Oberholz  
destination point: St. Veit Ort  
best season: JUN, JUL, AUG, SEP

Gpx file

Interactive map

[download>](#)

[open>](#)

## Description

Summit in the Lasörlingkamm ridge above St. Veit. The Speikboden is a much-visited viewing area with a lovely view to the Großglockner, Großvenediger, Hochgall and Ortler. From the village square in St. Veit follow the road past the town hall, heading west. At the following fork in the roads continue right to the end of the asphalt road (you may also take your car up to this point). Just after the branch-off of the circular hiking trail bear left at a turnstile on the gravel road and continue via a moderately ascending forest trail to a junction, then go right and continue. It is then somewhat steeper in hairpin bends up to the Alpine lodge. From the Speikbodenhütte proceed in a northerly direction, past a hay barn then a bit further up to a wayside cross. From here you ascend a bit more, up across Alpine pastures. On the final slope you head steep uphill to the ridge. To finish you then still have the summit ridge along the Speikboden to tackle.