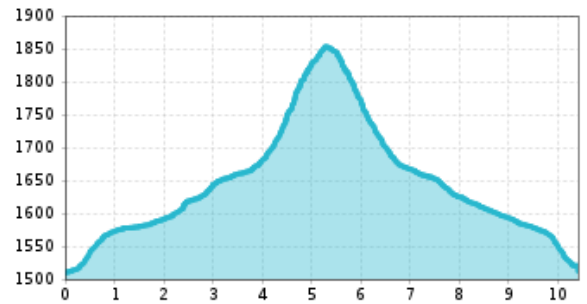


## Altitude profile



## 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

[download>](#)

## Interactive map

[open>](#)