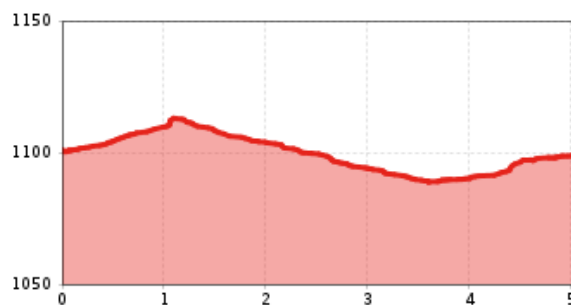




Altitude profile



The most important at a glance

distance
5.1 km

snowed
no

difficulty
average

start altitude
1100 m

destination altitude
1100 m

altitude meters uphill
40 m

highest point
1132 m

special accommodation for cross country skier
no

barrier-free
no

biathlon
no

cross country seal of quality
yes

fitness:

★ ★ ★ ★ ★

technique:

★ ★ ★ ★ ★

best season:

JAN, FEB, MAR, DEC

Gpx file

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Interactive map

[open>](#)

Description

You will find the best conditions for endurance training on the moderately difficult „Isel slope“. Initially the slope proceeds up the river, after a kilometre it goes over the bridge and back on the other side of the river. At the 2.2 kilometre point there is the option of shortening the circuit, otherwise the proceeds on the flat through a section of forest to the turning point. Cross the bridge, following the Isel upstream to the starting point.