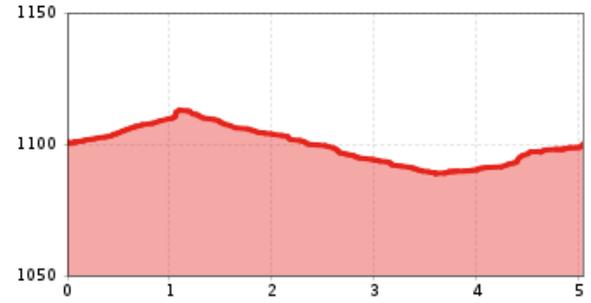




**Altitude profile**



**The most important at a glance**

|                                       |                                |  |                                 |                                       |
|---------------------------------------|--------------------------------|--|---------------------------------|---------------------------------------|
| <b>distance</b><br>5.1 km             | <b>snowed</b><br>no            | <b>difficulty</b><br>average                               | <b>start altitude</b><br>1100 m | <b>destination altitude</b><br>1100 m |
| <b>altitude meters uphill</b><br>40 m | <b>highest point</b><br>1132 m | <b>special accommodation for cross country skier</b><br>no |                                 |                                       |
| <b>barrier-free</b><br>no             | <b>biathlon</b><br>no          | <b>cross country seal of quality</b><br>yes                |                                 |                                       |

**fitness:**



**technique:**



**best season:**

JAN, FEB, MAR, DEC

**Gpx file**

**Interactive map**

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## 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.