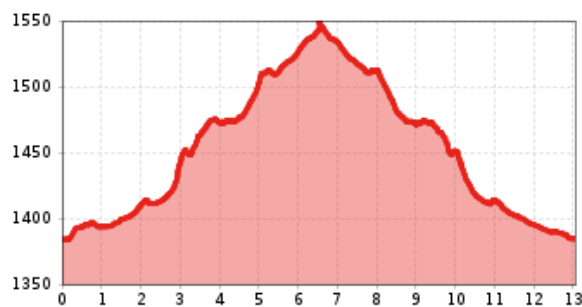


## Altitude profile



## The most important at a glance

**distance**  
13.2 km

**snowed**  
no

**difficulty**  
average

**start altitude**  
1428 m

**destination altitude**  
1548 m

**altitude meters uphill**  
165 m

**highest point**  
1548 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

[download>](#)

## Interactive map

[open>](#)

### Description

Very challenging slope to the final section of Defereggental, to Erlsbach. Starting from the cross-country stadium in St. Jakob, cross the bridge. After the bridge on the right there are two possibilities. One is a short, steep ascent, then a moderate climb behind the heating plant. The second possibility is for people with little fitness or for older people. Here the trail simply runs along the Schwarzach river. After the Sander Ebende festival grounds, the two variants come together again and the trail runs along the Schwarzach until before Maria Hilf. Before the settlement turn left towards the waterfall, then switchback-shaped, moderate to steep ascent to Pötsch; cross the road there and bear right after the bridge. The route is then flatter, with long drawn-out, alternating with in part steeper climbs through secluded, idyllic woodland terrain high above the Schwarzach until the turning point after Erlsbach (Staller Sattel Straße). Return via the same slope. Those who want to save themselves the exertion of the climb can use the free ski bus to Erlsbach and enjoy the descent to Maria Hilf and head back to the cross-country stadium. Access options:

- St. Jakob
- Maria Hilf
- Erlsbach (Staller Sattel Straße).