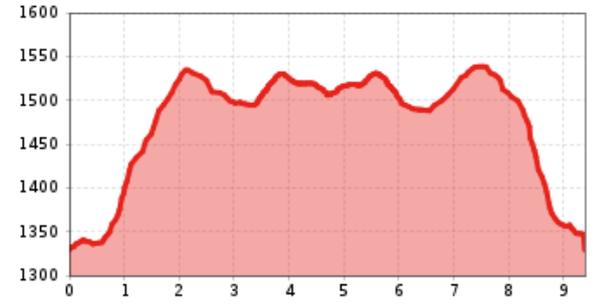


# Nature and culture educational trail Life on the steep slope



## Altitude profile



## The most important at a glance

distance  
9.4 km

altitude meters uphill  
440 m

altitude meters downhill  
440 m

total walking time  
3:30 h

highest point  
1569 m

difficulty  
average

fitness:



technique:



public transport:

Bushaltestelle St. Veit in Defereggen Bruggen

parking:

starting point: Bruggen  
destination point: Bruggen (St. Veit)  
best season: Gassen  
JUN, JUL, AUG, SEP, OCT

**Gpx file**

**Interactive map**

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## Description

Initially easy uphill to Holzer Mühle. After a steep section, going out of the valley, on the mountain slope facing the sunny side you come across typical examples of early mining life in an extreme location. At Froditzbach the 'Holzer Mühle' is still in operation today. Flax is processed and grain mills are powered by the streams. People had to fend for themselves over the long winter in this secluded area. Information boards recount this to date unfamiliar story. The route may also be tackled from the other direction, for instance from the centre of St. Veit via Gassen to Bruggen.