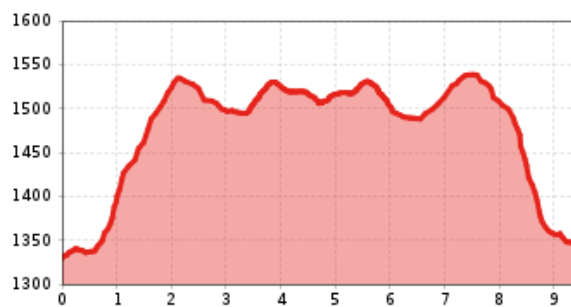




Nature and culture educational trail Life on the steep slope

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 Deferegggen Bruggen

parking:

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

Gpx file

Interactive map

[download>](#)

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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.