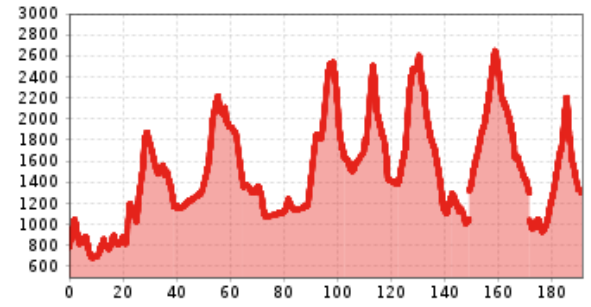


**Altitude profile**



## The most important at a glance

distance  
191.6 km

altitude meters uphill  
10475 m

altitude meters downhill  
9957 m

total walking time  
77:45 h

highest point  
2207 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Mit dem Bus bis zur Bushaltestelle "Lavant Ort".

parking:

Parkplatz Gemeindeamt Lavant

starting point:

Lavant

destination point:

Heiligenblut

best season:

JUN, JUL, AUG, SEP

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## Description

**200 kilometres – nine day's stages –11,200 metres in altitude**

The alpine pilgrim trail "Hoch und Heilig" covers 200 kilometres, split into nine day's stages, and leads from Lavant via Innichen to Heiligenblut, whereas one place of religious significance is part of each stage. Next to the famous St. Mary's pilgrimage sites Maria Luggau, Kalkstein in Innervillgraten, and Obermauern in Virgen, also regional gems like St. Korbinian in Assling or St. Oswald in Kartitsch will be visited. On average, each day's stage comprises 20 kilometres length and more than 1,000 metres in altitude. The total walking time amounts to about 65 hours.