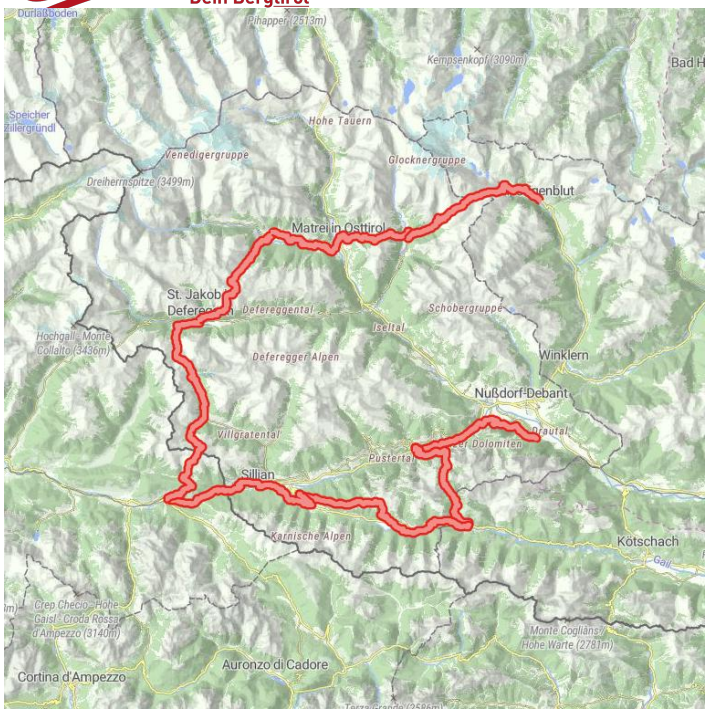
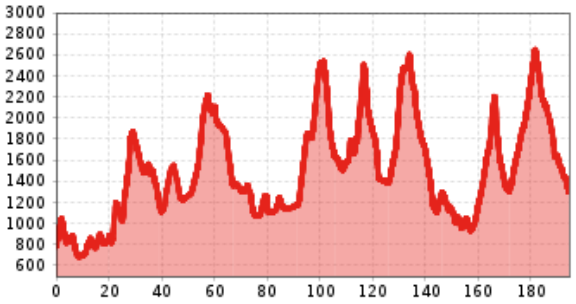
High and sacred – an Alpine pilgrim trail through East Tyrol, South Tyrol and Upper Carinthia



Höhenprofil



The most important at a glance

distance	altitude meters uphill	altitude meters downhill	total walking time
194 km	11200 m	10790 m	65 h

highest point	difficulty
2654 m	average

fitness: ★ ★ ★ ★ ☆

technique: ★ ★ ★ ☆ ☆

public transport:

parking: Mit dem Bus bis zur Bushaltestelle "Lavant Ort". Parkplatz Gemeindeamt Lavant

starting point: Lavant

destination point: Heiligenblut

best season: JUN, JUL, AUG, SEP

Gpx file

download>

Interactive map

open>

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Beschreibung

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

The “Alpine Pilgrim Trail High and Sacred” 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.