



## Höhenprofil



## The most important at a glance

distance 30 km	altitude meters uphill 1700 m	altitude meters downhill 1900 m	walking time uphill 10 h
walking time downhill 3 h	total walking time 13 h	highest point 2300 m	difficulty average

fitness: \* \* \* \* \*

technique: \* \* \* \* \*

starting point: St. Oswald / Kartitsch  
destination point: Untertilliach/Wacht  
best season: JUN, JUL, AUG, SEP

## arrival

Car park  
Car park St. Oswald

## hut/alpine hut

[Panoramic restaurant Conny-Alm 2.070 m](#) closed

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Beschreibung

The Gailtaler Höhenweg (Nr. 229) leads in the south of the Lienz Dolomites and in the western wing of the Gailtal Alps through one of the most beautiful areas of the East Tyrolean and Carinthian mountains - through the impressive natural and cultural landscapes of the Tyrolean Gail and Lesach valleys. Bordered in the north by the Pustertal valley and in the south by the Tyrolean Gail and Lesachtal valleys, the long-distance hiking route is considered a gentle counterpart to the Carnic High Trail (Friedensweg 403). The only overnight accommodation is at the "Connyalm" in the Golzentipp hiking area in Obertilliach. From the Lotteralm at the Landers border to Carinthia, this long-distance hiking trail is unfortunately no longer maintained and the infrastructure along this actually very beautiful trail is also very limited. Only adventure holidaymakers who want to spend the night in their own tent can make their way towards the Gailberg Sattel.