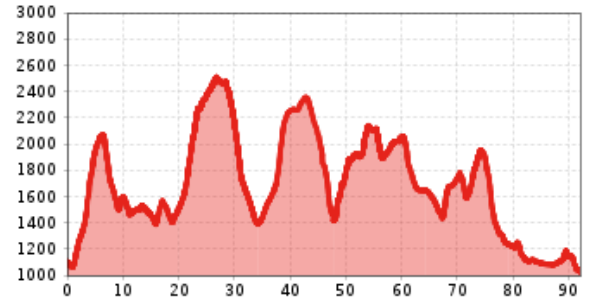


Time-out along the picture balcony of the alps - long-dinstance-hiking along the "2TälerTrail"



### Altitude profile



## The most important at a glance

distance  
92 km

altitude meters uphill  
5550 m

altitude meters downhill  
5614 m

total walking time  
41:30 h

highest point  
2376 m

difficulty  
average

fitness:



technique:



**starting point:** Hopfgarten im Defereggental  
**destination point:** Olang / Südtirol  
**best season:** JUN, JUL, AUG, SEP, OCT

## arrival

### Stop

Hopfgarten in Deferegggen Gemeindeamt  
St. Veit in Deferegggen Kirche  
St. Jakob in Deferegggen Lärchenhof

### Parking spot

Car park Ratzell  
Car park St. Veit  
Car park Oberseehütte 2.020m

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

The boarder crossing "2TälerTrail" from East to South Tyrol leads to ways where minings, varlets, church-goers and smugglers have walked ever since. This path is around 90 kilometres long and takes up to six days from Hopfgarten in Deferegggen via St. Jakob in Deferegggen and the Staller Sattel to Rasen in the Antholzertal-valley.

The "2TälerTrail" is consciously no high alpine long-distance-hiking-trail and also no monoton valley trail, it's just a trail inbetween. It leads along average levels, between high alpine terrain and the valley bottom. Alpine mountain scenarios and cultural landscapes are changing. The views to the snow covered peaks of the Lasörling-group, Villgarter-mountains and the Rieserverner-group are simply stunning.

Figuratively speaking, neither does the hiker walk on the roof nor on the ground floor but on the balcony of the alps. Choose your night stop in a village in one of the loveley hotels, guesthouses with halfboard or private rooms with breakfast after a superior hiking day.