



## The most important at a glance

distance  
15.19 km

altitude meters uphill  
700 m

altitude meters downhill  
670 m

walking time uphill  
2 h

walking time downhill  
2 h

total walking time  
4 h

highest point  
2025 m

difficulty  
easy

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

**starting point:** Mit dem Bus bis zur Haltestelle "Strassen Ort"  
**destination point:** Ortsteil Fronstadl / Strassen  
**destination point:** Fronstadler Alm  
**best season:** MAY, JUN, JUL, AUG, SEP, OCT  
**route typ:** family tour

### Gpx file

### Interactive map

[download>](#)

[open>](#)

## Description

The entire Tessenberger Alm and Fronstadler Alm area is an Alpine plateau and it is a much loved hiking area in its own right. The forest trail from the town of Fronstadl near Strassen proceeds via several hairpin bends to Fronstadler Alm (not open for business).