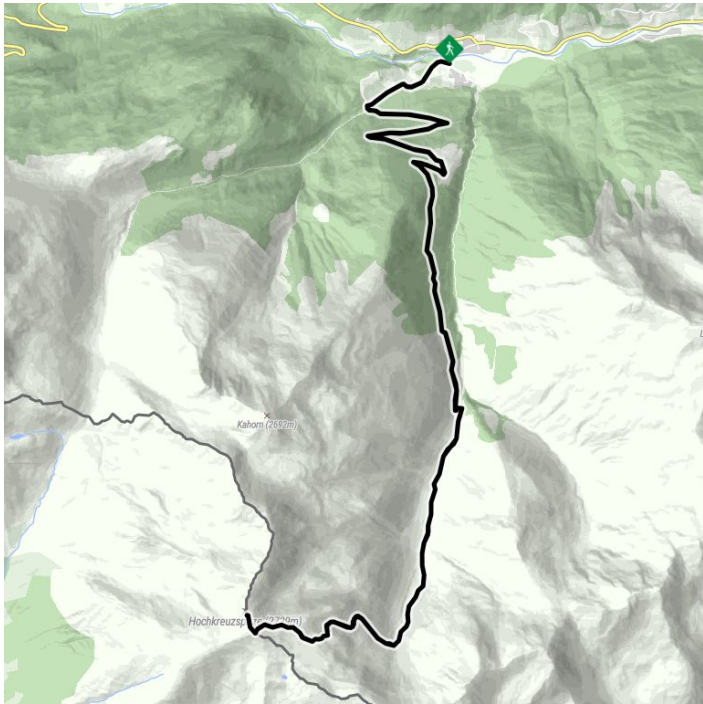


Escape from the daily grind and into the heart of adventure – your route into nature



Altitude profile



The most important at a glance

distance
17.5 km

altitude meters uphill
1300 m

altitude meters downhill
1300 m

walking time uphill
3:30 h

walking time downhill
3 h

total walking time
6:30 h

highest point
2739 m

difficulty
difficult

fitness:

* * * * *

technique:

* * * * *

public transport:

Bushaltestelle St. Jakob i. D. Mariahilf Dorf

parking:

starting point: Beim kleinen Kirchlein in Maria Hilf

destination point: Kapelle Maria Hilf

best season: Hochkreuz

JUN, JUL, AUG, SEP

arrival

Stop

St. Jakob in Deferegggen Mariahilf Dorf

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

The starting point for this tour is Maria Hilf. From here proceed to **Alpe Stalle** and continue via the trail down into the valley to **Hintere Stalle**, where the trail ends. From here via a steep path, ascending slightly to the head of the valley. Then the right side of the slope proceeds via hilly Alpine meadows up to a small altitude plateau on the **Pfoisattel**, then bears right up to the highest point.