

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>](#)

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## 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.