



Altitude profile



The most important at a glance

distance
10.5 km

altitude meters uphill
980 m

altitude meters downhill
960 m

walking time uphill
2:30 h

walking time downhill
2 h

total walking time
4:30 h

highest point
2591 m

difficulty
average

fitness:

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technique:

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public transport:

Mit dem Bus bis zur Haltestelle "Innervillgraten Kalkstein"

parking:

starting point: Parkplatz bei der Bad'l Alm
destination point: Innervillgraten, Kalkstein
best season: Kreuzspitze
JUN, JUL, AUG, SEP

arrival

Parking spot

Car park Kalkstein 1.640m

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

From Kalkstein head into the valley initially to the first Alpine lodges of the Alfenalm. Just below this the route climbs slightly in a north-westerly direction into Roßtal (signposts for Kreuzspitze/Roßtal). Continue via Lipperalm initially in a northerly direction, then in a north-easterly direction up to the wind gap of the Kreuzspitze. You finally get to the summit via the ridge.