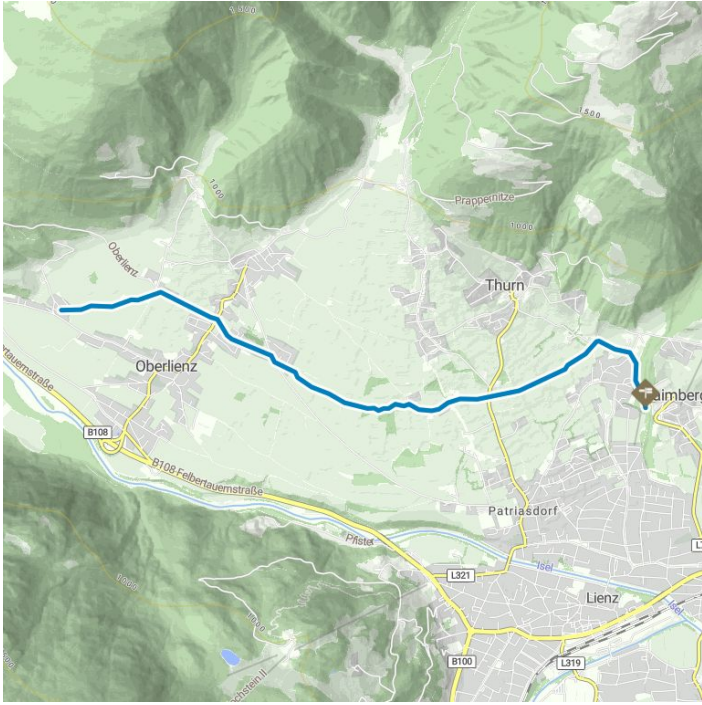


# Themed path "Kneipp hiking trail"



## Altitude profile



## The most important at a glance

distance  
9.5 km

altitude meters uphill  
180 m

altitude meters downhill  
95 m

walking time uphill  
2 h

walking time downhill  
2 h

total walking time  
2 h

highest point  
831 m

difficulty  
easy

### public transport:

Mit dem Bus bis zur Bushaltestelle "Gaimberg Zetttersfeldbahn".

### parking:

Parkplatz Talstation Zetttersfeldbahn

### starting point:

Zetttersfeld Talstation

### destination point:

Oberlienz/Lesendorf

### best season:

MAY, JUN, JUL, AUG, SEP

### route typ:

buggy-friendly tour

## arrival

### Parking spot

Car park Zetttersfeldstraße

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

Priest Sebastian Kneipp can be described as being the pioneer of the wellness movement of today - his theses, which, above all else, served as preventative health care, are revealed on this themed trail. A stone labyrinth is a symbol for your route into your core, a healing herb garden, an arm bath and water treading facility as well as hiking bring visitors to this route closer to the 5 keystones of Priest Kneipp.