

Walter Mair Trail Lienzer Talboden - Stage 2



Altitude profile



The most important at a glance

distance
12.6 km

altitude meters uphill
272 m

altitude meters downhill
273 m

total walking time
4 h

highest point
721 m

difficulty
easy

fitness:



technique:



starting point: Talstation Hochsteinbahn
destination point: Talstation Hochsteinbahn
best season: APR, MAY, JUN, JUL, AUG, SEP, OCT
route typ: circuit

arrival

Stop

Nikolsdorf Lengberg
Lienz (Tirol) Hochstein/Schloss Bruck
Lavant (Osttirol) Ort

Parking spot

Car park Klammbrückl

Gpx file

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Interactive map

[open>](#)

Description

The Lavant forest nature trail and the two-stage Frauenbach waterfall are must-sees. Accompanying the river Drau, which changes from grey to green, and the moor-dark Auenlaue, you are in the quietest corner of the Lienzer Talboden. Nikolsdorf with Nörsach, or Chrysanthen, is the easternmost municipality in Tirol.