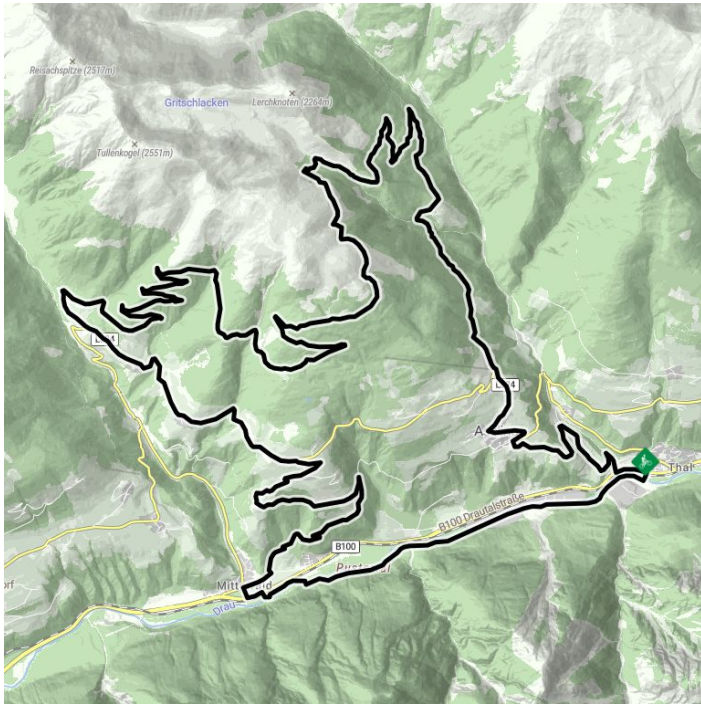


Intensive mountain bike tour to the former Compedal ski hut



Altitude profile



The most important at a glance

distance
38 km

altitude meters uphill
1530 m

altitude meters downhill
1560 m

highest point
2030 m

difficulty
difficult

circuit
yes

fitness:

* * * * *

technique:

* * * * *

public transport:

Bushaltestelle "Thal Ort"

parking:

starting point: Parkplatz Schwimmbad Thal
destination point: Assling-Dorfplatz (1125m)
best season: Assling - Dorfplatz (1125m)
MAY, JUN, JUL, AUG, SEP

arrival

Parking spot

Parkplatz Schwimmbad Thal

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

From the sports centre in Thal the route proceeds via the Drau cycle trail to Mittewald. From there to Herolerhöfen and Unterkosten, continuing along the Pustertal altitude road to Kristeinertal with an ascent of some 400 m to Schönkosten. From Schönkost towards the ski hut there is a short, very steep part until you come back to the forest path. Heading out of the valley there to the ski lodge (access to the Short Compedal circuit), continuing to Kontrinerkaser and Soldererkaser and downhill via the Alpine path to the valley trail. There is a steep climbing path between the Tschiker Kaser and the old Sodra Kaser. There is a short sliding passage / carrying passage! Continue heading out of the valley to Assling and from there via the old route to St. Korbinian church and back to the sports centre again.