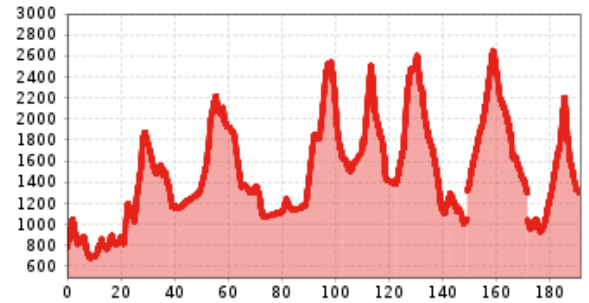


Alpine pilgrim trail "Hoch und Heilig"

190 kilometers – nine daily stages – 10,500 meters of elevation gain

Altitude profile



The most important at a glance

distance
191.6 km

altitude meters uphill
10475 m

altitude meters downhill
9957 m

total walking time
77:45 h

highest point
2207 m

difficulty
average

fitness:

* * * * *

technique:

* * * * *

public transport:

Mit dem Bus bis zur Bushaltestelle "Lavant Ort".

parking:

Parkplatz Gemeindeamt Lavant

starting point:

Lavant

destination point:

Heiligenblut

best season:

JUN, JUL, AUG, SEP

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

"Hoch & Heilig." The name says it all for the mountain pilgrimage route through Osttirol and the border-near pilgrimage sites in Carinthia and South Tyrol. The route connects centuries-old pilgrimage sites, pilgrimage churches, and chapels across nine stages. It largely follows original pilgrimage routes and is thus on the trail of spiritual, historical, and cultural treasures

The "High" stands for the ascents and for the uplifting experience on this pilgrimage route. The nine stages cover 10,475 meters of elevation gain and loss through the high-alpine mountain landscape of Osttirol, South Tyrol, and Carinthia. High-alpine hiking experience as well as excellent endurance and fitness are required. The "Holy" stands for the search for salvation, healing, and the encounter with the sacred. For centuries, people have carried their sorrows and suffering, their pleas and thanks, to pilgrimage churches and before God.