



## Altitude profile



## The most important at a glance

distance 14 km	altitude meters uphill 1330 m	altitude meters downhill 1330 m	walking time uphill 4 h
walking time downhill 3 h	total walking time 7 h	highest point 2400 m	difficulty average

fitness:



technique:



**starting point:** Stalpen / Sillian  
**destination point:** Thurntaler 2.400 m  
**best season:** JUN, JUL, AUG, SEP

## arrival

**Parking spot**

Car park Stalpen

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

At Stalpen farm buildings proceed, slightly climbing, on route 7 through spruce and larch forests up to the Alpeggele. Continue here via the Alpine pastures on route 7 to the Thurntaler summit.