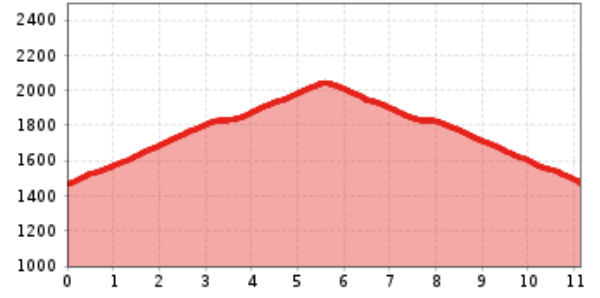




**Altitude profile**



## The most important at a glance

distance  
11.1 km

altitude meters uphill  
570 m

altitude meters downhill  
570 m

highest point  
2040 m

difficulty  
average

circuit  
no

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

**starting point:** St. Jakob i.D. Mariahilf Zentrum  
**destination point:** St. Jakob im Deferegggen-Kirchl "Maria Hilf" (1422m)  
**best season:** Hintere Alpe Stalle (2046m)  
MAY, JUN, JUL, AUG, SEP

## arrival

Stop

St. Jakob in Deferegggen Mariahilf Dorf

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

From the starting point, the Kirchl "Maria Hilf", initially there is a moderately difficult climb of around 800 m to Pötsch (asphalt). From there the forest road (gravel) climbs in serpentines up to the Alpe Stalle snack station (1714 m), where the route bears right, heading for Hintere Alpe Stalle (2046 m).