



Altitude profile



The most important at a glance

distance 6.3 km	altitude meters uphill 610 m	highest point 2046 m	difficulty average	circuit no
---------------------------	--	--------------------------------	------------------------------	----------------------

fitness:



technique:



public transport:

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

arrival

Stop

St. Jakob in Defereggental Mariahilf Dorf

Gpx file

Interactive map

[download>](#)

[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 serpentine up to the Alpe Stalle snack station (1714 m), where the route bears right, heading for Hintere Alpe Stalle (2046 m).