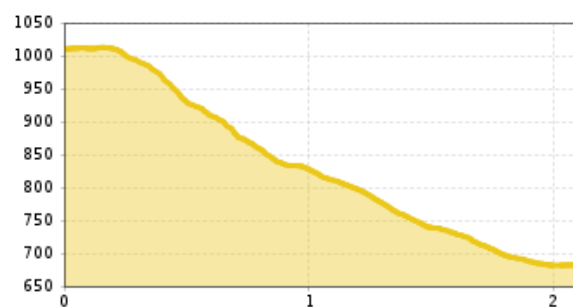


Altitude profile



The most important at a glance

state: open

distance
2 km

altitude meters uphill
10 m

altitude meters downhill
355 m

highest point
1020 m

difficulty
average

circuit
no

fitness:

* * * * *

technique:

* * * * *

public transport:

Mit dem Bus bis zur Bushaltestelle "Lienz Hochstein/Schloss Bruck" und dann mit der Gondel bis zur Moosalm und dann weiter bis zur Sternalm.

parking:

starting point:

destination point:

best season:

Parkplatz Schlossbergbahn Talstation

Moosalm Lienz

Hochstein Lienz

MAY, JUN, JUL, AUG, SEP

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

The start is right at the Moosalm. The 2.2 kilometre route winds past the Venedigerwarte, through

forested sections and via the World Cup ski piste to the valley station. The route is impressive – along with several ski jumps, one is right after the start, three wooden bridges and jumps with wave combinations provide plenty of changes in direction and challenging sections. 'The wave combinations present a fantastic challenge to pros and beginners alike.

There is something for everyone here', says Lakata. Cycle sport and mountain biking in particular is booming. 'The fact is, the Lienz Dolomites region has the potential to become one of the leading cycling destinations in the Alpine area in a few years. The 'Lakata' trail and the parks in Kals are just the beginning. Even more spectacular bike parks will emerge in East Tyrol', states tourist board representative Franz Theurl about their commitment in this sector.

Incidentally, tickets are available at the cash desk at Hochstein valley station. Free car parking is available directly at Hochstein valley station.

