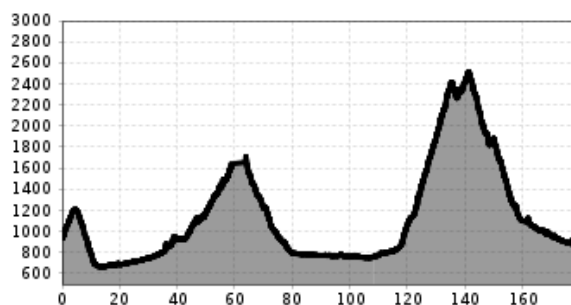


Höhenprofil



The most important at a glance

distance	altitude meters uphill	altitude meters downhill	highest point
180 km	4700 m	2703 m	2505 m

difficulty	circuit
difficult	no

fitness: * * * * *

technique: * * * * *

starting point: Lienz

destination point: Lienz

best season: MAY, JUN, JUL, AUG, SEP, OCT

Gpx file

[download>](#)

Interactive map

[open>](#)

Beschreibung

This circular route requires a bit of advance training. After the climb via to the Felbertauern tunnel (shuttle service through the tunnel) there is a descent down to Mittersill which has plenty of twists and turns. Continue to Zell am See and Bruck. The climb to the Hochtörl starts here, which exacts everything from even the best riders. The descent to Heiligenblut and the leisurely route through Mölltal provide the chance to recover, before the final climb to the Iselsberg starts, but the superb panoramic views are a reward for all your efforts.