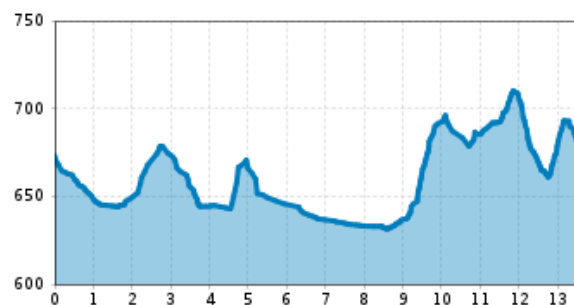


Altitude profile



The most important at a glance

distance
12 km

altitude meters uphill
80 m

altitude meters downhill
110 m

total walking time
4 h

difficulty
easy

fitness:



technique:



starting point:

destination point:

best season:

route typ:

Talstation Hochsteinbahn

Talstation Hochsteinbahn

APR, MAY, JUN, JUL, AUG, SEP, OCT

circuit

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

The Lavant forest nature trail and the two-stage Frauenbach waterfall are must-sees. Accompanying the river Drau, which changes from grey to green, and the moor-dark Auenlaue, you are in the quietest corner of the Lienz Talboden. Nikolsdorf with Nörsach, or Chrysanthen, is the easternmost municipality in Tirol.