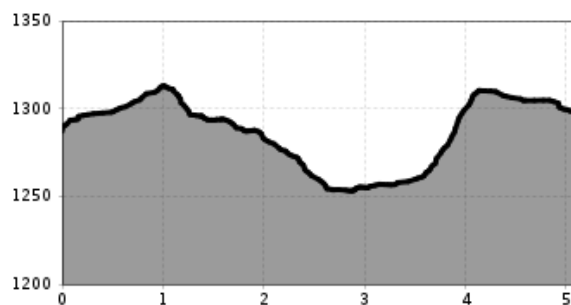


## Altitude profile



## The most important at a glance

distance  
5.1 km

snowed  
no

difficulty  
difficult

start altitude  
1300 m

destination altitude  
1300 m

altitude meters uphill  
80 m

highest point  
1320 m

special accommodation for cross country skier  
no

barrier-free  
no

biathlon  
no

cross country seal of quality  
yes

fitness:

\*\*\*\*\*

technique:

\*\*\*\*\*

best season:

JAN, FEB, MAR, DEC

## Gpx file

[download>](#)

## Interactive map

[open>](#)

### Description

The trail starts slightly uphill at the leisure centre "Freizeitzentrum Gries" and leads in an easterly direction after crossing a bridge above a farm. The course of the trail is initially flat or slightly uphill. After a brisk descent, you cross a narrow gorge and continue across open meadowland to the sports field, which you leave on your left. A short descent ends by negotiating a sharp left-hand bend in an open field, and then joins a track that is left again after a few metres, leading in a north-westerly direction to the bridge Schneider-Brücke. From there, continue to the electrical works of Prägraten and via the bridge Perlog Bridge steeply uphill back to the leisure centre!