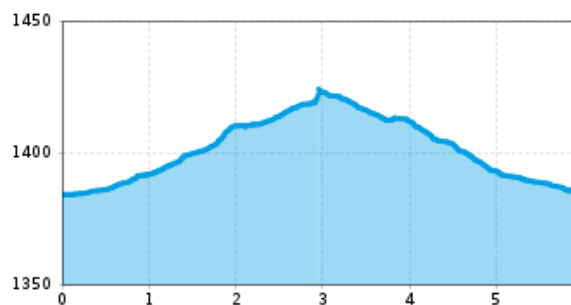


Altitude profile



The most important at a glance

distance
6.1 km

snowed
no

difficulty
easy

start altitude
1389 m

destination altitude
1389 m

altitude meters uphill
55 m

highest point
1427 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

A not especially difficult slope through a scenic area into the valley, with two easy climbs at Bad Grünmoos and before the Forstmeile. Directly from the St. Jakob secondary school, first through a short stretch of forest, then across pastureland into the valley, after crossing Sander bridge follow the slope to the right, pass Bad Grünmoos and head for Forstmeile. Always keep right at Schwarzach and main section in the forest, continue to get to the turning point at Kirchl Maria Hilf. Proceed back on the same slope.

Please note: oncoming traffic and in parts also on the hiking trail from Bad Grünmoos to Kirchl Maria Hilf.