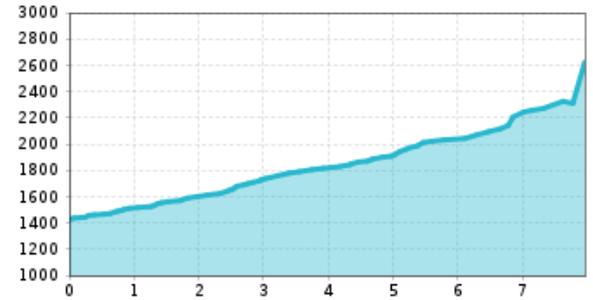




## Altitude profile



## The most important at a glance

**altitude meters uphill**  
1190 m

**highest point**  
2730 m

**walking time uphill**  
4 h

**distance**  
8 km

**difficulty**  
average

**starting point:** St. Jakob i. Def. / Maria Hilf, Rinderschinken (1420 m)  
**destination point:** Hochkreuz  
**best season:** JAN, FEB, MAR, APR

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

And once again a 'high cross' will at first glance get attentive readers thinking about the route. A certain trend for tours of this name is, if anything, only pure coincidence. Scaling the Hochkreuz – called the 'Gsieser Hochkreuz' by our neighbours – is characterised by a superb, encompassing view into the

Sextner Dolomites and into the wide lowlands of Gsieser Tal.

Starting point is the little parish of Maria Hilf in Defereggental, around 3 km to St. Jakob. In the town of Rinderschinken we follow the wide toboggan route to the Alpe Stalle snack station (green route signposts, 1896 m). We now stick to the forest trail, heading into the valley, ignoring the cut-offs via the summer trail. After a good hour you come to a fork in the routes. While the left trail heads to Ragötzlenke, we continue south, to the Stalle Alm lodges. A large basin now opens up in front of us which ascends, with an increasing gradient, to the Pfoi Sattel. We follow the extensive slopes up to some 2300 m. The ski track now takes us in a loop heading right over moderately steep terrain in a westerly direction. Looking for the most favourable route we come to a ridge to the north west of the Pfoisattel. We follow the attractive ridge terrain, proceeding uphill and down, and via a wide trough we then come the destination of our tour. Proceeding through this and in a few hairpin bends to the wooden cross, which can be seen from quite a distance. Descent along the ascent route.

Additional ski tour tips can be obtained in the ski tour guides by Thomas Mariacher. These are available here:  
<http://www.grafikzloebl.at/verlag/buecher/>