

# Mainzer Höhenweg (high-level trail)



Elevation gain  
2140 m



Elevation loss  
2040 m



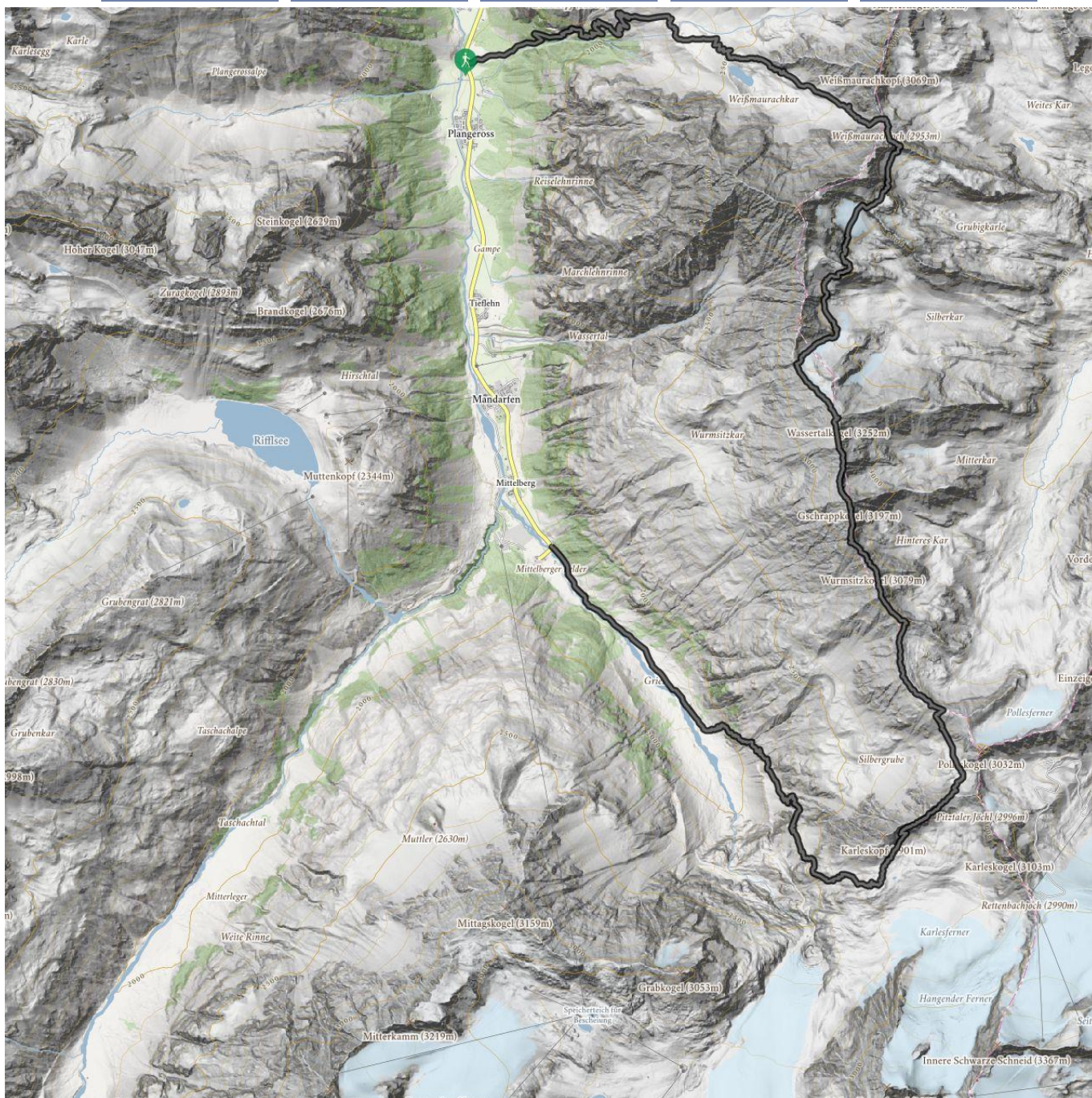
Highest point  
3231 m



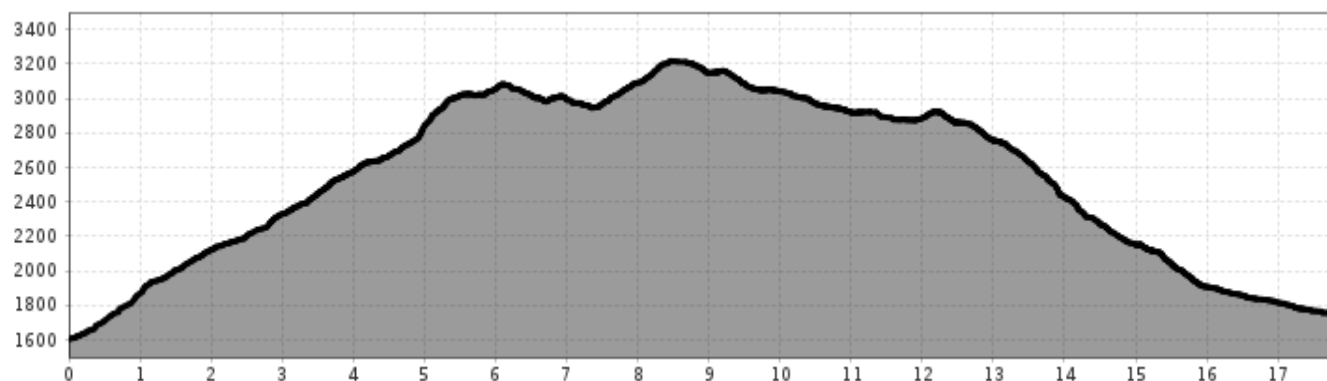
Route length  
17,8 km



Walking time / total  
10:00 h



## Mainzer Höhenweg (high-level trail)



### Information

Starting point

**car park between Plangeroß and Weißwald**

Finishing point

**bus stop Mittelberg**

Path surface

**track**

Getting there

**Take the bus till the bus stop St Leonhard Plangeroß.**

### Description

From the starting point you walk on the well-prepared track to the catered mountain hut Rüsselsheimer Hütte. After the hut, turn right towards the Weissmaurachsee lake. The track is moderately steep at first, then becomes a steeper climb as you follow on up to the Weissmaurachjoch. Walk on to the southern Puitkogelferner Glacier and over two further Glaciers to the Rheinlandpfalz-Biwak (bivouac). Please note that mountaineers require crampons at the Wassertalkogel. On a partially steep trail continue via the Wurtsitzkogel summit to the Polleskogel summit. Next, climb up to the Pitztaler Jöchel peak and then descend to the catered mountain hut Braunschweiger Hütte. On the way to the Glaciers there are partially secured via ferrate.

Please note that the Mainzer Höhenweg is a high Alpine route. Mountaineers must be confidently sure-footed to master the rock ledge terrain, require grade II rock climbing abilities and good orientation skills. Be sure to not underestimate the length of this trek. As this trek crosses Glaciers, appropriate equipment and advanced mountaineering experience are essential.

 Impressions

